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February 2021



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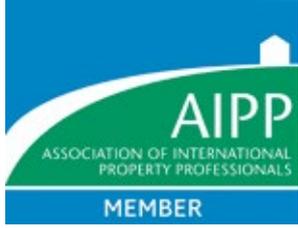
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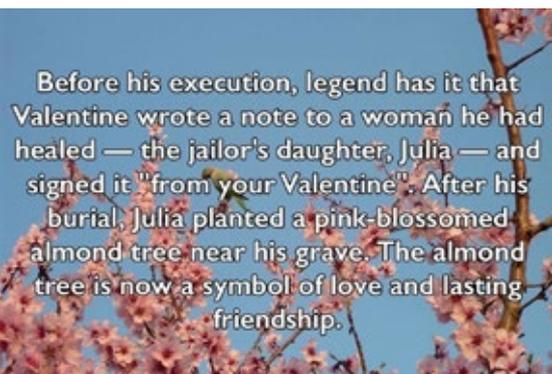
THE Journal

February 2021



Dear Readers,

February is most definitely one of my very favourite times of the year. We are lucky enough to live in an area where our local countryside is beautifully adorned by the almond blossom. A warm and welcoming feeling that spring is on its way at last.



Before his execution, legend has it that Valentine wrote a note to a woman he had healed — the jailor's daughter, Julia — and signed it "from your Valentine". After his burial, Julia planted a pink-blossomed almond tree near his grave. The almond tree is now a symbol of love and lasting friendship.

With Valentine's Day approaching I have been thinking about what little gems we have in our area. I have found it very interesting during my research to find out that our area produces some of the most beautiful sea glass. This can be produced naturally or sadly by the waves rolling over waste glass over a period of years. I had never even heard of it before but the front cover is a beautiful piece made from local sea glass.

We also look forward to another favourite of mine.... Pancake day. Not many can resist the urge to flip.

I would like to expand the vehicle section and would very much appreciate any input from you. Although through covid schedules change, we try to keep as up to date as possible. Would you like to see Formula 1, Moto GP, electric cars, vehicles for sale? All suggestions will be very welcome.

I would like to say a big thank you to all our local business's and services who are trying to navigate the continued changes in restrictions. It is a very difficult time and our community needs you.

Please stay safe and continue to support each other. On that note, I will leave you to read and enjoy.....

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Valentines day

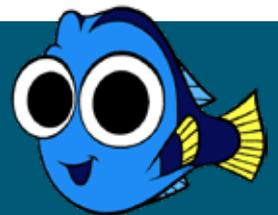
Valentine's Day, also called St. Valentine's Day, (February 14) when lovers express their affection with greetings and gifts. The holiday has origins in the Roman festival of Lupercalia, held in mid-February.

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.

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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 school-children exchange valentines with one another on this day.



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What is Pancake Day?

In the Christian tradition, Pancake Day, also called Pancake Tuesday, Shrove Tuesday, Fat Tuesday and Mardi Gras (which is French for "Fat Tuesday"), is the last day of feasting before Lent begins on the following day, Ash Wednesday. It's called so due to the custom of eating pancakes on this day, a tradition that comes from a time when any remaining rich foods were eaten on the day before Lent to use them

up, and fasting begins. It's observed mainly in English-speaking countries, especially Ireland, the United Kingdom, Australia, New Zealand, Canada and the United States, but also in the Philippines and Germany.

Pancake Day is a moveable feast whose date is determined by Easter, and it's celebrated exactly 47 days before Easter Sunday. The date can vary from as early as February 3 to as late as March 9.

When is Pancake Day 2021?

Tuesday, February 16, 2021

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When space is at a premium, utilise an in-between wall space like this to create additional storage. A neat wall-hung coat rack will keep coats, scarves and bags handy, and free up space in a wardrobe – a pretty fab solution for an otherwise empty nook.

Display artworks in their own space

Don't leave your alcove walls empty – they're practically begging for statement artworks to be hung on them. Whether you create a personal gallery with multiple pictures, or go bold with a single piece that continues your colour scheme – as here – your living room will benefit.

See? Those alcoves do have a design benefit, beyond your standard storage solutions. It's time to get creative and update your space... Question is, which room of the house are you going to tackle first?

Create a grown-up work space



If you're building or renovating an extension, why not make space in the plans for a grown-up work area. This little nook takes up barely any space, features storage for books and files, and feels like a private space in an open-plan area. Subtle and chic – one of our favourite design combinations.

Take a classic country approach



Take a leaf out of the book of early 20th-century houses, which often featured built-in bedroom stor-

age like this. Floor-to-ceiling, flat-fronted wardrobes streamline the space, look crisp and clean and keep clutter hidden away. What more can you ask for?

Pop in a mini bar



If you don't have space for a cellar, but do have a penchant for wine, why not make way for your bottles in the most sociable of spaces – the living room. The cabinet above has plenty of space for wine and glasses, and frees up precious space in the fridge and kitchen cupboards?

Make space for pampering



The combination of a bay window and a fireplace alcove needn't cause excess design difficulties. Work through it by creating a neat little beauty or work area like this, which benefits from the natural light filtering through the adjacent window.

A pale wood desk and metal tolix chair combine for a smart country-style feel, while a single large art print on the wall behind the desk enhances the sense of this being a separate space.

Camouflage awkward recesses with pattern



Don't need extra storage, and want to pretend your alcoves don't actually exist? Use a wallpaper to camouflage them into a feature wall, with a fireplace at the centre of the scheme.

Retro prints like this one work well – busy enough to distract you from the different depths of the wall, it also matches the fireplace tiles, and almost seems to pull the walls forward. Oh, and don't go

hanging pictures or shelving on it – this will just confuse things!

Opt for freestanding storage



Built-in alcove storage can look quite traditional in a period property, which is great if that's the look you're after but if you want a more modern finish, freestanding storage might be a better fit for you (excuse the pun).

Use smart paint choices to recede your shelving into an alcove recess – visually, if not physically. For instance, here the grey tones of the wooden shelving blend with the dove grey shade on the chimney breast, keeping the focus on the rest of the decor, as opposed to the stacks in the alcoves.

Make it a dressing area



As good an idea for little ladies as it is for full-grown women, a dressing area will make picking outfits for the day ahead an organised and enjoyable occasion.

Include a chair for 'dumping' in case you're indecisive over fashion choices, and full-length mirror for taking it all in.

Use the space for a shower



Use a bathroom recess to your advantage and install a streamlined shower enclosure (in an ideal world, it's in addition to a beautiful freestanding bath!).

Simple metro tiles and a classic glass shower screen make for a neat unit that adds to the overall feel in this luxurious bathroom.

THE Journal

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For real estate companies, we offer several packages for different size companies, with the first package having a limit of 100 properties available to be uploaded month, we also offer higher packages of 200, 500 1000+, These are done by automatic XML feed with price upon request. There are already reputable real estate companies advertising on our portal; Blue Med Invest, Camposol Property Sales, Mercers and Luz del Sol just to name a few. Will you be next?

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

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Bobs Trails - Carrascoy routes

There are many beautiful routes on all sides off the Carrascoy mountain.

One of the best places to start exploring the area is in the Urbanization of Torre Guil, he had a large parking area, a information hut in peak times and very well marked out routes.

The urbanization is located off of the RM-603 between El Palmar and the RM-2 Alhama. Take the turning off the RM-603 and following the road until you arrive at the security entrance of the Urb.

Torre Guil, just tell them you are there for walking and they will open the barrier.

Follow the road to the right through the Urb. until you arrive at the visitors car park on the left with the information booth.

The route in the photos is the Pico Del Aguila, this will take you past a recreational area called El Majal Blanco and onto the peak of Pico Del Aguila, from here you can see for 360 degree panoramic views of Sierra Espuna, Murcia City and as far out to The Mar Menor.

This route will take about 3 hours circular, it can be easily extended by an hour, when passing the Majal Blanco on the return leg, instead of taking a right and returning to the car park follow the signs for Cuevas del Buitre and when you eventually come out on to a road turn right to return to the car park.



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The Right One

Godfrey is the story of a man so traumatized and guilt-ridden by a personal tragedy that he's dealt with it in a profound way: he's decided to be anyone but himself.

One day he adopts the persona of an Art Critic, then a College Professor, next a singing Cowboy, followed by a rave DJ, and, unconvincingly, as an Argentinian Ballroom Dancer, among others.

Godfrey's coping mechanism keeps him sane, but he's a man who has completely lost the idea of who he is.

Enter Sara Dash, a smart, insightful writer with writer's block

who struggles with her own sense of self who stumbles across him at a gallery opening.

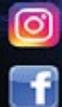
Intrigued by his personas, Sara tries to unravel the mystery of Godfrey, while at the same time using him to write a new novel.

A fragile friendship develops between the two – one that is marked by humor, poignancy, self-reflection, and a resolution in which two wounded people are able to help heal each other.

Release Date
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Cinderella



A new version of Cinderella is set to be released on February 5, 2021. Described as a musical romantic comedy, the film was written and directed by Kay Cannon, who wrote and produced the Pitch Perfect film series and television shows such as 30 Rock and New Girl.

This folk tale has been told by different writers in different countries and in different ways in different time periods, though the most

known version came about in 1697, thanks to Charles Perrault, and it was followed by the Brothers Grimm version in 1812.

Over the years, there have been many more adaptations of this story, including operas, ballets, plays, movies and series. Most notably, Disney released their classic animated flick in 1950, as well as a live-action version with Lily James, Richard Madden, Cate Blanchett and Helena Bonham Carter in 2015.

In 2021, the fairy tale about a young woman getting to meet a prince will be told again and with an all-star cast. Singer/songwriter Camila Cabello will star as Cinderella, and this will be her first role in a theatrical film.

Actor and singer Billy Porter will be featured as a genderless fairy godparent called Fab G. Actress and singer/songwriter Idina Menzel will be Cinderella's stepmother, Vivian.

The prince will be played by actor Nicholas Galitzine, and big

names like Pierce Brosnan, Minnie Driver (who was in another retelling of this story, Ella Enchanted, in 2004), John Mulaney, James Corden and Missy Elliott will also make appearances. Furthermore, the story is by Corden, and he served as a producer.

It should also be noted that Cabello's and Menzel's vocal talents will be put to good use, as both of them have original songs in the film. Previously, Cabello was part of Fifth Harmony, a girl group that came about on The X Factor; she then started a solo career, putting out hit songs like "Havana".

And Menzel is a Broadway performer who has been in Rent and Wicked, to name a few, and she portrayed Elsa in Frozen and its sequel.

This project was first announced last year by Columbia Pictures, and filming began in February 2020 in England, before having to soon stop, due to COVID-19. Work picked back up in August 2020, and production was wrapped in September 2020.

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A Court of Silver Flames

By Sarah J. Maas

Nesta Archeron has always been prickly-proud, swift to anger, and slow to forgive. And ever since being forced into the Cauldron and becoming High Fae against her will, she's struggled to find a place for herself within the strange, deadly world she inhabits. Worse, she can't seem to move past the horrors of the war with Hybern and all she lost in it.

The one person who ignites her temper more than any other is Cassian, the battle-scarred warrior whose position in Rhysand and Feyre's Night Court keeps him constantly in Nesta's orbit. But her temper isn't the only thing Cassian ignites. The fire between them is undeniable, and only burns hotter as they are forced into close quarters with each other.

Meanwhile, the treacherous human queens who returned to the Continent during the last war have forged a dangerous new alliance, threatening the fragile peace that has settled over the realms. And the key to halting them might very well rely on Cassian and Nesta facing their haunting pasts.

Against the sweeping backdrop of a world seared by war and plagued with uncertainty, Nesta and Cassian battle monsters from within and without as they search for acceptance-and healing-in each other's arms.

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By Lynda Rutledge

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Part adventure, part historical saga, and part coming-of-age love story.

Release Date
February, 2021



My name is Ana Palomares and I am a Technical Architect and Interior Designer.

In 2013 I went to live in the United Kingdom in search of new opportunities and in order to develop my profession. After a lot of effort and hard work in 2015 I received my first job offer as a Technical Architect, for an architecture studio in England.

After several years practicing my profession in the UK I decided to return to Spain and start a new adventure: create my own studio.

My mission is to create current and comfortable space to enjoy and share good moments with family and friends. I work within the reach of all budgets.

I know that whether you want home improvements, remodelling of your business, or just a simple change of furniture, it can become a difficult issue when trying to decide on the design. I CAN HELP! I can offer design ideas and concepts and full project management.

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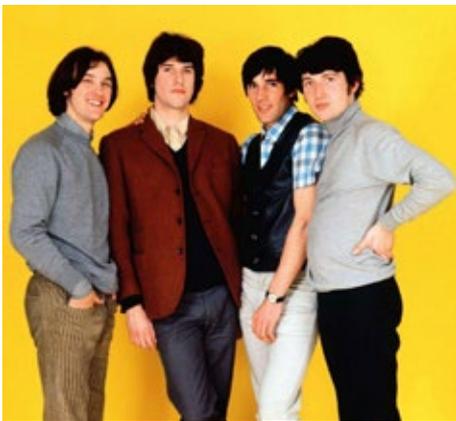
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Alhama de Murcia



THE KINKS

The Kinks began in Muswell Hill North London. The original band of brothers Ray and Dave Davies were joined by Peter Quaile on bass and Mick Avory on drums.

They were originally known as the Ravens when formed in 1963. They performed in pubs, town halls and parties. They then changed the band name to The Kinks in 1964 and signed a recording deal with Pye Records. Their first two singles were not a success, but then came the one that changed everything, I am sure you remember it "You really got me".

This was the track that launched one of the biggest British and International groups of all time and to date is instantly recognizable.

The Kinks were already firmly established as one of the leading British acts of the era, but 1966 would see them raise their game to another level with a series of exceptional releases. Ray Davies shifted his song writing stance with recordings such as "dedicated followers of fashion" (as swinging London changed its fashion). Ray then wrote "sunny afternoon" which reached the number one slot the week after England won the World Cup.

This was to be followed by the absolutely perfect "Waterloo sunset", which was written about a young couple (who were they?) walking one evening over Waterloo bridge while crossing the river Thames.

In June 1970 the song that they are probably best known for was released called "Lola" which was written about a romance between a young man and transvestite who met in a club in SoHo London.

Ray had a personal relationship with Chrissie Hynde of The Pretenders who recorded a cover of "stop your sobbing" in 1979. The Pretenders released "I go to sleep" in 1981 which

was also written by Ray. One fact that many people don't realise, is the volume of albums The Kinks released during their career spanning a period of three decades. The total was 28 of which 24 were studio albums and 4 were live albums. Ray and Dave also released their individual work (some loyal fans say their best work) on the albums as well as the B sides of their hit singles. In 2004 brother Dave suffered a stroke which prevented a reunion.

Ray stated that he was in good health after which there was a reunion and the band got back together in 2018. There was the hope of them doing a recent tour, but unfortunately the current Covid pandemic has meant the opportunity to see three original members of the kinks Ray, Dave and Mick Avery has had to be put on hold. We all hope to see them together again as soon as possible.



For many years The Kinks had been receiving reverential nods from the rock fraternity, all of which increased their cachet with wave after wave of new bands and musicians. In 1978, The Jam had covered David Watts while The Pretenders had their first UK hit with a version of Stop Your Sobbing, and Van Halen jumpstarted their career with a hard rock take on You Really Got Me. Biggest of all was Kirsty McColl's breathtaking take on Days.

In 1979, the band released the hard rock Low Budget album and became belated rock stars in America, gaining entry into the stadium rock circuit, and selling out Madison Square Garden. In 1980, Dave Davies released

a well-received self-titled album, and made a solo appearance on the long-running TV show, American Bandstand, followed by his albums Glamour and Chosen People.

Americans also bought up Kinks albums Give The People What they Want in 1981 in droves, which featured the hit singles Better Things and Destroyer. In 1983, The Kinks found themselves back in the UK charts with Come Dancing, which remains the band's highest charting single in America, from the album State of Confusion. 1984's Word of Mouth LP featured Do It Again and Living On A Thin Line, which were in high rotation on American rock radio stations.

In his highly-limited time off from world touring, Ray stepped outside his work with the Kinks to collaborate on musicals Chorus Girls and Around The World In 80 Days. In 1985, origi-

nal drummer Mick Avory left the band and was replaced by Bob Henrit. That same year, Ray Davies released his first solo album, Return To Waterloo, a soundtrack to an innovative musical film he wrote and directed for British television.

In 1990, all four members of the original Kinks lineup – Davies, Davies, Quaife, and Avory — were inducted into the prestigious American Rock n' Roll Hall of Fame. Through the 90s, The Kinks garnered a whole new generation of fans as yet another wave of musicians paid tribute to the band.

Blur's Damon Albarn in particular acknowledged Davies as a key influence, as did Noel and Liam Gallagher from Oasis, with Ray Davies garner-



ing the fond title, "Godfather of Brit-pop." 2005 saw the Kinks' entry into the UK Music Hall of Fame.

The scruffy band from London's working-class outskirts continues its influence into each new generation of fans. Grandparents all the way to their grandchildren love The Kinks, and when you ask them why, you'll see a light in their eyes that belies a deep

affection like no other band engenders.

The Kinks have always stood with the regular folks, immune to trends or commercial interest, and told their stories in a way unique in rock music.

From the hard-hitting sonic blast of *You Really Got Me* to the wistful sweetness of *Waterloo Sunset*, to the

clever, censor-busting wordplay of *Lola* to the nostalgic pop of *Come Dancing*, the Kinks' music is relatable, inclusive, joyous, thoughtful, and beloved.

They will forever be, as they sang in 1966, "not like anybody else". The world is all the better for it, and that will continue for some time yet...

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WHATS ON AT CAT'S?

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Thursday: Bernie's sing along (2-5pm)
Saturdays: All Sporting Events Shown
Wednesday: Fun quiz with Sean Bodie
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Some good news for a change;

Our President Barry (Baz) Hamilton has been awarded a second BEM (British Empire Medal) in the New Years Honours list. His first BEM was for his military service and the new one is for his work as an ambassador for the people of the Camposol area and as President of our team of responders and supporters which is recognised by the British Embassy in Madrid. Barry is often in contact with the Consulate in Alicante.

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

You are not alone; the mental health of society in general has been affected by the change in our lifestyles due to the Covid-19 virus.

Hopefully the vaccine will be available here soon to allow some sort of normality to return.

Due to the Covid-19 pandemic **FAST** are unable to attend patients who call us, our phone system is available 24 hours a day to give advice, information, and support in a time of crisis.

With the correct advice over the phone you could save a life. Call us we can help.

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

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

We would like to thank Bar Salud on B sector for their generous donation; they have been regular supporters of **FAST**.

We would also like to mention Sue Pipe at the Diner for her continued support; the quiz nights have again raised funds for **FAST**

FAST are looking at purchasing defibrillators for Camposol, these may save a life of someone suffering a heart problem. We are making enquiries with the local authorities to ensure no regulations are broken.

As soon as the local council respond we will purchase the equipment.

The cost is yet unknown but if we are allowed to place them at the commercial centres the money spent will be what has been donated by the people of Camposol.

We have had some people enquire about joining **FAST**. We will be contacting them to arrange to meet up for a coffee so they can learn what they want to get out of joining, we can also let them know how **FAST** operates.

No past experience is required as all training is provided in house. Giving something back to our community is a very rewarding feeling.

If you are interested just email us at recruitment@fast2016.org

Without more responders the service we deliver will be greatly reduced.

STAY SAFE

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IF YOU OR SOMEONE YOU KNOW NEEDS TO SPEAK TO A TRAINED MENTAL HEALTH FIRST AIDER THEN CALL 634 308 362

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

YOU ARE NOT ALONE.



The donkeys at La Paca have been getting used to some very strange weather conditions. Not only have they experienced rain and wind, but the first snow up there made an appearance, and they all ran for cover! Actually, they managed very well, but it is certainly a little different for them, I didn't hear them complaining too loudly though! We are super proud that this is the first winter for some of our donkeys at our Sanctuary and they are there in their new home. From the time we purchased this land we have come a long



way. Whilst the location is absolutely stunning there was a lot of work to be done to make it donkey and human friendly. We are getting there and can't wait to open the gates for you to come and visit and see our site and the plans we have for more development, though this of course takes money and that takes time to raise.

Holly and Grace are doing really well now. If you remember last month, we told you their story, how they both ended up in San Vicente animal hospital in Alicante? Holly was not feeding well and was very much at risk, the staff there were incredible as usual, and worked their magic. Where would we be without you? And what a difference a few weeks makes.

A big thank you to everyone who contributed to their rather large veterinary bill, you are superstars, and your help is very much appreciated. We had another arrival at the beginning of December with Kate and her foal Noella, so our crèche is almost full, but it is heart-warming they are all doing so well.

Next is a very disturbing story about a litter of puppies that were rescued from the owner that she cared for. Our vet from Roldan called us to see if we could help one of the puppies. These puppies had been subjected to the most disturbing, barbaric act of mutilation. Our puppy who we have named Lucas had his tail cut off with scissors by the owner but lucky for him he did not have his ears mutilated, whereas his siblings

did. It is incomprehensible and illegal to do anything like this and its now in the hands of the police. I will let you know what happens.

Our little fella is now chipped and vaccinated, and he has had the stitches out of his tail. So now he just needs to heel, he is doing well and let's hope this 3 month old pup does not remember too much of his early life. I am delighted to have just finalised a home for Lucas, who will be going to the UK. His future is going to be good and he will receive all the love and attention he so clearly deserves.

I am happy to report that either Kevin or myself have resumed our collection point on Camposol, Car Park B every Monday morning 11.30-1.30pm. We are very much looking forward to catching up with you and receiving any donations you may have for us. We can collect larger items with prior arrangement, otherwise they can



be dropped off at either of our shops in Roldan or Mazarron Town, Monday to Friday 10.30-1.30pm.

I think that is it for now, make sure you stay safe and take care.

Andrea x



I'm writing this just after the three kings day celebrations have finished; it's pouring with rain and as anticipated we are back into a regional lock-down.

Not a particularly good start to 2021 but this won't deter us from continuing our work to help neglected and abandoned animals in the Mazarron area.

We were lucky to have a window over the Christmas and Kings period where we were able to put on some fund raising events. Karen's quiz night kept the grey cells moving while Alex Tipping from the Jersey Boys serenaded us with songs from Michael Buble, Elton John, and Sir Tom Jones.

The ever popular Bazz Norton and Moya entertained us on Kings day and as usual they didn't disappoint with a fabulous performance. Al-



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though most of our team live in the Cartagena area we are still hoping to continue with the planned events for January and I'll report back about these events in the next article.

Luckily the wonderful staff at Zambuca Beach Bar and Restaurant are happy to run these fund raisers for us and we are extremely grateful to them for doing this.

With permission from the local police we still continued to transport dogs to safety and to their forever homes.

Although Brexit has caused some issues with taking dogs to the UK, FMA and the fabulous organisations we work with have worked hard to ensure that all the correct regulations are put into place.

Working in animal rescue has its ups and downs and although we have to remember the vast numbers of animals we have saved from neglect and suffering there are times when, for whatever reason, animals have come to us too late.

With these cases we just have to remember that at least we were there to help them through their last days and provide love and care in their final hours.

Thank you as ever to all our supporters, fund raisers, donators, knitters, bakers, fosterers, adopters, transporters-you are all part of our FMA family and we couldn't exist without you.

Please keep following our Facebook page for all our news and events.

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

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





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Are you hoping to come out to Spain before Christmas?

One of the services that we offer (especially those with holiday homes who are not here all year round) is a call out service to review your heating and hot water systems prior to your next visit.

This year has been exceptional with many home owners not being able to make it back for months on end. Boilers, air conditioning units and water heaters do not like being left untouched for long periods of time, a bit like a car, you need to run them regularly to ensure the best performance.

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

We try and accommodate everyone, but we have a large customer base and we do get busy and cannot always drop everything to come to the rescue.

Visitors also can arrive at the weekend which may result in having to wait until Monday to get an engineer to call. Not a great start to your well earned break! Just as we were getting ready for Christmas break on 22nd December last year, we started receiving call after call from owners who had just arrived for Christmas.

As you are booking either a flight, a road trip or a ferry to get here, why not give us a call when your dates are confirmed or get your property management company to arrange it for you?

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

For the cost of a call out of just 30.00, we will come and check your heating, hot water, flush the toilets etc to ensure you can enjoy your stay without loss of any vital services or the prospect of having to wait in for someone to call.

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

Flooded underbuilds, mould and not to mention extortionate water bills are becoming more and more common.

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

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!) – jasmine polyanthemum, spring-flowering jasmine. Deliciously scented and oh-so-romantic!



Camposol 'C' Green Fingers Gardening and Social Group

Well, January 2021 certainly arrived with a bang: heavy and prolonged rain over five days and extremely cold temperatures.



This month we are proud to say our Maintenance Scheme has its 9th anniversary!

We're sure the homeowners on 'C' Sector North agree it's made a huge difference to our streets: The roads are tidy, 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 well kept area which is no longer neglected, but it has taken many hours every week of hard work by our Team.

This will not continue without each loyal Member – Please, if you haven't considered joining we ask you to get in touch? The small amount of 15 Euros every 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, thanks.

Green Fingers' work continues into 2021: During a month of dampness and extremely cold temperatures, our Maintenance Team weeded, cleaned, swept and sprayed the sector with pet-friendly weedkiller, removed mud and debris after the heavy rains, pruned and moved overgrown plants and temporarily repaired a large hole in the perimeter road.

Our Wednesday volunteers, weeded, planted plants, pruned trees and cleared scrub.

Huge thanks to them all for coming out in the cold and damp. We welcome new volunteer Jackie and returning volunteer Matt but we're still looking for volunteers: 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 groups for more information.



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Los Palacios



Well December was quite a month with all the restrictions, and two weeks with the bars having to close. It was nice to see the bars and restaurants opening again albeit with limited numbers.

On the first day they opened it was a lovely sunny day and such a pleasure to see people sitting outside the bars enjoying a get together with friends.

Our volunteers have been going out every week, trimming the palms, weeding and clearing up the rubbish.



On a Sunday in November we had a "Blitz" work party. Clearing the overgrown weeds, and trimming the palms, and clearing up the sludge that had oozed over onto the pavements and into the gutter. This was from Marianos to opposite the Farmacia.

Our volunteers also trimmed the trees and weeded outside the Medical Centre. This involved a lot of work and a lot of clearing up and disposing of the waste. I am sure you will have seen the improvement in these areas which are used on a daily basis, by residents of Camposol.

During the month there was a request for the rescue of a cat which had managed to get itself stuck up a very high palm tree, in Calle Segovia. Although it had obviously managed to climb up it had then been too frightened to climb down and had been up the tree for two days!

Garden Group to the rescue! Ladders were fetched and Carl climbed up and rescued the cat which, upon reaching the ground, bolted off without even a "meow" thank you !!

For many of us it was probably a very different kind of Christmas. A lot of us were away from our families.

But still we tried to make the best of

it here and in December we put up Christmas decorations outside the bars on A to get into the Christmas spirit. We hope you enjoyed these when sitting having a drink or coffee.

Our bucket collectors are now back on a Thursday and the library is



open every Friday from 10 am to 12.30 and we thank you for your continued support.

On behalf of the Los Palacios Garden & Community Group we hope you had an enjoyable Christmas and we wish you all a Happy New Year with the hope that 2021 will be a better year for all of us.

New Year Blues?

Oh isn't it difficult to get into the swing after the Festivities!

After all the celebrations, now the talk about New Year Resolutions – things put off for a long time now raise their head so no excuse to continue the procrastination!

and before you know it your swamped with the stuff.

Do I need to make a Spanish Will or not??
Does it matter whether I pay my taxes in Spain or UK??
I have made a UK Will – isn't that enough?
What options do I have for investment of capital now that I'm outside the UK?

There is no doubt that expatriate Britons face a number of challenges nowadays, not least because of the pandemic and Brexit! Take control by obtaining information to

Enable you to make an informed decision regarding your Spanish and English legal Affairs.

For advice regarding your legal and financial affairs, start the ball rolling by contacting me to make an appointment to discuss the matter – either by emailing me at shirleyfisherlegalservices@gmail.com or ringing my mobile 634 053 976.

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Maybe you want to make radical changes of one sort or another, or perhaps you want to embark on a new venture – either way some brain training is necessary, to start thinking in a different way – of things we want to think about, or even things we DON'T!!

So many Resolutions fail because no preparation in put into place– BECAUSE ESCAPE IS EASIER THAN CHANGE!! To keep a Resolution, we need to change our behaviour or the way we think.

The "things we DON'T want to think about" could include our legal and financial affairs – issues which involve paperwork and who likes that at the best of times – forms, questions, answers, information, decision making and so it goes on - it can get you down

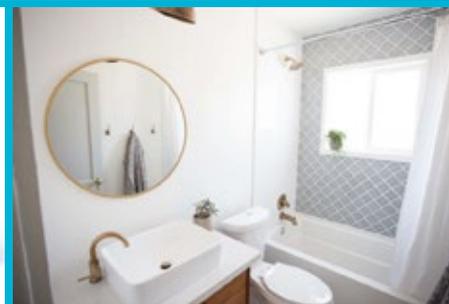


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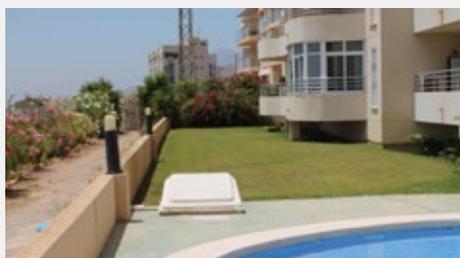
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Ref 3074 115,000€



Ref 3022 65,000€

MONDAY

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

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TUESDAY

- Camposol B Clean Working Party 8:30am - 5pm
- Perrera Dog Walking, 9am - 11am
- Alhama Market Day, 9am - 6pm
- FAST Volunteers Wanted
- Social Centre, Camposol, 10am
- Friends and Buddies Meeting
- Social Centre, Camposol, 7.30pm
- Blackbull Fish and Chips 5pm - 9pm

- Camposol B Clean Working Party 8:30am - 5pm
- Perrera Dog Walking, 9am - 11am
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WEDNESDAY

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

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THURSDAY

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

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FRIDAY

SATURDAY

SUNDAY

Notes

- Camposol D Bucket Collection 9.30-12 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30

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

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

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

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

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Valentines Jokes

"What did one watermelon say to the other?"
"You're one in a melon!"

"What do you call a very small Valentine?" "A valen-tiny."

"What did the ghost say to his valentine?" "You look so BOOtiful."

"If he doesn't appreciate your fruit jokes, you need to let that mango."

"What do farmers give for Valentine's Day?"
"Lots of hogs and kisses."

"What do you call a Valentine's Day gift that didn't arrive time?" "Choco-late."

"What did one bee say to the other?" "I love bee-ing with you, honey!"

"What did one volcano say to the other?" "I lava you."

"What did one blueberry say to the other on Valentine's Day?" "I love you berry much."

"What did the cucumber say to the pickle?"
"You mean a great dill to me."

"What did one cat say to the other cat on Valentine's Day?" "You're purr-fect for me."

"What did one sheep say to the other on February 14?" "I love ewe."

C	C	F	X	L	O	M	B	M	F	Y	R	J	F	U
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J	K	E	N	E	Z	V	N	W	R	A	K	K	X	G

Word List

BALLOONS	HUG	POEM
BOW	LAUGH	POETRY
CHOCOLATES	MEMORY	SECRET
DINNER	MINE	SERENADE

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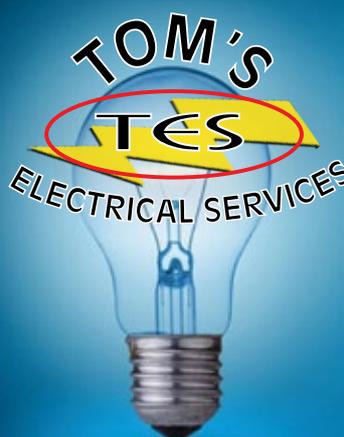


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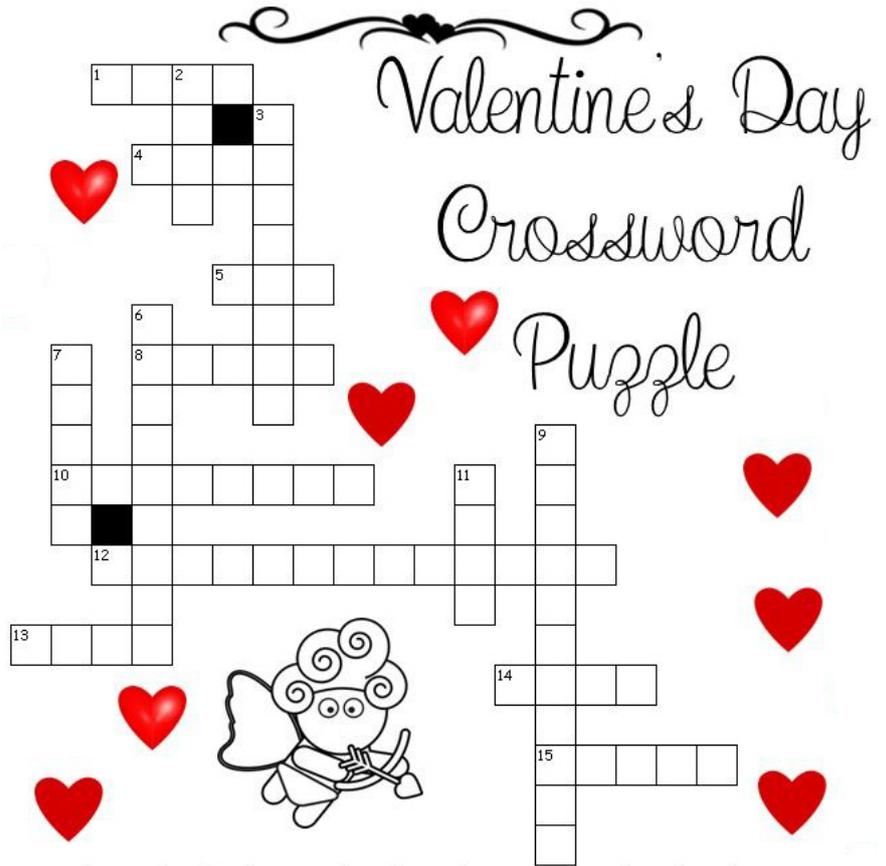
OPPOSITE WORDS CROSSWORD PUZZLE

Across

1. A genre of writing that often rhymes and can be used to express love through words
4. A type of bird that is often associated with Valentine's Day
5. Gesture of love and an embrace from one person to another
8. The shape that is often red in colour and associated as a symbol for the day
10. Phrase one person says to another person to show affection
12. Holiday in February that celebrates love and is named after a Saint
13. The four-letter emotion expressed from one person to another
14. A decorated memento expressing a sentiment of love
15. A type of red flower that is typically given by a dozen as a gift for the day

Down

2. The mythological god of love
3. The month in which Valentine's day occurs
6. Made from cacao, this candy is brown in colour and given on Valentine's Day
7. A small, winged boy who carries a bow and arrow
9. The items Cupid carries and uses to cast love spells
11. Gesture of love from one person's lips to another's cheek or lips



Sudokus

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Answers to last months page 62

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“ Fitness technology is all the rage these days, but some gadgets are better than others when it comes to monitoring your health, tracking your exercise and cultivating the lifestyle that you want to live ”

1. SleepConnection Anti-Snore Wristband – Simple Device Stops Snoring Forever!



As we all know, loud snoring can sound like a freight train! The loud and awful noise can positively RUIN your partner's sleep - leading to bad moods, arguments, even resentment!

Thankfully, this new breakthrough device can put an end to snoring forever! It uses intelligent technology to monitor for any indication of snoring – and if it detects any, it emits sensory feedback which stops the snoring dead in its tracks!

You simply put it on like a wristwatch before going to bed. It's comfortable to wear and non-binding, so it doesn't interfere with your sleeping positions.

- State of the Art Technology Eliminates Snoring
- Comfortable to Wear and Adjustable to Fit
- Extremely Effective and Highly Affordable

2. Starscope Monocular – Cherish Your Passions



If you enjoy documenting your surroundings in pictures but usually feel like what you see is more epic than the captured result – Starscope Monocular will brighten your days for sure!

This device will turn your smartphone camera into a high-quality zoom lenses that will bring your pictures to the professional level - the magnified viewing of Starscope Monocular has been tested, and found to equal or exceed the zoom and photo quality produced by top brands. It comes with stabilizing tripod that guarantees the perfect view every time you are expecting one – and you will not be disappointed!

3. The Nightlighter



The Nightlighter is a flashlight that has the well being of your feet in mind as much it has your directional sense.

Priced at 19.95, the Nightlighter is a wide-coverage LED illumination device that lights up the space ahead of you, as well as below you so you remain equally aware and vigilant of any obstacles that eluded the first shine of defense.

The light is an ergonomic and lightweight design that comes with a handle, eliminating the need to lift it above your sides.

The front-facing lightbulb is a narrow-angled beam that uses four ultra bright 5mm white LEDs, while the down-facing wide-angled beam uses two bright 5mm white LEDs to illuminate the ground and your feet.

The Nightlighter can also be adjusted so only one light is shining at one point.

To improve the flashlight's weight distribution, the battery is located below the user's hand, deviating from the sapping designs of conventional flashlights where the battery is found away from the hand.

4. The Pizza Fork



The pizza knife and fork is made of 304 stainless steel, high quality products recommended by senior chefs, this is your best choice!

1. Saves You Time
The blade is bigger, slices through even the largest pizza effortlessly. With just one easy roll, you get a perfectly sliced pizza.

2. Delivers Restaurant Style Pizza Presentation
The razor sharp stainless steel blade cuts through any kinds of toppings easily & precisely. You get smartly cut pizza slices every time.

3. Easy to Clean
Made of top quality stainless steel, the blade is not only easy to clean but also will never rust. Simply wash the wheel in hot soapy water then towel dry. It is dishwasher safe too.

The slicer is made up of high-quality stainless steel 100% food safe, BPA-Free, non-toxic, durable and not easily deformed.

This is making it dishwasher safe for an easy clean.

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Why you'd want a Lotus Cortina Mk1

When it was first announced in *The Motor* in January 1963 as 'A ravening wolf in slightly sheepish clothing', the Lotus-modified Ford Cortina was to be sold through Ford dealers as 'The Consul Cortina Sports Special'.

Walter Hayes at Ford saw the potential sales benefits in a successful British Saloon Car Championship campaign, and Lotus could see the race potential in Ford's everyman saloon, with its light, stiff monocoque shell, MacPherson strut front suspension and highly tunable oversquare engine.

Lotus and Cosworth had made the Anglia 105E motor dominant in Formula Junior, and Lotus had commissioned Harry Mundy to design a twin-cam head for the Consul Classic engine (which Ford conveniently enlarged to 1498cc just in time for the new Lotus Elan): it was a marriage made in heaven.

The Lotus Cortina was assembled by Lotus and was an instant success, resulting in Jim Clark (who had played an important role in developing and testing the car) winning the British Saloon Car Championship in 1964; Ford couldn't have hoped for more.

Unsurprisingly, as a production road car it had its share of quality issues, especially the alloy diff housing coming away from the

Lotus Cortina Mk1: what to look for

Charmingly described in *The Motor* as 'a good compromise for a keen driver who has to remember that the family must sit somewhere', the Lotus Cortina is still an exhilarating drive, with torquey, lively acceleration, firm handling, adequate brakes, excellent visibility and, in Aeroflow form, good ventilation.

Bodywork

See image on the right



Jim Clark races a Lotus Cortina at Snetterton in the 1966 BSCC

axle casing due to the cornering loads inflicted by the Lotus A-frame location.

From June 1964, once 1000 (or so) had been built for homologation, the aluminium parts were swapped for Ford production items and the price was reduced from £1100 to £992 – so the earliest examples are now more desirable, even if they were not the most reliable when new.

With so many raced, crashed, rotten and reshelled, and replicas created from no more than a log-book and a two-door shell, buying a Lotus Cortina is a minefield that should be negotiated with great caution.

Join the Lotus Cortina Register and get help to check provenance before buying: a reshelled car or a replica, if done properly, is every bit as fun (and less of a tragedy if raced and crashed), but is worth substantially less than an original car with full history.

Details such as boot mountings for the spare wheel and battery, servo mounting in the engine bay or braces for the rear suspension are check points, but you need to know how Ford/Lotus built the originals to confidently identify one: www.lotuscortina.info.com is a big help.

Images: Will Williams



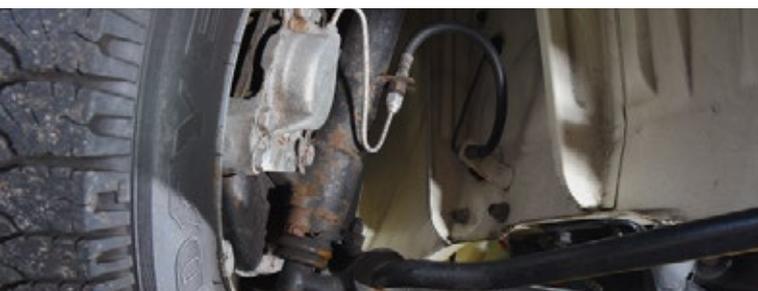
Trouble spots

- **ORIGINALITY**
A detailed history is vital to establish provenance – and value
- **CORROSION**
Few Lotus examples are rusty now, but check that repairs have been done properly and unique features retained
- **BODYWORK**
Rot zones include the underside, sills, inner wings, strut tops, A-posts, bulkhead, wheelarches and around the headlamps
- **ENGINE**
Corrosion in the head or water pump leaks lead to overheating and warped heads
- **CARBURETTORS**
Twin Webers last well once set up, but do make it a thirsty car
- **SUSPENSION**
Steering box and bushes wear if driven hard, especially strut-top mounts
- **REAR AXLE**
The axle on early A-frame cars is prone to leaks and failure



Engine

The Twin Cam is an excellent engine, but needs careful setting up and thorough maintenance. Check for oil in the water and vice versa, for leaks from the water pump, oil leaks, excessive breathing, a rattly timing chain or knocks from the bottom end. Oil pressure hot should be 10-15psi at tickover, 40-plus at speed.



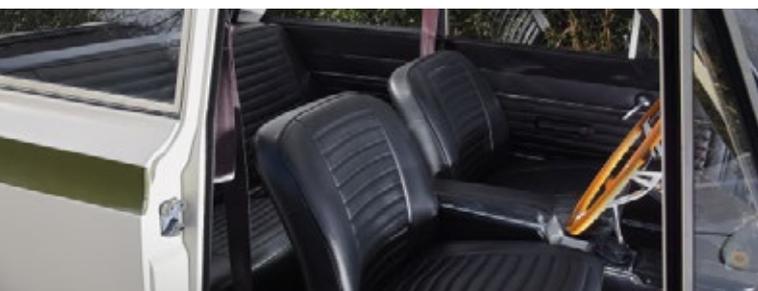
Suspension

Lower front suspension shared few parts with standard cars, with stiffer springs/dampers, longer forged track-control arms and thicker anti-roll bar.



Gearbox

Gearbox ratios changed three times in production, and few are original. Check that the synchromesh still functions and bearings aren't growling.



Interior

Lotus designed improved front seats, while the steering wheel, dashboard, instruments and centre console were special, too: original parts are rare.



Authenticity

The chassis number was stamped into the MacPherson strut top (here on a different car), though most will have been cut out or plated over.

Lotus Cortina Mk1: on the road



Other liveries were available, but the Lotus Cortina is most famous in its distinctive white with green side flashes and simple steel wheels.

With a five-bearing crank and oversquare dimensions, the Twin Cam is long-lived if well maintained. The water pump is a weak point (rock the pulley, there should be no play) and if it's been run dry after water-pump failure, the head may be warped. Corrosion damage also wreaks havoc with heads. Super unleaded fuel is needed to avoid pinking: if it still pinks, the head may have been skimmed too far. If the timing-chain adjuster is screwed almost fully in, a new chain is needed.

Webers are reliable once set up: the original airbox is rare and sought after. The close-ratio Elan gearbox fitted until late 1964 was great for racing, but not so good for normal road use where a wider spread of gears is desirable. All had a slick change and synchromesh on all four ratios, so check that the synchros are good and that the bearings aren't getting noisy (dip the clutch in neutral to see if there is a noise that goes away).

Early cars featured aluminium doors, bonnet, bootlid, diff housing, gearbox extension, remote control and bellhousing, plus coil-sprung rear suspension with A-frame location, and shorter steering arms combined with a quick steering box. With the Lotus Cortina's value today, most have been reproduced but sourcing original factory parts, if preferred, is hugely expensive. Later examples lost these unique components so are cheaper to restore, but a little heavier and less nimble – and significantly less valuable, despite being better suited to normal road use.



WEB & VIDEO
DESIGN

GRAPHIC
DESIGN

ONLINE
MARKETING



Dawn Llewellyn-Price

February in Spain is usually full of lively festivals and carnivals

Everything from Sitges colourful parades to Madrid's gastronomical fair, with a few weird and wonderful offerings wedged between Moors and Christians and the Santa Agueda women's festival.

How lovely it would be to stick a pin in a map and drive to one of these events, spend a couple of nights somewhere new, and simply enjoy yourself. At this point in the Pandemic, it's highly unlikely of course.

We mustn't forget Valentine's day this month, when it's time to tell our nearest and dearest we do indeed love them, despite teabags left in sinks

and shoes in hallways ready to send you headlong in any direction, which could result in seeing the wrong kind of stars before your eyes. Maybe even more important in 2021 than in years gone by. Send those expensive cards, buy the expensive chocolates.

I've read so many comments on social media regarding how cold a winter Spain is having, that I'm almost glad our January trip was cancelled. We did once visit Madrid by train from Murcia around Valentine's Day and saw el Corte Ingles festooned with giant red balloons and the plaza del sol filled with dogs wearing heart covered jumpers alongside their owners, which by the sheer number turning up, was quite a sight. Love your Pooch day was well underway.

A news report on last month's storm Filomena reminded me of the day we left the capital, tackling those very same Sol metro steps shown on-screen, descending into the bowels of the metro, dragging luggage, during a complete white-out.

I played mind-bending mental gymnastics working out what could be done in the event our return train was cancelled (the Brit in me expected nothing less) as we finally stood on the platform at Atocha looking out into a white flurry of snow growing deeper

by the minute. Would we find another hotel? With rooms? In the snow? Our train arrived on time, and less than an hour later we were racing through the sunlit lowlands, not a flake anywhere, and I'd dismounted that mental pommel horse with a flourish and a score from the judges to gain an Olympic Gold.

Get sampling those comforting winter menus served in Spanish restaurants, everything from Caldo, Cocido Madrilenio, huevos rotos, braised beef or pork cheeks, and of course, Spanish hot chocolate, thick enough to stand a spoon in, accompanied by a glass of brandy. With dry and veganuaries behind us and not much in the way of comfort for the coming months, just tuck in.

We still have tough times ahead, we need to cosset ourselves and grow enamoured of those foods we've always wanted to try, even if it means slaving over a hot stove. To quote beloved British chef James Martin;

'Stop all this nonsense, January this, January that, have what you want, eat and drink what you like and enjoy, it's one of life's pleasures...we are all going through enough...'



**Los Amigos
De Mazarrón F.C**

LATEST NEWS FROM LOS AMIGOS DE MAZARRÓN FC

Scoring goals continues to be a problem for Mazarron at the end of 2020 and early 2021. After ten games of the season they had failed to score in six games. After scoring four goals at home to CD Minera the next two games, away to CAP Ciudad de Murcia and at home to Huerca-Overa again saw them fail to score, losing both games 0-2 and 0-1 respectively.



By mid-January the leading scorers with just 2 goals each were Chiky Ardil, Omar and Simpara. The squad was weakened when central defender David Ardil joined Segunda B team Lorca Deportiva. Simpara moved back into the centre of defence from midfield and continued his fine performances which have made him Mazarron's most consistent player of the season so far.

A limited number of spectators were allowed back in for the home games against Minera and Huerca-Overa games with season ticket holders guaranteed priority and with strict safety protocols in place. Unfortunately, the Covid situation worsened in mid-January and the home game against Cartagena FC UCAM on 17th January was played behind closed doors.

The situation will be reviewed on a weekly basis and when supporters are allowed back in the following must be observed:-



Supporters need to register at the entrance to the ground at least 30 minutes prior to kick off time and avoid crowding.

ID should be shown, passport or driving licence, and supporters must leave one seat free either side of them.

Remain seated at all times and refrain from using the toilet facilities unless absolutely necessary. Use the hand sanitisers provided and masks must be worn at all times.

Your temperature will be taken (maximum 37.5C).

No eating or drinking of any kind except for water and no smoking. Keep a safe distance of at least 1.5 metres at all times

With regard to away travel, the current regulations do not allow travel to away grounds. When away travel is again permitted, we will ask Los Amigos members who wish to travel to away games to contact Barbara by email on pamada.1130@yahoo.co.uk on the Thursday before the away game. The names will be passed to the Mazarron FC President who will contact the President of the other club to see if he can organise the necessary tickets. This procedure should guarantee admission and save a wasted journey. Obviously, some grounds with very small capacities may not be able to accommodate visiting supporters but we will keep our members fully informed. If tickets are available travel will be in private cars until coach travel becomes feasible.

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

Forthcoming fixtures are:

31st January - Home
FC LA UNION ATLETICO

7th February - Away
Mar Menor CF

14th February - Home
LORCA FC

21st February - Away
Muleno CF

28th February - Home
RACING MURCIA FC

At the time of going to press Mazarron's home games continue to be played at the Complejo Deportivo which is just off the main road from Mazarron Town to the Port. This is to allow necessary remedial works to the playing surface at the Estadio Municipal.

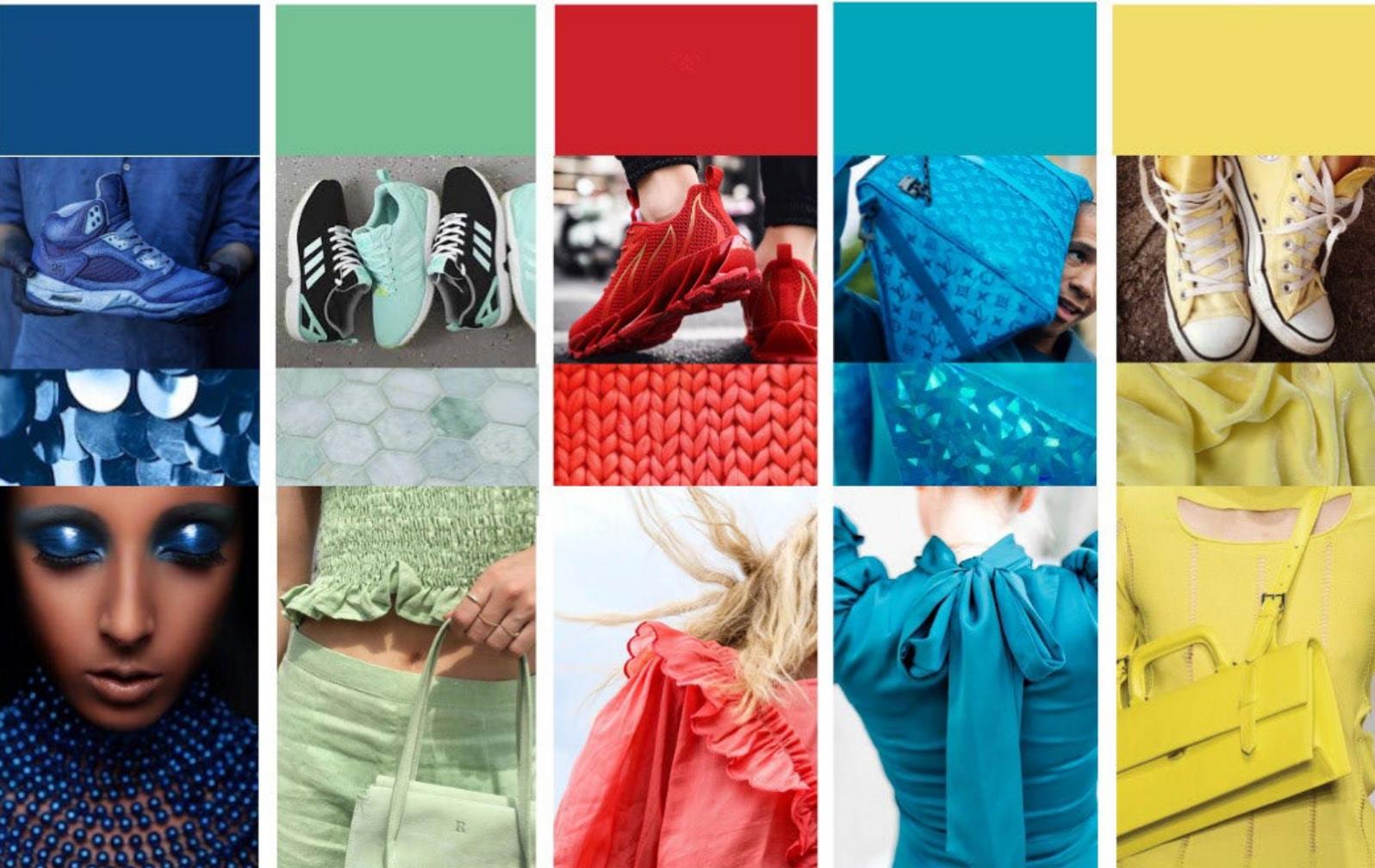
Full details of all games, dates, venue and kick off times will be advertised in the local media, on www.mazarronfc.com or our own Los Amigos de Mazarron FC Facebook page, fb.me/mazarron2016. Mazarron Hoy kindly streamed the early games of the season live on their Facebook page at a cost of 2.99 euros to allow supporters to watch their favourite team in action.

Los Amigos membership renewals (usually 1st August) have been deferred until the end of March 2021. If anybody, who is not a current member, wishes to join before this date their membership will expire on 31st March 2022 which will now be the same for everybody. Membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner. Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but will be resumed as soon as it is possible. A new date for the postponed AGM will be announced soon.

Because of the current situation in both the UK and Spain, the Golf Day at Camposol Club de Golf and the Gala Dinner at the Hotel la Cumbre which were scheduled to be taking place on Monday 12th and Tuesday 13th April respectively have been postponed. It is hoped to re-arrange these events later in the year, hopefully September or October, and tickets will be re-issued to those who have already purchased them. Anyone wishing to have a refund can do so when the current regulations allow by emailing salterkb@hotmail.com



2021 Key Colors



To be found at www2.hm.com



To be found at
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13 Beauty Trends Experts Predict Will Dominate 2021

After a rollercoaster of a year, I think it's safe to say that we're all keen for a beauty do-over. Sadly, even our beauty routines weren't immune to the effects of 2020—as salons have been restricted everywhere, we were forced to become our own hairstylists, estheticians, colorists, and dermatologists overnight. But a few bad box dyes and many DIY face masks later, we learned to assimilate into a largely at-home beauty culture. As we mastered the lymphatic drainage massage, root touch-up, and brow grooming, we learned about the cathartic power of self-care and came out stronger than ever.

That's why we're so hopeful for 2021, a year where our beauty know-how is at an all-time high. Even if the first half of it is reserved for virtual Zoom sessions in our pajamas, we're officially bidding farewell to 2020 (good riddance) and signaling the start of a new decade with open arms and new trends. From ~luxe~ hand sanitizers and probiotic skincare to antibacterial haircare and a reacceptance of our natural hair, these are the forecasted beauty trends experts predict will emerge in the coming year.

1. Elevated hygiene

Hand soap and sanitizer might not be the most glamorous of beauty categories—but hey, where there is necessity there is luxury. Beauty brands have already started to enter the space for the first time, and they're more bougie and luxurious



than ever. Not only will the scents and packaging be upgraded, experts say formulations are also set to become more suitable. "2020 was the year of harsh hand sanitizers and soaps," says Joshua Ross, celebrity aesthetician in Los Angeles, Calif. "This will change in 2021 as the industry balances efficacy with sensoriality that is less irritating on the microbiome."

2. Clean and transparent skincare

Surveys have indicated that skincare brands touting ingredient transparency are gaining popularity. Consumers want to know what's in their products, and rightfully so. This added pressure has caused companies to steer towards more sustainable formulas, whether via packaging, formulations, or reducing its carbon footprint. According to Barb Paldus, PhD, Codex Beauty founder and EWG board member, "If you can't make the sustainable choice when creating a product, even if it costs you more, you don't deserve to be creating a brand."

3. Advanced blue light protection

Thanks to the pandemic, just about everything in our lives has turned digital. But while the damaging effects of blue light on skin are no secret, companies are discovering more innovative ingredients that can help combat these effects. (Take Goodhabit, a recently launched brand built entirely on the concept of blue light protection.) With ingredients like rosa rubiginosa, licochalcone A, turmeric, and algae, available formulations are only becoming cooler and more effective.

4. Maskne products

Face coverings are bound to become normalized even post-lockdown, making your skin more vulnerable to skin irritation. From soothing face sprays and face masks with zinc oxide to face masks made to alleviate the symptoms of wearing a face mask, you're no longer doomed to break out whenever you go out.

5. Liquid lipstick

It's all about transfer-proof makeup in the age of COVID. According to Charlie Riddle, Global Creative Director at Stila Cosmetics, "Liquid lipstick in particular is making a big comeback this season. Women want products that will stay on throughout the day without having to worry about it coming off on their face mask."



6. Skimalism

One pandemic later, no-makeup makeup is back. Marrying skin-care and makeup, it's what Pinterest is deeming the "new glow-up." According to Pinterest's 2021 Trends Predictions report, people are forfeiting a complicated makeup routine to embrace slow beauty and let their natural skin texture shine through (think glowy skin and visible freckles).

7. Microbiome health

Microbiome health has been a buzzword in the industry for years, but Ross says that probiotic skin-care will likely see a huge boom in this space. Brian Oh, CEO of Venn Skincare, agrees: "There are strong indications that microbiome skincare will be a big trend next year. This refers to an ecosystem of living microorganisms on our skin (there are billions of them). We are beginning to see products that combine probiotics and prebiotics (i.e., synbiotics) to more effectively balance the microbiome."

8. Cosmetic procedures for "Zoom Face"

Weeks of staring at ourselves on video calls have taken a toll. And we're not just talking about Zoom fatigue—concerns of "Zoom Face" are also on the rise. According to Yelp Trend Expert Tara Lewis, Yelpers are flocking to the platform to investigate cosmetic procedures that address facial concerns like crow's feet, eye bags, and forehead wrinkles. Sheila Farhang, MD, cosmetic surgeon and founder of Avant Dermatology, says that she has also witnessed this movement: "I am seeing an uptick in requests for eye area treatments, the most popular being lower eyelid blepharoplasty to reduce the appearance of under eye bags," she says. "Before you come into the office, I recommend trying eye creams with caffeine to reduce swelling and brighten the undereyes."

9. Smarter tech gadgets

From hair-zapping lasers and microcurrent rollers to high-tech contouring gadgets, people are

turning to at-home devices to treat their skin and body. According to Dr. Farhang, brands are inventing brilliant gadgets for both hair and skin that can make your beauty routine a million times easier and replicate treatments once limited to salons.

10. Antibacterial haircare

Considering that the average person touches their hair 10 times in one hour, it's probably contaminated with a whole host of bacteria and viruses that you can't see. As a solution, brands (see: Safe Hair and BioSilk) are starting to develop antibacterial haircare; products (shampoos, cleansing sprays, etc.) with antimicrobial disinfecting agents that eliminate germs while removing dirt and grime.

11. Scientific scalp care

The skin-ification of haircare is officially becoming mainstream. That's to say there's much more overlap between haircare and skincare, especially with the newfound focus on the scalp (which is also skin, after all). According to Dr. Farhang, some new trends include platelet-rich plasma ("liquid gold" injections that have scientific data that improve hair loss), an inside out approach (making use of supplements to help with hair health), and scalp-tox (botox on the scalp) for sweaty scalps.

12. Plant-based skincare

With some of the most popular and most searched ingredients being bakuchiol, gotu kola, ginger, and witch hazel flowers, plant-based skincare is expected to hit a major surge in 2021. "Until recently, plant-based skincare was considered niche," says Dr. Farhang. "With an increase in eco-conscious consumers, many mass brands are introducing plant-based products."

13. Embracing natural hair

Low-maintenance is the new high heat, or at least according to Pinterest's 2021 Trends Predictions report. That's not to say you should swear off flat irons and blow dryers (if you're into the blowout look, you do you), but don't be afraid to give your strands a break by air-drying and embracing your natural texture. And another PSA: braids are back!

"Pinner will get creative with braiding techniques (including bubble braids and box braids) that are protective, low-maintenance, and glamorous. Beyond the braids, style mavens will add their own personal touch with beads or colorful highlights," Pinterest said in its report.



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Piri piri prawns



Ingredients

- Piri Piri sauce
- 1 long red chilli, roughly chopped
- 2 cloves garlic, crushed
- 1 teaspoon smoked paprika
- 1 teaspoon on caster sugar
- 1 teaspoon sea salt
- ¼ cup olive oil
- zest and juice 1 large lemon
- To cook
- 1 tablespoon olive oil
- 200 grams soft cured chorizo sausages, sliced 1cm
- 3 whole squid tubes, sliced into ½cm-thick rings
- 400 grams large, peeled raw prawns
- Sea salt
- 12 red cherry tomatoes, halved
- Small handful parsley, roughly chopped
- Lemon wedges, to serve

Method

Piri Piri sauce: Place all the ingredients in a small food processor and blend until well combined. Set aside.

To cook: Heat the olive oil in a large sauté pan over medium-low heat and cook the chorizo for 2 minutes until lightly golden. Remove with a slotted spoon to a large bowl.

Increase the heat and add the squid rings. Cook for 30-40 seconds, stirring until they are just cooked through. Add to the chorizo. Keeping the heat high, add the prawns, season with salt then cook for 2-3 minutes, turning once. Add these to the bowl.

Tip in the tomatoes and cook over a high heat for 2 minutes until they have started to soften and the skins blister. Pour in the piri piri sauce and cook for 2 minutes, stirring continuously. Tip in the contents of the bowl along with all the juices and the parsley and stir everything to coat in the sauce.

To serve: Serve with lemon wedges and lots of crusty bread for mopping up the juices.

Butternut squash ravioli



Ingredients

- 500g/1lb 2oz butternut squash, peeled, de-seeded, chopped into 4cm/1.5in cm pieces
- 3 tsp olive oil
- sea salt flakes

- freshly ground black pepper
- ½ small red onion, peeled, cut in half, thinly sliced
- 25g/1oz pecorino or other vegetarian hard Italian cheese, finely grated, plus extra to serve
- freshly grated nutmeg, to taste
- 300g/10½oz '00' grade flour, plus extra for dusting
- 3 large free-range eggs
- 1 tsp salt
- 6 tbsp olive oil
- handful fresh sage leaves
- 4 sun-dried tomatoes (preserved in oil, from a jar or can), drained, cut into thin strips

Method

Preheat the oven to 200C/400F/Gas 6. For the filling, place the butternut squash pieces into a large bowl, drizzle over two teaspoons of olive oil and stir to coat. Season, to taste, with a couple of pinches of salt and lots of freshly ground black pepper; stir again. Place the pieces of butternut squash into a roasting tray and roast in the oven for 18-20 minutes, or until tender.

Meanwhile, add the onion slices to the bowl used to season the butternut squash. Drizzle over the remaining teaspoon of olive oil and stir to coat. Season, to taste, with salt and freshly ground black pepper.

Once the butternut squash has roasted for 20 minutes, sprinkle over the onion slices and continue to roast for a further 10 minutes. Remove from the oven and set aside for five minutes, to cool.

In a high-sided bowl, blend the warm vegetables to a thick, smooth purée using a hand-held blender. Set aside to cool for one hour. Once cooled, stir in the grated cheese and a little grated nutmeg. Season, to taste, with salt and freshly ground black pepper, then set aside until completely cool.

Meanwhile, for the pasta, blend the flour and eggs in a food processor until the ingredients come together to form a dough. Continue to pulse for a further minute, removing the lid and turning the dough over every 15-20 seconds (CAUTION: keep hands well away from the sharp blade of the food processor). Turn the dough out onto a lightly floured surface and knead well for 10 minutes, pummeling and stretching the dough until it is smooth, stretchy and has a slight sheen. Divide the dough into four portions and wrap each in cling film. Chill in the fridge for 30 minutes

When the pasta dough has chilled, take the first portion and roll it out onto a lightly floured work surface to a 1mm thickness (about the thickness of a penny), dusting the dough with a light coating of flour if it starts to stick. You need the surface area of the rolled-out dough to yield 12 discs, each 8.5cm/3½in in diameter.

Using an 8.5cm/3½in cookie cutter, mark 12 circles in the sheet of pasta dough without cutting through the dough. Repeat the rolling-out process with the second portion of pasta dough. Set aside carefully.

Divide the cooled filling mixture in half and place one heaped teaspoon into the centre of each marked pasta disc. Brush the dough surrounding the filling with a little cold water. Once all of the discs have been filled, lift the second sheet of pasta dough and drape it

over the first, carefully smoothing the pasta around the filling using your fingertips to remove any air bubbles and stick the moistened sheets of pasta together. Dust a baking tray with a little flour. Use the same cookie cutter to cut out the 12 ravioli; place each on the prepared baking tray. Set aside until needed.

Repeat the process with the remaining pasta and filling mixture to make 12 more ravioli. For the garnish, heat the olive oil in a small frying pan over a medium to high heat. Add the sage leaves and fry for 10-15 seconds, or until they look translucent. Remove from the pan using a slotted spoon and set aside to drain on kitchen paper.

Return the pan to the heat and add the sun-dried tomatoes. Fry for 20-30 seconds, stirring well, until heated through. Remove from the heat and set aside on a separate plate. To cook the ravioli, half-fill a very large saucepan with cold water. Add one teaspoon of salt and bring to the boil. When the water is boiling, carefully lower the ravioli into it, in batches if necessary, using a slotted spoon. Boil for a few minutes, until the pasta is cooked to your liking. (You could make some extra ravioli to test the cooking time.)

Carefully drain the ravioli in a colander and return to the saucepan. Stir in the sun-dried tomatoes and season, to taste, with salt and freshly ground black pepper.

To serve, divide the ravioli among four warmed plates, spooning over any sun-dried tomatoes left in the saucepan. Garnish with the fried sage leaves and sprinkle over a little cheese.

Chocolate and blood orange cake



Ingredients

- 5 blood oranges
- ½ cup olive oil (120 mL), plus more for greasing
- 1 ½ cups all purpose flour (185 g)
- ¼ cup dark cocoa powder (80 g), unsweetened
- 1 ½ teaspoons baking soda
- ½ teaspoon kosher salt
- 1 ¼ cups organic sugar (250 g)
- 1 cup filtered water (240 mL)
- 1 ½ teaspoons white vinegar
- 1 cup powdered sugar (120 g)
- ¼ cup pistachio (30 g), raw, roughly chopped

Method

Zest all 5 blood oranges and divide between 3 separate small bowls: 2 bowls should contain the zest of 1 orange each, and 1 bowl should contain the zest of 3 oranges. Set aside the 2 bowls with less zest for later use.

Add the olive oil to the bowl with the zest of 3 oranges. Set aside for 30-60 minutes to infuse.

Juice 3 of the oranges and set aside 3 tablespoons of juice for the glaze. Reserve the remaining orange juice in a liquid measuring

cup. You should have about ½ cup. (120 ML)

Preheat the oven to 350°F (180°F).

In a large bowl, sift together the flour, cocoa powder, baking soda, and salt.

Add the sugar, blood orange olive oil (with the zest), ½ cup (120 ml) of the blood orange juice, water, and white vinegar. Whisk until the batter is smooth with no lumps.

Lightly grease the bottom and sides of an 8-9-inch (20-22 cm) round cake pan with olive oil, and place a parchment round in the bottom of the pan. (To make the parchment round, tear off an 18 x 13-inch (45x33 cm) piece of parchment paper.

With a long edge closest to you, fold down the top right corner to meet the bottom edge. Press down on the long side of the triangle to flatten, then turn so that side is facing you and fold in half, bringing the points together. Turn again so the long side of the new triangle is on top and fold in half twice more.

Flip the cake pan upside down and hold the pointy end of the triangle at the center of the pan. Trim the excess parchment that extends past the edge of the pan. Flip the pan, unfold the triangle, and place the parchment round in the bottom).

Pour the batter into the prepared pan and bake for 35-40 minutes, until a toothpick inserted in the center of the cake comes out clean.

While the cake bakes, prepare the toppings: Cut the top and the bottoms off the 2 remaining zested oranges. Using a paring knife, carefully remove the skin and pith from the oranges until you are left with just the flesh. Turn each orange on its side and cut into ¼-inch (6 mm) wide rounds. Place the rounds between 2 paper towels to blot some of the excess juice. This will allow them to stick to the glaze more effectively.

Make the glaze: Sift the powdered sugar into a medium bowl. Add the reserved zest of 1 orange, and the remaining 3 tablespoons of blood orange juice. Whisk into a glaze. It should be thick, but spreadable.

Remove the cake from the oven. Let cool in the pan for 10 minutes, then flip onto a wire rack set over a baking sheet to cool completely.

Once the cake has cooled, pour the glaze over the cake, letting it drip down the sides. Decorate the top with the orange slices, pistachios, and remaining orange zest.

Beef Wellington

Ingredients

- 1 x 400g fillet of beef;
- Olive oil;
- 250g of wild mushrooms;
- 1 x sprig of thyme (leaves only);
- 250g of puff pastry;
- 4 x slices of Parma ham;
- 1 x egg yolk, beaten with ½ tbsp water and a pinch of salt;
- Sea salt and freshly ground black pepper;
- **For the red wine sauce**
- 1 tbsp of olive oil;
- 100g of beef trimmings (ask the butcher to reserve these when trimming the fillet);
- 2 x large shallots, peeled and sliced;
- 6 x black peppercorns;



- 1 x bay leaf;
- 1 x sprig of thyme;
- Splash of red wine vinegar;
- ½ a 750ml bottle of red wine;
- 375ml of beef stock;

Method

1. Wrap the beef tightly in a triple layer of cling film to set its shape, then chill overnight;
2. Remove the cling film, then quickly sear the beef fillets in a hot pan with a little olive oil for 30-60 seconds until browned all over and rare in the middle. Remove from the pan and leave to cool;
3. Finely chop the mushrooms and fry in a hot pan with a little olive oil, the thyme leaves and some seasoning;
4. When the mushrooms begin to release their juices, continue to cook over a high heat for about 10 minutes until all the excess moisture has evaporated and you are left with a mushroom paste (known as a duxelle);
5. Remove the duxelle from the pan and leave to cool;
6. Place the pastry on a lightly floured surface and roll each piece into a rectangle large enough to envelop one of the beef fillets. Chill in the refrigerator;
7. Lay a large sheet of cling film on a work surface and place 4 slices of Parma ham in the middle, overlapping them slightly, to create a square. Spread half the duxelle evenly over the ham;
8. Season the beef fillets, then place them on top of the mushroom-covered ham. Using the cling film, roll the Parma ham over the beef, then roll and tie the cling film to get a nice, evenly thick log. Chill for at least 30 minutes;
9. Brush the pastry with the egg wash. Re-

move the cling film from the beef, then wrap the pastry around the ham-wrapped fillet. Trim the pastry and brush all over with the egg wash. Cover with cling film and chill for at least 30 minutes;

10. Meanwhile, make the red wine sauce. Heat the oil in a large pan, then fry the beef trimmings for a few minutes until browned on all sides;

11. Stir in the shallots with the peppercorns, bay leaf and thyme and continue to cook for about 5 minutes, stirring frequently, until the shallots turn golden brown;

12. Pour in the vinegar and let it bubble for a few minutes until almost dry. Now add the wine and boil until almost completely reduced;

13. Add the stock and bring to the boil again. Lower the heat and simmer gently for 1 hour, removing any scum from the surface of the sauce, until you have the desired consistency. Strain the liquid through a fine sieve lined with muslin. Check for seasoning and set aside;

14. When you are ready to cook the beef wellingtons, score the pastry lightly and brush with the egg wash again, then bake at 200°C/ Gas 6 for 15-20 minutes until the pastry is golden brown and cooked. Rest for 10 minutes before carving;

15. Meanwhile, reheat the sauce. Serve the beef wellingtons sliced, with the sauce as an accompaniment.



Hello everyone,
Where is the time going? We are already in February of 2021, the month of Love. For a world that seems to be standing still, with little progress or change, here we are in an environment that changes daily and affects all our lives.

We have spent the last year of this Pandemic feeling like we have little control of what is happening to us and that we are just riding the waves of time.

However, do you really know how far you have come as in individual? How much growth you have experienced on a Soul level? How much the last year has taught us?

Do you see and acknowledge this? I am sure that for many people you are living in a wishful / wanting life, just waiting. Waiting for what? Life is still there to be lived.

At the beginning of this COVID Life, it was hard to see that it would go on forever, day after day of restrictions and as we know in Spain the restrictions were and are quick, sharpe and forever changing, with lots of ups and downs.

The Higher Intelligences of our existence have taken us on a journey of self-development and discovery during this time. Teaching us that we are not just physical beings on earth, but that we are so much more.

We are Mind, Body and Spirit. This will never change. One aspect cannot be ignored without having a great impact on the other. We can become out of balance when we neglect ourselves as a whole. Sure, we have all learnt that we need to eat well at this time, trying out new recipes, healthier menus, exercising more, enjoying that limited time that we can be outside, or mixing with friends. Taking walks, bike rides out into mother nature, feeling the changes in weather and drawing on her vibration to recharge our batteries.

Our Mental Health has been at the forefront too. There has been much publicity on the consequences of neglecting this aspect of yourself. We have been made aware of how to recognise when we are feeling low, depressed, isolated, alone, sad, fearful, feeling hate, etc. and what to do about it, even if it does mean stay-

ing indoors. Mindfulness, being in the moment, played a large part of the year, learning to appreciate and enjoy the beauty of the moment in simplicity.

On a Soul/Spirit level, it may seem that growth has come at a cost. However, any Lightworker will tell you that this has been one of the most fulfilling times of their lives. All that we are, all that we thought we was, all that we appear to be, has been tested. Our growth has been phenomenal and very rapid during these times. We have learnt how to reconnect with our Inner selves, whether this is through quiet contemplation, meditation, doing what we enjoy and what brings us pleasure and happiness.

We have learnt to be kind to ourselves, to other people, neighbours and animals. I have loved watching the community pages and seeing how people have come together, reaching out to those in need. I have seen many people learning new skills, take up a new hobby and sharing with others.

What does this all mean though? We have been through the great universal energy shift, ascended and reached higher levels of understanding. What is this all about and what is it for?

Like many others, I believe that we are moving to a more compassionate world. The world was like a big, black hole, fast moving, selfish, money grabbing, consuming us with greed, envy and jealousy. We were being led into a false life where physical beauty could be bought, people could be bought, ugliness was in abundance and hatred just seemed to rule. At some point, we had to come to a stage where we simply stopped and stood back and looked out of our own eyes and said, 'is this it?

Can you see the bigger picture? We have now evolved to become more compassionate. This is more than kindness or showing empathy to others. This is a big life lesson for us all. And for some of us, didn't we have to have this slapped in our faces to take notice.

To be compassionate is to feel deeply for another person as they experience the ups and downs associated with life. To be compassionate is to not just tell someone that you care, but to show them that you care by being there before they even ask for it. I have seen so many compassionate acts within our community during this pandemic, it fills the heart with joy. Compassion literally means "to suffer together."

It is easy to be compassionate with those that we love, giving us choice of who we show this trait to. Compassion is an innate character trait that is present in each and every one of us. Some may have forgotten this or wish to hide their compassionate side for fear of ridicule. Those who share more, care and give more always appear to be happy, fulfilled in their lives and their outward being positively shines. If we could all develop and practise compas-

sion more, the world would be a much happier and loving place to live in. You can make a difference to your own life and to the life of others. Try these simple steps: -

Smile more – Smile at yourself in the mirror, smile at other people for no reason at all, it only takes a second and could just be the making of someone's day.
Motivate others – Be encouraging, use positive words, give compliments, all uplift the soul.

Practice acts of kindness – open a door for someone, prepare a meal for someone, donate items you no longer have use of, ask someone how they are, the list is endless.

Don't be too busy – allocate time to a phone call, meeting up with friends and family, be a listening ear, give yourself time to do something you enjoy or give time to another to help them.
Be the Light that shines in someone else's life.

When we can – give someone a hug, a wave hello, show someone how pleased you are to see them.
Be grateful – say thank you, be kind to people who are providing a service during these hard times. Gratitude should never be left unspoken. Each morning say three things that you are grateful for.
Help – someone who might be struggling with chores or duties. Volunteer.
Nurture relationships – give your time to another, listen and share experiences equally.

What is the Spiritual definition of compassion?

The spirit of the word compassion is synonymous with doing. Compassion is not concerned with material or physical things. It is concerned with the human Spirit and Soul. The spiritual definition of compassion involves acting to alleviate the suffering of others. It is defined as the feeling that arises when you are confronted with the suffering of another and feel motivated to relieve that suffering. Compassion is not the same as empathy or altruism, though the concepts are related.

Here are some wise words that may resonate with you: -
The Dalai Lama said – If you want others to be happy, practice compassion. If you want to be happy, practice compassion.
Russell Simmons said – Compassion is the ultimate expression of your Higher Self.

Catherine Pulsifer said – No matter who we are, no matter how successful, no matter what our situation, compassion is something we all need to receive and give.

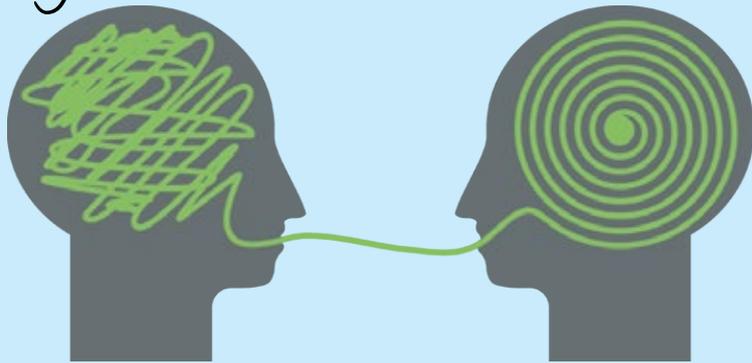
So, as February is the month of LOVE, go out there and show some compassion!
Namaste my friends,

Corina



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9 Dry Skin Beauty Tips to Make It Through Winter

The winter weather doesn't only complicate our wardrobe and hair, it makes our beauty routine require a whole new process as well. Suddenly, we're trying to deal with itchy skin, dry skin patches, and so much more. It's uncomfortable and irritating, but it also complicates the simple act of putting our face on!

1. Exfoliation:

Exfoliation is key prior to applying makeup for dry skin. If you skip this step, the makeup will grab and give the appearance of blotchy and flaky skin when applied, says Nancy Reagan, master esthetician and makeup artist.

2. Use the right moisturizer:

If the moisturizer you use is too creamy and the skin is "lipid-dry" the makeup will gum up when applied. A grease-less moisturizer with ceramides and lipids will really plump super dry skin, says Reagan. Another key ingredient for super dry skin is hyaluronic acid which is a moisture binder. Both work deep in the dermis layer to "temporarily" moisturize the skin, Reagan says.

MORE: 12 Multipurpose Balms to Kiss Dry Skin Goodbye

3. Prep your face:

Always use a face primer with dry skin. This is a must for most

skin types, but especially for dry skin. The dry skin has been compromised by the harshness of the weather, so it may have indentations that will be magnified by makeup. The face primer retexturizes skin and plumps for a smooth, even application, says Reagan.

4. Use a fresh foundation:

Another big dry skin tip is to check your foundation for expiration dates and ingredients, says Kim Laudati of Kim Laudati Skin Care. Anything that is liquid, is water based, or is meant for oil control shouldn't be used on dry skin, especially in the winter. Opt instead for a cream foundation in a stick or pot and don't over-apply. You'll get lovely coverage with a supple look and feel. Clean fingers are best for applying evenly as brushes can irritate dry skin.

5. It's all in the technique:

To get the most out of your moisturizer, make sure to hydrate while skin is still slightly damp, as the skin tends to absorb product better, says beauty expert Christina Marrale. Think of it as a wet sponge as opposed to a dry sponge, the wet sponge absorbs water faster — the dry sponge takes more water, and more time.

6. Opt for a hydrating foundation:

When making the switch to a winter foundation, opt for a hydrating formula, as it will wear better on

dry skin and add an extra layer of moisture to it, says Marrale. MORE: 9 Tips to Ward Off Break-outs

7. Treat dry skin patches:

These patches of dry skin are super common as the weather grows dryer and colder, and they can make it feel impossible to apply makeup evenly. Avoid rubbing or scrubbing this area aggressively, it'll make it worse. The best remedy is keeping it smooth and hydrated. In addition to switching up your foundation, start using cream blushes. This will help to increase hydration and smoothness.

8. Make facial spray your BFF:

"To refresh and rehydrate the skin through the day, I never leave home without a nourishing facial spray like Mario Badescu Facial Spray with Aloe, Herbs and Rosewater," says Marrale. It brings the glow back to my dry, dehydrated skin and helps set my makeup, too.

9. Cocktail your favorite body lotion with bronzer:

Bikinis and shorts may be over, but the adorable, above-the-knee dresses are not. By mixing a body moisturizer with your favorite bronzer, you'll have the perfect blend to energize post summer legs with a flawless finish, says SkinAgain creator Sherrie Berry. (Psst . . . remember to exfoliate first!)

Just Ask!

Just Ask is our new section within the magazine in which you are free to ask questions for some help and guidance.



Question

I feel I've been totally conned by my girlfriend. I met her online in 2013, and for the first six months we just talked. She was friendly and funny, and I really looked forward to her calls each night. We finally arranged to go away for the weekend and as soon as we saw each other, it was fantastic – like we'd known each other for ages. The sex was great, too, and we were both really sad when the weekend was over.

But since then things have never been the same. We still speak, but only meet up when she wants me to buy her things. It's like there are two sides to her – I now get the feeling she doesn't like my clothes or my opinions, and I often feel I just annoy her. Where did I go wrong?

Answer

I suspect she thoroughly enjoyed the flirting and the thrill of the chase, but as soon as you met, the spell was broken. Your girlfriend now sees that you're a normal person, not a fantasy figure. But you have every right to dress and speak as you please – don't feel you have to change to meet her expectations.

I hate the idea of this woman crushing your confidence and leaving you confused and upset, so I suggest you give yourself a good, long break from this relationship in order to clear your mind and think about yourself and your needs. Tell her today that you need some space, and don't allow yourself to be anyone's fool.

"This man is lying to my daughter"

Question

How do I make my daughter see that her boyfriend obviously has another woman? She says she trusts him, but he's never around.

I've never known a person to "work" as much as he does. Whether it's Christmas Day or Easter Sunday, it seems as if his firm can't cope without him.

He's always disappearing for days on end, and even when he's with her he's often in the garden on his phone. This behaviour is so suspicious, but she just puts up with it.

Answer

Clearly, your daughter is so desperate to cling on to her boyfriend that she'll turn the other cheek or fall for any line he throws her.

I suspect that in her heart, she knows that he's playing games. But if she's not willing to admit the truth to herself or give up on him yet, you have to step back.

I understand that it's upsetting to watch her making mistakes, but it's her choice to live this way – even if you have to pick up the pieces later on.



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

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7 DIY Home Decoration Ideas that Evoke Happiness



People are now spending more time at home. For many these days, home is where it all happens: work, school, hobbies, and entertainment. Be it an apartment, a house, a farm, or a cabin, you can have your own happy sanctuary without investing much time or money. Here are seven ways to convert a space into a soothing place.

1. Declutter

When the house is disorganized and messy, it can lead one to feeling out of control and stressed. A study in the *Journal of Neuroscience* found that too much external stimuli can overwhelm the brain and make one less focused.

Decluttering can help free up your brain. Look around your space. If you feel your home could use some reorganizing, buy some storage bins for items you want to organize and use garbage bags for the items you don't need. When you restore order, you will feel more harmonized.

2. Include happy memories



When you are enveloped by items that make you happy and remind you of positive memories, you may feel more content. If you have inherited an item or a piece of furniture that has negative connotations, give it away.

Add positive vibes by making a collage of photographs from family trips or outings that you loved. Arrange them gallery-style on a prominent wall. This will also enable you to reflect your own narrative in your home.

It is better to have the decor style match your personality and not your designer's! When you are able to express your true self, you can feel more connected to your place.

3. Let your light shine in

A study showed that lighting has a positive impact on your mood. Try to maximize the amount of natural light in the day, and at night, minimize the glare. As exposure to natural light increases melatonin, you will sleep better at night, as suggested in this study.

Lamps set on a side table and lighting placed closer to the floor can make a room feel more intimate and relaxing. Bright ceiling lights and fluorescent lighting actually cause anxiety in some people, as seen in this study. Placing candles or a Himalayan salt lamp in the room are simple ways to give it that "sanctuary" feeling.

4. Play relaxing music

People's moods are affected by music. As playing music in your home is an easy way to add ambiance, fill your space with the sounds of a relaxing piano concerto or the soft beat of jazz. This will calm the environment. PsychCentral writes that music is also therapeutic as it can release people from negative thought-looping.

If you have a TV centrally placed in your living room, make sure to turn it off or even hide the screen with a blanket. Light some candles, fill your home with calming music, and unwind.

5. Show your true color



Just as light and sound impacts emotions, so does color. A study from 2014 speaks of color related to mood. Yellow is joyful and friendly, while soft blues as greens, as well as earth tones, are calming and peaceful. Ocher, olive green, and burnt sienna are all soothing earth tones. Bring these soft hues into your rooms by placing accent pillows on a couch or

bed, and placing a throw blanket over an armchair. Painting one accent wall a nature-based color can also invite serenity into your home.

6. Invite nature indoors



Just as you will welcome natural colors into your home, you can also use houseplants to bring real nature inside. Houseplants will purify the air and, according to this study, enhance positive mood. If you live in an apartment without a view onto nature, try to place plants on a sill to enhance the window, creating an outdoor effect inside. You can also start an herb garden in a bright window.

Houseplants can be placed anywhere. Arrange several pots together on the floor, place a beautiful ornamental on a side table, and put up wall shelves filled with plants, memorable photos, and your favorite books.

7. Diffuse



The sense of smell is powerful and evocative. According to a study, scents are proven to be calming, so bring aromatherapy into your home by diffusing relaxing essential oils. Lavender, bergamot, and clary sage are all good choices as they help induce a positive mindset. You can also buy scented candles or burn incense. As smells trigger memories, you should choose a scent that reminds you of a positive time in your life.

Now that you have candles flickering, soft music playing, and the soothing smell of lavender wafting in the air, you may feel as if your living space is a spa!



Clare Tam-Im Photography

“Karma!” **By Hayley Scott**

This can be a beautiful concept when approached with the right mindset. One that can often bring us comfort when we try to make good choices. I think it's fair to say that we're all fairly familiar with the theory of Karma, an ancient Hindu belief that has been widely adopted in the western world.

As a school of thought, it teaches us that what happens to a person in their life is a direct result of their actions. In other words, what goes around comes around!

Yes or even, let's be honest, a little satisfaction when we feel wronged.

But if we subscribe to this line of thought, how far should we take it?

In times of distress and anguish a very common human response is to wonder “Why me? What did I do?” As if somehow we are being punished. This can only lead to a wounded sense of self, a “woe is me” mindset if you like.

However, I would like to argue that beyond obvious cause and effect, there is a much bigger picture to consider. One that involves stepping outside of ourselves, practising acceptance and ultimately relinquishing and taking control in equal measures.

Confused?! Well here's the thing, in

reality, you can't control the actions of others.

You can't control an enormous array of circumstances that you're potentially met with on any given day. (Oh hello rain on your wedding day!) And you're not responsible for how other people treat you.

So to view other people's actions, or external circumstances, as some form of bad karma on your part would cause unnecessary and misplaced suffering.

By stepping outside of our own immediate thoughts and feelings, and by accepting that we are not responsible for everything, we are giving ourselves permission to not bear the burden of things beyond our control.

This act in itself is a form taking con-

trol, and is much kinder to the soul! Accepting this reality doesn't mean that it's time to throw our arms in the air and admit defeat.

There's also no need to hold onto frustration or anger. Because however hard it may feel at the time, you are 100% responsible for how you treat yourself and how you respond to any negative behaviour or situations you're faced with.

This is something that can often take a great deal of practice and is often easier said than done.

Trust me, I know! With multiple businesses, a wonderfully chaotic blended family of 5 and all the complications of modern life to boot, I have had to take many a deep breath and shift my focus from frustration or upset to one of acceptance and action. I'm not ashamed to say I'm still learning!

So the next time you're faced with behaviour or circumstances that are less than favourable, join me in taking a deep breath and accept that some things are beyond your control.

Instead of becoming angry or disheartened, ask yourself the following questions.... How do I want to respond to this? What can I do, now I have this new information? After all, you're not the victim of bad Karma, you're simply a human being navigating through the ever changing rhythms of life.

Hayley Scott Summers

Instagram: @hayleyscottsummers

Website: HayleyScottSummers.com





15 Little Ways to Cheer Yourself Up

When you find yourself in a funk, here's some tips on how to be kind to yourself.

When you find yourself going through a tough time, remember to take a moment to care for your physical and psychological well-being. Sometimes all it takes is hitting the reset button, whether that means speaking to a friend, going for a walk, or spending time in nature. Lift your spirits with these 15 little ways that help cheer you up.

1. Go for a walk

When you feel yourself in a panic, take a break and go for a walk outside. Walking not only does the body good, it also helps mental health, according to doctors.

2. Soak in a warm bath

Create your own at-home remedy by relaxing in a hot bath. Even just 10 to 15 minutes of a warm soak has physical and mental healing properties.

3. Get some sunshine

If you're feeling down, you might not be getting enough sunshine and Vitamin D. In fact, researchers are finding a link between lack of sun exposure and depression. So don't forget to catch some rays each day to feel your best.

4. Put on your favorite outfit

Clothes influence how people feel and interact with the world. Wearing your favorite outfit is an easy fix for a bad mood that will inspire confidence throughout the day.

5. Dance around

Human beings have always turned to dance as a form of therapy, from ancient Native American rituals and expressive meditation practices to modern dance/movement therapy. Put on some happy music, push the couch aside, and dance it out to feel better.

6. Watch a funny movie

The saying goes: "laughter is the greatest medicine." It's no joke! Laughter therapy reduces stress. So when you feel overwhelmed, put on your favorite comedy and enjoy a good laugh!

7. Do something creative

Studies show the connection between art and healing to restore emotional balance. Painting, writing, drawing, coloring — creative activities such as these provide a positive outlet for releasing emotional distress.

8. Phone a friend

If you find yourself in a negative thought loop, it can help to get out of your head and speak to true friends or to a relative who cares. Even just having someone listen to what's on your mind alleviates stress.

9. Spend time gardening

Nurturing plants has major benefits for your mind, body, and soul. A Dutch study found that tending a garden for just 30 minutes a day promotes wellbeing. You can start a small herb garden in your kitchen, or plant an outdoor garden.

10. Drink a cup of tea

The healing herbs and flowers used in teas bring immediate anxiety relief. For the best results, simmer a pot of caffeine-free varieties like chamomile, peppermint, valerian, or lemon balm.

11. Keep a gratitude journal

Gratitude has scientifically proven benefits for improving emotional health and making you feel mentally strong. Keep a weekly gratitude journal by listing your blessings. This will help shift your focus away from the bad things so you can have appreciation for your blessings.

12. Do something nice for someone else

Doing good things for someone else makes you feel good, too. Buy a stranger a coffee. Donate to a charity. Cook dinner for a friend. Kind gestures such as these lead to greater happiness.

13. Exercise

Physical activity not only benefits physical health. Regular exercise also relieves stress and boosts your overall mood. Find an activity that you enjoy whether it is yoga, swimming, jogging, hiking, or a combination of them all.

14. Take a break

Studies show a strong correlation between lack of sleep and mood swings. If you feel down, you might just need to get some rest, even if that means taking a 10 to 15-minute break during the day.

15. Drink more water

The brain is very sensitive to dehydration, and lack of water can cause drops in mood. If you find yourself feeling down, make sure you drink enough water. Doctors recommend at least eight eight-ounce glasses of water each day.



Straight Down The Middle – Golf Society

Venue: Altaona Golf Course

Date: December 23rd

It was a beautiful sunny day and the course was in great condition. It was the first time we have played on this 9 hole course. The greens were in great condition if a little fast. There were 20 players on the day.

The scoring format was Stableford full handicaps. The winner in Section A with an outstanding score of 40 points was Jim Niblo, in second place on 35 points was Russ Conley and in third place on 29 points was Ian Stewart.

The Section B winner was Barry Barton on 34 points, in second was Paul Allsop on 30 points and in third place on 28 points was Andy Distance. The nearest to the pin on hole 3 was BrianTape and on hole 17 there was no winner.

Scoring was difficult on this challenging course especially as the greens were quite fast!. Well done to all, there were some great golfing performances. We played off the yellow tees on the first nine holes and off the blue tees on the second nine holes. After some liquid refreshment in the clubhouse the prize giving commenced.

Unfortunately some players had to leave early so I am sure if they attend our next outing any prizes due can be collected.

Our next golf match for January has not yet been announced. We are always pleased to welcome guests new and old so don't hesitate to get your friends along to play.

After two years as your press secretary I have decided to hang up my pen.

If anyone is interested to take on this task then please get in touch on stewartianstewart@sky.com

If you are interested in joining our golf society then please contact:

Jim Niblo on sdtmsec@gmail.com.

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The PSYCHIC TAROT

The Empress

Here comes The Empress. The third card of the Major Arcana wants to settle into your life this month. She is the mother, and counterpart to The Emperor who we visited in October.

With February about to blossom, and Imbolc on the horizon, The Empress is a perfect card to welcome in Spring with a joyous attitude. She is ruled by Venus and she is of the earth- a creatrix, a representative of the senses, a caregiver, a mama. She is one half of the feminine archetype- the other half being The High Priestess.

The Empress sits comfortably,

surrounded by nature. This is her terrain, and she welcomes you to join her in enjoying all that life has to offer.

This month, let's avoid focusing our energy inwards vs. outwards, and simply be in tune with our natural rhythms. We can see winter's end in the distance, and it's oh so sweet to reign in a new season with openness.

Enjoy your body- engage all your senses, become a more sensual version of yourself. She is the third card in The Major Arcana, think of the power of three- body, mind and soul.

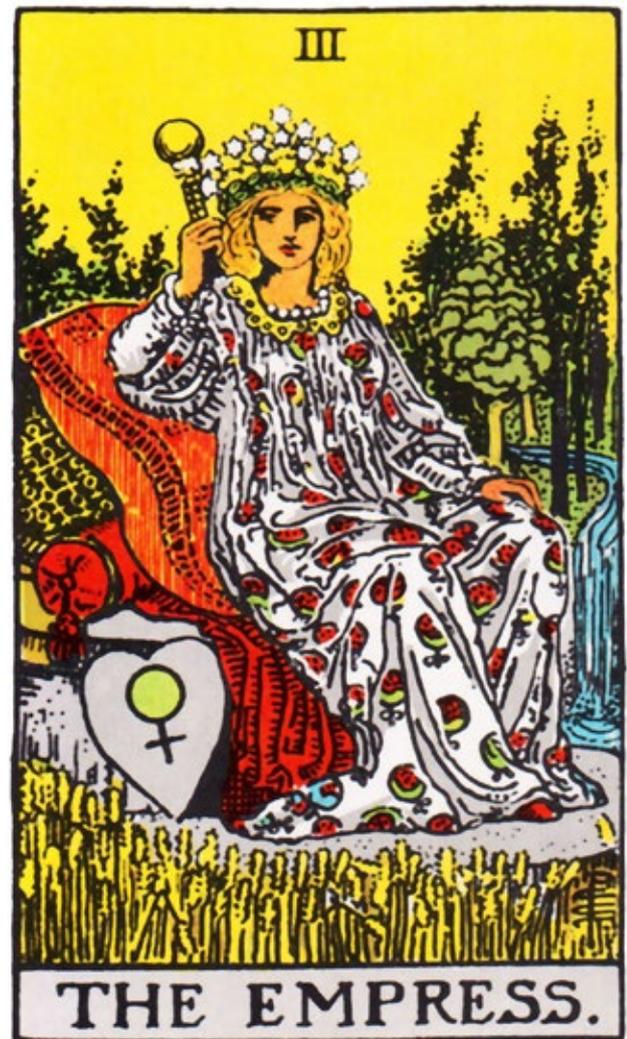
Fuse all the parts of yourself together as one, and become a whole being, with feet firmly planted in the earth.

The Empress is the great mother- ask yourself what it is you want to birth this month. Is it an idea? A relationship? Self acceptance? Abundance? Whatever it is, put your newfound earthy energy into nurturing that baby of yours. Are

you stable enough to accept lofty opportunities right now? Are you manifesting from a place of integrity? Sincerity? Gratitude? Hug yourself, find a friend in yourself, be your own mother. Practice selflessness, and reach out to those you love just to enjoy the sound of their voice.

Having trouble accessing The Empress? Take a deep dive into meditation and see if you can reach her that way. Enter the card- take a look around. Are you barefoot? If so, how does the earth feel? Walk up to her and see what happens.

You may want to snuggle in her lap or just sit in nature with her- listening to the birds. Maybe you want to ask her something or compliment her. See where the journey takes you. You may end up cultivating a bond with her. Remember, all the characters in Tarot represent the many facets of us as humans and as spiritual beings- you are The Empress. This is about you. I love you!





Aries

Based on the Aries star sign 2021, planetary aspects are favorable in February 2021. Married life will be more friendly than passionate. Health and career prospects are fabulous. Finances are comfortable, while academic growth and travel activities are not encouraging.



Leo

Love life will be both romantic and sensual with scope for pregnancy. Family relationships present a pretty picture and health prospects are encouraging. Career development will be quite good and financials can be problematic. Travel and educational fields will face rough weather.



Sagittarius

Love relationships will be fabulous this month. Career prospects will suffer due to problems in the workplace. Family affairs and health will not pose any difficulties. Travel activities do not promise any benefits while the academic growth of students will be admirable.



Taurus

Love and affection will be missing in love relationships. Singles are in search of temporary relationships. Health and financial prospects are wonderful. Academic development of students will be encouraging and travel activities are exceedingly beneficial.



Virgo

Love relationships will be both romantic and sensual. Health will not be posing any problems during the month. Educational prospects are wonderful. Professional growth will be retarded. Finances and travel activities will not be propitious.



Capricorn

Single persons are looking for fun in relationships. Relationship with children will be marvelous. Health will be splendid and career growth will be fabulous. Students will excel in their studies. Financials and travel plans are not gainful.



Gemini

Planetary aspects are beneficial for social activities and you will explore new areas of life. Love life will be very romantic, and singles will find partners in social circles. Prospects for profession and finances are a little difficult. Family relationships will be chaotic.



Aquarius

Marital life will be harmonious and enjoyable. Family life will face unexpected challenges. Health and career will be in turmoil and full of problems. Business travel will give good returns, but students will face a lot of difficulties in their studies.



Libra

The month is dominated by very good marital bliss. Health will not pose any problems. Students will excel in their studies. Financials and professional growth will face tough conditions. Travel engagements will not have any beneficial effects.



Cancer

Married life can be made sweeter by going on pleasure holidays. Family relationships will be pleasant and health prospects are excellent. Career growth will be good and travel prospects are encouraging.



Scorpio

Love relationships will face problems during the initial parts of the month. Career development and financial prospects will face difficulties. Family relationships will be problematic and health will be tentative. Considerable gains from travel activities are likely.



Pisces

Singles will find love partners through good communication. Family relationships will be volatile. Professional growth will be excellent and financial flow will be copious. While travel engagements will be beneficial, educational prospects are not encouraging.

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Construction and Building Services

@Home	603 304 121
C & G Fabrications	966 764 730 677 689 587
C M Constructions	659 159 948 676 306 718
Cocielec Alcalá	603 304 121
Camposol Aluminium	686 733 844
German Küchen Studio	636 306 711

Dentists

Camposol Business Centre	968 103 008
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Electricians

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

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

Food and Drink Suppliers

Reeves Butchers	711 003 354
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Furniture and Home Furnishings

Reeves Butchers	711 003 354
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Garden Centres

Jardinería La Alcaína	ES 609 248 719 EN 680 374 230
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Graphic Design, Vehicle Graphics, Printing

VNBenny	650 078 846
Insignia Graphics	618 615 903

Health

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

Heating, & Air Conditioning

Camposol Heating & Maintenance (CHM)	968 199 184 646 965 082
Logs El Pareton	696 973 171

Insurance

Liberty Seguros Harriett Richardson	669 046 167 968 199 121
Salus Health Insurance	96512 61 35
Ibex Insurance	968 595 945 689 157 126

Miscellaneous Services

Spanish lessons Please text or WhatsApp only	685 22 33 22
Rose Parker Art Teacher	634 345 763

Restaurants, Bars and Cafés

Cat's Bar	634 329 645
Restaurante La Proa	968 153 138
La Charra	968 152 016
Zambuca	622 149 896

Security Services

Securitas Direct	699 212 513 659 386 847
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Swimming Pool Construction & Services

David Pools	686 733 844
Pool Covers Spain	660 080 201

Television Services

Rainbow Satellites	686 358 475
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Translation and Fiscal Services

Costa Cálida Property Services	968 199 251
Debbie Shaw Translator & Interpreter	677 35 31 36
Shirley Fisher	968 103 008

Water Purification Services

ECO 250 Water Filtration	677 353 136
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Window Blind Repairs

Richard the Blind Man	611 250 819
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Emergency Numbers

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

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

Hospitals & Medical Clinics

Santa Lucia Cartagena	968 128 600
Maria Roselle	968 325 000
Medical Centre's Mazarrón	968 590 411
+ Puerto De Mazarrón	968 595 342 968 154 202
+ Camposol	968 131 695 968 228 250
Pharmacy Camposol	868 102 623
The Camposol Health Clinic	968 199 685

ITV

Cartagena	968 528 319
Lorca	968 460 761

Police

Mazarrón	968 591 496
Puerto de Mazarrón	968 418 181

Post Office

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

Red Cross

Mazarrón	968 590 140
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Samaritans Spain

This is NOT a Premium Rate Number	902 883 535
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Social Security

Totana Calle Canovas 3 Totana 30850 opening hours 09.00-14.00, website www.seg-social.es you can make an appointment on this site	968 420 075 968 420 049
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Town Hall

Mazarrón	968 590 012
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Utilities

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

Last months Sudokus solutions

9 4 1 6 5 7 2 3 8 6 2 5 9 8 3 7 1 4 8 7 3 2 4 1 6 9 5 1 5 2 7 6 4 9 8 3 7 3 8 5 9 2 4 6 1 4 9 6 3 1 8 5 2 7 5 1 9 8 7 6 3 4 2 2 8 7 4 3 9 1 5 6 3 6 4 1 2 5 8 7 9	1 7 4 2 3 9 5 6 8 6 3 9 7 5 8 2 1 4 5 2 8 6 4 1 7 3 9 8 1 2 4 6 3 9 7 5 3 4 5 8 9 7 6 2 1 9 6 7 1 2 5 8 4 3 2 5 6 9 1 4 3 8 7 4 8 3 5 7 2 1 9 6 7 9 1 3 8 6 4 5 2
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AGE T: 634 344 589
Concern
 COSTA CALIDA

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

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

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

0034 626 960 354
 fma.murcia@gmail.com
FMA
 FRIENDS OF MAZARRÓN ANIMALS

LIONS INTERNATIONAL T: 696 827 525

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

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

Noah's A.R.C. Animal Rescue
 Registered Animal Charity No 939755
 Helping the animals of Mazarrón for a better future for all
 Don't suffer in silence...
 Call 900 525 100 between 10am and 10pm to talk to a trained listener in total confidence.

COVID HELPLINE
900 121 212

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

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

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

Sector B Gardening Group is known as "B Clean" Volunteers are always made welcome, meeting up on Tuesday Mornings. Contact us via Facebook page "B Clean" Community Gardening or phone Colin Tel: 727 77 09 44 or Jim Tel: 603 35 04 02

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

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

Lewis
 Membership Secretary. Lorraine Bramwell
 Telephone: 604 206 018
 Email: sectordphone@gmail.com
 Facebook: camposol D community
 Donations.
 We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.30am and 12am with our donation buckets. Please consider a regular payment no matter how small. You may contribute via Paypal, bank transfer, or even a regular direct debit. This is especially popular with non resident holiday home owners.
 Paypal, enter sectordphone@gmail.com as the recipient.
 Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit.
 Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

Bus Timetables

MARTINEZ HORARIO A PARTIR DEL 14.09.2020
 Tfno.: 968 42 16 49 WWW.MARTINEZBUS.COM

LORCA-ALHAMA-TOTANA-PTO. MAZARRON

SALIDAS										LLEGADAS		
LORCA	BOTA	ALHAMA	TOTANA	PARBETON	CAMPOSOL	MAZARRON	PTO MAZARRON	MAZARRON	ALAMILLO	CAMPOSOL	PTO MAZARRON	ALAMILLO
06:20	06:35	---	06:50	07:00	07:10	07:20	07:40	07:50	08:00	---	08:10	08:20
---	---	19:10	19:20	19:40	19:50	20:00	20:10	20:20	20:30	---	20:40	20:50
12:00	12:15	---	12:30	12:40	12:50	13:00	13:10	13:20	13:30	---	13:40	13:50
---	---	15:40	15:50	16:10	16:20	16:30	16:40	16:50	---	---	---	---

SABADOS, DOMINGOS Y FESTIVOS

07:30	07:45	---	08:00	08:10	08:20	08:30	08:40	08:50	---	---	---	---
---	---	20:30	20:40	20:50	21:00	21:10	21:20	21:30	---	---	---	---
13:30	13:45	13:45*	14:00	14:10	14:20	14:30	14:40	14:50	---	---	---	---

* Servicios combinados.

PTO. MAZARRON-TOTANA-ALHAMA-LORCA

SALIDAS										LLEGADAS		
BOLNUEVO	MAZARRON	MAZARRON	CAMPOSOL	PARBETON	TOTANA	ALHAMA	LA BOTA	LORCA	PTO MAZARRON	ALAMILLO	MAZARRON	LORCA
08:50	10:00	10:10	10:20	10:30	10:40	---	10:55	---	11:10	---	11:20	11:30
12:20	12:30	12:40	12:50	13:00	13:10	13:20	---	---	13:35	---	13:45	13:55
15:20	15:30	15:40	15:50	16:00	16:10	---	---	---	16:25	---	16:35	16:45
19:20	19:30	19:40	19:50	20:00	20:10	20:20	---	---	20:35	---	20:45	20:55

SABADOS, DOMINGOS Y FESTIVOS

09:30	10:00	10:10	10:20	10:30	10:40	---	---	---	10:55	---	11:05	11:15
12:10	12:20	12:30	12:40	12:50	13:00	13:10	---	---	13:25	---	13:35	13:45
18:50	19:00	19:10	19:20	19:30	19:40	19:50	---	---	20:05	---	20:15	20:25

* Servicios combinados.

alsa Alsa Informa

LÍNEA 30 CARTAGENA-MAZARRÓN
 Horas de paso aproximado

CARTAGENA	LA TORRE DE MONCAYANES	LA ALHAMA	LA ALJA	LA ALMILLA								
9:15	9:30	9:40	9:50	10:00	10:05	---	---	---	10:30	---	---	10:45
18:30	18:45	18:55	19:05	19:15	19:20	---	---	---	19:45	---	---	19:55

SABADOS, DOMINGOS Y FESTIVOS

10:45	11:10	11:20	11:30	11:40	11:45	---	---	---	12:00	---	---	12:15
18:00	18:15	18:25	18:35	18:45	18:50	---	---	---	19:15	---	---	19:30

DE LUNES A VIERNES LABORABLES

10:30	10:35	10:40	10:50	10:55	11:10	11:20	11:30	11:45
19:45	19:50	19:55	20:05	20:10	20:20	20:25	20:35	21:00

SABADOS, DOMINGOS Y FESTIVOS

12:15	12:25	12:30	12:40	12:50	13:00	13:10	13:20	13:30
19:30	19:40	19:45	19:50	19:55	20:05	20:15	20:30	20:45

alsa.es | App | 902 42 22 42

MARTINEZ BUS MAZARRON
 HORARIOS A PARTIR DEL 14.09.2020

SALIDAS										LLEGADAS	
CAMPOSOL	ALAMILLO	MAZARRON	PUERTO	BOLNUEVO	PUERTO	MAZARRON	ALAMILLO	CAMPOSOL	PTO MAZARRON	ALAMILLO	CAMPOSOL
07:10	---	07:20	---	07:30	07:40	07:50	08:00	---	08:10	---	08:20
---	09:05	---	---	---	09:10	09:20	---	---	09:30	---	09:40
---	---	09:30	09:40	09:50	10:00	10:10	10:20	---	10:30	---	10:40
10:50	---	11:00	11:10	11:20	11:30	11:40	---	---	11:50	---	12:00
---	---	12:00	12:10	12:20	12:30	12:40	---	---	12:50	---	13:00
12:50	---	13:00	13:10	13:20	13:30	---	---	---	13:40	---	13:50
---	14:35	---	---	---	14:40	14:50	---	---	15:00	---	15:10
---	---	15:00	15:10	15:20	15:30	15:40	---	---	15:50	---	16:00
16:20	---	16:30	16:40	16:50	17:00	17:10	---	---	17:20	---	17:30
---	---	17:20	17:30	17:40	17:50	18:00	---	---	18:10	---	18:20
---	---	18:00	18:10	18:20	18:30	18:40	---	---	18:50	---	19:00
---	---	19:00	19:10	19:20	19:30	19:40	---	---	19:50	---	20:00

SABADOS, DOMINGOS Y FESTIVOS

08:20	---	08:30	08:40	08:50	09:00	09:10	---	---	09:20	---	09:30
---	---	09:30	09:40	09:50	10:00	10:10	---	---	10:20	---	10:30
10:50	---	11:00	11:10	11:20	11:30	11:40	---	---	11:50	---	12:00
---	---	12:00	12:10	12:20	12:30	12:40	---	---	12:50	---	13:00
14:20	---	14:30	14:40	14:50	15:00	15:10	---	---	15:20	---	15:30
---	---	16:00	16:10	16:20	16:30	16:40	---	---	16:50	---	17:00
---	---	17:00	17:10	17:20	17:30	17:40	---	---	17:50	---	18:00
---	---	18:30	18:40	18:50	19:00	19:10	---	---	19:20	---	19:30

TELEFONO DE INFORMACION: 968 42 16 49
 WEB: WWW.MARTINEZBUS.COM

www.spanishproperty.co.uk



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