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Journal  
January 2021



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a new chapter

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# THE Journal

January 2021



Dear Readers,

I am sure you will all join me in saying farewell to 2020 and welcoming 2021. Wishing you a very Happy and prosperous New Year.

The coming year will bring a range of challenges but after the event of last year, we will all go into the New Year with a renewed positivity and determination to feel more in control of our lives.

Our local community is built upon the fantastic people within it. Whether it is local business's, charity's, local community groups or being a good neighbour, the choices to support each other are ours to make.

On 6th January we celebrate 3 kings. This is a very important part of the Spanish culture. Celebrations will depend on current rules, however keep an eye out for any local celebrations.

This month the Journal will be opening up the Property Portal to invite private home owners to market their properties alongside local estate agents. The first thing the majority of house purchasers consider is the local area. Advertising in The Journal gives the potential for purchasers to gain a wealth of local information alongside the property's available. [the-journal.es/properties](http://the-journal.es/properties)

Alongside the property portal The Journal website also offers local weather forecast, listen live to Costa Calida International Radio, mortgage calculator, flight trackers for Murcia International and Alicante. The Journal website is available in English, Spanish, French, Dutch and Swedish.

What to look forward to this year.... The Journal would like to announce that we are launching our very own vehicle portal where you will find a portfolio of both vehicles for sale from business's as well as private sellers.

We also have a few more developments up our sleeve..... On that note, I will leave you to read and enjoy.....

MU 597-2020



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### Distribution Pick Up Points

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### 3 Kings

Once the end-of-the-year parties are over and the New Year begins, in

Spain, the children are still waiting for the most important day of the holiday season. Every year, Three Kings' Day is celebrated on January 6th.

The tradition says that the three kings (also known as the three wise men) had a mission to go to Bethlehem. They followed a star that

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showed them the way to see baby Jesus, who had just been born. Upon arriving, these three kings offered three gifts: gold, incense, and myrrh. For this reason, every year, when Christmas approaches, all the children begin to write letters to one of the kings (or to all three): Melchor, Gaspar, and Baltasar.

In these letters, the children tell the kings how well they behaved during the year and ask for the gifts they would like to receive on January 6th. In theory, the better the children behaved, the better their gifts will be. But all children know that if they misbehaved, they run the risk of receiving a piece of coal instead. Each year, the three kings travel on camel from the East to visit all the children. When they arrive in Spain, several days after New Year's Eve, they go to each of the villages to listen to the children's requests and collect their letters. On the night of January 5th, after having seen the three kings parade through the city, the children run home to clean their shoes and place them in a good spot

for the kings to see them. That way, the three kings will know who to leave each gift for.

Since the three kings travel such a long distance and have a lot of work to do during the 5th and 6th of January, families traditionally leave water, turrón (a typical Christmas nougat), and milk out for the three kings and their camels to eat and drink.

On the morning of January 6th, Three Kings' Day, children get up early and are more nervous and excit-

ed than usual. They run to the place where they left their shoes to see what gifts they have received from the three kings of Orient. They happily discover that there is no water or milk left and the nougat has been eaten, a sign that the three kings have recovered their strength to return home. With these traditions, excitement and joy flood each house on Three Kings' Day, and little by little everyone realizes that Christmas has come to an end... until next year!



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## Decluttering after Christmas in Two Simple Steps

First weeks of January is the perfect time to declutter your home, organizing your storage and rooms, unless you had enough time to clear the clutter from your house before Christmas holiday. Still, it is very likely that dur-

ing Christmas holiday you collected few things that fall into useless things and home clutter items category. It is important to declutter your home and get rid of clutter items, organizing storage closets from time to time. Maybe organizing your home storage does not look simple, but if you regularly declutter your home trying to get rid of useless items, then organizing storage spaces and closets becomes easier and more enjoyable.

Creating clutter free homes requires an inspiration and patience, because useless things can be attractive and do not look like things you want to get rid of. Home clutter items can be beautiful, rare and very expensive. The only problem is you do not need them. You want to declutter your home, get rid of clutter and continue organizing your home storage and rooms, taking closets, attic and garage space back.

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## Declutter your home and get rid of useless things

To declutter your home means to collect old gifts, worn clothing and old shoes, broken or uncomfortable clothing, clear the clutter from shelves and drawers, recycle or get rid of clutter items. (Look at the list of common useless items that clutter your home) Useless things collect the dust and take your space. You want to declutter your home, organizing your storage, making more time for yourself and saving energy for more pleasant activities than rearranging and organizing your home again and again. Even small useless things, gifts or clothing accessories require your time for taking care of them, rearranging and organizing your storage spaces. So it is better to declutter your home and get rid of clutter for good, and the sooner the better. (Creative kids room decorating with clutter)

### Two steps to get rid of useless things

Rearranging and organizing useless things and home clutter items  
Your struggle with how to declutter

your home can be broken into two steps:

1. First, you agree that useless things create the problem in your house, take your space, time and energy.

2. Second, you find the strength to collect them and clear the clutter from your storage and rooms, creating more spacious home interiors to enjoy.

Also, you can declutter your home, decorating rooms with useless things, but still you need to get rid of those you can't use for your project. (Read about decorating empty walls with clutter)

Do you still think it is hard to declutter your home and get rid of useless things? Actually, you can declutter your storage spaces and rooms fast and effortlessly, if you think that you declutter your life to gain more time for yourself.

### Getting rid of useless things tips

Get inspired and begin to declutter your home storage, closets and rooms. Take a bag and collect 20 useless items, like a piece of paper, an old bobby pin or a broken pen, and get rid of them. Go around the house, look at

your home items and ask yourself the following 10 simple questions:  
Junk and clutter take our living space

1. Do I really like these things?
  2. Do I use them?
  3. Is it really useful thing?
  4. Do I have the exact same thing?
  5. Do I have something better?
  6. Do I need two similar things?
  7. Do I love this thing because of emotional memories it brings?
  8. Does it make me feel guilty when I see it?
  9. Do I feel frustrated that these useless things are still in my home?
  10. Do I smile looking at them?
- Declutter your home and get rid of useless things and anything that does not make you smile. Love yourself and declutter your life to enjoy clutter free home storage, spacious rooms and comfortable lifestyle.

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

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If you ever need to update your property information such as the price, change or add images, change with a better description, we only charge a small 10€ + IVA fee to do so.

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



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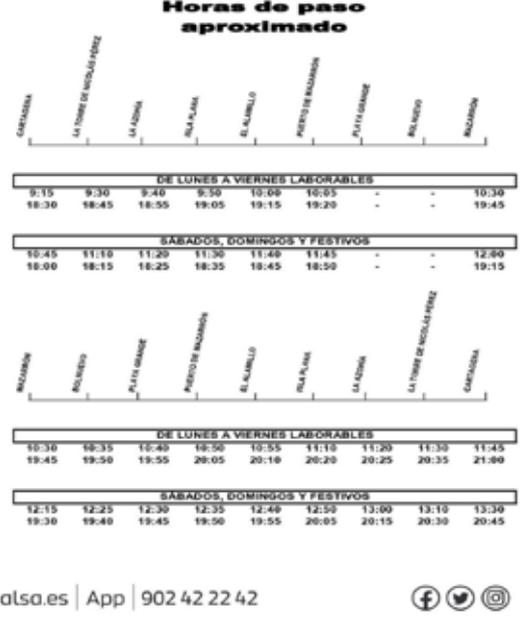
SALIDAS												LLEGADAS	
LORCA	LA BOTA	ALHAMA	TOTANA	PUERTO	CAMPOSOL	MAZARRON	PTO MAZARRON	BOLNUEVO	ALAMILLO	ALHAMA	LORCA		
06:20	06:35	---	06:50	07:00	07:10	07:20	07:40	07:50	08:10	08:20	08:30	08:40	08:50
---	---	18:10	18:20	18:30	18:40	18:50	19:00	19:10	19:20	19:30	19:40	19:50	20:00
---	---	13:40	13:50	14:00	14:10	14:20	14:30	14:40	14:50	15:00	15:10	15:20	15:30

### PTO. MAZARRON-TOTANA-ALHAMA-LORCA

SALIDAS												LLEGADAS	
PTO MAZARRON	MAZARRON	CAMPOSOL	PUERTO	TOTANA	ALHAMA	LA BOTA	LORCA						
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---	---	12:30	12:40	12:50	13:00	13:10	13:20	---	13:30	13:40	13:50	14:00	14:10
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### LÍNEA 30 CARTAGENA-MAZARRÓN



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SALIDAS												LLEGADAS	
CAMPOSOL	ALAMILLO	MAZARRON	PUERTO	BOLNUEVO	PUERTO	MAZARRON	ALAMILLO	CAMPOSOL					
07:10	---	07:20	---	07:30	07:40	07:50	08:00	---	---	---	---	---	
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---	---	19:00	19:10	19:20	19:30	19:40	19:50	---	---	---	---	---	

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## 12 DIY Bath Ingredients for Soft Skin, Detox + More

Few experiences compare to a relaxing bath after a long, stressful day. As you slip your body into the hot water and lay your head back, that feeling can certainly fade any remaining stress away. Why not embrace this glorious moment by also helping to detoxify your body and soften your skin?

### Best Bath Ingredients

One of the best parts of a bath is the variety. We've put together a guide to drawing a better bath and most of the ingredients you probably already have in your home!

#### 1. Epsom salt

Wonderful at easing muscle soreness and relieving tension, Epsom salt can be added to almost any bath salts recipe. It's also a good source of magnesium and makes skin soft and smooth.

#### 2. Alcohol

It's not just for happy hour! Both the anti-aging properties and the polyphenols in alcohol can reduce inflammation and redness. Try a red wine bath soak or a bubbly champagne bath to reap the benefits. Just make sure to rinse off well when you're done!

#### 3. Ginger

If you're battling headaches or need a good detox bath, ginger (freshly grated

or ground) is just the ingredient you'll need. It causes toxins to be released through sweat and will leave you feeling cleansed. It also helps you sweat out aches from a cold or flu, and clears up chest and nasal congestion. Note that ginger can cause sensitive skin to react, so test it on your skin first.

#### 4. Essential Oils

The perfect way to tailor your bath for your needs, this guide to essential oils for gorgeous skin is the key! Lavender, rose, vetiver, chamomile, or sandalwood essential oils will help calm you down after a long day.

You can add essential oils to bath salts for their aromatherapy benefits. If you want to add them to your bath, they will need to be diluted in a carrier oil or emulsifier first. All the instructions you need for doing that can be found here.

#### 5. Oatmeal

If you're suffering from itchy or irritated skin, oatmeal is very soothing to add to your bath. If anyone in your house gets poison ivy or sunburn, this is a great way to treat it.

#### 6. Coconut Oil

One of the best bath ingredients for soft skin, coconut oil has antimicrobial, anti-inflammatory, antiparasitic, and antifungal properties. Mix a tablespoon of coconut oil into running water to moisturize and soften during your bath.

#### 7. Lavender

Noted as one of the most relaxing herbs, lavender would be the perfect choice to wind down and ensure a good night's sleep. Dried lavender or lavender essential oil can be used in your next soak.

#### 8. Milk

The lactic acid in milk is both exfoliating and softening for our skin—it's even said to be a great remedy for eczema. This milk bath is simple, with only three ingredients. If you

are sensitive to milk, try substituting with coconut milk. Just make sure to rinse off well when you're done!

#### 9. Tea

Adding a few tea bags to your bath is an easy recipe for reviving skin. Green tea is a perfect choice for helping your skin fight the effects of the environment and aging and chamomile is a great before-bed relaxer.

#### 10. Honey

Moisturizing, anti-aging, and antibacterial honey is a powerhouse for our skin! This honey bubble bath recipe is just the ticket if you need some extra bubbles.

#### 11. Baking Soda

Both soothing and detoxifying for your skin, baking soda is a simple ingredient to add to your next bath after a hard workout. It's also a natural exfoliant and can help fight acne. Get creative and make a fun bath bomb using baking soda.

#### 12. Roses

They aren't just sweet to smell and equally decadent, but rose petals and rose water are also antibacterial, anti-inflammatory, and moisturizing. Try a rose milk bath next time you need a little indulgence.

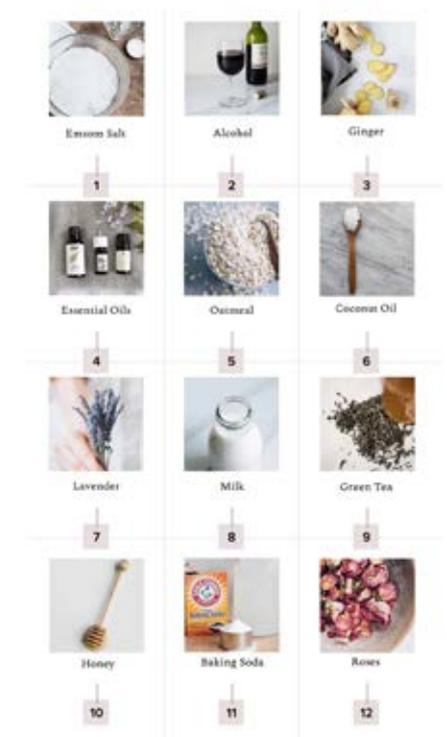
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### 12 INGREDIENTS FOR A BETTER BATH



## Bobs Trails

This 4 hour return trip walk takes us from Percheles to Playas de Calnegre via the Peak at Calnegre. Park at Percheles beach (fee payable at times). Walk onto the beach at Percheles and turn right at the waters edge , follow the waters edge to the next smaller bay , at the end of this bay you need to locate a path heading up , you are now on an easy to follow path around to Calnegre , you will come to the coastal road , you have to walk along the road or take the waters edge route until you enter the village of Calnegre , go thru the village and turn left at the Alberque , follow the track to just before an old house, here's the tricky bit , climb up right as indicated in photo , there is now no path , you need to follow the ridge until you come to a sea view , here turn right along the cliff and follow the path you will see the white concrete pillar on top , just keep aiming for that , once at the top admire the stunning views, then continue down the other side until you see a wide track beneath you , go down the hillside to the left and go to the side track this takes you easily to three amazing beaches , Cala de Calnegre, Playa Bano de las Mujeres and finally Playa del Siscal , to return take the track back until you meet the road , avoiding the climb back up the peak , turn right and walk through Calnegre

and along to where you entered the road from the coast path earlier, at the last house you need to go left behind it up the rock path , follow this until you return to Percheles



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**Avatar 2**

This upcoming scientific film will feature Zoe Saldana, Sam Worthington,

Sigourney Weaver and Kate Winslet who played the role of the lead character in the previous film. James Cameron announced that this time Avatar

2 will be more about Water and Family. The movie will show us the events that happen around a decade after the first film.

This movie will focus on Jake and Neytiri, and their children. We will see how Jake and Neytiri live and survive in the alien world of Pandora. But it's true that we still watch some actual humans from the Resources Development Association (RDA). In the original movie, we saw paralyzed marine Jake Sully, who went on a mining mission on the planet Pandora. In that mission, human invaders were trying to extract from Pandora. Pandora is a world where our imaginations can run wild. There, he met a blue-skinned alien warrior Neytiri and fell in love with her. The events of Avatar 2 take place around a decade later of the first film of this series.

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## Guardians of the galaxy VOL 3

The first thing that we are going to see in this film is- Gamora from a past

timeline in 2014. It means she is yet to be introduced to the Guardians in this film. In the Endgame, Gamora disappeared after the enormous battle with Thanos, and Quill and the other Guardians searched for her. Now, this new film is going to show how they are going to find her.

The writer and director of this film James Gunn said that, in this film, the audiences are going to see an epic conclusion to the story he began in 2014's first film. This film will be set at least four years after the events of the second

film – the Guardians of the Galaxy Vol. 2, and also after the events of Avengers: Infinity War and Avengers: Endgame.

Gunn also tweeted that he has been planning for Rocket all along. So, this third film is going to show more from Rocket, maybe his full backstory.

There are some rumors that a popular character will die in this new film. As this film is showing more of Rocket, it won't be a surprise if the victim is the fan favorite Racon!

Gunn also hinted that this third installment could start a new chapter for the team. And all these facts give us a certain hint that the team that will continue after Vol. 3 will differ greatly from the team that was introduced in the first film.

Another thing is certain about this film- we are going to enjoy more of the awesome soundtracks of Peter's mixtape, which he received from his mother Meredith Quill. These soundtracks are very much loved by the audiences.



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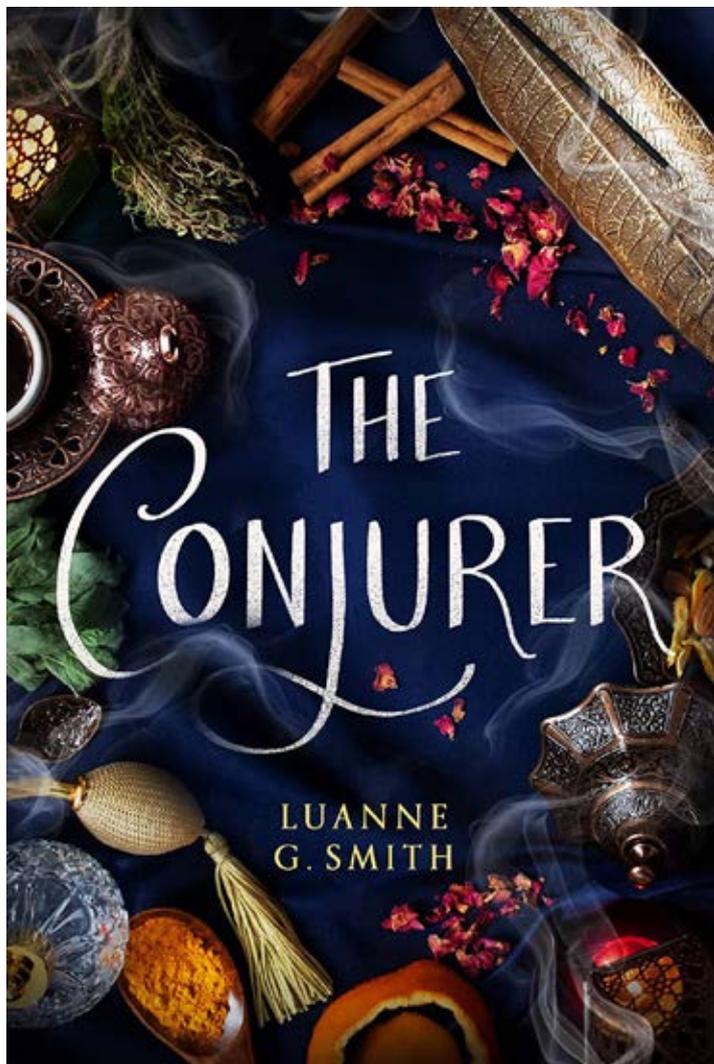
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MARK KNOPFLER

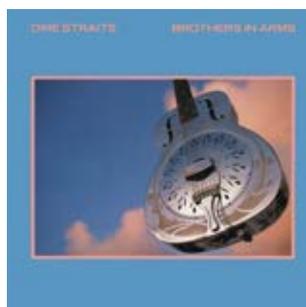
One of the most celebrated British guitar heroes to emerge in the late 1970s and '80s, Mark Knopfler first rose to fame as the leader of Dire Straits, where his songwriting and incisive guitar work played a decisive role in making them an international success story. Landing major chart hits on both sides of the Atlantic with songs like 1978's "Sultans of Swing" and 1985's "Money for Nothing" (the latter anchoring their landmark 1985 album *Brothers in Arms*), Knopfler's dry wit and smooth, earthy guitar style helped Dire Straits cut a unique throughline that somehow traversed both the more traditional pub rock style of the '70s and the excess of the MTV era. Meanwhile, he began to accumulate an impressive résumé as a producer, sideman, songwriter, and film composer in the '80s, eventually moving on to a successful career as a solo artist in which he continued to explore his interest in country, Americana, and roots music. With albums like 2004's *Shangri-La*, the 2006 Emmylou Harris duets album *All the Roadrunning*, and 2012's *Privateering*, Knopfler established himself as an organically rooted solo act and collaborator with a widespread global audience.

Mark Freuder Knopfler was born in Glasgow, Scotland on August 12, 1949. His father, a Hungarian émigré, worked as an architect, while his mother, of English heritage, was a schoolteacher. The Knopfler family moved to England when Mark was seven, settling in Newcastle-Upon-Tyne, and he developed a passion for music while spending time with his uncle; as he told journalist Dan Forte, "I heard my Uncle Kingsley playing boogie-woogie on the piano when I was about eight or nine, and I thought that those three chords were the most magnificent things in the world -- still do." A few years later, Knopfler began learning to play guitar, first on an inexpensive Hofner model before moving up to a Fender electric his father bought for him. At 16, Knopfler and some

pals cut a demo single that was never released, and he performed in a vocal group that was successful enough to merit an appearance on local television.

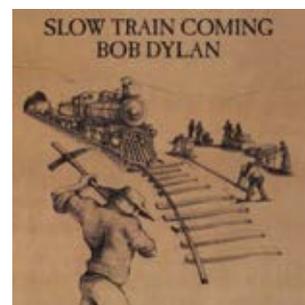
In 1967, Knopfler enrolled at Harlow Technical College, where he studied journalism, and a year later he landed a job at the *Yorkshire Evening Post*, where he wrote news stories and music criticism. After two years at the *Post*, Knopfler opted to return to school, studying English at Leeds University. While at Leeds, he became friends with a fellow guitarist named Steve Phillips, and they began playing out under the name the Duolian String Pickers; while working with Phillips, Knopfler began developing the fingerpicking style that would become his trademark.

After graduating from Leeds in 1973, Knopfler moved to London and joined a pub rock band called Brewer's Droop, featuring drummer Pick Withers. Knopfler's tenure with the band was short-lived, and he took a position as a lecturer at Essex's Loughton College. Knopfler became friends with a handful of local musicians, and they formed a new band called the Café Racers. Mark's brother, David Knopfler, who was also a guitarist and songwriter, introduced Mark to a fellow musician John Illsley, who played guitar but was also a solid bassist. When the Café Racers found themselves in need of a bass player one night, Mark asked Illsley to sit in, and before long, Mark, David, and John were sharing an apartment and working on songs, with Mark on lead guitar, David on rhythm, and John on bass. Mark invited Pick Withers to play drums with the new combo, and while they played their first few



gigs as the Café Racers, before long they adopted a new name coined by Withers: Dire Straits. After cutting a demo tape, Dire Straits found a champion in BBC disc jockey Charlie Gillett, who began playing their demo on his show, attracting the attention of manager Ed Bicknell and Polygram A&R man John Stainze. Bicknell took Dire Straits under his wing and Stainze signed the group to Polygram's progressive and hard rock subsidiary Vertigo Records; Warner Bros. picked up the band for U.S. distribution. Dire Straits' self-titled

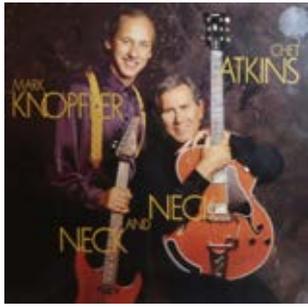
debut album was released in the fall of 1978, and the song "Sultans of Swing" became a surprise hit single in both America and the U.K.; the album followed it into the charts, as the group's clean, expert playing, and Knopfler's deft lead guitars, Dylanesque vocals, and evocative songs won the band air-play on pop and classic rock playlists. It was the first of a long string of successes for Dire Straits, and while the lineup would shift frequently over the group's lifespan -- Mark Knopfler and John Illsley would prove to be the group's only constants -- between 1978 and 1995 the group was a top concert draw and a frequent presence on radio and record charts; their landmark 1985 album *Brothers in Arms* sold over nine million copies in the United States alone, and was the top-selling CD of the '80s in the U.K.



It wasn't long after Dire Straits made their commercial breakthrough that Knopfler began expanding his creative

boundaries. In 1979, he was invited to play lead guitar on Bob Dylan's album *Slow Train Coming*, and in 1983, he produced Dylan's *Infidels*, as well as leading the backing band. In addition to producing much of Dire Straits' catalog, Knopfler was behind the controls for albums by Aztec Camera, Randy Newman, and Willy DeVille. Knopfler lent his talents as a session guitarist to an impressive and diverse range of artists, including Van Morrison, Phil Lynott, Steely Dan, Kate & Anna McGarrigle, Cliff Richard, and Scott Walker. He also penned the song "Private Dancer" for Tina Turner's triumphant comeback album of the same name, and found his songs being covered by the Shadows, whose legendary guitarist Hank Marvin was one of Knopfler's first inspirations. In 1983, Knopfler added "film composer" to his résumé when he wrote the score for the Scottish comedy *Local Hero*; Knopfler's music was cited in many of the film's rave reviews, and he would later score the films *Cal*, *The Princess Bride*, *Last Exit to Brooklyn*, and *Wag the Dog*, among others. And when Weird Al Yankovic asked Knopfler's permission to record a parody of Dire Straits' "Money for Nothing" for the soundtrack to his film *UHF*, Knopfler agreed under one condition -- that he be allowed to re-

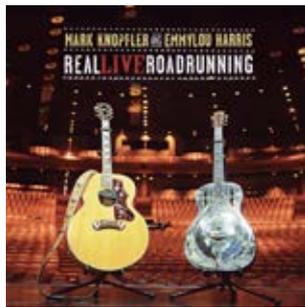
create his guitar parts for Yankovic's version. Weird Al happily acceded to Knopfler's request.



After Knopfler made guest appearances on several albums by another of his heroes, Nashville icon Chet Atkins, the

two cut a collaborative project in 1990, called Neck & Neck, which was the first non-soundtrack album Knopfler released under his own name. Knopfler also showed off his love of country sounds with his side project, the Notting Hillbillies, which featured Brendan Croker, Guy Fletcher, and Mark's old Duolian String Pickers partner Steve Phillips. In the fall of 1992, Dire Straits played their last concert, a show in Spain on tour in support of On Every Street, and in 1995, Knopfler quietly announced that he'd retired the band, feeling they'd become too big. Released in 1996, Golden Heart became Knop-

fler's official solo debut, followed in 2000 by Sailing to Philadelphia, which included guest appearances by Van Morrison, James Taylor, Gillian Welch, and Glenn Tilbrook and Chris Difford of Squeeze. The newly prolific Knopfler shortly returned to the studio and released The Ragpicker's Dream in the fall of 2002; a world tour was planned, but after Knopfler was involved in a motorcycle accident that left him with a broken shoulder and collarbone, the dates were canceled. However, he was soon feeling well enough to go back to recording, and issued Shangri-La in 2004, a set recorded at the Malibu compound where the Band recorded and rehearsed in the '70s.



As Knopfler's taste for rootsy, country-influenced sounds became a growing presence in his solo work, he

began working on material with singer

Emmylou Harris, and their collaborative album, 2006's All the Roadrunning, was recorded during sessions spread over seven years. Knopfler and Harris toured together in support of the set, and a live album, Real Live Roadrunning, came out later the same year. Knopfler continued to record at a steady pace, releasing Kill to Get Crimson in 2007 and Get Lucky in 2009, while still finding room to contribute to albums by Sonny Landreth, Bill Wyman, Diane Schuur, Bap Kennedy, and America. The year 2012 found Knopfler releasing Privateer, the first double-disc studio set of his career; the album debuted at eight in the U.K. Three years later, he returned with Tracker; the album debuted at three in the U.K. and 14 in the U.S. In 2016, he collaborated with Evelyn Glennie on the soundtrack for Altamira. Released in November 2018, Knopfler's ninth solo album, Down the Road Wherever, covered a wide range of themes and was again co-produced with former Dire Straits bandmate and longtime solo-era collaborator Guy Fletcher.



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The **FAST** President has been un-  
well for some time now and is now  
recovering at home. We wish him a  
speedy recovery and look forward to  
him returning to Camposol.

If you are feeling the pressure of the  
restrictions on your way of life why  
not talk to a friend about how you are  
feeling. **You are not alone; the men-  
tal 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 avail-  
able here soon to allow some sort of  
normality to return.

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

Due to the Covid-19 pandemic **FAST**  
are unable to attend patients who call

us, our phone system is available 24  
hours a day to give advice, informa-  
tion, 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.

The Camposol Golf Club sponsored a  
Golf Day on the 21<sup>st</sup> November at the  
Camposol Club de Golf. 88 players in  
22 teams played in a Texas Scramble



event. The Golf Club Committee  
described the turnout as fantastic.  
Thank you to the Hole Sponsors and  
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**YOU ARE NOT ALONE.**



Happy New Year to all our supporters  
Hello everyone, wow it's January ....  
Let's hope this year is better than last.  
We did however have a decent end-  
ing to the year. One of our dogs Pipo ,  
who was homed in early December in  
Blackpool , is doing great and settling  
in really well ....here's to a long lasting  
loving relationship with his new mum  
. Early December saw the arrival of  
Noella. It was 8am when Kevin went  
up to feed. Laid on the floor was Kate  
one of our donkeys and when Kevin  
got to her he saw that she was giving  
birth but seemingly struggling with the  
birth. Kevin helped deliver the foal ,  
who we've called Noella. Kate is a really  
good mother and both are doing so well.  
However just three weeks later another



one of our donkeys Gracie was proudly  
showing off HER new born foal. Both  
these girls came to us 6 months ago  
(well actually we took in 5 ) These girls  
were not being looked after , the owner  
couldn't feed himself so these girls  
were way down the food chain , so we  
stepped in and they were relinquished  
into our care . Gracy Was also a good  
mother protecting her young. Every-  
thing appeared normal however about  
4pm that same day the little one, who  
we called Holly , appeared to be getting  
weaker , so we decided to take her and  
her Moma to hospital in Alicante for a  
check up. So glad we did as it was found  
that Holly was not drinking properly, in  
fact if we had not taken her she would  
not have survived the night. The hospital  
started to work on her , X-rays , ultra  
sounds , bloods catheter fitted, tubes  
into her stomach so she could feed ,  
and they started her on antibiotics as  
she had an infection , dear god ... horrid  
horrid time , waiting to hear if she made  
it hour by hour .. bless her , Gracy was  
so good , I'm sure she knew we were  
trying our best to help her foal , luckily  
mum let the vets express milk for her ,  
mother's milk is the best as they say lol  
! Within the first few hours a foal has  
to have mothers milk to get the colos-

trum that carries antibodies between mother and foal. Luckily they were able to do this ,AND ....we are so so happy to report both Gracie and Holly are doing well. Gracy has had a touch of colic at the hospital but seems fine now .....As I write this both will be coming home , just in time for Christmas! Holly is one lucky girl, I know everyone was rooting for them both .The sanctuary in LA Paca is steadily moving along. But as usual here things take that much longer to sort. We are hoping that 2021 will see the sanctuary be up and running. We can't wait to open our gates to you the public, and let you see all our work , and most importantly our family of donkeys ....this is where your donations go , to make their lives better ... fingers , toes, arms and legs are all crossed just waiting for that day to come. Anyway at least that will give us something to write about later this year. We had a lovely donation of €50 from the Camposol Runners (Colin Thackwell )it's so lovely to be included in this guys thankyou so much , we tend to get pushed to the side primarily being a donkey rescue ... but with nearly 90 !! Yes 90 donkeys we need every cent /euro .. so thankyou Camposol runners .... I will be starting back on monday 4th Jan on Camposol, (covid permitting) in my usual spot on the car park 11.30/1.30 collecting all your unwanted items /gifts ....and larger

items we can collect so please don't forget us , the donkeys need you any change to this will be on our Facebook page . Once again hope this year is better for all of us, take care, and stay safe.

Andrea



Christmas is now over and hopefully we can look forward to 2021 and a little bit more normality.

2020 was a big year for FMA, with such turmoil going on in the world we had to think out of the box in order to stay afloat and still provide for all the animals in our care.

It was, and still is with the help of our fabulous supporters that we were able to do this. You continued to take part in our 100 club, bought from our online market, and responded so generously to



**Clyde happily adopted**



**Pippin happily adopted**

appeals for help. Some events still went ahead, though with reduced capacity, but we had to cancel others when restrictions were altered in November and early December.

From a small charity a couple of years ago we have grown beyond expectations. One week in December we saw the delivery of 19 dogs to different kennels from where they will start their journeys to new homes. We have also built up fabulous partnerships with other charities both here and abroad.

Our work with the non domestic cats and kittens in our area continues (TNR), but we really need support in order to achieve everything we would like to do. If you think you could help with this scheme or in any other way, transport, fostering etc please contact us via our Facebook page.

We are always looking for volunteers.

I would love to list the number and



**Wolfie(Curro) happily adopted**

names of those dogs, cats and other animals we have helped during 2020 but I would run out of space! Just to say that when we are drowning in requests for help we can look at the many, many neglected, abandoned and mistreated animals we have helped and come up for air.

Please keep following our Facebook page, where you will see updates on the animals in our care, and information on any future fund raising events.

Thank you again to all our friends and supporters and we wish everyone a very Happy New Year.

Always remember; Saving one animal wont change the world but It will change the world for that one animal.

**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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Camposol Heating & Maintenance S.L. (CHM).

Are you hoping to come out to Spain before Christmas?

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

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

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

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

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

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

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

## What to sow and grow in January

January might feel like a dormant month as far as growing is concerned, but there are a fair few flowers, fruits and vegetables that can be started under glass. Here are the main plants to sow and grow now, for rich pickings come springtime.



### Flowers to sow and grow

Start sweet peas off in gentle heat now

### In the greenhouse/indoors

- Sow Antirrhinums (snapdragons) in a propagator – these plants need a long growth period before flowering, so sow now for good results.
- Start growing Begonia, Geranium (Pelargonium) and Dianthus (Carnations/Pinks) from seed indoors, as these are also slow to flower.
- Sow Lobelia under glass in gentle heat, for fabulous beds, containers and hanging baskets in the warmer



months.

- Start Sweet Peas off in gentle heat this month.

### Vegetables and herbs to sow and grow

Start chitting potatoes in a bright, frost-free place

### In the greenhouse/indoors

- Start chitting (sprouting) early potatoes – stand them on end in a mod-

ule tray or egg box, and place them in a bright, cool, frost-free place.

- Grow potatoes in containers under cover for a very early crop (Charlotte potatoes are a good variety for this).
- Sow Celeriac and Celery in a heated propagator.
- Grow your favourite herbs on your windowsill to bring colour and fragrance into your kitchen and provide fresh greens all year round.
- Give exhibition onion seeds a head start – sow these now to give the bulbs time to grow as big as possible. Sow onion seeds in module trays and place in a propagator until germination, growing them on in cool conditions until all risk of frost has passed, and they can be transferred outdoors.
- Grow salad leaves, cauliflowers, spring onions and spinach on a bright windowsill indoors, for tasty early greens.
- Sow broad beans in pots now, if you live in a mild area. Place them in a cold frame or unheated greenhouse.

### Fruit to sow and grow

Start planting raspberry canes on sunny sites

### In the greenhouse/indoors



- Start rhubarb from seed in a heated propagator. In the cold frame/under cloches

Grow strawberry plants under cover



now to get an early summer crop



- Grow strawberry plants under cover to get an early crop this summer. Plant outdoors

- Plant raspberry canes and blueberries, providing the soil isn't frozen or waterlogged. Choose sunny sites with free-draining soil. If you're looking for something a bit different to add to your fruit garden this year, try planting the nutritious Blueberry Pink Berry.

- Plant bare-root fruit trees in January, again, providing the ground isn't frozen.

### Keep one step ahead - what to order this month:

Order summer flowering bulbs like gladioli in January

- Second early and maincrop potatoes
- Summer-flowering bulbs, including gladioli
- Asparagus crowns



## Camposol 'C' Green Fingers Gardening and Social Group

Firstly, all the Green Fingers Committee and Team would like to wish everyone a Happy New Year (hopefully a bit different to 2019!) and many thanks to all who have supported us during the past 12 months: all our Volunteers, local businesses and homeowners including everyone who has donated raffle prizes, cakes for our Wednesday volunteers, plants and other garden items, and to our bucket! Green Fingers have worked hard again all year throughout C Sector North, but particularly after the long period of lockdown to continue the transformation of our area and bring it back to how it looked before March – it was a tough job: Our Maintenance Team turning out every Monday morning despite some awful weather conditions; cleaning, weeding and spraying every street in rotation and our Wednesday Volunteers who, this month, are still clearing weeds and scrub from verges, sweep-

ing palm seeds from the roads, trimming trees and shrubs, dead-heading, weeding, watering, and planting new and donated plants.

We've said good-bye to volunteer Ken who has returned to the UK for the Winter months – we look forward to seeing him again in the Spring. We've a few projects planned for 2021, but if you would like a particular task completed in your area please contact us. To get in touch, please call our Chairman, John, on 634 325 427 for any more information or check the chalkboards and our Facebook groups.



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### Top 6 New Year's Resolutions

New Year's Eve has always been a time to reflect on the past, but more importantly, to plan for the future. Resolutions are a trendy thing to make come January 1. They can be anything from meal prepping more to volunteering, but there are a few that are more popular than others. According to an Inc. study of 2,000 people, these are the 6 most common resolutions that were made in 2019.

#### Eat Healthier

The no. 1 resolution of 2019 (and every year, it seems) was to eat healthier. More than two thirds of American adults are considered to be overweight or obese, so it should come as no surprise that diet is the first thing people want to tackle in the new year. According to Time, though, this is also one of the most commonly broken resolutions. People dive head-first into dieting gimmicks in early January, then lack control later on. The key to making your weight loss resolution stick, says the American Psychological Association, is to start small and change only one behavior at a time.

#### Exercise More

Under the same umbrella as eating healthier, working out more is the sec-

ond most common New Year's resolution. You can tell by the way the popularity of your neighborhood gym seems to swell extraordinarily after the holidays. This resolution, too, is a frequently broken one as people struggle to prioritize their fitness against work, family, and everyday life. If you have fitness goals this year, be sure to outline them in detail, stick to a regimen, and reward yourself (but not too much).

#### Save Money or Spend Less

After all the holiday spending, many Americans are eager to get on top of their finances in the new year. Some want to get out of debt while others are more focused on bulking up their savings accounts. About a third of Americans make this their goal. Debt.com says to be specific, set a budget, let go of unhealthy spending habits, track your spending, and use cash whenever you can.

#### Learn Something New

Sometimes New Year's resolutions are about losing things: extra weight, debt, or emotional baggage. Sometimes, on the other hand, they're about gaining something, like a new skill or hobby. If you've always wanted to learn a new language, acquire a new skill, pick up a new hobby or craft, you could be one

of the 25 percent who make this their resolution. After all, the start of a new year—or decade, in this case—is the perfect excuse.

#### Quit Smoking

Many resolutions are concentrated on letting go of nasty habits, like eating junk food and smoking. As the Centers for Disease Control and Prevention has said, "it's never too early to quit." There are plenty of tools to help you through it, too. Over-the-counter nicotine replacement therapy products now make it easier to kick nicotine without spending a fortune or even stepping a foot into the doctor's office. On average, smokers try about four times before they quit for good, so don't let a failed attempt discourage you.

#### Read More

Although probably not as packed as the gym or the health food aisle of your local supermarket, the library gets pretty busy after the first of the year as well. The longtime literati are eager to get back to their regularly scheduled reading and the folks who have vowed to pick up more books this year (17 percent of the population, that is) will be scouring for good titles, too.

## NEWYEAR 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!

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 and before you know it your swamped with the stuff.

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MURCIA 30875

FOR AN APPOINTMENT  
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FAX: 968 199 664

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

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 Im 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](mailto:shirleyfisherlegalservices@gmail.com) or ringing my mobile 634 053 976. What do you have to lose??

Shirley Ann Fisher  
UK Lawyer & Commissioner for Oaths  
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Dra. Prisca Hernandez GP

Dra. Irene Saura GP.



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Traumatologist Surgeon

Dr. Francisco Pedreño,  
Aesthetics Surgeon

Dra. Diana Navas, General  
Surgeon

Dra. Gresi Almonte,  
Aesthetics Doctor.

1 Psychologist

Dr. Fernando Lazaro



3 Nurses

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## MONDAY



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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

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

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Slimming Club, Cats Bar Camposol, 11am

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

## TUESDAY

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

Perrera Dog Walking, 9am - 11am

Alhama Market Day, 9am - 6pm

FAST Volunteers Wanted Social Centre, Camposol, 10am

Friends and Buddies Meeting Social Centre, Camposol, 7.30pm

Blackbull Fish and Chips 5pm - 9pm

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

Perrera Dog Walking, 9am - 11am

Alhama Market Day, 9am - 6pm

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Friends and Buddies Meeting Social Centre, Camposol, 7.30pm

Blackbull Fish and Chips 5pm - 9pm

## WEDNESDAY



**Condado Taxis**  
**0034 622 714 979**  
**Legal and registered**

Camposol D Gardening Team 9-11am

Totana Market Day, 9am - 6pm

Camposol C Gardening Group 9am

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

MABS Craft Group

MABS Centre, Camposol B, 1:30pm - 3.30pm

The Beacon of Light Canadas Del Romero, 7pm

Camposol 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

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MABS Craft Group

MABS Centre, Camposol B, 1:30pm - 3.30pm

The Beacon of Light Canadas Del Romero, 7pm

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Camposol Market Day, 9am - 6pm

Los Amigos de Mazarron FC Meeting Camposol C, 4pm - 6pm

Mazarron AA Group Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm

Karaoke at Cats Bar, 9pm

Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

Camposol Market Day, 9am - 6pm

Los Amigos de Mazarron FC Meeting Camposol C, 4pm - 6pm

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**FRIDAY**

**SATURDAY**

**SUNDAY**

**Notes**

Camposol D Bucket Collection 9.30-12 @ The Hut  
 Camposol B Clean Working Party, 9am  
 Perrera Dog Walking, 9am – 11am  
 Mazarron Bahia Lions  
 Table top sale, Camposol B., 10am - 6pm  
 Blackbull, Music with DJ Sean Bodie 6pm til late  
 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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17th October Zambuca Restaurant FMA Music Event with Barrington  
 Mazarron Market Day, 9am - 6pm  
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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

THE Journal



Costa Calida Radio  
 90.00 & 100.00 fm

## New Years Jokes

At the beginning of this year I made a New Year's resolution to lose 10 Kilos ...  
... Only 15 more to go!

What happened to the man who shoplifted a calendar on New Year's Eve?  
He got 12 months!

What did the little champagne bottle call his father?  
Pop!

Let's celebrate New Year's Eve ...  
... by making many pour decisions!

What is a New Year's resolution?  
Something that goes in one year and out the other.

An iPhone and a firework were arrested on New Year's Eve.  
One was charged and the other was let off.

Why was 6 afraid of 9 on New Year's Eve?  
Because 9, 8, 7 ...

Youth is When You're Allowed to Stay Up For New Years Eve  
Middle age is when you're forced to.

What Happened to the Man Who Thought about the Evils of Drinking in the New Year?  
He gave up thinking.

My resolution was to read more so I put the subtitles on my tv.

What Does it Mean If You Were Born In September?  
That your parents started the new year with a BANG!

# HAPPY NEW YEAR!

WI HVVA XRNRZGOALSAZYF  
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MIQCRAEYWENOZJKSKRNH  
LPDMVXPNZJLOVZVYDZQG  
GPEXAXKQNCOUNTDOWNI  
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TRSPSPARKLERSHQTOJAD  
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Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy

New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



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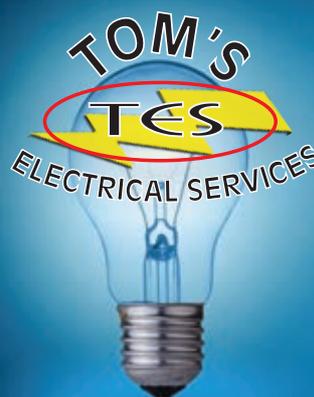
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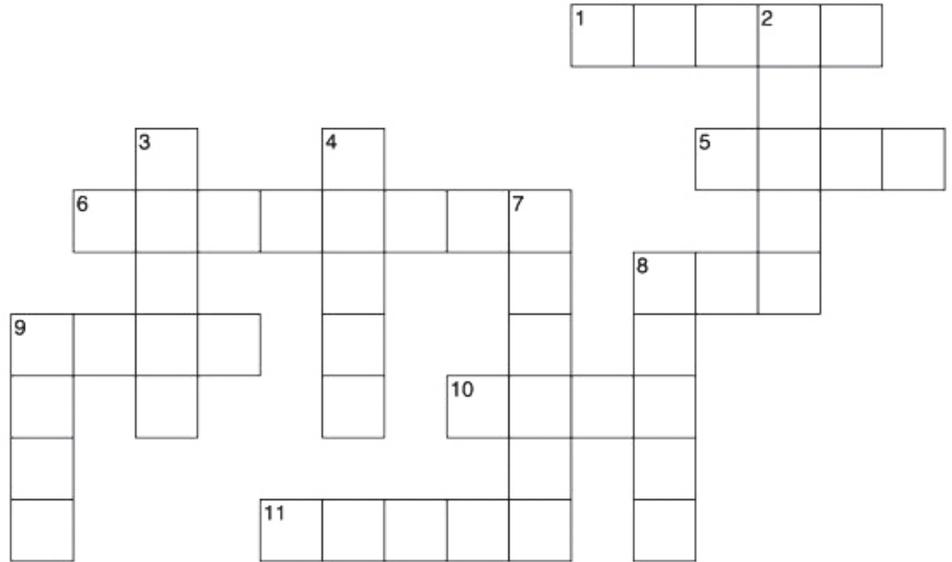
# OPPOSITE WORDS CROSSWORD PUZZLE

## ACROSS

- 1 Opposite of Quiet
- 5 Opposite of Run
- 6 Opposite of Black and White
- 8 Opposite of Cold
- 9 Opposite of Low
- 10 Opposite of Go
- 11 Opposite of Small

## DOWN

- 2 Opposite of Finish
- 3 Opposite of Smooth
- 4 Opposite of Smile
- 7 Opposite of Big
- 8 Opposite of Sad
- 9 Opposite of Soft



## Sudokus

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7							6	
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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. Here are just 10 tools to help you build a better body.*

## Fitbit Blaze



Living up to its name, the Fitbit Blaze offers a high-speed switchboard of everything from heart rate monitoring to customized music selection for individual workouts. It also functions as an advanced smartwatch, giving you text message alerts and navigational cues based on destinations. If you're looking for a great piece of wearable tech, it doesn't get much better than a Fitbit.

## Skulpt



Perfect for bodybuilders and other fitness junkies, Skulpt is a handheld scanner that can be applied to 24 different areas of the body to give you readings on muscle mass and body fat percentage. You can even sync it with the Skulpt app for in-depth analysis about your physical state. Forget about calculators and tape measures; Skulpt will do all of the work for you.

## iHealth Wireless Smart Glucose Monitoring System



If you struggle with diabetes or any other blood sugar condition, it can

be difficult to meet your fitness goals with so much additional data to analyze. The good news is that the iHealth can take at least one burden off your shoulders. Offering wireless, cloud-based monitoring and tracking of your glucose levels, it will help you manage your diabetes while working on a healthier diet and exercise plan.

## Wireless Smart Earphones by Bragi



More and more manufacturers are creating "smart" headphones that can be synced with the user's digital devices, but the Bragi earphones take it one step further by providing a built-in fitness tracker too. In addition to streaming, uploading and organizing more than 1000 songs, you can also receive real-time feedback on steps, strokes, cadence, duration and heart rate.

## Strenx by Gymwatch



Track your body across 900 different exercises with the Strenx arm band. Not only will it analyze your workout and provide tips for speed, strength and endurance training, but it will even correct your form if it detects mistakes in your repetitions. It's a virtual spotter that will make your gym routines so much safer and more efficient.

## Beddit



A healthier day starts with a better night. By using the Beddit, a thin, sensor-filled pad that slips under your sheets, you can analyze your nightly ZZZs and figure out how to optimize your sleeping environment for higher-quality rest. Among other things, the Beddit will tell you:

- How long you slept
- How long it took you to doze off
- Your snoring percentages
- Your heart rate patterns throughout the night
- Your overall "sleep efficiency"

## iSpO2 Pulse Oximeter



This gadget is useful for both serious athletes and people who just want to make sure that their daily dose of caffeine isn't affecting their health. The iSpO2 measures things like pulse rate and blood oxygenation levels, so you can monitor your body's response to everything from aerobics class to workplace stress.

## Sportiii



This innovate headgear functions as a "live feed" of your workout stats while you're running, hiking, biking or otherwise moving. It can be clipped to your existing glasses or worn as a new pair, and it provides accurate, up-to-date visual prompts about your speed, duration, cadence, heart rate and breathing patterns. Best of all, Sportiii is entirely hands-free!



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Dawn Llewellyn-Price

**Happy New Year everyone, or Feliz Año Nuevo if you'd prefer it in the native tongue.**

Where do we even begin to start 2021? With hope in our hearts and a spring in our step as we don't even wave goodbye to 2020, just let it pass into the annals of history as one those best forgotten. I sincerely hope everyone managed a festive December, despite any Spanish restrictions.

Here in Wales, we did indeed have a 1950's Christmas as all hospitality closed at 6pm from December 4th and no alcohol whatsoever was sold during those afternoon opening hours. A bit of a shocker to many, but at least we got to sample alcohol free

wine on the few occasions when we ventured out for a festive lunch. All those glitzy frocks in shop windows weren't going anywhere.

Vaccines are rolling out by now across Europe, and with old Will Shakespeare from Warwickshire being the first man to have it on UK soil on December 8th, it was indeed a Winter's Tale from the Motherland.

Of course by the time you read this, vaccinations will have been given to many in Spain, and I'm wondering if Senor Quixote will have been first with a sore arm to match the literary kudos. Naturally, our planned return on the 2nd saw flights cancelled but with the PCR test needed and a New Year's Day bank holiday making it difficult, it was a relief. I'm hoping for flights before March begins and January's Schengen time restrictions affecting non-resident Brits affect our time in our second homes. I'd really love to light that fire before June.

The dream of a lovely Three Kings parade died last summer, but the thought of a Mercadona Roscon del Rey cake from the freezer cabinets and lighting a log fire kept me going. Now I'm making do with the YouTube versions on both counts.

With a fine selection of log fires with or without music to put on your TV screen to brighten dark mornings (the cat sits and watches, listening for the sparks) and plenty of cooks showing how to make your own Roscon (I will either have a go, or lick my lips, depending on how much was consumed over Christmas.) Without a mini plastic king to find tucked in the cream, it wouldn't be the same. If you've never tried this Epiphany creation, I urge you to rush down there and buy, buy, buy.

Truly scrumptious indeed.

Oh those candied fruits....

We first sampled it in Madrid, where we'd flown over especially for the big parade. It poured with rain, the first time in years, and we had to buy a brolly and fight with the Spanish for a miniscule view through multi-coloured dripping canopies until the rain stopped and we could finally catch some sweets and slap the hand of a pickpocket trying to rifle through my personals.

Ooh la la.

*Here's to a much better year ahead for everyone.*

**Salud a todos!  
Cheers!**



**Meals on wheels: Celebrity chef Hugh Fearnley-Whittingstall's converted Land Rover with a built-in kitchen to go under the hammer for an estimated £35,000**

The 1982 Land Rover 109 was specially built for the popular River Cottage series hosted by the TV chef. It has been fully converted with the rear featuring a built-in worktop, drawers, oven and fridge. A double-burner hob and sink attached to the rear doors can be folded out to create a fully-working kitchen. Sleeping accommodation is provided by a roof-mounted boat and ancillaries include a shower and basin.

A bespoke Land Rover 'Gastrowagon' that featured in the popular River Cottage television series with celebrity chef Hugh Fearnley-Whittingstall is to be offered to the highest bidder.

An entirely unique motor, it features a fully functioning kitchen at the back with a two-burner hob, oven, and even a fridge.

The 4X4 has recently been completely restored and is estimated to sell for between £25,000 to 35,000. The 1982 long wheelbase 109 Land Rover, which has been converted to a camper-cum-kitchen, became familiar to viewers of the chef's 1990s series 'A Cook on the Wild Side', as Hugh's transport in which he toured the British countryside in search of wild ingredients.

Built especially for the television show, the Gastrowagon has a fully operating kitchen that extends from the rear section of the vehicle, with a worktop, drawers, fridge and oven fitted into the back of the Land Rover. The double-burner hobs and sink are fitted to the inside of the rear doors. Once folded out, it creates a fully op-





erational kitchen.

Additional table tops stored inside the Land Rover can also be attached to create a huge outdoor cooking space.

The back also has a wind and water-proof canopy so a user can whip up their favourite dish no matter what the weather conditions.

Sleeping accommodation is provided

by a roof-mounted upturned boat and ancillaries include a shower and basin that appear from another hidden fold-out panel on the right-hand-side of the vehicle. Inside, there's even a vintage ice cream maker.

Another extra special feature is Hugh's signature on the bulkhead.

Following 25 years in the wilderness, the Gastrowagon was completely

rebuilt and refurbished to its original fully-functioning specification, by classic Land Rover specialists John Brown 4X4, and is said to run and drive 'like new'.

Rob Hubbard, Head of Bonhams MPH, said: 'Land Rovers are always popular at MPH sales and we are pleased to offer this true one-off which would be perfect for anyone wanting to take a post-lockdown staycation.'





through when talking with the team is how much pride they take in their workmanship. They have many satisfied customers who will testify to the reliability and quality of work. Please click on the QR code and it will take you directly to the CM Construction website where you will find a wealth of testimonials.

With a high reputation for quality and reliability as well as hundreds of satisfied customers on Urb Camposol and surrounding areas of Mazarron, Totana, Fuente Alamo etc. We would like to wish CM Constructions a very Happy Anniversary.

**If you require a free estimate or quotation, please contact:**  
**Mark (0034) 659 159 948**  
**Colin (0034) 676 306 718.**

## CM Constructions 20 Year Anniversary

at fair honest prices. What shines

CM Constructions are celebrating their 20 Year Anniversary in Camposol and surrounding areas. Colin and Mark formed CM Constructions was formed in 1987 by Mark and Colin with a Spanish partner Jose. In La Marina Alicante. Working together, hands on carrying out many major reforms / extensions and complete garden makeovers and tiling.

With over 20 years' experience in the construction industry in Spain, they can help you with any type of building work that you may require, such as: swimming pool construction, under builds, walls, extensions, patios & more... They can also help with all the necessary licenses and permits required and have an architect who can help you plan and build a new villa if you wish!

The Camposol office was opened in Jan 2000 and can be found next to The Ferriteria at No 5, Commercial Centre, Sector A, Urb Camposol. CM Constructions have a team of Spanish/south American builders are all legal fully qualified, licenced, competent and have had many years' experience and training in Spanish construction practices.

During their time CM Constructions have built strong relationships with their customers and go that extra mile to ensure a smooth building service



# 20

AÑOS

## 20 Year Anniversary 2001-2021

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Or come and visit our office on A Sector, next to the ferriteria.

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## Los Amigos De Mazarrón F.C

### LATEST NEWS FROM LOS AMIGOS DE MAZARRÓN FC

By mid-December Mazarrón had lost only one game out of the eight played, but five had ended in draws with just one defeat.

The defence remained fairly solid and



*Celebrating the win over CD Minera*

had kept four clean sheets in the eight games. Scoring had been a problem but three goals away to Cartagena FC UCAM and four at home to CD Minera showed that coach Sergio was getting to grips with his new squad.

With David Ardil available after the opening two games, the impressive Simpara was moved from his central defensive partnership with Juande into midfield where he was equally impressive. Sergio juggled with his strikers and Omar settled nicely into that position scoring two excellent goals and he was well supported by Chiky Ardil.

There was good news for supporters when a limited number of spectators were allowed in to watch games for the first time, starting with the game against CD Minera on 13th December. The capacity was fixed at 320 which included season ticket holders and club officials from both sides.

Priority was given to season ticket holders but there were some seats available



*Spectators back*  
for general supporters who were admitted at a cost of 8 euros.

The following regulations apply until further notice during the Covid-19

pandemic:-

Spectators must carry official ID (passports etc) as well as their season tickets  
No food and drink – apart from water.  
Masks to be worn at all times.  
Social distancing must be observed.  
There must be a minimum of 1 seat in between spectators  
Hand sanitising points will be available around the ground.

With regard to away travel, the current regulations now allow travel to away grounds subject to capacities. Depending on this we are asking Los Amigos members who wish to travel to away games to contact Barbara by email on pama-da.1130@yahoo.co.uk on the Thursday before the away game. The names will be passed to the Mazarrón 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.

Mazarrón'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:-

10th January  
HUERCAL-OVERA CF HOME

17th January  
CARTAGENA FC UCAM HOME

24th January  
FC Cartagena "B" Away

31st January  
FC LA UNION ATLETICO HOME

7th February  
Mar Menor CF Away

At the time of going to press Mazarrón's home games are being at the Complejo Deportivo which is just off the main road from Mazarrón 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](http://www.mazarronfc.com) or our own Los Amigos de Mazarrón FC Facebook page, [fb.me/mazarron2016](https://fb.me/mazarron2016). Mazarrón Hoy kindly streamed the early games of the season live on their Facebook page so that Mazarrón supporters were not deprived of the opportunity to

see their regular "football fix".

Los Amigos membership renewals (usually 1st August) had been deferred to 1st January 2021. In view of the continuing problems caused by the coronavirus pandemic this has now 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 2020 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 decided in the New Year.

The Race Night at Alley Palais at the end of October was a huge success and raised almost 1300 euros. Arrangements are being made to donate the proceeds of the Race Night to the Football Club.

Los Amigos members donated items for the Children of Mazarrón Charity Appeal at Christmas and Los Amigos de Mazarrón also purchased eight footballs for this appeal and these had been handed to the Social Centre.

Depending on Covid-19 restrictions it was hoped to organise a Quiz at the Diner on Camposol B in either late January or early February. Details will be sent out to members and also announced on our Facebook page as soon as they are available.

Los Amigos members and friends enjoyed a great evening at the Turkey and Tinsel Dinner at the Diner, Camposol B on 8th December. Thirty six members and friends attended and thanks are once again due to Sue and her marvellous team at the Diner for looking after us so well and providing such an excellent meal.

At the time of going to press the Golf Day at Camposol Club de Golf and the Gala Dinner at the Hotel la Cumbre, Puerto de Mazarrón, which were postponed last March because of coronavirus are still scheduled to be taking place on Monday 12th and Tuesday 13th April respectively. Obviously, the situation is changing daily and it is difficult to know what the next three or four months will bring, but we hope to be able to make a final decision early in the New Year

On behalf of Los Amigos de Mazarrón FC may we wish our members, sponsors and all supporters, players and staff of Mazarrón Football Club a very Happy and Prosperous New Year.





## DIY treatments to your five most common skin complaints

We all want beautiful, healthy-looking skin, but sometimes it comes with a hefty price tag. But did you know that you can achieve amazing



results with ingredients that are probably sitting right in your cupboard? We've put together our favourite DIY skincare treatments made with **Olive Oil** and powerful, all-natural ingredients that target the most common skin complaints.

### Exfoliating extra virgin olive oil and orange scrub to brighten your skin

Want a more even skin tone? Find an orange and some **Olive Oil**. Oranges are rich in vitamin C and powerful antioxidants, which is why they can help fade dark spots that appear on your skin. Not only that, but they can also help regenerate your skin cells and repair damaged skin. Mix 2 tablespoons of freshly squeezed orange juice, 1 tablespoon of **Olive Oil** and 1 tablespoon of baking soda to make an exfoliating paste. Use as a gentle scrub, then rinse.

### Lemon juice toner to clear up acne



The acid in lemon juice makes for an all-natural toner and cleanser. Since bacteria have a hard time surviving in acidic environments, lemon juice can aid in killing off the bacteria living on your skin – the bacteria responsible for those pesky pimples. You should

bear in mind that lemon juice can be drying. For that reason, after following this routine, you should moisturize with **Olive Oil**.

Extra virgin **Olive Oil**'s properties have been proven to hydrate and moisturize the skin, so these two treatments go hand in hand. Squeeze fresh lemon juice onto a clean cotton ball. Apply over clean skin. Follow with a few drops of olive oil applied gently in a circular motion.

### Olive Oil moisturizer to soften skin



As we just learned, **Olive Oil** is your go-to ingredient for almost all things health-related, and using it to hydrate the skin is no exception. The vitamin E found in **Olive Oil** softens skin, and because the composition of **Olive Oil** is very similar to your skin it is absorbed more easily than commercial moisturizers. Plus, it's hypoallergenic – so all skin types can use it without causing any irritation.

Apply a few drops of **Olive Oil** to your fingertips and smooth gently onto clean, dry skin. Allow it to absorb.

### Yogurt and extra virgin Olive Oil to eliminate redness and soothe your skin

Whether it's the air-con in the summer, the heating in the winter or just everyday environmental factors, everyone's skin can become irritated. Treat your skin with a creamy yogurt and extra virgin **Olive Oil** mask to eliminate redness and give your skin

an extra burst of hydration. **Olive Oil** contains two different antioxidants: vitamin E and **polyphenols**. These antioxidants work together to fight free radicals and soothe your skin. Dairy is full of natural fats, water and proteins, so using yogurt on your skin helps replenish lost moisture. Mix 2 tablespoons of **Olive Oil** and ¼ cup of plain, full fat yogurt into a paste. Apply to clean, dry skin, leave to work for 15-20 minutes and then rinse off.

### Olive Oil and egg-white face mask to firm your skin

The Vitamin E found in **Olive Oil** have anti-aging benefits, and one of those is tightening skin and pores. It only takes a little bit of **Olive Oil** to remedy tired-looking skin. Additionally, egg whites naturally shrink pores when left on for just a short time. Pair these two all star ingredients together and you have yourself a natural mask that will work quickly to tighten skin and shrink pores. Mix 1 tablespoon **Olive Oil** with 1 egg white in a small bowl. Apply to clean face, and leave for 15 minutes. Rinse and follow with olive oil moisturizer.

It's widely known that **Olive Oil** is excellent for your health, but we're here to tell you that it's great for your skin, too! Are you as excited as we are to incorporate these 5 skin treatments into your routine?

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## New Year Beauty Treats

There's no better time than the start of a new year to indulge in a little pampering and give your beauty regime an update. Following all of the festivities of the party season, January is when many of us start to feel sluggish and simply not our best. But with some luxurious beauty treatments, we'll soon have you looking and feeling fantastic! Whether you're

yearning for a glowing complexion, relaxing massage or a seasonal manicure, there is something for everyone at our local beauty salons. So, why not treat yourself to some well-deserved me-time with a range of beauty treatments to celebrate the new year...

### Facials

The harsh winds and chilly temperature of January can play havoc with delicate skin. Relaxation facials are the perfect way to deeply nourish, moisturise and replenish your skin. There are also a number of cosmetic facial treatments on offer including Microdermabrasion and skin peels to reveal glowing, younger-looking skin.

### Nail Services

Manicure services are a fantastic way to lift your spirits and brighten up a cold winter day. Pick your shade of choice from extensive selections of lacquers and long-lasting gel finishes. Most nail technicians are also trained in massage and moisturisation treatments to really take your manicure to the next level.

### Massage

Therapeutic massages are the perfect way to relax and unwind following the madness of Christmas. Take a break from the stresses of daily life and let expert therapists relieve your tension, making sure you feel calm, soothed and re-energised when you step out of the salon.



## WHY NON-WATER SOLUBLE CBD OIL HAS NO FUTURE AND WHAT IS MYCELL??

Every time we take CBD oil, we throw away 90-95% of the CBD inside because it is not absorbed by our body. How long will we keep on doing this until we find a better solution? Welcome to the world of IBEROPTIMA.

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The most important difference com-



pared to other CBD products that call themselves water soluble is that the patented MyCell Enhanced™ technology we use is 100% natural and mimics our body's own micelle system

to absorb oil and fatty components. A study has shown that an orally taken active compound, like CBD, encapsulated with the MyCell Enhanced™ technology already showed after 30 minutes a bioavailability of more than 90%.

Most other products, who call themselves water soluble, use a form of liposomal system. Compared to liposomes the micelles from the MyCell Enhanced™ technology have a much higher stability with regards to temperature, pH and mechanical stress.

Beside this, the molecules used for encapsulation in these liposomal systems mostly are synthetic or synthetically modified compounds (like polysorbates), which are derived from the petrochemical industry and have carcinogenic concerns.

The molecule the MyCell Enhanced™ technology uses is 100% natural and non-allergenic.

Having the active compound, like CBD oil, encapsulated with the MyCell Enhanced™ technology so it can easily pass the mucous membrane and be absorbed in the bloodstream is just the beginning, but to work the active compound has to be delivered into the cell.

The micelles created with the MyCell Enhanced™ technology act in such a way that they connect with the target cells and only release the active component in the cell.

When we deliver a 10 ml, 5% solution there really is 500 mg of CBD inside and because of our patented 100% natural micellization system, these 500 mg will become almost 100% available to your body. Dropped in to your favourite beverage, no need to sit for 10 minutes with it under your tongue here.

You can read more of the science on our webpage [www.iberoptima.com](http://www.iberoptima.com) and browse through not only our amazing cannabidiol (CBD) products but our Vitamins & Sup-

plements created using the same award winning technology.

**You can contact us (Kelly or Barry) by email - [info@iberoptima.com](mailto:info@iberoptima.com), whatsapp or call 0034609801594 we're here to answer any questions you may have.**



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## Hot-and-Sour Chicken Noodle Soup



### Ingredients

- 140g dried wholewheat noodle
- 1 tbsp groundnut oil
- 2 tbsp grated ginger
- 1 medium red chilli, deseeded and finely chopped
- 4 skinless, boneless chicken thighs, chopped into small chunks
- 1 tbsp Shaohsing rice wine
- 700ml hot vegetable stock
- 4 chestnut mushrooms, sliced
- 1 tsp dark soy sauce
- 2 tbsp light soy sauce
- 2 tbsp rice vinegar
- 1 tbsp cornflour mixed with 2 tbsp cold water to make a paste
- 1 handful beansprouts
- 2 spring onions, sliced

### Method

#### STEP 1

Bring a small pan of water to the boil and cook the noodles following pack instructions. Drain, rinse under cold running water to stop them cooking further, then drizzle over a little oil to prevent them sticking together. Divide between 2 deep bowls.

#### STEP 2

Heat a wok over high heat and add the rest of the oil. When it starts to smoke, add the ginger and chilli, then stir-fry for a few secs. Add the chicken and stir-fry for 2 mins. As the meat starts to turn brown, add the rice wine and cook for 3 mins more. Add the vegetable stock, bring to a simmer, then add the mushrooms. Season with the dark soy, light soy and rice vinegar.

#### STEP 3

Bring back to a simmer, then add the cornflour paste. Simmer and stir until thickened. Stir in the beansprouts and most of the spring onions, then ladle the soup over the noodles. Serve immediately, scattered with the remaining spring onions.

## Smoky hake, beans & greens



### Ingredients

- mild olive oil
- ½ x 200g pack raw cooking chorizo (we used Unearthed Alfresco Smoked)
- 1 onion, finely chopped
- 260g bag spinach
- 2 x 140g skinless hake fillets
- ½ tsp sweet smoked paprika
- 1 red chilli, deseeded and shredded
- 400g can cannellini beans, drained
- juice ½ lemon
- 1 tbsp extra virgin olive oil
- To serve
- Quick garlic mayonnaise (optional) - see recipe in tip

### Method

#### STEP 1

Boil a full kettle of water and heat the grill to high. Heat 1 tsp oil in a large frying pan. Squeeze the meat from the chorizo directly into the pan. Add the onion and fry for 5 mins, crushing the meat with a spatula until broken up, golden and surrounded by its juices. The onion will also be soft and golden.

#### STEP 2

Meanwhile, put the spinach in a colander, slowly pour over the boiled water to wilt it, then run under the cold tap. Squeeze out the excess water using your hands, then set aside. Line a baking tray with foil, rub with a little oil and place the fish on top. Season, sprinkle over the smoked paprika and drizzle with a little more oil.

#### STEP 3

Tip the chilli into the pan with the sausages, fry for 1 min more, then add the beans, spinach, lemon juice and extra virgin olive oil. Let it warm through gently, then season to taste.

#### STEP 4

Grill the fish for 5 mins or until flaky but not dry – you won't need to turn it. Spoon the bean mixture onto plates, then carefully top with the fish and any juices from the tray. Serve with a dollop of Quick garlic mayonnaise (see recipe, right), if you like.

## Steamed lemon sponge puddings with custard



### Ingredients

- For the puddings
- 90g/3¼oz butter, softened, plus extra for greasing
  - 90g/3¼oz caster sugar
  - 2 free-range eggs
  - 2 lemons, juice and finely grated zest
  - 115g/4oz self-raising flour, plus extra for dusting
  - ½ tsp baking powder
  - 1–2 tsp milk

### For the custard

- 600ml/20fl oz full-fat milk
- 1 vanilla pod, split lengthways and seeds scraped out
- 3 large free-range egg yolks
- 30g/1oz caster sugar
- 2 tsp cornflour

### For the lemon syrup

- 8 tbsp golden syrup
- ½ lemon, zest only
- freshly squeezed lemon juice, to taste

### Method

1. Lightly grease and dust the pudding moulds.
2. In a bowl, beat the butter and sugar until pale and smooth. Crack the eggs into a small jug and beat with a fork. Slowly add the eggs to the sugar and butter mixture, beating continuously. Add the zest, then sift in the flour and baking powder. Fold in to combine. Gently stir in 2½ tablespoons of lemon juice and the milk. Divide the batter evenly between the moulds.
3. Place a piece of baking paper over each mould, then lay a larger sheet of kitchen foil on top. Fold it over the edges of the bowl and tie in place using string.
4. Half fill a steamer with boiling water and place the puddings on the steaming rack above. Cover with a lid and simmer gently for 25 minutes.
5. To make the custard, heat the milk, vanilla seeds and split vanilla pod in a medium saucepan until almost boiling. Meanwhile, whisk the egg yolks, caster sugar and cornflour in a large bowl until pale and thickened. Remove the vanilla pod and slowly pour the milk onto the egg mixture whisking all the time. Strain through a sieve into a clean pan and cook over a gentle heat stirring continuously until the mixture is thick enough to coat the back of a spoon.
6. To make the syrup, put the golden syrup, lemon zest and juice into a saucepan. Place over a low heat to warm through.
7. Remove the puddings and let them sit for 5 minutes before turning out onto serving plates. Pour over the syrup and serve with custard alongside.



## Satay cauliflower & chickpea curry

### Ingredients

1 tbsp vegetable or sunflower oil  
 1 onion, chopped, or 140g frozen chopped onions  
 2 garlic cloves, crushed, or 1 tbsp garlic paste  
 2 tbsp curry paste (we used tikka)  
 2 tbsp peanut butter (smooth or crunchy)  
 250g frozen cauliflower florets  
 400g can chickpeas, drained  
 200g coconut milk (use a 400g can and save the rest for the flatbreads)  
 handful coriander (optional)  
 250g plain flour, plus extra for dusting  
 2½ tsp baking powder  
 200g coconut milk (from the can above)

### Method

Heat the oil in a large pan. Add the onion and sizzle for 5-10 mins until softened. Add the garlic, stir for 30 secs, then stir in the curry paste and peanut butter. Stir to combine, then add the cauliflower, chickpeas, coconut milk and 100ml water. Season well, cover with a lid and simmer for 15 mins until the cauliflower has thawed, then uncover and cook for 5

mins more until the sauce is thick. Meanwhile, make the flatbreads. Heat a large griddle pan. In a bowl, combine the flour, baking powder and ¼ tsp salt. Add the coconut milk and mix to form a dough. Break off golf-ball-sized pieces of dough and roll out as thinly as you can on a lightly floured surface. Place in the pan and cook for 1-2 mins each side until charred dark brown and puffed up. Serve the curry with the flatbreads, scattered with coriander, if you like.

## Lazy Sunday Cocktail

Even if you have a resolution to be healthier this year, you can still enjoy a cocktail or two, especially if they include good-for-you ingredients like this one. Turmeric, an anti-inflammatory spice known for its healing qualities, stars alongside tequila, grapefruit juice

and cinnamon syrup so you can toast to your health and the new year.

### Ingredients

- 1 1/2 oz Tequila
- 1 1/2 oz Fresh grapefruit juice
- 1 oz Cinnamon syrup\*
- 1/4 oz Turmeric tea\*\*
- Soda water, to top
- Garnish: Grapefruit peel





Hello everyone,

HAPPY NEW YEAR!! Well, here we are, the year 2021 and I thought I would never make it to Fifth Year in School!

Ooooooh, I wonder what is in store for us this year?

I have a question for you. Probably not what you are thinking, but do you like Elvis and his Music? Elvis was known to wake in the early hours and would write pages of lyrics for his songs. This is Channelling or Inspirational Writing (both have differences). He was also known to be a Healer and he is my guilty pleasure and as I sit here, I can just hear this song being played over and over.

‘If I Could Dream’

If I could dream of a better land, where all my brothers walk hand in hand, tell me why, can't my dream come true? Why? There must be peace and understanding sometimes. A Warmer sun, where hope keeps shining on everyone.

Not word perfect to the lyrics, however, the message is simple and perfect. I know that you are off to ‘Google’ it and listen now.

Leaving the last year behind us, we are now in an era where we have been through a cycle of learning about ourselves, who and what we are, clearing out, raising our vibration and letting go of that that is no longer of use or service to ourselves, to now becoming your own Creator.

We have had plenty of time in the past year to sit back to think, reflect, see situations clearly, release, forgive,

look forward and dream. Don't look back. There, you have just raised your vibration, moved forward and created a new reality for yourself.

Remember when you used to dream about winning the Lottery? What would you do with all that money? Treat your family and friends, buy new outfits, a new house, maybe your dream car, exotic holidays and fine dining. No more shopping in Primarni for you. It makes me chuckle now thinking about that image because yes, the flow of financial energy is important in this physical world, however, when you look back and seen what you have experienced recently, good or bad, I know that for all of us something has changed and how we look at things has changed too. I meet many people every day and they say the same. The most common is that people feel more relaxed, as if that were possible in Spain. It's true, we went through feeling fear, depression, loneliness, happiness, regret, at

oneness, upliftment, acceptance of the situation. This is a huge shift, so, I really want to say ‘well done’ to everyone, this was tough I know.

Many have focused on what they can do, rather than what they can't do. This time of contemplation puts everything in to focus. After we have dried our tears, we began to enjoy simple things like speaking to friends and family, planning trips or visits, waving to neighbours, loving meeting your friend for coffee and a chat. We have begun to cherish everything and find gratitude in the simple things because what is wealth? Money can't buy health or love (maybe it helps!), so let's ask us what makes a person rich? Sit for five minutes and go into your inner silence (this means sit quietly) and relax, look around you, listen, take in your home and your surroundings. Did you smile? If not, sit for longer! Probably at this point, your fur baby will want to be with you, allow them, as they bring the energy of unconditional love to you, it's their gift and I know you can feel it. If you did smile, then you have found your Inner Peace. This is a gift in itself and one to be thankful for, as you can now look at the rocky roads of the future that you travel along, objectively and without stress and worry. Take yourselves to one side and contemplate these events before you

react, be proactive and kind with your actions.

A wise man (David Cole, for those of you that know him) once said to me about ‘worry’, Can you change it? No, why are you worrying then. Can you change it? Yes, then what are you waiting for, do something about it.

I have decided that in 2021, I am going to accept everything that is offered to me on my pathway without fear and move on from what I can't change and look forward to how I would like to be, what type of life I would like to live and what that would look like. I'm going to dream big and take a leap of faith. You, can do exactly the same, be the best you can be, be kind and breathe when you feel angry or frustrated.

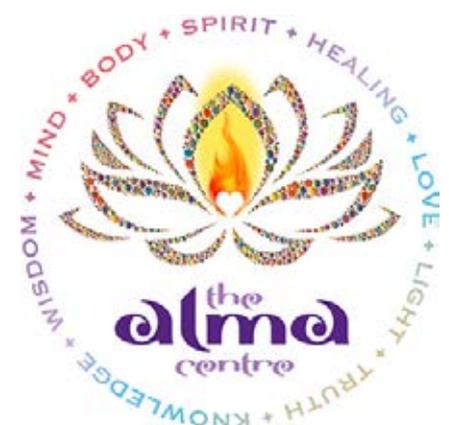
Gordon Higginson (A famous Medium from the U.K.) used to say, ‘Spiritualise your problems, spiritualise your life, see your Soul's journey and see yourself for who you truly are.

Move forward in to 2021 with hope and love in your hearts.

We will use this page to learn more about ourselves and what the meaning of a ‘Spiritual Life’ really is.

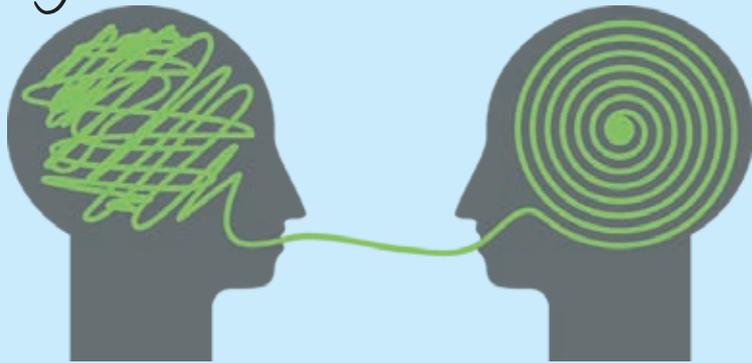
Namaste my friends,

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## Change Your Vibration Change Your Life

### 7 Things That Affect Your Vibration Frequency From The Point of View of Quantum Physics.

Vibration in quantum physics means everything is energy. We are vibrant beings on certain frequencies. Every vibration is equivalent to a feeling and in the world, “Vibrational”, there are only two species of vibrations, positive and negative. Any feeling makes you broadcast a vibration that can be positive or negative.

#### 1st - Thoughts

Every thought emits a frequency to the universe and this frequency goes back to origin, so in the case, if you have negative thoughts, discouragement, sadness, anger, fear, all this comes back to you. This is why it is so important that you take care of the quality of your thoughts and learn how to cultivate more positive thoughts.

#### 2nd - The Companies

The people around you directly influence your vibration frequency. If you surround yourself with happy, posi-

tive and determined people, you will also enter this vibration. Now, if you surround yourself with people complaining, gossiping and pessimist, be careful! Indeed, they can reduce your frequency and therefore prevent you from using the law of attraction in your favor.

#### 3rd - The Music

Music is very powerful. If you only listen to music that talks about death, betrayal, sadness, abandonment, all this will interfere with what you are feeling. Pay attention to the lyrics of the music you listen to, it could reduce your vibration frequency. And Remember: you attract exactly what you feel in your life.

#### 4th - The Things You Look At

When you look at programs that deal with misfortunes, dead, betrayals, etc. Your brain accepts this as a reality and releases a whole chemistry into your body, which affects your vibration frequency. Look at things that do you feel good and helps you vibrate at a higher frequency.

#### 5th - The Atmosphere

Whether it's at home or at work, if

you spend a lot of time in a messy and dirty environment, it will also affect your vibration frequency. Improve what surrounds you, organize and clean your environment. Show the universe that you are fit to receive much more. Take care of what you already have!

#### 6th - The WORD

If you claim or speak wrong about things and people, it affects your vibration frequency. To keep your frequency high, it is essential to eliminate the habit of complaining and bad talking about others. So avoid drama and bullying. Assume your responsibility for the choices of your life!

#### 7th - GRATITUDE

Gratitude positively affects your vibration frequency. This is a habit you should integrate now into your life. Start to thank for everything, for the good things and what you consider to be bad, thank you for all the experiences you've experienced. Gratitude opens the door for good things to happen positively in your life.



## How To Beat The Winter Blues

The weather is colder, the days are shorter and many struggle to maintain a happy, healthy mindset. This time of year, during the cold, dank, dreary months of winter, seasonal affective disorder, SAD, sets in for many people, and according to Psychology Today they often suffer symptoms like extreme fatigue, difficulty concentrating, low motivation and weight gain. The good news is, there are ways to manage symptoms of SAD and depression. Here are a few ways you can battle the winter blues:

### Eat Well

During the winter it is tempting to eat heavy comfort food, but it is important to consume mostly vegetables, fruit and lean proteins, especially if you are prone to depression. Over the past couple of years studies have begun to show a strong relationship between diet and mental health- that a healthy diet can help prevent and treat depression. So if you are suffering symptoms of SAD, think about what you are eating, consider what you're eating. Research suggests a Mediterranean-style diet made up of fruits, vegetables, extra-virgin olive oil, yogurt and cheese, nuts, whole grains, seafood and lean red meat leads to a healthy mind and body, and recommend eliminating fried and processed foods.

### Exercise

According to Harvard Medical School, exercise helps "improve moods and mental functioning." So if you notice you are exercising less than usual, or not at all, try integrating it into your routine a couple of times

a week, then build on that. It is an important component to physical and mental health, so if you find you're struggling to manage your mood, consider increasing your exercise.

### Surround Yourself With Good People

If there are people who irritate you or make you feel badly about yourself, curtail the time you spend with them (if you must spend time with them at all), and spend more time with people who bring out the best in you. Who you surround yourself with is so important, make sure they are people who love and support you and are not toxic.

### Check Something Off Your Bucket List

One way to motivate yourself when you're struggling is to do something for yourself. What have you been meaning to do that always seems to fall by the wayside? Read a particular book? Start a new project? Take up a new hobby? Learn a language? Go on a trip? Start setting aside time to do something for yourself that you've been meaning to do, it is good for your mental health and will help re-energize you.

### Spend Time By A Fire

According to a study from the University of Alabama, sitting by a fire decreases blood pressure and helps you relax. The warmth, the crackling sounds, the smoky smell and light of a fire helps soothe and comfort, especially when it is cold.

### Take Vitamins

One reason your moods may be inconsistent is you are not getting the vitamins and nutrients you need. Make sure you are taking a multi-

vitamin, and this time of year perhaps a vitamin D supplement if you live in a cold climate. Consult with your doctor and determine if there is a particular supplement you may need to make sure your system is balanced and healthy. A vitamin deficiency may be the cause of inconsistent moods or fatigue.

### Manage Your Screen Time

Cold weather often means we spend more time indoors, and that tempts us to spend more time watching television, looking at our computer screen or playing on our phone. Too much screen time diminishes mood, builds fatigue and creates too many distractions. Try making a point to put down devices and step away from screens if you are suffering.

### Fresh Air

Even though it is cold outside, bundle up and make sure to get some fresh air. Getting fresh air increases your energy, reduces stress and depression and improves the quality of sleep. Make it a point to go outside and go for a walk to clear your head.

### Sun

If you are really struggling with depression and symptoms of SAD, and have the means, a weekend somewhere warm may be the ticket. It will give you something to look forward to and it will address your vitamin D deficiency.

### Seek Help

If you are suffering and nothing you try is working, you should seek professional help. No one needs to suffer alone and needlessly, so reach out to a therapist or a trusted friend or family member.

# Just Ask!

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



*Having had a very anxious and upsetting time recently, I was referred to a psychiatrist. She suggested that I try some sort of therapy and as I can't afford one-to-one therapy, she advised that I attend a group, which is much cheaper. I am terrified enough of therapy, but the idea of a group really frightens me and sometimes I can't sleep for worrying about it. And yet I'm sure the psychiatrist is right and it would help to get to the bottom of my problems. How can I overcome this fear just to attend one session at least?*

I can well imagine your anxiety. I remember feeling much the same way when I attended group therapy meetings years ago. All I can say is that if you think you're frightened, it's nothing as to how frightened all the others in the group felt when they first arrived.

My advice is to resolve barely to open your mouth during the first session. If you're encouraged to speak, you can simply say that you're feeling very nervous and would like, for the first meeting, just to watch to see how it works before jumping in with both feet. That would seem a perfectly normal answer and everyone will understand.

No one in the group will press you to speak. Because the problem with group therapy is that it's rather like being in a room of squawking babies. Everyone wants to have their voice heard, and the less you speak, the more time there is for everyone else.

And the leader of the group – because remember, there will be one – won't be badgering you to contribute if you explain the situation.

*Ten years ago, after several unsuccessful and painful relationships, I met a great guy, but he was a bit of a drinker. During our two years together, he promised he'd never let me down. Then he suddenly dumped me and married someone else within six months. I became ill and so upset that I had to leave my job temporarily. I've now received a letter from him saying he wants to "make amends" for his behaviour (something to do with AA). What do I say? I'm too old to have children (he has two) and I still can't forgive him for what he did to me.*

You're right about this letter being something to do with AA. Your ex-boyfriend is taking The Twelve Steps, which is a series of edicts laid down by Alcoholics Anonymous to help its members stay sober. Among these steps are these two directives: "Make a list of all persons we had harmed, and become willing to make amends to them all"; and "Make direct amends to such people wherever possible, except when to do so would injure them or others."

I'm afraid your boyfriend has not taken into the account the final phrase of that last step – because I can imagine that you feel terribly hurt to get his letter. It feels as if he's written to you, raking up the past and causing you to relive all the disappointment and bitterness you felt, just in order to help him feel better about himself.

This is the problem with guilt. Once you shed it, it has to have somewhere to go. It doesn't just vanish into thin air. The result of an apology can be to make the person you've harmed feel much better – or it can, as in your case, alight on that person's head and traumatise them all over again. The other person is left feeling not only

injured but in a terrible double bind, finding it difficult – because of the apology – to summon up the healing and justifiable anger.

He's written you a letter in order to feel better about himself. You would be perfectly justified in writing back a letter to him saying why you don't feel like accepting his apology. Be as hurtful as you like. Naturally, I would suggest that you wait a month before sending it, because it could be that just writing it will make you feel better, and I doubt that you want to post off a raging letter that you might regret. (Though I suppose, after writing it and sending it, if you did regret it, you could give him a taste of his own medicine by following it up with another apologising for it and asking if you could make amends for it!) However, he is at least acknowledging the hurt he caused you, and at least he's been sensible enough to stop drinking. He's doing his best. And I'm sure you have betrayed people horribly in the past from time to time – I know there must be many people in my life who feel I betrayed them. Betrayal and being betrayed seems to be part of the human condition.



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

Tel +34 646 290 420

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## 14 New Year's Resolutions for your Mind, Body, & Soul

Does the thought of keeping your 2021 New Year's resolutions have you feeling stressed out? Making improvements in your life doesn't have to feel like a chore. Taking just one small step each week can lead to big improvements and make lifestyle changes more manageable. It's not too late to make 2021 the year of a happier and healthier you.

**Exercise**– Find an exercise that you enjoy and start doing it daily- move naturally every day; take the steps, not the escalator or elevator; buy a pedometer and challenge yourself every day to do more. Exercise boosts your mood and can help you feel better, it gives you more energy and helps you live longer.

**Be grateful**– Being happy doesn't make you grateful; being grateful makes you happy. Stop and appreciate the beautiful things in your life daily- say thank you more, respect more, consider more; it is contagious.

**Get plenty of sleep**– Sleep is regenerative for your body. The more sleep you get, the better you will feel and perform the next day. Studies show that sleep can improve your memory

and improve overall health. Check out Apps to help you get your Zzzzs. Try aromatherapy and breathe deeply– Every time you think of it, stop, take a deep breath and love life. Enjoy the scents and the healing power of herbs like lavender, peppermint and vanilla.

**Ground yourself and get outdoors more**– Plant your feet on the dirt of the earth as often as possible. Go for a hike, and enjoy nature.

**Do more yoga, meditation and think about acupuncture**– More than 20 million Americans meditate regularly according to the 2007 National Health Interview Study. About 13 million do yoga, which has been shown to relieve pain, anxiety and stress. Acupuncture promotes wellness and according to the world health organization treats many conditions including joint, back and neck pain.

**Fail**– Don't be afraid; failure is healthy. It helps us to learn, and reflect upon the failure and try to correct it. Keep trying. Life is about lessons so don't be afraid to try new things. Failure doesn't weaken you it makes you stronger. Thomas Edison said, "Many of life's failures are people who did not realize how close they were to success when they gave up."

**Smile more and love more**– Smiling feels great and is a universal language. You are beautiful when you smile. Love yourself and show others that you love them. Studies show a smile can lower heart rate, reduce stress, improve your mood, increase productivity, kill pain, boost your immune system, and most importantly makes you look younger!

**Spend more time with loved ones**– In our busy lives, we must make time for the people who matter to us most. Designate a "quality time day" to take a look at your life's priorities and remember... it is the journey not the destination.

**Find and live your passion**– Discover yourself by building healthy respectful relationships, making positive life choices, and doing more of what you love. Set goals; start a hobby; and make a bucket list.

**Drink more water**– Water is healthy, low calorie and an essential nutrient for your body. Replace high calorie beverages with water to aid in weight loss!

**Eat plenty of fresh greens**– Ditch the canned veggies; frozen is better. Dark leafy greens are excellent sources of fiber, folate and antioxidants which have been shown to protect against certain types of cancer such as pancreatic, colorectal, mouth and larynx. Multivitamins won't prevent heart attacks, strokes or cancer, or help you live longer, but a healthy diet will.

**Give more, be compassionate**– Find a charity that you believe in, and then give of yourself (not just your money). The rewards are amazing. Supporting a cause keeps you informed of social injustice, strengthens your spiritual life, and improves your overall sense of well-being.

**Finally, put down the smart phone, get off the computer, turn off the TV, take off the headphones, stop the noise**– Don't let life pass you by; look at each other, talk, listen, feel, enjoy, read a story, play charades or monopoly, get in the moment or just..... be.



Clare Tam-Im Photography

## “Be Compassionate But Don’t Get Sucked In!”

By Hayley Scott

We’ve all been there at some time or another. There’s that one family member or friend that hurricanes into your life with a plethora of drama, negative and sometimes even toxic behaviour. They take more than they give, everything is about them and you’re never quite sure what they’re going to do next.

It leaves you feeling drained, confused and even little used. Sound familiar?!

Whilst, it is not your job to “fix” them, nor should you be expected to tolerate behaviour that negatively impacts you. So how can you keep the peace without sacrificing your sanity?

Here are a few things to keep in mind when dealing with such situations:

### Communication

If it’s safe to do so, share your feelings with the person in question in a calm and open manner. They may be completely unaware that their behaviour is having such an impact on you. Avoid absolutes such as “You never” or “You always”. Be open to understanding their point of view and listen without judgement, but be willing to walk away instead of engaging in conflict.

### Be Gentle With Yourself

Acknowledge your feelings and know they are valid, even if the other person doesn’t understand them. Know that their lack of understanding, or unwillingness to accept your feelings, does not diminish your right to feel the way you do.

### Don’t Feed The Beast

They are not the beast - their behaviour is. And your emotional response could be feeding it. Resist the urge to immediately react. Try taking a few deep breaths and remove yourself from the situation. Give yourself some space to process before you react.

### Create Clear Boundaries

Boundaries exist for this reason! If

you cannot avoid having this person in your life, limit your time with them. Create clear boundaries surrounding what they can and cannot have from you. Have an emotional strategy in place for time spent with them, like scheduling in time with people who make you feel loved, safe and happy.

### Be Compassionate But Don’t Get Sucked In!

As human beings, we generally behave the way we do because of our experiences in life. And it’s fair to say that negative and toxic behaviours stem from a person’s fear and insecurities. Know that this is an explanation, but not an excuse. Whilst showing grace is the compassionate response, remember that it’s also not your job to “fix” them. We are all accountable for our own behaviour, so it’s ok to say no and protect yourself without feeling guilty

It’s also worth noting that whilst it may feel personal to be subjected to negative behaviour, remember that it’s simply not. How a person treats you says a lot more about them than it does you. This really is a case of, “It’s not me, it’s you...”. So, with a new year on the horizon, it could just be the perfect time to address how you deal with that slightly “extra” family member or friend. Do it with love, do it with compassion, but above all, do it to stop yourself from being driven mad!

**Hayley Scott Summers**

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**Website-**

**[www.HayleyScottSummers.com](http://www.HayleyScottSummers.com)**





## HOW GETTING OUTSIDE CAN BOOST YOUR MENTAL HEALTH

*Getting outside is excellent for your mental health in a variety of ways. It's surprising how a gentle stroll surrounded by nature can give you a completely new perspective. Sometimes it's simply the change of scenery that helps. Here are some reasons why getting outside is beneficial for the mind as well as the body.*

### Vitamin D

According to Public Health England, adults and children over the age of one should have 10 micro-grams (mcg) of vitamin D every day. Roughly one in five people has low vitamin D levels. Getting outside in the sunlight will give you a much needed vitamin D boost.

You might be wondering what the health benefits of Vitamin D are, well, this vitamin is connected to your mood, and if you're lacking in it, your mood may be affected. A study in the Netherlands found that low levels of

vitamin D correlated with symptoms of major and minor depression in 169 individuals ages 65 or older.

There's a reason why people relate sunshine to happiness, because a few rays of sun on our skin can really improve your mood. So, if you look outside and the sun is shining, pop out for a bit to soak up some rays (but make sure you protect your skin with sunscreen and don't stay out in it too long).

### A fresh perspective

There's literally nothing than a healthy dose of fresh air. Sometimes simply feeling a gust of wind on your cheeks can help awaken your senses and open your mind. Being cooped up inside an office or house all day doesn't do anybody any favours. Fresh air helps to send plenty of oxygen through the blood and allows your lungs to work at full capacity. Plus, oxygen to your brain = more brain power.

So, if you know you have to be inside for most of the day, at least make time to take short breaks where you can pop outside for a breath of fresh air every so often. Your body and mind

will thank you for it. Studies show that spending time outdoors actually increases brain power, and children who spend a lot of time outdoors tend to perform better academically.

### Nature

Did you know that the simple act of looking at the colour green can help you feel better? One study found that look at nature can help your brain work better, and another study found that we associate the colour green with happiness, comfort, hope, excitement, and a sense of peace. So it's hardly surprising that going outside, especially somewhere with trees/grass/countryside can help boost your mental health/.

### Exercise

And last but not least, going outside is great because it encourages you to exercise, whether that's going for a run, messing around at the park or simply going for a relaxing stroll. If your body is healthy then the chances are your mental state will improve too. So put on your trainers and head outside to explore your local surroundings.





## Straight Down The Middle – Golf Society

Venue: Camposol Golf Course

Date: November 26th

It was a little cloudy and overcast on the day with a light breeze. The course was in great condition. Due to the lockdown our match planned for La Torre was cancelled and a last minute booking at Camposol was arranged so there were only 14 players on the day.

The scoring format was Stableford full handicaps playing as one group due to the low numbers.

The winner with an outstanding score of 38 points was Wyn Griffiths, in second place on 32 points was Mark Wheeler and in third place on 31 points was Norrie Bull.

The nearest to the pin on hole 13 was Roy Alderslade.

Scoring was difficult on this challenging course especially as the greens were quite fast. Well done to all, there were some great golfing performances.

After some liquid refreshment in the clubhouse the prize giving commenced.

The next golf match for December is scheduled to be held at La Marina near Mojaca. We are always pleased to welcome guests so don't hesitate to get your friends along to play.

If you are interested in joining our golf society then please contact Jim Niblo on [sdtmsec@gmail.com](mailto:sdtmsec@gmail.com)

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## The PSYCHIC TAROT

### Queen of Wands

Upright Meaning Guide  
Queen of Wands Upright Tarot Card

#### Key Meanings:

Energetic, vivacious, strong, courageous, passionate, funny, independent, confident, optimistic, outgoing, assertive, sexy, chaotic, hot tempered, forgetful, efficient, accomplishing many tasks, efficiency, motherhood, fertility, a lot of balls in the air, helping others, organising your life, taking charge

In a general context, the Queen of Wands indicates that you will be optimistic, outgoing and full of energy. You will be accomplishing many tasks and keeping a lot of balls in the air when she appears in your Tarot

spread. People will be tired just looking at you because you are always on the go! This card represents taking charge of things and organising your life. It a Minor Arcana card of being efficient and helping others. It can also represent being chaotic and forgetful as the amount of things you have taken on might take their toll after a while. As a person, the Queen of Wands a represents mature female or feminine person who is energetic, vivacious, strong, courageous and passionate. She may be a fire sign such as Aries, Leo or Sagittarius. She is independent, confident, optimistic, outgoing and assertive and she has an abundance of sex appeal and a great sense of humour. She has an abundance of energy and is a brilliant multi-tasker. In the negative, she can be chaotic,



hot tempered and forgetful as she has so many balls in the air at once.



## Horoscopes January 2021



### Aries Horoscope 2021

Financial situations will control your life during the year 2021, and you should be prepared for a few surprises. Manage your expenses and live within your income. If you want to enlarge your circle of social contacts, the year will provide you with plenty of opportunities due to the positive influence of various planets. Single Aries will be able to get into a promising relationship. You will revive old relationships.



### Taurus 2021

The year 2021 will be full of drama and excitement due to the congregation of several planets in your zodiac. There will be many conflicts, and they get resolved quickly. You can build a harmonious relationship with your spouse by removing all outstanding misunderstandings. Life with your partner will be highly delightful and might even lead to pregnancy. You will achieve success in your life this year by trying out new and innovative ideas.



### Gemini Horoscope 2021

If you get into conflict with people, you will get into unnecessary trouble. You have to be truthful and sincere in your transactions. Jupiter will help you in succeeding in your projects while Saturn will keep you grounded. Your relationships will have the support of Mars and Venus this year. All your relationship problems will be solved. Jupiter and Saturn will help you in visualizing new projects. Success will be ensured only if you have a concrete plan of action. Health will be challenging during the commencement of 2021. However, the influence of Mars will help you to retain your health by forcing you to exercise.

### Cancer Horoscope 2021



The year 2021 will be spent on socializing and building new contacts. This will help you to build your future after making important decisions with the help of new friends. In the process, you will make very close friends, and the friendship will last a lifetime. Influence of Jupiter will be seen in your ambitions and success in life. Mars and Venus will make you romantic and sensual in your relationships during the year. Mars will take care of your health and vitality.

### Leo Horoscope 2021



Professional matters will be at the forefront of Leo personality during the year 2021. You will have the encouragement of the management for your career ambitions. You can look forward to promotions to senior positions along with pay rises. Planetary aspects send conflicting signals regarding your future during the year. Love life will be full of mixed emotions. You have to be careful about your social interactions. Mars will help you to remain in good

shape and cheer. At the end of all this, you will be wiser.



### Virgo Horoscope 2021

Virgo individuals should go by their wisdom while making important decisions during the year 2021. They should not be dependent on others and their ideas. Beginning of the year is not very promising for love relationships during the 2021 Mercury retrograde.

Planetary aspects are favorable for accomplishing your dreams this year. Love relationships will have a sense of dedication. Health will be good, and you will maintain your energy levels. This year you have to accept things as they are and should not strive hard to be great.



### Libra 2021

Libra people can achieve what they aspire for by making minor alterations in daily activities and avoiding significant changes. Planetary aspects are



favorable for improving your health and vitality. Jupiter and Saturn will help you to achieve your goals without much problem during the year 2021. Venus and Jupiter will help you in forming love relationships. There will be plenty of love and romance. Social life will be enjoyable with the help of good astrological influences. You should be enthusiastic about doing whatever you want.



### Scorpio Horoscope 2021

Love plays a vital role in the lives of married people during the year. Mercury and Venus will help in better understanding with your spouse if you spend more time. Relationships will be affectionate, and pleasant. Scorpions will be able to execute their projects with the help of limited social contacts they have. You will get many opportunities in the middle of the year. It is essential to relax and follow a strict exercise and diet program to maintain your wellbeing.



### Sagittarius Horoscope 2021

Sagittarius zodiac sign can look forward to plenty of romance in the year 2021. You will get many opportunities to get into love alliances, and it is up to you to make use of them. The first move should come from your side, and you should make efforts to make your partner feel free in communicating with you. Jupiter will help you to be adventurous and novel in your activities this year. Saturn will make you sober and puts a limit on your imagination. You will be able to make plans for new ventures with the help of your close contacts. Health can be maintained if you make conscious efforts with proper diet and fitness routines. Do not yield to wild imagination.



### Capricorn Horoscope 2021

The year 2021 will come with a lot of responsibilities towards children. This will drain out your resources and fitness levels. You can overcome these stressful situations with proper relaxation techniques. Playing some sports and cultivating new hobbies will help you in the long run. This will be a good year for relationships with the help of Jupiter and Venus. You have the support of your social circle and Mars in the execution of your new projects. Health and vitality will be fabulous with a bit of exercise and relaxation. Finances need to be monitored carefully.



### Aquarius Horoscope 2021

Aquarians will not be able to decipher what is in store for them in 2021. It is essential to remain calm and face the uncertainties with courage and wisdom. Many old projects will come to an end, and many new ventures will begin during 2021. Beginning of the year is not conducive for love and relationships. Things look better as the year progresses. If you have to succeed in your projects, plenty of hard work and expertise will be required. You will have to face many stressful situations during the year. Hence relaxation becomes essential to maintain your wellbeing. Face the challenges life throws at you and devise ways to overcome them.



### Pisces Horoscope 2021

Pisces people should learn to be diplomatic in their speech and actions and should not hurt the feelings of others during the year 2021. Maintain cordial relationships with your colleagues and seniors at the workplace. Will Pisces find love in 2019? There will be many chances for love and romance in relations with the help of Venus and Jupiter. You will have the support of your social circle in executing your ventures this year. You will be able to complete your projects successfully with the help of Mars. Health will be admirable with the help of regular exercise and relaxation routines. It is essential to use your instincts to achieve success this year.

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C M Constructions Mark 659 159  
948 Colin 676 306 718

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German Küchen Studio 636 306 711

## Dentists

Camposol Busines Centre  
968 103 008

## Electricians

TES: Tom's Electrical Services  
666 133 674

## Estate Agents

Camposol Property Sales  
+34 631 484 511

Luz del sol 968199068

Mercers 968 199 188

## Food and Drink Suppliers

Reeves Butchers 711 003 354

## Furniture and Home Furnishings

@Home 603 304 121

## Garden Centres

Jardinería La Alcayna 609 248 719  
(Español); 680 374 230 (English)

## Graphic Design, Vehicle Graphics, Printing

Insignia Graphics 618 615 903  
VNBenny.com info@vnbenny.com

## Health

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

## Heating, & Air Conditioning

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

Logs El Pareton 696 973 171

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Salus Health Insurance 96512 61 35

Ibex Insurance  
968 595 945 689 157 126

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Restaurante La Proa 968 153 138

La Charra 968 152 016

Zambuca 622 149 896

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David Pools 686 733 844

Pool Covers Spain 660 080 201

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Rainbow Satellites 686 358 475

### Last months Sudokus solutions

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

## 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 35 31 36

## Window Blind Repairs

Richard the Blind Man 611 25 08 19

## Emergency Numbers

Coast Guard  
Sea Rescue 900 202 202

Cartagena 968 529 594

Cartagena Port Control Room  
968 325 801

Emergency Number 112

FAST Camposol Only 968 970 626

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

Fire Mazarrón 968 590 200

Guardia Civil Mazarrón 968 590 005

Puerto De Mazarrón 968 594 103

## Hospitals & Medical Clinics

Santa Lucia Cartagena 968128600

Maria Roselle 968 325 000

Medical Centre's Mazarrón  
968590411

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

968 590 140

## Samaritans Spain

902 883 535

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## Social Security

Totana 968 420 075 or 968 420 049

address Calle Canovos 3 Totana  
30850 opening hours 09.00-14.00,  
website [www.seg-social.es](http://www.seg-social.es) you can  
make an appointment on this site

## Town Hall

Mazarrón 968 590 012

## Utilities

Aqualia Emergency

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Premium rate 985 794 121

Aqualia Mazarrón 968 592 266

Iberdrola Puerto De Mazarrón

968 332 016

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

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

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](mailto: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](mailto: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.

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