

THE  
**Journal**  
February 2020



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# THE Journal

February 2020



Dear Readers,

With a chilly January 2020 now behind us we look forward to a gentle cosy run into February.

The community is evolving and changing .....so is The Journal. With not only a modern new look and fantastic new website [www.the-journal.es](http://www.the-journal.es), we have also joined forces with our best loved local radio station "Costa Calida Radio" Please have a look for Bobby Tunes the Costa Calida Radio mascot, he is hiding somewhere within the pages.....

To bring our multi-cultural community together The Journal can now be read in a multitude of different languages with our QR code. This will allow the magazine to be read in Spanish, English, Dutch, French and Swedish.

Go Green....We all strive to take care of our precious planet with recycling and general awareness of one use plastics etc. We are working closely with our printers to ensure Eco-friendly printing, applying the most advanced environmental technologies to reduce the load on the environment.,

We have so much to tell you about including new regular features but I could go on all day so will leave you to read and enjoy.....

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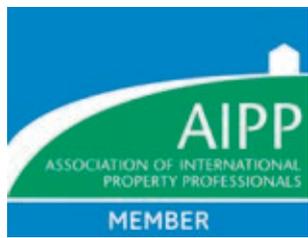
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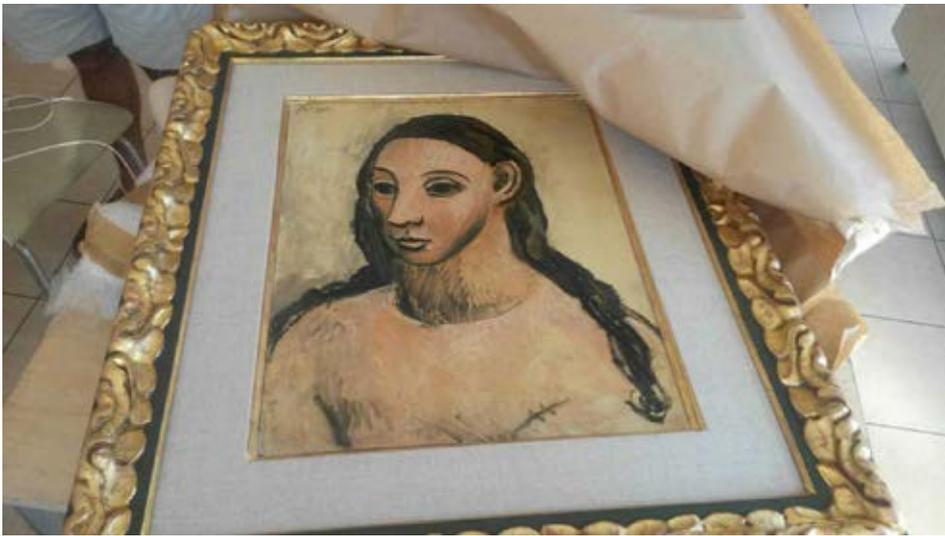
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**A SPANISH billionaire has been fined 52.4 million euro and handed an 18-month prison sentence after he smuggled a priceless Picasso artwork out of Spain.**

Jaime Botin, an ex-banker, was caught with the Malaga artist's Head of a Young Woman (1906), which has been valued at over €26 million.

The 83-year-old former Bankinter

Chairman, whose family helped found Santander, was caught with the painting on his yacht.

He was convicted after a customs search in 2015 on the French island of Corsica revealed he was heading to Switzerland with the Picasso.

Although he is the painting's owner, Botin was accused of exporting the work to try and sell it, a breach of a ban on exporting an artwork of

cultural significance for Spain.

He strenuously denies the charges and maintains that he was taking to Switzerland for safe keeping.

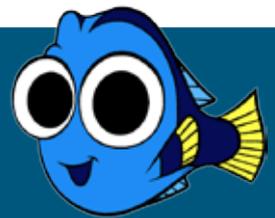
Prosecutors on the case accused Botin of ordering the captain of his yacht to 'hide it from authorities' as it left the port of Valencia.

It is unlikely that he will serve his time due to his age, current health and the law in Spain which usually pardons first-time non-violent offenders sentenced to less than two years.

The painting was deemed a piece of 'Spanish national importance' and was given protected status, meaning that only through expressed permission by the London auction house, Christie's, could it ever be sold.

In light of the court case, the painting has now been transferred to the possession of the National State.

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### Storm Gloria floods major river delta in eastern Spain

A storm surge on the east coast of Spain has swept 3km (two miles) inland, devastating rice paddies in the Ebro river delta south of Barcelona. Storm Gloria began wreaking havoc on Monday and five people have died. The storm has wrecked beach facilities, blocked roads and caused power cuts. Seawater has caused major damage to beaches around Barcelona, Valencia and on the Balearic Islands. The Ebro, lying between Barcelona and Valencia, is Spain's longest river. The mayor of the delta region, Lluís Soler, said "we've never had anything like this before". Seawater has flooded about 30sq km (12sq miles) of rice plants. The beach resorts of Lloret de Mar and Tossa de Mar, just north of Barcelona, are also witnessing extraordinary scenes. A carpet of foam engulfed streets in Tossa de Mar. The Barcelona port authorities say it is too dangerous for boats to venture out to sea. The waves there have reached as high as 7m (23ft), crashing over a dyke protecting boats moored in the Port Olímpic marina. One anchored boat there has sunk. Residents have been told to avoid the beachfront areas in Catalonia. Meanwhile, there has been heavy snow in Ávila, northwest of Madrid, and Alicante, just south of Valencia. The snow forced the closure of Alicante airport on Monday. A 63-year-old man in Ávila province was killed by flying roof tiles in the storm. The freezing cold was also blamed for the death of a 54-year-old homeless woman near Valencia. The storm is now moving across the Pyrenees, bringing heavy snow to the mountains.

### Nearly 50 arrested in Gibraltar people smuggling inquiry



Nearly 50 suspected members of a gang that smuggled migrants into Europe by fraudulently obtaining them UK tourist visas have been arrested. The gang charged about €8,000 (£6,000) per person and trafficked more than 130 people from Morocco into Spain and other European countries, according to Gibraltar and Spanish police. Two hundred officers, directed by Europol, made 47 arrests as they worked to smash the crime group, which had made more than €1m from its illicit activities. The investigation began in November 2018, when Gibraltar police noticed a spike in the number of Moroccans arriving from Casablanca and Tangier using UK short-stay tourist visas. Royal Gibraltar police said: "A dossier containing fraudulent supporting documents

was compiled and submitted in order to obtain the requisite UK tourist visa. Once the tourist visa was obtained for each migrant, the organised crime group facilitated the purchase of flight tickets and accommodation reservations for Gibraltar, also issuing migrants with instructions on the steps to take upon arrival at Gibraltar, including establishing contact with those awaiting their arrival."

Once in Gibraltar, the smugglers took migrants into Spain by car under cover of darkness, where they could stay or board coaches to different countries. The group deployed sophisticated measures to evade surveillance and managed to promptly replace members who were arrested, Gibraltar police added.

Royal Gibraltar police commissioner Ian McGrail said: "This investigation is one visible example of the type of work that goes on behind the scenes to protect our borders from threats to national security.

"It also sends a message that Gibraltar will not allow itself to be used by unscrupulous criminals who exploit the human suffering of migrants for economic benefit. Organised crime has a huge impact on society at large. We are therefore duty-bound to counteract activities which pose a risk to our community with all the policing instruments at our disposal."



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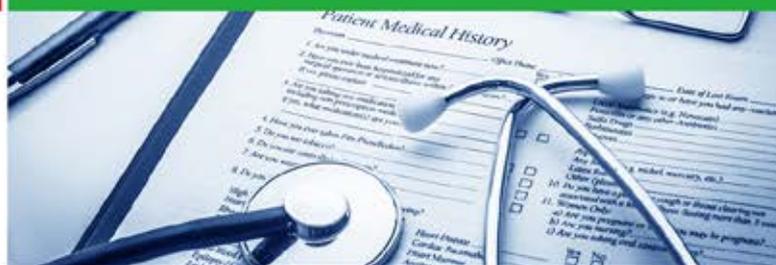
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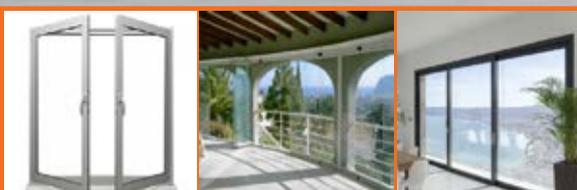
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### Dawn Llewellyn-Price

February has arrived and we're out. Brits cast adrift in the EU, many worrying about healthcare, pensions and every little thing involved in the loss of our status. So what are we going to do to cheer ourselves up? Head for the blossoms already blooming and absorb the beauty of the almond trees all around us. Such wonderful displays of colour against the red earth below them must surely lift the spirits of anyone finally realising 'there may be trouble ahead, but while there's music and moonlight and love and romance, let's face the music and dance...'

And dance you shall, with Carnivals popping up all over the country, and Aguilas down the road providing one of the best. Hop in the car (with your interna-

tional driving permit if you're on holiday) and join in the fun. Get your sequined frocks out of post Christmas storage, and wear them with pride. Or to Pride. You could pop up to Sitges for their hugely flamboyant wild parties starting on 'Fatty Thursday' and culminating in lively drag queen parades. Those sequined frocks and feathered false lashes may come in useful once again should you feel the urge to join in and do a 'Ru Paul'. You may lose a few sequins on the pavements of the Barcelona coastline but it's nothing an hour with a needle, thread and magnifying glass can't fix. Unlike the withdrawal agreement.

Why not head down to Cadiz, whiter than white city down south, which also boasts a ten day celebration, mourning a giant papier mache sardine. It's hugely popular, unlike referendums, and doubtless they'll be starting one of their own in Grimsby in a few years.

In nearby Granada on the first Sunday of this month, they celebrate San Cecilio, the patron saint, where you can party in the gypsy quarter of Sacromonte with flamenco on every corner, which will soon have you forgetting your troubles. Frantically stamp the night away in polka dots amongst the crowds, it'll be good

practice for all the visa stamping queues at the airports in future.

If you're the type to overeat when in the doldrums, you may just have time to hop on a train to Madrid for the Gastro festival which runs into this first week of February. Eat, drink and be merry in the city, with even the museums and art galleries joining in. There'll be no tariffs on those offerings.

If you're in desperate need to crush someone's nuts, then head over to La Palma on Gran Canaria where you can do exactly that for thirty minutes in the main square, with piles of almonds, accompanied by live orchestras and bands. That should release any anger and pent up emotion you may be feeling.

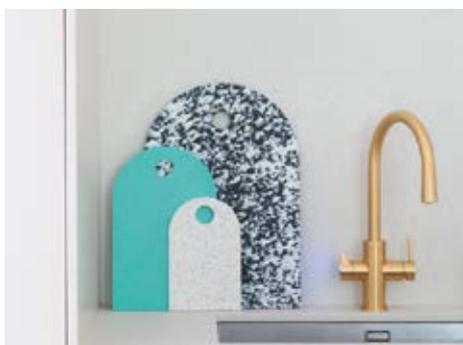
At a loss for music requests to accompany the crushing? Being Stoic Brits abroad, many still wearing vests, sandals and knotted handkerchiefs, there are two which spring to mind. Land of Hope and Glory, and the more fitting ditty.

Benny Hill's theme tune.

# LIFESTYLE

## February Trend TERRAZZO

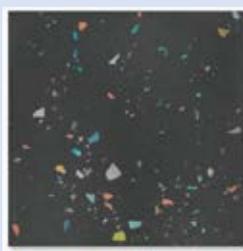
Originating in Italy over 500 years ago, the composite material of marble chippings set into cement was created as a way to reuse the scrapped rock so it's [sustainable](#) too. Made popular in the 1970s Terrazzo is having quite the come back in 2020 and expect to see it everywhere from home furnishings to garden planters.



These beautiful chopping boards are a collaboration between Savernake Knives and 2LG Studio. They a selective use of recycled materials and defiantly on my wish list this month. Available at [www.savernakeknives.co.uk](http://www.savernakeknives.co.uk)



### FIVE OF THE BEST TERRZZO FOR THE HOME



#1 The Speckle table lamp 70.56 Euro from [www.lookagain.co.uk](http://www.lookagain.co.uk), #2 Habitat Javi round Terrazzo serving board D30 cm 41.16 Euro from [www.habitat.co.uk](http://www.habitat.co.uk), #3 Tutti Frutti Dark Tiles 52.70 Euro per m2 from [www.porcelainsuperstore.co.uk](http://www.porcelainsuperstore.co.uk), #4 Corelle Terrazzo Rosa Dinner Plate 9.40 Euro from [www.worldkitchen.co.uk](http://www.worldkitchen.co.uk), #5 Painted Terrazzo 4 Cushion by LEEMO 34.11 Euro from [www.iamfy.co](http://www.iamfy.co)

# WELLNESS

## HEALTH FIRST AID KIT

No 01 – Essential oils – These can be handy to rub on your wrists or put a few drops on your pillow before you drift off. They are also great added to a hot relaxing bath. These ones are from Neat's Yard but you can now find Essential oils in lots of local shops.



No 02 – Herbal Teas – Pop these in your bag for work or have them to relax on the sofa when you get home. I always get caffeine free ones but with so much choice on the market you can try a new flavor this year. These Pukka ones are detoxing and delicious.



No 03 – Note pad and Pen – When you feel overwhelmed it's good to right a list, or even a few lists. This way you can see clearly the things you need to do and tick them off one by one. I also write a gratitude list so every day write 3 things that was good about your day. By doing this we are training our brains to focus on the positives and not just the negatives.



No 04 – Crystals – I love crystals and they have been proven to have healing properties. By keeping a crystal in my pocket it can help as a little bit of positive energy when you are in a stressful situation. These are Rosa Quartz – good for Calm, Love and Friendship.

No 05 - Trainers – Yes it's true that a little exercise can help shift the brain patterns by forcing your mind and body to move forwards. Exercise also releases endorphins and gives you're the head space to think so even if you don't like running a speed walk round the block can help shift your focus and bring your some clarity. – I love these Nike ones but any trainers will do.



No 06 – a sleep mask – If like me you have trouble sleeping when you are stressed a sleep mask can really help. It forces the eyes shut and enables you to truly switch off. You can now get sleep masks with lavender in to smooth and relax you. Even if it's a day time nap a sleep mask can help you switch off for 10 mins before you carry on with your day.



**This month** make your self a health first aid kit and have it on stand by for when you need it .

We are all constantly on our phones or in front of a computer screen and apparently In the past year 74% of people have felt so stressed they have been overwhelmed or unable to cope. (Results of the Mental Health Foundation's study). So the key to coping is being prepared and by taking small steps we can find solutions to deal with daily stress. Here are our picks for a Health first kit but you can put what ever you want in it, so get creative.

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## How Much does it Cost For a Ton of Logs?

There is no question that the winter months are upon us! When out walking in the evening's one can smell the unmistakable smell of wood smoke coming from houses all around. It seems that most people are aware of the advantages of using a log burner in the winter months, but how many of us are aware about the cost versus quality aspect when purchasing firewood?

We recently asked Manolo the owner of El Pareton Firewood what we should consider when ordering firewood. And he had this to say: "The most common question that we get asked when the phone rings is "How much is a ton of logs?" It's a crazy question really. A bit like phoning a used car garage and asking how much a car is! We supply all different types and

sizes of firewood, each type having its own unique qualities. Therefore the price can vary depending on the customer's needs." He said. "All our firewood is correctly stored throughout the winter to ensure that it loses around 20% of its humidity, making it ideal for burning. We are one of the only businesses in the area that has a custom facility dedicated to this, therefore we know that when we sell a ton of logs to a customer, not only will they get wood that will burn properly, they also get an actual ton. Some companies sell green wood from recently cut down trees, it has the extra humidity therefore is heavier and does not burn correctly.

Firewood from El Pareton is sourced from a variety of locations in Murcia and in neighbouring provinces. When fruit trees have reached the end of their useful life for fruit production they are removed and new trees planted. The wood is then purchased directly by Manolo and put into storage. "We use all types of wood, but mainly Orange, Lemon, Almond, Olive and Pine. Each one burns differently. Our olive wood comes from Andalucia, and we only sell branches of olive, not the olive root. Burning the roots can be difficult and messy as they are nearly always covered in soil. Pine wood is a lovely wood

to watch burn as the dried sap sparks and produces a beautiful effect, but it is better to use it in a glass front log burner rather than open fire. Our Almond wood is very dense and is a hard, long burning wood, but needs to be mixed with other wood to burn well."

Manolo tells us that when each person calls to place an order, they are asked about the size, type and location of the log burner as this enables him to recommend the correct type of wood. "Normally we recommend a mix of the different types of wood to ensure that our customers get the best value. It's not a simple question of "how much is a ton of logs!" No one else holds a larger stock of log in this area than us. We provide a professional service."

So it seems when it comes to stocking up on firewood this winter, there is much more to consider than simply how much a ton of logs costs. It seems that even when sending your money up in smoke, like most things in life, you only get what you pay for!

For advice and prices on firewood,  
call 696 973 171  
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**DOCTOR**

Dr. Prisca Henriquez Adames.  
Bachelor of Medicine and Surgery at the University of Santo Domingo.  
Masters in Bioetica at San Antonio University of Murcia 2013.  
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**DOCTOR**

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Master in prevention of occupational hazards.  
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Master of Osteopathy from the School of Osteopath in Madrid



**DOCTOR**

Dr John Carlo Justin Adan  
Graduated with a doctorate in Medicine and Surgery at the Medical University of Carlos 1st of Camaguey, Cuba in 2003.  
General Practitioner for the national Health Service of Spain since 2011 and a member of the A&E support Department since then.



**DOCTOR**

Dr. Fernando Marrero Camacho.  
Graduate in Psychology at the University of Catalunya, Barcelona.  
Specialist in Clinical Psychology. Research in Schizophrenia, Borderline and Bipolar disorder at Mental Health Rehabilitation Unit of CARTAGENA, MURCIA. Specialist in Forensic Psychology. Forensic psychologist at Murcia Psychological Society (COP)  
Languages spoken: English, French and Spanish

The Camposol Health Clinic , located at the Business Centre, Sector A has launched a new membership scheme, under which any person, can join as a Camposol Health Clinic member. Membership status provides magnificent advantages to those patients who wish to utilise the benefits of our private clinic. For a small monthly fee members will receive:

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Podóloga - Nº Col.122

**Telf: 968 103 008**

Camposol Business Center  
C/Madrid, s/n - 30879 MAZARRÓN

## Your Horoscopes for February

By Marion Parmenter

So ... What does February bring for you? This might shed some light on how your sun sign will be effected this month...



**Aries ...** There is a need to keep balance between communication and going out to visit people & places as there will be an opposite pull to stay in and be a bit of an introvert. It should be a generally good month for you with the possibility of profound changes if that is your desire. It's a good time to nurture connections with groups and to realise that the groups you mix with are a reflection of you.



**Taurus ...** Although this can be a time that will be generally beneficial with your energy being expressed in positive and constructive ways, there is a chance of dramatic changes driven by your imagination and romantic desires. Know your capabilities as you may be asked to take on a position or task with responsibility that may throw you into the limelight.



**Gemini ...** Generally beneficial for good communications and decision making, there could be times

of emotional tension due to you having ambitions and/or dreams that are impractical. But this is a good time to take up a course or stretch yourself with study whether it is for intellectual or for enjoyment. Travel would also be good for you especially if as well as being enjoyable it also broadens the mind.



**Cancer ...** Beneficial for you especially in the home and around your family. Joint income will be in the spotlight at this time. Nothing good or bad just an area that needs focus. There may be a need for a loan or some form of financial backing. This may also be a time for deep reflection and an examination of your feelings.



**Leo ...** There is a generally good balanced energy this month especially where communications are concerned, or in social affairs or gatherings. However, be aware that there could be emotional tension within your domestic environment and with family. One to one relationships will come to the fore as you will need

to examine these intimate relationships making sure that you meet their needs and they yours. It is a time for consultations as well as conflicts and you will learn from both.



**Virgo ...** This is a time of positive constructive energy which coupled with determination can bring about personal improvement. Conditions within home and family are also especially good. There may be times when you are feeling overworked and a little out of control. Even if you are your own boss, it may not feel like it. Just try to keep on keeping on and do the best you can. You may be concerned with your own health and condition of your body and its needs. Time to examine health and hygiene and how you can improve it but take care not to get obsessed.



**Libra ...** Your energy should feel balanced and generally good especially around communications, thinking things through and decision making, however there may be difficulties, delays and obstacles to contend with. It is time to kick back and have some fun. Your attitude to relationships is much lighter at this time but you need to make sure you are not too self absorbed. It's one thing to be yourself and another to know yourself and this is a time when you can do both.



**Scorpio ...** You are blessed at this time with positive and constructive energy. Family relationships should thrive as well at this time as they are who you will want to be around. Time to go within feel secure meditate reflect on the past and examine what you do and don't need in

your life right now.



**Sagittarius ...** This should be a time to look at surroundings friends and all with whom you mix with on a day to day basis. Ask yourself how well you communicate with them. Do you listen as well as you talk, is there balance and is it a two way communication. Take care that you don't get carried away with self interest and your own viewpoints, as this will bring conflicts, confusion and emotional tension. If you find it difficult and it is something important and you are able to defer until a later time please do so.



**Capricorn ...** There may be opportunities for rewards and benefits towards personal growth and development. All partnerships and opportunities will come from friends. You may feel a need to express yourself and make an impression on others with things that you value and material possessions. There may be a chance for a party and this will be great for both you and your friends. Take care that you don't overdo it so it comes across as being a show off.



**Aquarius ...** With the Full Moon in the opposing sign of Leo you will need to be careful to balance the energy so that you don't get carried away with attention to self as this could cause emotional tension within partnerships. It is a time though to see what you need to further your position in all areas of your life. If during this month you find it difficult to work with others then defer the work until a bit later if possible. It is important however to fulfill your own needs or you will suffer and be of no use to anyone else.



**Pisces ...** This is a time for some deep reflection over the recent past and for this you will need peace quiet and solitude. Be honest about self and others. Move away from what or who is not beneficial and hold onto those who bring good to your life. This also includes evaluating your own actions and have a plan to change that which is self destructive. Don't stay in solitude for too long though.

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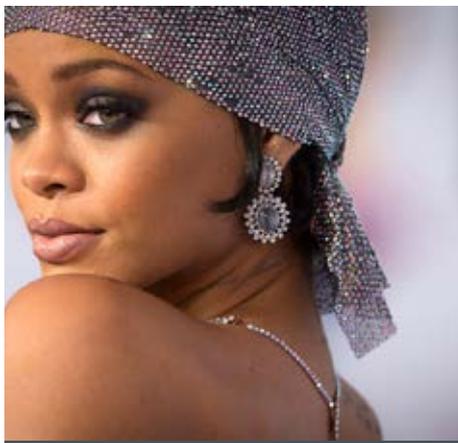
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RIHANNA

Robyn Rihanna Fenty born February 20, 1988) is a Barbadian singer, songwriter, fashion designer, actress and business-woman, who has been recognized for embracing various musical styles and reinventing her image throughout her career. Born in Saint Michael and raised in Bridgetown, Barbados, Rihanna moved to the US in 2005, when she signed with Def Jam Recordings. She earned significant recognition following the release of her first two studio albums *Music of the Sun* (2005) and *A Girl like Me* (2006), both of which were influenced by Caribbean music and peaked within the top ten of the US Billboard 200 chart. Rihanna's third studio album, *Good Girl Gone Bad* (2007), incorporated more elements of dance-pop and catapulted her to greater stardom, establishing her status as a sex symbol and a leading figure in the music industry. Its international chart-topping single "Umbrella" earned Rihanna her first Grammy Award, winning Best Rap/Sung Collaboration. Rihanna extended her fusion of pop, dance and R&B on her next four studio albums, *Rated R* (2009), *Loud* (2010), *Talk That Talk* (2011) and the Grammy Award-winning *Unapologetic* (2012). All four releases incorporated experimentation of various musical styles and consolidated Rihanna's international chart success, *Unapologetic* being her first number-one album in the US. The records spawned a string of chart-topping singles, including "Rude Boy", "Only Girl (In the World)", "What's My Name?", "S&M", "We Found Love", "Diamonds" and "Stay". Her eighth studio album, *Anti* (2016), showcased her control over artistic creativity after her departure from Def Jam. It became her second US number-one album and featured the chart-topping single "Work". Besides solo materials, Rihanna has collaborated with recording artists such as Drake, Eminem and Calvin Harris. Having sold over 250 million records, Rihanna is one of the world's best-selling music artists. She has earned 14 number-one singles and 31 top-ten singles in the US, and 30 top-ten entries in the UK. Her accolades include nine Grammy Awards, 13 American Music Awards, 12 Billboard Music Awards, and six Guinness World Records. Forbes ranked her among the top ten highest-paid celebrities in 2012 and 2014, and Time named her as one of the 100 most

influential people in the world twice (2012 and 2018). Alongside a successful music career, Rihanna is well known for her involvement in humanitarian causes, entrepreneurial ventures and the fashion industry. She is the founder of nonprofit organization Clara Lionel Foundation, cosmetics brand Fenty Beauty, and fashion house Fenty under LVMH. In 2018, the Government of Barbados appointed her as an ambassador with duties promoting education, tourism and investment.

Rihanna is a mezzo-soprano, with a range spanning from B2 to C#6. While recording tracks for her third studio album, *Good Girl Gone Bad* (2007), Rihanna took vocal lessons from Ne-Yo. Speaking of the experience she stated, "I've never had vocal training, so when I'm in the studio, he'll tell me how to breathe and stuff... He'll call out these big fancy words: 'OK, I want you to do staccato.' And I'm like, 'OK, I don't know what that is.' Her vocal performance on *Loud* (2010) received positive reviews from music critics. James Skinner from BBC praised Rihanna's vocals on the song "Love the Way You Lie (Part II)" and wrote that her voice is powerful and that "it is Rihanna's vocal – at once commanding, soulful and vulnerable – that anchors the song, and *Loud* itself". Andy Gill from *The Independent* feels that "California King Bed" features her best vocal performance. In a review of *Unapologetic*, *Billboard* magazine wrote, "Diamonds finds Rihanna doing one of her throatiest, most impassioned vocals to date, on this inspirational pop ballad." Jon Caramanica of *The New York Times* stated, "over the years, as her game face froze in place, her voice cured into a weapon of emotional chill and strategic indifference. It's decidedly unfriendly, made to give orders".

Growing up in Barbados, she was not exposed to a lot of music, mainly reggae, hip-hop and soca music. When she moved to the United States, she became exposed to a lot of American music "rock being one of them, and I fell in love with it. [Now] I love rock music." At the time of her debut, she recorded songs that were inspired by her Caribbean roots and described her early sound as "a fusion of reggae, hip-hop and R&B, with a little something different thrown in". Her early dancehall roots

can be found on her debut album, *Music of the Sun* (2005), and its follow-up, *A Girl like Me* (2006). *Music of the Sun* demonstrates the influence of Rihanna's musical heritage of the Caribbean. Kelefa Sanneh of *The New York Times* complimented its combination of dancehall and reggae, who said, "Dancehall reggae sometimes seems like a furiously insular form of music, but ... Rihanna is only the latest singer to discover how versatile the genre's spring-loaded electronic rhythms can be". Her debut single, "Pon de Replay" features a dancehall-pop mixture that infuses a reggae style, while "If It's Lovin' that You Want" talks about a girl seducing a guy to be her boyfriend. Aiming for artistic

growth, *A Girl like Me* expresses personal experiences that typical 18-year-old girls go through with ballads that were described as elegant and mature. After her second album, she slowly dismissed her dancehall and reggae roots.

Rihanna's music has incorporated a wide range of genres including, pop, R&B, reggae, dubstep, hip hop and EDM. With its provocative subject matter and lyrics, her musical career has been an experiment with new musical ideas and stated that she wants "to make music that could be heard in parts of the world that I'd never been to". During a review for *Good Girl Gone Bad* (2007), *Slant Magazine* to write that Rihanna "finally figured out that she's a dance artist and the majority of the album is comprised of up-tempo dance-pop [songs like] "Push Up on Me" and "Don't Stop the Music". It represents a departure from the Caribbean sound of her previous albums and is described as a turning point in her career. While the first half of the record shares a lot of 1980s pop influences with songs like "Don't Stop the Music" and "Shut Up and Drive", the second half retreats into standard R&B.

Recorded after the assault by her then-boyfriend, Chris Brown, *Rated R* (2009) had a much darker tone and was filled with various emotions she experienced throughout 2009. In *Loud* (2010), Rihanna reflects on the fun and energetic vibe she had while recording the album. The album is a mixture of ballads, party anthems and empowering love songs. *Talk That Talk* (2011) was similar to *Rated R*, as both contain hip hop, R&B, dancehall and dubstep genres. *Loud* and *Talk That Talk* saw her explore sexuality in her work ("S&M" and "Birthday Cake") and return to her dancehall roots ("Man Down" and "Watch n' Learn"). She also branched out into house music with tracks like "We Found Love", "Only Girl (In the World)" and "Complicated". Her songs are also inspired through record sampling from other artists. Rihanna is one of the best-selling music artists, having sold over 250 million records worldwide as of September 2018. She is recognized by the media as a pop and fashion icon, particularly since her third studio album *Good Girl Gone Bad* (2007). Nick Levine of *Digital Spy* described *Good Girl Gone Bad* as "the closest thing to a Thriller that 2007/08 is likely to produce". Her single "Umbrella", famous for its "ella ella" hook, is considered by *Rolling Stone* to be one of the 500 Greatest Songs of All Time. Her 2011 single "We Found Love" was ranked by *Billboard* as the 24th biggest US *Billboard* Hot 100 hit of all time. Her eighth studio album *Anti* (2016) and its lead single "Work" has been credited by a *Billboard* editor for bringing the dancehall genre to the forefront of mainstream American music. Music critic Jayson Greene of *Pitchfork* described Rihanna as the most influential singer of the past decade, writing:

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Yes its that time of year again and Valentines day is all about Love. In 2020 self Love and wellness bring a new meaning to Love and also gives you the excuse you need to buy your self something special. Here are our fashion must haves for February



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# February 2020

## “What’s on”

Monday	Tuesday	Wednesday	Thursday
<b>3</b> Cat's Bar Slimming Club 11am Alma Centre Condado Club 6.30pm	<b>4</b>	<b>5</b> Petanque Tournament Totana Market Day	<b>6</b> Black Bull Steak Night Karaoke at Cats Bar Camposol Market Day
<b>10</b> Cat's Bar Slimming Club 11am Alma Centre Condado Club 6.30pm	<b>11</b> Interactive Quiz with DJ Sean Bodie Bar Salud Entertainment Alhama Market Day	<b>12</b> Cat's Bar Interactive Quiz with DJ Sean Bodie Bar Salud Entertainment Totana Market Day	<b>13</b> Black Bull Steak Night Karaoke at Cats Bar Camposol Market Day
<b>17</b> Aguila Carnival See Programme Cat's Bar Slimming Club 11am Alma Centre Condado Club 6.30pm	<b>18</b> Aguila Carnival See Programme Bar Salud Entertainment Alhama Market Day	<b>19</b> Aguila Carnival See Programme Welcome Group Cabaret Night Totana Market Day	<b>20</b> Aguila Carnival See Programme Black Bull Steak Night Karaoke at Cats Bar Camposol Market Day
<b>24</b> Aguila Carnival See Programme Cat's Bar Slimming Club 11am Alma Centre Condado Club 6.30pm	<b>25</b> Aguila Carnival See Programme Interactive Quiz with DJ Sean Bodie Bar Salud Entertainment Alhama Market Day	<b>26</b> Aguila Carnival See Programme Age Concern Meal Out at Viggo's Cat's Bar Interactive Quiz with DJ Sean Bodie Bar Salud Entertainment Totana Market Day	<b>27</b> Aguila Carnival See Programme Black Bull Steak Night Karaoke at Cats Bar Camposol Market Day





## The year 2020 celebrates 24 years since the inception of the Urbanisation Camposol

24 years ago, this year, saw the start of an ambitious building project which has now become the urbanisation known as "Camposol"

Based in the South West, of the province of Murcia, and close to the Spanish working town of Mazarrón, the urbanisation known as Camposol is absolutely unique. The recent influx of new people from all nationalities coming to live at Camposol recently has greatly increased, as has the request to us for more information and articles about the past, present and future of this development. The word "Camposol", literally translates as "countryside sun" and describes the development perfectly.

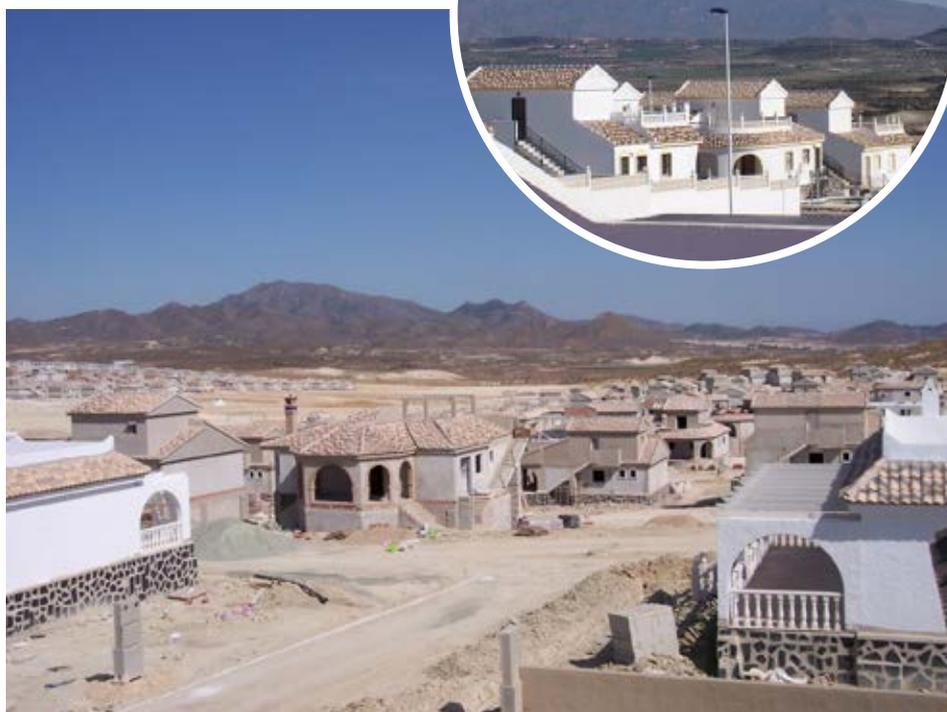
The urbanisation is divided into four sections known as "sectors", and historically are known as sectors A, B, C and D. The development began back in 1996 with sector A, which was recently re-named "Los Palacios".

Mercers Estate Agency started selling property in Camposol in April 1996 and opened their offices in 1998, in a Clasico styled villa owned by Chris Mercer. This was on sector A opposite the car park, because at this time there were no shops at all on the development.

One of the biggest sellers in 1996 was the Fortuna style villa on a 400m<sup>2</sup> plot for £28,500. It was these prices that really kicked started Camposol. The Victoria style was just £19,900 and the Neptuno Deluxe villa was £62,900!

The development is built on an area that was known locally as "El Saladillo", ( and was little used except for agriculture and open land). Whilst the urbanisation appears to be fairly large as a whole, it is situated in the middle of some beautiful countryside, and as each sector is maturing it does give the appearance of 4 villages, not one large development.

During 1998 The main developer Grupo Masa, had a wide selection of properties on offer on an "off plan" basis which ranged from small, 1 bed roomed villas to bespoke 4 plus bed roomed detached properties with several bathrooms. This meant that there was something available for just about every budget. Back in the late 1990's the cost of properties offered as demonstrated above offered incredible value for



money, and the demand for properties there very quickly outstripped the supply.

The properties all sold quickly, and the most difficult part about choosing one, especially in the peak years around 2001, was actually managing to secure one you before another agent had reserved it. You had to be quick! 23 years later, many properties are available again to purchase but as resale properties which has some big advantages as much of the work has already been done with regard to gardens, terraces, and outside walls etc.

The initial development known as sector A (recently renamed Los Palacios) is on the other side of the RM3 motorway to the rest of the development, and has its own shops, bars and restaurants as well as a chemist, medical centre, dentist, private doctors, weekly market and post room. Prior to the motorway being built, access initially was just by crossing the main road, and later, there was an underpass linking sector A and B together which was eventually replaced with the motorway.

During 2001, development started on the other side of the road, beginning with sector B which became known locally as Camposol Golf or Campo De Golf, as a beautiful, 18 hole golf course, and club house with restaurant were constructed, together with a 4 star hotel. The hotel is currently closed as it is under new management and is being to-



tally refurbished. The spa facilities in the hotel were superb and many residents cannot wait for it to re-open.

The demand for houses back in 2001 was extremely high, and the whole of B sector quickly sold out with the result was that the release of properties on sector C, and D soon followed, building a total of just under 5,000 properties in all.

The B sector commercial centre boasts an amazing array of businesses and essential services including another wide range of bars, restaurants and shops which include, telephone and internet services, a well known Spanish supermarket, a National petrol station a large electrical store, a large entertainment venue and many on site estate agents and property rental businesses. There is also a community centre for all to use which was funded by the local authority.

Sector C has fewer facilities than either A or B but it does have The Clubhouse which is a very popular bar and restaurant offering excellent food, including

a Sunday carvery and regular themed nights and live entertainment.

Sector D, whilst the largest of all four areas does not currently have any facilities but this is seen by many as a huge advantage if seeking peace and tranquillity.

24 years on, Camposol has a mixture of full-time residents from a wide range of nationalities as well as holiday home owners who visit regularly. Many properties are also available for short term rental enjoyed by many holiday makers as it is also only 15 minutes drive from some of the most beautiful, blue flag beaches you could wish to find. For nature lovers we also are only around 40 minutes from the Sierra Espuña National Park which is stunning and a real treat for walkers, cyclists and those fond of wildlife.

One of the more recent observations about Camposol is that the number of younger people with families coming to live there appears to be on the increase. It is no longer seen as place just to

retire but as a beautiful place to live, and for a variety of people, from across Europe and beyond with a mixture of backgrounds and circumstances.

For many people, living the Spanish dream includes living in a Spanish village, adopting the language and culture and forgetting about being British/French/German/Dutch etc, but for many, that is not a realistic option. The benefits of living on an urbanisation are also easy to understand. Camposol is a great example of a community where people really do care about each

other. There are several essential charities such as FAST, Age Concern, The MABS cancer charity etc and also some volunteer groups for gardening and road maintenance. If you like animals then there are plenty of animal charities around if you want to get involved with anything from fund raising to dog walking. There is even a group for Camposol Dog owners in case your pet goes missing. The opportunity to meet new people, and become part of the community has never been easier. Camposol even hosts its' own fiesta every August.

It is also an exciting time for owners of property on Camposol. The new International airport at Corvera, which opened a year or so ago has put Camposol right in the centre of the "place to buy". Historically, the closer to an airport, the higher the property prices, so this is excellent news as it is only a 30 minute drive away.

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**We would like to introduce something new for 2020 "Camposol Characters"!**

Each month we would like to write about someone in the Camposol community who may or may not be known to everyone and who is happy to share their story about why they chose to live there, whether they are working or retired, and regardless of nationality.

We would also like to encourage, you, our loyal readers, to send in photographs that you have taken in and around the Camposol area. The wildlife, sunsets and sunrises can be stunning so please send them in to us to share. We will give you a credit for that.

If you would like to send in some photos, or nominate someone you think would make a good candidate for a Camposol Character then please email to: [camposolupdates@gmail.com](mailto:camposolupdates@gmail.com).

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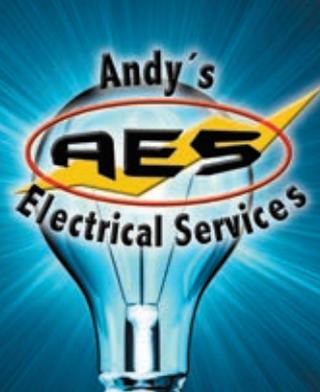
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## Smoked salmon with prawns, horseradish cream & lime vinaigrette



### Ingredients

- 1 tbsp crème fraîche
- 1 tsp horseradish
- 4 slices smoked salmon
- 10 large cooked prawns

For the salad

- juice 1 lime

- finely grated zest of ½
- 1 tsp clear honey
- ½ tsp finely grated fresh root ginger
- 2 tbsp light olive oil
- 2 handfuls small leaf salad

### Method

1. Mix the crème fraîche with the horseradish and a little salt and pepper. For the dressing, whisk the lime juice and zest with the honey, ginger and seasoning, then whisk in the oil. Lay the smoked salmon and prawns on 2 plates, then top with a dollop of the horseradish cream. Toss the salad in most of the dressing and pile on top. Drizzle the remaining dressing around the plate and serve.

## Mix & match steak



### Ingredients

- 1 steak
- oil
- 1 whole garlic clove
- herb sprig
- butter

### Choosing your steak

**Rib-eye:** The chef's favourite. Allow 200-250g per head to allow for trimming.

This cut used to be quite cheap, but is now creeping up in price. It has an open-fibre texture and a marbling of creamy fat. Cook with the surrounding fat still attached, then remove after cooking, if you prefer. The fat adds flavour as well as basting the meat during cooking.

**Fillet:** The most expensive cut. Allow 100-125g per head. It is very lean and, because it has short fibres, very tender. Ask for a piece cut from the middle of the fillet, not the end. Also, ensure that the butcher removes the sinewy chain that runs down the side. I like to cook my steaks split in half lengthways, not the usual round medallion shape.

**T-bone:** Generally 350-400g each, including bone. It has a good marbling of fat with a layer of creamy fat on one side – this should be left on for cooking, then removed if you like. You get about 200-250g of meat, with a sirloin on one side of the bone and a fillet on the other. You also get some marrow in the bone which can be spread on the cooked meat.

1. To cook your steaks, heat a frying pan – to a moderate heat for fillet, hot for T-bone or very hot for rib-eye. Add a swirl of oil, with a whole garlic clove and a herb sprig. Season the steaks with salt and pepper and cook for 1½-2½ mins on each side. For fillet steak, cook the rounded edges too, turning to seal them well.

2. If you're cooking fillet or rib-eye steaks, add a knob of butter to the pan, allow to foam a little and baste the steaks. T-bone steak has plenty of fat, so simply spoon it over the meat as it renders down. Remove steaks to a plate and allow to rest for at least 5 mins. Trim off any unwanted fat.

## Salted caramel choc pots



### Ingredients

- 4 tbsp dulce de leche or canned caramel
- ½ tsp sea salt, plus extra to serve
- 85g each milk and dark chocolate
- 1-2 long, thin, plain grissini
- 2 tbsp demerara sugar
- 100ml double cream, at room temperature
- 50ml milk

### Method

1. Mix the caramel with the salt, divide between 2 small glasses and chill.
2. Melt the chocolates together in a glass bowl set over a pan of barely simmering water. Snap the grissini into short lengths, then dip each end into the chocolate to coat a little. Sit on a wire rack for the chocolate to drip and set a little, then dip the chocolate ends into the sugar to coat. Sit in an airtight container lined with baking parchment and chill to set until ready to serve.
3. Stir the double cream and milk into the remaining melted chocolate until smooth, then scrape into a jug. Slowly pour on top of the caramel, around the edges first. Chill the pots for at least 2 hrs, or up to 24 hrs.
4. To serve, scatter a little more sea salt on top of each pot, then add one or two sugar-tipped grissini.

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Möbelwerke  
Interieur

The Journal would like to welcome everyone to the new Mind, Body and Spirit Section of the Magazine.

Each month we will be taking a look at different Life Style choices and Complimentary Therapies that may be of interest and benefit to you from different Practitioners.

Complimentary Therapists work along side Doctors, Hospitals and Traditional Medicine, not in place of. The whole 'wellness' of a person mentally, emotionally and physically, can affect their healing. The Mind and Soul of a person are strong and can make an enormous difference to the process of healing and state of their own wellness.

I personally have experienced a variety of Methods and Treatments, that enable me to feel that I can share those experiences with honesty and truth. I believe that one should be analytical and wary when venturing in to this territory, ensuring that a Professional Practitioner is found.

In 1948 The World Health Organisation gave their definition of health as 'health is not merely the absence of disease or infirmity, but a state of complete physical, mental and social well-being'. Well-being or Wellness, being a balance of physical, social, spiritual, emotional, intellectual and occupation of oneself.

My background is varied, working within Holiday Hospitality, Sales, Marketing, Administration, Hairdressing & Beauty, Training & Development and the Police Service. I also have a background in Reiki Healing, Energy Healing, Tarot Reading and Mediumship.

In my mind I can see some of you rolling your eyes, 'tree hugger', I hear you cry, well, yes actually. Never knock the Vibrational Effect of living matter. We are, after all, Energy and Vibration ourselves. We are it and are affected by it. Negative energy can be held on to and manifest physically. Over the years I have experienced many Therapies, dipped my toe in the waters, to experience different Life Styles, some a bit weird and out there, others more acceptable in our Modern Society. I have learnt that we should always try, experience for ourselves, before making a judgement or judging others.

Being a Practitioner of Reiki and Energy Healing, I was looking for another experience, something else to test out! Through this search and my own inner circle of friends, I met Rianna McCulloch from Torre Vieja and had a therapy of 'Sound Healing' session.

wwlt was an amazing experience for me, the vibration of the Healing could be felt moving and shifting energy. Afterwards, I felt light, refreshed and much more positive, as I had felt very low with some physical aspects of my life.

I asked Rianna to tell me more about her background and the Sound Healing.

## Sound Healing by Rianna McCulloch



Rianna

I became interested in Sound Healing when I was learning to become a Reiki Teacher in 2004. I bought my first Tibetan Singing Bowl and started to experiment using it on family and friends. At first, I introduced them into my Yoga Classes. I'm sure that some of my Yoga Students only came along to Yoga for the 10 minute Singing Bowl Savasana at the end of the class!

Over the years, I have collected a variety of musical instruments to use in my Sound Healing Sessions and in the Qihai Centre, where I teach Yoga and Workshops.

Sound Healing Therapy uses aspects of music to improve your physical and emotional health, creating an all over sense of well being. Sound not only helps with inducing relaxation, but also is a way of moving through areas of blockages. Energetic Blockage Areas can be located in our Physical Bodies, Subtle Bodies or both.

Sound Healing may involve moving to the sound of music, chanting (Using mantras or prayers) meditating or playing a musical instrument, for example, a Tibetan Singing Bowl, Drum, Tuning Fork, Gong, Shakers, etc.

In my own Treatments, I have been using my Tibetan Bowls and other musical instruments to help people with anxiety, depression, loss of hearing, stress, memory loss (Dementia), learning difficulties, psychiatric disorders and many other conditions.

Sound Bowls are often called Tibetan Sound Bowls because of their origin and were used by the Tibetan Monks in the Monasteries from as far back as the Third Millennium. Unfortunately, there are no ancient scriptures, mainly because the Teachings were taught orally as part of a Master - Disciple relationship. The reason for this severity, was to avoid the knowledge falling into the hands of 'unworthy people'.

What can you expect from a Sound Healing Session?

Usually, it will be a One-to-One experience. The Practitioner may ask you to sit or lay down, which ever is more comfortable for you. In my Sound Healing Sessions, I like to explain that different sounds may bring up different experiences, for example, some people relax and fall into a deep sleep, other people can become very emotional. Discomfort and even slight sensations of pain may be experienced by others. This is merely the Energy re-adjusting itself in the body, where there was some kind of imbalance.

I use a Drum and Wind Gong over the body to begin the Treatment, then place Singing Bowls on, around or above the body. I am usually guided intuitively as to where to go, where to move and for how long to use the Bowls and how many to use. The Singing Bowls are placed on different parts of the body, using the Vibration and the Sound to work on the Energy level of the Patient to restore balance and well being once again. The tuning fork is used on different points of the body to stimulate Meridians (Energy Channels), releasing blocked or stagnant energy.

There is so much more to be experienced from a Sound Healing Session on a Mind, Body and Spiritual Level!

Rianna McCulloch  
Kundalini, Hatha, Yin Yoga Teacher, Reiki Master Healer, Sound Healer, Colour Mirror Practitioner.

Rianna can be contacted through her Facebook page 'Yoga Stretch and Tone with Rianna' or email randp5@hotmail.com

You can see how Vibration and Music affects us, a sad song inducing tears, releasing emotions or uplifting songs bringing joy and happiness.



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### Mediums For February 2020

3<sup>rd</sup> Marion Parmenter  
10<sup>th</sup> Annette Rodgers  
17<sup>th</sup> Michael Ivers  
24<sup>th</sup> Anne Laird (UK)

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## 5 Most Effective Healing Stones



### 1. Amethyst

The Amethyst is a crystal which has been known to be used to help cure hangovers and also drunkenness. This particular crystal is also said to be good for helping people connect to their spirituality as well as improve psychic ability.

The Amethyst Crystal can be especially great for people with the following zodiac signs: Pisces, Virgo, Aquarius, and Capricorn.

### 2. Rose Quartz

This crystal is also known as the 'love crystal'. This stone is commonly used for attracting and keeping love, as well as protecting relationships. The Rose Quartz can also help to heal your heart from disappointment and pain.

The Rose Quartz Crystal can be especially great for people with the following zodiac signs: Libra and Taurus.

### 3. Iron Pyrite

The Iron Pyrite can be used to deter any negative energy or any physical danger that you may be faced with. This can also help activate your intellect and memory even more.

The Iron Pyrite Crystal can be especially great for people with the following zodiac signs: Leo

### 4. Tiger Eye

This crystal can be used for maintaining and growing wealth. The Tiger Eye is also known to help create understanding and awareness, it can also be a great stone to use when you are feeling stressed, to keep you calm.

The Tiger Eye Crystal can be especially great for people with the following zodiac signs: Capricorn.

### 5. Hematite

This particular crystal is often used to ground and balance you in your life. It can be the perfect stone to have if you are under stress and need to feel calm and centered. This crystal can also help to clear away any negative feelings which occur from stress or anxiety.

The Hematite Crystal can be especially great for people with the following zodiac signs: Aries and Aquarius.



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## Top beauty tips for 2020

To open up your eyes and make them appear bigger, avoid using a dark eyeliner in your waterline. Instead, opt for a lighter peach colour. This will really bring out the eyes and make them appear brighter. I recommend Benefit eyebright pencil RRP £17.

To avoid creasing and makeup setting into any lines/pores, use a primer. A primer acts as a barrier between your skin and your foundation. The primer will sit in any open pores or lines and your foundation application will be a lot smoother. I recommend Touch in Sol No poreblem primer RRP £16.

For a quick eye makeup look use your

bronzer in the crease of your eye socket, it adds definition to your eyes whilst tying your eyes into your base makeup. We recommend doll beauty bronzer in shade dark £15

To add volume to sparse brows and achieve that fluffy brow look everyone's raving about, fill your brows as you usually would. Then brush through them with a spoolie and pears soap bar. £1.19 available at Superdrug

Ensure you curl your lashes before mascara application to open your eyes.

To ensure skin is radiant and hydrated even on makeup free days apply a tinted moisturiser. I recommend no7 city light £13.

3 quick and easy steps for the perfect brow

Step 1  
- Brush through the brow with a spoolie and pluck away any stray hairs.



Step 2  
- Using Anastasia Beverly Hills brow duo in 'ebony' and an angled brush, outline the desired brow shape. Avoid outlining the top inner corner of your brows, as you want the brow to appear as natural as possible.



Step 3  
- Fill in the rest of the brow starting at the middle of the brow and working towards the tail. Once you've done this, use the excess of the product that's left on the brush to fill in the inside part of the brow. Finish with a brow mascara (benefit gimme brow)



**Danielle Wrigley**



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## Camposol 'C' Greenfingers Gardening and Social Group

This month we are proud to say our Maintenance Scheme has its 8th anniversary and we're sure the homeowners on 'C' North agree it's made a huge difference to our streets: The roads and pavements regularly weeded and swept, potholes repaired, verges gravelled and planted, green skips available for all our garden waste and all dustbins off the roads. It's lovely to walk around a tidy area which is not neglected but it has taken many hours every week of hard work by our Team. This will not continue without each loyal Member - if you haven't considered joining we ask you to please get in touch? The small amount of 15 Euros per quarter (equivalent to a cup of coffee each week!) means the benefit to our area is huge. We'd also like to ask once more; if you have a pet, please clear up after it and keep our area pleasant and poo free! Thank you.

Green Fingers' work continues into 2020: During a month of dampness, fog and extremely cold temperatures, our volunteers laid a path, cleared debris after a road accident, repositioned pots, weeded, watered, planted plants and cleared dried mud washed down from the campo tracks after more heavy showers. Huge thanks to them all for coming out in the cold and damp. If our workers are in your area, please support us: spare cash in our bucket or hot drinks are always appreciated! We're still looking for volunteers - even if you're not resident here all the time and just on holiday now and then, you're most welcome: there are free bacon sarnies every Wednesday morning as an incentive! Please contact John our Chairman, on 634 325 427.

**Please check chalkboards & our Facebook group, Green Fingers Camposol, for more information.**

## February Jobs in the Mediterranean Garden

The cold weather has dominated gardener's lives recently and I've been swamped with queries on how to handle this unexpected wave of cold weather. For many of you in other areas of Spain, it has been at a once-in-a-lifetime level - or so we hope!

**Cold Prevention:** December I advised that young/newly planted fruit trees such as citrus, mango and avocado be wrapped - I hope that lots of you did that. If you didn't, it's still not too late if you are concerned - we could still get more cold conditions. Mulch around the root area too; old leaves will serve. General plantings can be protected by

erecting a wind break. Green fabric may not look very pretty but it is effective; or, more naturally, push cuttings of evergreen prunings into the ground, criss-crossing them - cypress branches/palm leaves are a good option. If you've beds of succulents and cacti, throw a blanket of fleece over them. If snow falls, clear it away from your plants as soon as possible; it will certainly burn fleshy plants, affect palm hearts, weigh down branches etc.

Remember that pot plants are particularly vulnerable - their roots do not have the thick mass of soil to protect them that their planted counterparts have. Wrap pots and even entire plants. Grouping your pots together will also help so that they can snuggle up to each other and keep warmer.

**Cold Damage, How does it Look:** Cold damage can show in various ways and sometimes takes time to show. Stems can collapse and wilt; pale brown burn marks show on leaves and, in severe cases, will blacken. Early fruit blossoms that are damaged form a corky layer at their base, preventing the formation of fruit. Succulents and cacti can blacken and shrivel in extreme cases or go mushy. Snowflakes leave pocked marks. **Cold Damage, Recuperation:** In perennials, shrubs and trees do not prune back the damaged material until you are sure that the danger of more frost/snow has passed. Although damaged, it still provides some protection to the rest of the plant and pruning will provoke new tender growth. When you can safely prune, apply a general-purpose fertiliser to help your plant along. If badly damaged do not give up too early; plants will often regenerate from the base. With succulents, similar treatment. Do not be too hasty to cut away damaged leaves but, when you do, cut back to healthy green material. Then you will have to wait until the plant grows and disguises the damage. Make sure all plants are still firm in the ground - heavy frosts and wind can move them.

Good gardeners know how to move on - so let's!

### Heavy Jobs:

Colder weather give us a chance to do the jobs that really make you sweat! Digging and preparing ground. But winter is also a good time to paint walls, fences etc. whilst climbers are bare and pruned back.

Reseal or paint garden furniture too. **Irrigation:** I'm sure you will all have irrigation systems turned off so do check evergreens, small bedding plants and pots - wind can dry them out severely and they may need some water. Don't water palms, yuccas, bananas and other semi-tropicals during cold weather - they are not in active growth and their roots can rot.

**Planting:** Don't plant during freezing conditions but once you can get to it again, do consider using mycorrhizal fungi. It comes in a fine granular form and the fungi increase the spread of the roots, thus increasing water and mineral uptake. It gives you stronger, healthier plants and decreases your water bills. Winning combo and we have it at the garden centre.

**Springtime:** It's just around the corner, light levels are increasing and, surely, temperatures too! Autumn-planted bulbs are just starting to peek through - clear around them so they can be properly appreciated.

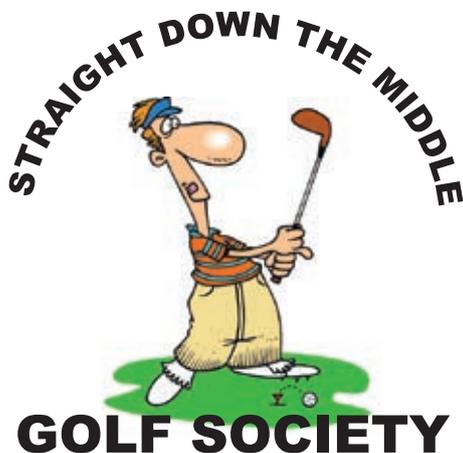
**First Sowings:** You can make first sowings of hardy annuals if you have a greenhouse/conservatory/propagator/warm windowsill. Some seeds take 2 or 3 weeks to germinate, by then we'll almost be into March. The flower of 2017 is the zinnia and they are fab for our hot summers, so get some started over the next couple of weeks and be at the height of fashion!

**A Little Tip:** Whilst you've got the fire going, remember that wood ash is very good sprinkled around your fruit trees. It's also great around roses and bougainvilleas - it will deepen their flower colour.

**Job of the Month:** Show your soft side - build a romantic Valentine's arbour smothered in scented and beautiful climbers!

**Plant of the Month:** One to smother your arbour (not ardour!) - jasminum polyanthum, spring-flowering jasmine. Deliciously scented and oh-so-romantic!





Venue: Torre Pacheco Golf

Date: December 11th

It was a beautiful sunny day with no breeze. The course was in great condition and the greens were perfect. There was good turnout with 22 players on the day.

The scoring format was based on the best two scores per hole for each team of 4 players. The winning team consisted



*The winning team* of Mike Renshaw, John Fisher, Roy Alderslade and Howard Lee, a great and well deserved result. The scoring was difficult on this par 3 challenging course. How-



Ian Stewart

ever, the best overall score was from Ian Stewart scoring 5 over par with a total of 59. Well done to all, there were some great golfing performances.

After some liquid refreshment and a lovely lunch in the clubhouse the prize giving commenced. The winning team received a small cup each and best overall winner received a bottle of brandy. The winning golfers from all competitions in the year received a dozen golf balls for each monthly win.

Overall winner 2019

Jan Clive Hathaway July Roy Turner

Feb Glen Nicholson August Steve Carter

March John Fisher Sept Ian Stewart and Roy Turner

April Ian Dalley Oct Roy Turner

May Steve Carter Nov Pete Smithson

June James Niblo Dec Ian Stewart

The next golf match will have been held at Condado on January 21st. We are always pleased to welcome guests so don't hesitate to get your friends along to play.

If you are interested in joining our golf society then please contact Geoff Sharp on [hatter45@msn.com](mailto:hatter45@msn.com)

Ian Stewart

### What is paddle tennis in Spain? Actually, its "padel" and it's addictive.

Padel is a racket sport that combines the elements of tennis, squash and badminton. It is only played in doubles and is practiced outdoors as much as indoors. The game was invented by Enrique Corcuera of Mexico, who created the



first padel club in Marbella in 1974. The sport became very popular in Spain, which has been the professional circuit host of the World Padel Tour where it has been played since 2005. Over the course of the past 10 years, padel has begun to spread rapidly to the rest of Europe and the United States.

Padel is played by over 10 million players and has become the fastest growing sport in the world.

### How do you play paddle tennis (padel)?

About the padel court... (La pista de padel)

Dimensions: 200m<sup>2</sup> (10x20m)

A net divides the court into two sides Glass walls and netted steel fence sur-

round the court

The back of the court and the beginning of the sides are made of window glass surmounted by a steel fence (height: 4m) Access to the court is on each side of the net

There are no doors

### About the padel rules ... (Las reglas)

The game starts with a serve which must be hit diagonally to the opponent on the other side of the net. The ball must bounce within the opponents serving "square".

The serve is underhanded, with 2 attempts allowed

If the ball hits the net and bounces in the box, it is a let (as in tennis).

### During the game:

The ball must bounce on the ground before touching any external walls. If the ball hits an external wall before first bouncing on the floor it is out.

A ball can be returned once it has hit the floor and/or any glass walls. However, it cannot bounce twice.

Volleys are also permitted.

### Scoring:

Scoring is the same as tennis, except matches are usually made up of the best of 3 sets (male and female). Six games are needed to win a set and the pair who wins two sets wins the match.

Players will play a 7 points tie-breaker if the score reaches 6/6

### About the padel racquet: (La pala)

A padel racquet is solid with no strings and is perforated. It is smaller and more compact than a tennis racquet which makes it very easy to handle.

It weighs between 340g and 370g, slightly heavier than a tennis racquet.

The racquet cannot be more than 45,5cm long, 26cm wide and 38mm thick.

The padel racquet is usually covered by plastic or carbon depending on the quality level. The inside of the racquet is made of ethylene-vinyl acetate which looks like a foam.

Padel balls are similar to tennis balls but have less pressure in order to adapt to the small size of the court.



Valentine's Day, also called St. Valentine's Day, holiday (February 14)

When lovers express their affection with greetings and gifts. The holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I replaced Lupercalia with St. Valentine's Day. It came to be celebrated as a day of romance from about the 14th century. Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 CE by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's

daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

The day is popular in the United States as well as in Britain, Canada, and Australia, and it is also celebrated in other countries, including Argentina, France, Mexico, and South Korea. In the Philippines, it is the most common wedding anniversary, and mass weddings of hundreds of couples are not uncommon on that date. The holiday has expanded to expressions of affection among relatives and friends. Many schoolchildren exchange valentines with one another on this day.

*2020 is a very special year as well as being a leap year. It is traditionally the time for ladies to propose. If anyone would like to propose live on Costa Calida Radio please contact them on [www.costacalidaradio.com](http://www.costacalidaradio.com). We are all softies at heart and would love to follow the ongoing romance... ..*

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**Adventurer finally finishes 24-year road trip after driving 556,000 miles across 215 countries ... in the SAME Mercedes**  
**Gunther Holtorf, 77, and his late wife Christine set off in their Mercedes 300GD in 1990**  
**The pair originally intended to drive to Africa ... and then kept on going**  
**The Mercedes, nicknamed Otto, has seen more countries than any other car**  
**Otto has travelled 556,000 miles, including boarding 113 deep-sea ferries**

An adventurer has finally finished his epic 24-year road trip - driving a staggering 556,000 miles through 215 countries in the same trusty car.

Gunther Holtorf, 77, set off in his Mercedes 300GD with his late wife Christine in 1990, with the plan of visiting Africa.

They tackled gravel and mud-covered, pothole-ridden roads without problem and, after seeing the continent, decided to keep going.

The result was an epic adventure which

saw the Mercedes - nicknamed Otto by Christine - driven through 215 countries and into the record books.

In fact, their Mercedes has been in more countries than any other car.

Of the 556,000 miles, it is estimated 155,000 were off road as the 4x4 was driven across 410 borders outside Europe.

It went in 41 ocean shipping containers and boarded 113 deep-sea ferries. During the journeys, Otto endured temperatures of -27 degrees Celsius

in Siberia and +50 Celsius near Alice Springs, Australia.

They even drove to the base camp of Mount Everest, which is 5,200 metres above sea level.

When Christine sadly passed away from cancer in 2010, Gunther vowed to carry on with their trip.

He has now finally finished his epic adventure.

The former airline executive ended the journey at the Brandenburg Gates in Berlin and is now back home in Bavaria, Germany.

Apart from reinforced suspension, Otto is completely standard and still has the original engine, gearbox and axles.

Under the bonnet is a three-litre diesel engine which develops a modest 88bhp.

To make the car more practical, the rear seats were removed and it was fitted with two custom-made mattresses.

There was also a storage space for clothes, food, tools, spare parts and kitchen utensils.

After travelling through Africa, the intrepid pair headed to South America,



**Of the 556,000 miles that Gunther and his late wife Christine travelled, it is estimated that 155,000 of those were off road**

then North America before visiting Asia and Australia and Europe.

Otto ended up travelling the equivalent of 22 times around the Earth or from

the Earth to the Moon and back and two circles of the world.

The car will now go on display at the Mercedes-Benz Museum in Stuttgart.

Dr Dieter Zetsche, Head of Mercedes-Benz Cars, said: 'I promise that there will still be a G-Class in the future. Will there be more characters of Mr Holtorf's ilk in the future? We hope so.'



Gunther's Mercedes 300 GD even traversed across Algeria. Pictured: Otto with the Sahara in the background

# Ken Sherwood

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## TRAMWAY TAKES TO THE FAIRWAY AGAIN IN SUPPORT OF LOS AMIGOS DE MAZARRON FC

Tramway Financial Management will once again be sponsoring the Annual Golf Day organised for Los Amigos de Mazarron FC.

It takes place on Monday 30 March at Camposol Club de Golf and will follow the regular format of 18 holes Texas Scramble competition on a shotgun start with further prizes for nearest the pin and longest drive.

As well as becoming a firm favourite with local golfers, it has also attracted many sporting legends over the years. So far confirmed for 2020 are ex-footballers John Beresford, Tony Currie, Peter Reeves, comedian Lea Roberts and the ever-popular compere and comedian Gary Marshall.

Angela Skinner, managing director of Tramway Financial Management, said: "We have sponsored the Annual Golf Day for a number of years and it is always a most enjoyable few days, with something for everyone, whether you are a golfer or not.

"The Gala Ball on the Tuesday night is a regular in many expats' diaries and we look forward to meeting up with friends, old and new, in March."

Angela is a familiar figure in the area and has worked with Shirley Fisher Legal & Financial Services, in the offices they share at the Camposol Business Centre for many years. She said "Following our successful sponsorship last year, we had no hesitation in continuing to support this fun event. We made so many friends and we are looking forward to seeing them and meeting new ones during the course of the tournament."

Tramway Financial Management Ltd exists to provide peace of mind to UK expats living abroad. Angela has over 30 years' experience in the financial services industry, specialising in recent years in products and services that are of particular help to those living and working abroad. Tramway works with introducers and businesses like Shirley Fisher Legal & Financial Services throughout Spain but particularly on the Costas from Barcelona to Gibraltar. Anyone requiring information on their investments and who would like to make an appointment during the Gala Week from Monday 30th March through to Wednesday 1 April can, in the first instance, contact Shirley Fisher, UK Lawyer & Commissioner for Oaths at Camposol Business Centre on Sector A - Tel 968 103 008, Mobile 634 053 976 or email [shirleyfisherlegalservices@gmail.com](mailto:shirleyfisherlegalservices@gmail.com) Tramway Financial Management Ltd is one of the very few FCA-regulated financial adviser firms

operating in Spain. You can find out more at [www.tramwayfm.com](http://www.tramwayfm.com) or by calling head office on 0044 1789 773932.

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Extended detached 3 beds, 3 baths villa with self contained studio apartment, low level entrance, off road parking, swimming pool, poolside bar, awning, solarium, storage, side terracing, central heating, log burner fire, A/C, ceiling fans, new kitchen, Sat TV, internet, mosquito blinds.  
Located on B - Fully Furnished.

Ref: CAA908 - Neptuno Rubi - 220,000€



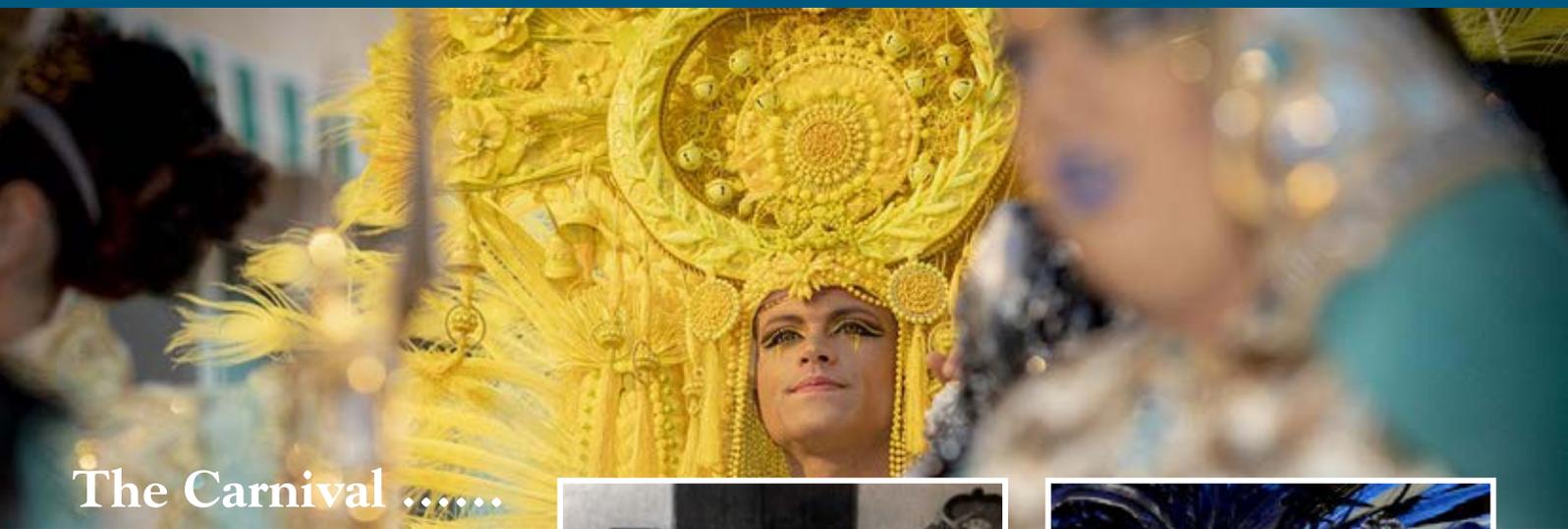
**WALK TO THE SHOPS**  
Immaculate extended 4 beds, 3 baths detached villa with integral garage, glazed sun room, spacious lounge, dining room, kitchen, central heating, log burner fire, A/C, ceilings fans, Sat TV, internet, swimming pool, large tiled terrace, pergola, gardens, off road parking, under build, solarium, raised garden walls.  
Located on A - Fully Furnished.

Ref: CAA904 - Rosa - 145,000€



**WALK TO THE SHOPS**  
Corner plot, not overlooked, extended 3 beds, 2 baths detached villa with central heating, A/C, log burner fire, ceiling fans, covered terrace, glazed sun terrace, lounge, separate dining room, kitchen, off road parking, garage, low maintenance garden, solarium, workshop, under build, rejas, fly screens, window locks  
Located on A - Part furnished

Visit the website: [www.2let2sell2buy.com](http://www.2let2sell2buy.com)



## The Carnival .....

... with over 200 years of history, was declared in January 2015 Festival of International Tourist Interest . Historical sources lead us to the founding of the city of Águilas in times of the King Carlos III , XVIII century, when they held the carnival celebrations in the Court of Madrid and the rest of Spain. Since then, this celebration has continued uninterrupted to this day.

Over the course of the two weeks, grand parades where music, revelry and joy mingle in a difficult environment to describe, “shells” and “Cuerva” , which it is the typical drink of our party, as traditional elements. a great cocktail of emotions, able to enliven even the character more introverted, making the foreign feel aguileño for a few days, because if anything characterizes this population is the enormous hospitality.

The various story lines and battles behind the Carnival are displayed with extravagantly colourful and ornate costumes, floats, dance and eggs.

During the past years Águilas Carnival has developed into an extravaganza that offers two differing experiences of the same event: The “Carnival by Day”, where luxury and beauty reigns in the spectacular nature and colouring of the carnival groups and floats and the “Carnival by Night” with its spontaneity, wittiness, and popular roguery.

Competition of Paper Suits:

The paper suit competition is growing yearly into one of the fiesta’s highlights. Because of the fragility of the materials used, these suits are presented in a closed area where you can properly appreciate the materials and detail of their construction.

To enjoy the experience to the full, please see the programme of events.



The carnival in the past, up to the present



## Programa Carnaval 2020

LA FEDERACIÓN DE PEÑAS SE RESERVA EL DERECHO DE MODIFICAR, ANULAR O SUSPENDER POR CAUSAS JUSTIFICADAS, CUALQUIER ACTO DE LOS PREVISTOS EN ESTE AVANCE, DÁNDOLO A CONOCER EN SU MOMENTO.

<p><b>VIERNES 14 FEBRERO</b> GRAN GALA DE CAMBIO DE PODERES PERSONAJES INFANTILES DEL CARNAVAL 2019 Y 2020 PABELLÓN MULTIUSOS – POLIDEPORTIVO MUNICIPAL – 21:00 H.</p> <p><b>SÁBADO 15 FEBRERO</b> GRAN GALA DE CAMBIO DE PODERES PERSONAJES DEL CARNAVAL 2019 Y 2020 PABELLÓN MULTIUSOS – POLIDEPORTIVO MUNICIPAL – 21:00 H.</p> <p><b>DOMINGO 16 FEBRERO</b> XII FESTIVAL NACIONAL BANDAS DE MÚSICA DE CARNAVAL AUDITORIO INFANTA DOÑA ELENA – 12:00 H. XXVI DUATLÓN CARNAVAL DE ÁGUILAS JUNTO AUDITORIO INFANTA DOÑA ELENA 09:00 H. REGATA CARNAVAL 2020 (1ª MANGA) PUERTO DEPORTIVO CLUB NÁUTICO XX CONCURSO DE TRAJES DE PAPEL Y MAQUILLAJE CORPORAL AUDITORIO INFANTA DOÑA ELENA – 21:00 H.</p> <p><b>MARTES 18 FEBRERO</b> XXIV CONCURSO DE PREMIOS LITERARIOS, CARNAVAL DE ÁGUILAS 2020 PRESENTACIÓN LIBRO OFICIAL DEL CARNAVAL 2020 CASA DE LA CULTURA “FRANCISCO RABAL” – 20:00 H.</p> <p><b>MIÉRCOLES 19 FEBRERO</b> XXVII CONCURSO DE DIBUJO Y REDACCIÓN ESCOLAR</p>	<p>CASA DE LA CULTURA FRANCISCO RABAL – 19:00 H.</p> <p><b>JUEVES 20 FEBRERO</b> XX SUELTA DE LA MUSSONA EXPLANADA CASTILLO – 22:30 H. LLEGADA PLAZA DE ESPAÑA – 23:45 H. BIENVENIDA AL CARNAVAL Y TRACA PLAZA DE ESPAÑA – 24:00 H.</p> <p><b>VIERNES 21 FEBRERO</b> DESFILE ESCOLARES COLEGIOS – 9:30 H. PESAJE DE PERSONAJES (SU PESO EN PRODUCTOS DE LA TIERRA) PLAZA DE ESPAÑA – 20:15 H. XXXII CONCURSO NACIONAL DE CUERVA SEDE FEDERACIÓN DE PEÑAS – 20:00 H. MUSSONA INFANTIL PLAZA GUTIERREZ MELLADO – 20:00 H. BATALLA INFANTIL Y PREGÓN DE LA MUSA INFANTIL PLAZA DE ESPAÑA – 21:30 H.</p> <p><b>SÁBADO 22 FEBRERO</b> ENTREGA DE TROFEO “MUSSONA” – REGATA DE CARNAVAL CLUB NÁUTICO – 18:30 H. BATALLA DON CARNAL Y DOÑA CUARESMA, PREGÓN DE MUSA, PREGONERO Y SRA. ALCALDESA PLAZA DE ESPAÑA – 22:00 H.</p> <p><b>DOMINGO 23 FEBRERO</b> PRIMER GRAN DESFILE DE COMPARSAS Y CARROZAS COMIENZO – 18:00 H.</p> <p><b>LUNES 24 FEBRERO</b> CARNAVAL DE LA NOCHE PLAZA DE ESPAÑA – 24:00 H.</p>	<p><b>MARTES 25 FEBRERO</b> SEGUNDO GRAN DESFILE DE COMPARSAS Y CARROZAS COMIENZO – 18:00 H.</p> <p><b>JUEVES 27 FEBRERO</b> ACTUACIÓN MURGA “LOS CIEGOS, CIEGOS PERDÍOS” AUDITORIO INFANTA DOÑA ELENA PASES – 20:00 H. – 22:00 H.</p> <p><b>VIERNES 28 FEBRERO</b> XXV CONCURSO NACIONAL DE COMPARSAS FORÁNEAS COMIENZO – 18:00 H. ACTUACIÓN MURGA “LOS CIEGOS, CIEGOS PERDÍOS” AUDITORIO INFANTA DOÑA ELENA PASES – 19:00 H. – 21:00 H. – 23:30 H.</p> <p><b>SÁBADO 29 FEBRERO</b> TERCER GRAN DESFILE DE COMPARSAS Y CARROZAS COMIENZO – 18:00 H. QUEMA DE DON CARNAL Y CASTILLO DE FUEGOS ARTIFICIALES PUERTO DE PONIENTE AL TÉRMINO DEL DESFILE – 24:00 H. APROX. ENTREGA DE PREMIOS ESCENARIO PLAZA DE ESPAÑA, AL TÉRMINO DE LA QUEMA DE DON CARNAL.</p> <p><b>SÁBADO 7 MARZO</b> XIV CONCURSO NACIONAL DE DRAG QUEEN AUDITORIO INFANTA DOÑA ELENA – 22:00 H.</p> <p><b>SÁBADO 14 MARZO</b> V CERTAMEN NACIONAL DE CHIRIGOTAS “CARNAVAL DE ÁGUILAS” AUDITORIO INFANTA DOÑA ELENA – 21:00 H.</p>
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The Journal

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Andreas animal rescue 690 906 565

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www.danielwhitedesign.com

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Camposol Business Centre

968 103 008

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## Getting in touch with the committees and organisations

Sector A gardening Group is Chaired by Brian Curran. ...briancurran39@gmail.com. ..605065160 Contact the Secretary for details of monthly meetings on:joce@lospalacios-gardeners.com

Friday morning bookstall outside the post room on A.

Sector B & B-clean (their gardening group) NB B sector community group is newly formed.

Helen White 968 199 506 is the pro tem organiser.

Sector C Greenfingers gardening group, Chairman, John Osborne-Tel 634 325 427

email: johnos1943@gmail.com.

Camposol Community Group D Sector

The group meets monthly on the first Monday at 4PM at The Clubhouse.

President - Ken De Angelo, Vice

President - Gordon Cockburn, Sec-

retary - Patrick Steer, Treasurer - Jo

Steer, Membership secretary - Carol

De Angelo, Social secretary - Laurie

Lewis.

A car with tow bar and trailer is now available for sector D residents to take garden waste to the Eco park, contact Alan Muncaster 654 024 474

Age Concern no longer meet at The

Cultural Centre. We are now open

Monday to Friday 10am -1pm at our

drop in centre, Calle Valencia 12,

Camposol A.

Telephone 634344589.

Email:

ageconcerncostacalida@gmail.com

Camposolers The registered group

site for residents of Camposol, the

proprietor is Reg Rogers who can be

contacted by e-mailing

regrogers@hotmail.com. Apply to

Reg for membership. NB there is an

underline dash between reg and rog-

ers!!!!!!

MABS now have an office on the main dual carriage way on Sector B.

LIONS Tel: 628001942

## ANNOUNCEMENTS

Welcome book club every second and

fourth Tuesday in the underbuild at

the former medical centre on Sector

B.



**Andrea's Animal Rescue**  
 & The Henrietta Foundation  
**Tel 690 906 565**  
**www.andreasanimalrescue.com**  
 Charity no. 9.980/1<sup>a</sup>



Well all the festivities are over and now it is back to earth with a bump! We had the best time over Christmas and New Year and once again I want to thank everyone who supported us at our various events throughout the festive season. Miss Lola and Baby Bonbom were absolute stars and gained many more admirers and were getting to like all the extra attention!



We purchased land for the expansion of AAR back in 2018 with the intention of keeping all the animals there and to be able to open it up to the public on a regular basis. This unfortunately has taken longer than we thought to get the land workable and all the necessary plans and permissions in place. However, this is a priority for AAR now. We have made good progress since the initial purchase, but as ever there are hurdles every step of the way. Onwards, AAR Sanctuary is still very much a priority and if anybody out there can help us achieve our dream, then please get in touch with me. We need skilled and unskilled people. I am so very excited about this project, but at the same time frustrated with the time it is taking.



In January two of our rescues left for England. Cylus the kitten who was rescued at just a few weeks old and was in such a state, had to have one of his legs removed through severe infection. He is doing just great and going to our good friends Mark and Craig and will live with two other companions from AAR. Freddie who was found wondering around and is often the case not microchipped will have to get used to that colder weather.



We have two lovely boys waiting to be rehomed Paco who has been with us for a while. He is the Spanish breed bodeguero. He has been a little down on his luck this past six months, but is now happy, readjusted and waiting for his forever home. He is great with other dogs and walks well on and off the lead. He will make the most loving and loyal companion

he is a little gem. Then we have the adorable Rupert who is medium sized around two years old and ready to go with all the necessary injections and paperwork, he is just cute! Look at our Facebook page to follow their stories and there

are some cracking photos of Paco on the beach! Don't forget we have a leuro sale on most of our clothing. There are some terrific buys to be had. We are also offering 50% off winter coats and men's suits too. As usual I will be at the Car Park on Camposol B from 11.30-1.30pm to collect any unwanted clothes, furniture, bric a brac, books, cd's, jewellery and I usually have one or two companions with me. Otherwise we welcome donations at both our shops in Roldan and Mazarron Town 10.30-1.30. Andrea x

## AGE COSTA CALIDA *Concern* Future Events

### NEW YEAR'S DAY SPONSORED SWIM:

Many thanks to all our friends and our brave swimmers who came along to Bahia Beach on New Year's Day. The projected donations are expected to be over €3,000 and your valuable support is much appreciated. Same time next year...?

### FEBRUARY FORTHCOMING EVENTS

Friday 7th February and Friday 21st February – Try our fortnightly Chair Exercising, 10.30am to 11.00am at our Drop in Centre. Half an hour of gentle exercises to music, guided by Doris through some muscle exercise and gentle stretching. Free to our over 50 age group, so why not come for a coffee and a chat and give this a try.

Wednesday 19th February – Afternoon Tea at the Drop in Centre, 2pm to 4.00. Come along for tea or coffee, delicious home-made cakes and sandwiches and lots of friendly company. Only €2.00.

Friday 21st February – Chair Exercises, see above.

Wednesday 26th February - Menú del Día at Viggos Restaurante in Puerto De Mazarrón. Tickets available from the Drop in Centre €12.00.

Friday 28th February - our next TABLE TOP SALE outside Mercer's office (sector B) 9.15 am to 12.30pm, come along and check out our bargains. We are always pleased to have your support by bringing your bric-a-brac and any other useful items.

### DATES FOR YOUR DIARIES

Monday 16th March - Friday 20th March – 2020 VALENCIA FAL-LAS. We have a couple of rooms available for this fabulous festival to 'Welcome in the Spring' covering 4 nights & 5 days at the Expo Hotel. €360 B&B per person based on 2 sharing includes coach. This is the main holiday week of the year for Valencia. Please phone Pat Firth on 665 491 077 for more information and a full programme of events for this highlight of the Valencia year.

Wednesday 25th March – Welcome Group Ladies Night with the customary Fashion Show by Age Concern. Tickets available from the Welcome Group.

Drop in Centre  
 Calle Valencia 12, Camposol A  
 Tel: 634 344 589

OPENING HOURS: Monday, Tuesday & Thursday  
 10am to 1pm

Enquiries - 634 344 589 (10am – 4pm Mon – Fri)  
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	2		5	1	9			
	5		7				1	
	6		2			9		
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						8		2
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7		1					5	9
					1			7
	3		4	9			2	1

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	1		7	5				
		3		9			4	
	4	9					7	

## Jokes on the subject of love, for Valentines

- Q. Why do skunks love Valentine's Day?  
A. Because they're scent-imental creatures!
- Q. Why shouldn't you fall in love with a pastry chef?  
A. He'll dessert you.
- Q: What do you call a very small valentine?  
A: A valen-tiny!
- Q. How did the phone propose to his girlfriend on Valentine's Day?  
A. He gave her a ring.
- Q. What did the girl cat say to the boy cat on Valentine's Day?  
A. You're purrr-fect for me.
- Q. Where do all the hamburgers take their girlfriend on Valentine's Day?  
A. To a meatball.
- Q: What happened when the man fell in love with his garden?  
A: It made him wed his plants!

## Valentine word search

h c u p i d c k o t i w y  
e h a r e b h a e f h e p  
e o t n a r i u a r l v h  
d c h k d n e f a c u o s  
y o s r h y s r e w o l f  
s l i d s b n i y e h d e  
h a r r o w o e s p e e b  
t t h v a l e n t i n e r  
h e a r t r f d v n a p u  
p h t c i u i s h k y o a  
k u r e n f k o l p s d r  
s g h s k i s s p s u e y  
r a r f i c h a i t n r e  
e s w e e t h e a r t w h  
b e m i n e p a r e d h y  
n s l h r o s e s h r o g

arrow cupid friends hug pink sweetheart  
candy February happy kiss red valentine  
chocolate flowers heart love roses



# In next months edition

We look forward to March with features on Spring, Spanish fathers day and UK Mothers day.

Introducing new regular features including, mystery diner & wine of the month, and much much more

## @Home

sofás - colchones - muebles

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