



THE Journal

July 2020



Read The Latest Edition Online www.the-journal.es



Get the right cover from the expats leading broker!

We can insure your car, motorbike, home, pet, holiday home, health, boat, business, travel, offer funeral plans... and more!

968 595 945 - 689 157 126

mazarron@ibexinsure.com

**Camposol Business Centre
Camposol Sector A, Calle Madrid 19
30875 Mazarrón**

www.ibexinsure.com/mazarron

Car • Home • Marine • Travel • Health • Funeral Plans
Pet • Holiday Apartment • Business • Community



Camposol property sales

we hold the key to your future

COME AND JOIN THE FASTEST GROWING
AGENT ON CAMPOSOL

We need
your
property



BEST RATE
2.5%
Minimum fee applies



A Place in the Sun  kyero.com

 Zoopla
Property
Group

 rightmove
overseas

Tel: +34 631 484 511
info@camposolpropertysales.com

Call in to our office on Camposol Sector B
www.camposolpropertysales.com

THE Journal

July 2020

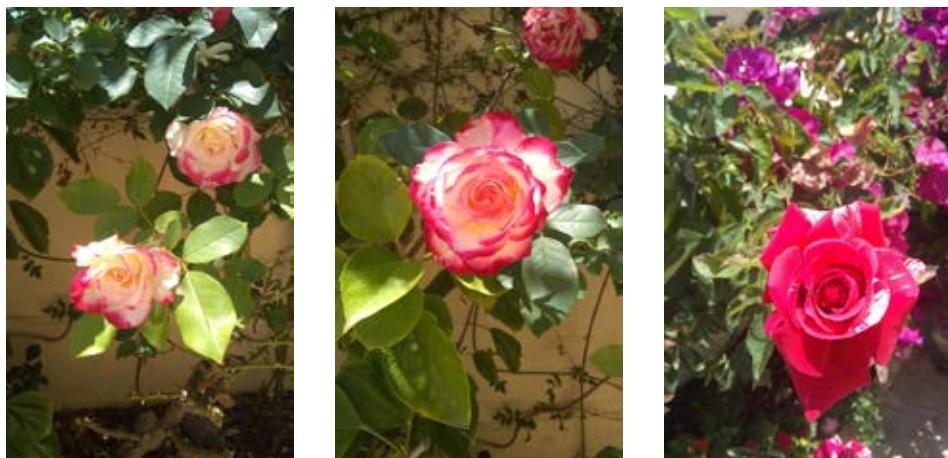


Dear Readers,

This month really does feel like summer is upon us. With the beaches open and a multitude of beautiful coves along our coastline, I would like to invite you all to send in photos of your favourite beaches.

As technology moves forward, so do we. With the introduction of QR codes and our website now enabled to be just one click from our icon on your home screen. Please go to our website for details the-journal.es

I would like to say a big thank you to Diane Carole for sending in pictures of her beautiful roses for roses month, in the June Edition.



I will now leave you to read and enjoy.....

CONTACT US:

GENERAL MANAGER

Cathy Smith

cathydistrictjournal@gmail.com
+34 681 090 799

DESIGN

Danny McCarthy, Insignia Graphics
info@igraphics.es

CONTACT DETAILS

www.the-journal.es
+34 968 103 008

CONTRIBUTORS

Dawn Llewellyn-Price
Shirley Ann Fisher
The Camposol Farmacia
Jessica Prytherch
Corina Talbot
Marion Parmenter
Danielle Wrigley
Bob Shoesmith

TO ADVERTISE

CALL: +34 681 090 799

DISCLAIMER: Whilst every effort is made to ensure the accuracy of the contents of this publication, no responsibilities can be accepted for inaccuracies, however caused. The information carried in this magazine is for guidance only. You should never act or refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances. The opinions expressed are not necessarily the views of the publishers. The Journal does not accept liability for any goods & services featured.



Note to all advertisers, and contributors:

Any new adverts, changes to existing adverts or articles for inclusion in the following month's magazine should be with us by no later than the 14th of the current month.

**mercers**
OUR PASSION IS PROPERTY
www.spanishproperty.co.uk

**2Let2Sell2Buy Com**
"Property Sales and Rentals"
See our advert
on page 8

CONTENTS

Page 6 - 7 News

Page 8 - 13 Lifestyle

Page 14 - 15 Films

Page 16 - 17 GoodReads

Page 18 - 20 Music

Page 21 - Charities

Page 22 - 25 Homes & Gardens

Page 26 - 33 Property, Financial & Legal

Page 34 - 35 Whats On Guide Monthly
Calendar

Page 36 -37 Take A Break

Page 38 - 39 Gadgets & Gizmos

Page 40 - 42 Motoring

Page 43 - 45 Sports
& Local Societies

Page 46 - 47 Fashion

Page 48 - 49 Beauty

Page 50 - 53 Gastonomy

Page 54 - 64 Mind, Body & Spirit

Page 65 Horoscopes

Page 66 - 67 Useful Numbers
Directory



L Azhoia

Deskora
Spar
Farmacia
Bodega

Isla Plana

Camping Madriles
Veterinary Clinic
La Chara
Farmacia
Brico Pepelino
Panaderia Pepelino

Bolnuevo

Camping Bolnuevo
Farmacia
Spar
Janes Salon
Cafe Colonia

Nash Warren Insurance

Elliots Restaurant
Hotel Amapola
Hotel Playasol
Oasis

Puerto de Mazarrón

Camping Delfines
Repsol
Buena Vista
Farmacia El Alamillo
Sullys Sports Bar
Alamillo Restaurant
La Proa Restaurant
Enriques Bar
Los Galayos Restaurant
Bongos Restaurant
Golden Cafe
Viggos Restaurant
Mamma Mias Restaurant
Filbees Estate Agency
CJs Bar
Market Tavern
Dentist Olivier
Tourist Office
The Food Co
Yorkshire Linen
Corral Alcaraz Solicitors
The Tea Pot
La Colado
Best Wishes
Mailins
The Cheesecake Co

Mazarrón

Decklids
@Home
DKV
Clinica Rover
Medical Centre
ITV Station

Campsol

Alens Supermarket
The Fuschia Beauty Clinic
Cats Bar
Vista Bar
Business Centre
Farmacia
Another World Properties
Mercers
CHM
Alley Palais
Euronics
Just Fabulous
Beauty Palace
Branded
The Blackbull
Best Wishes
Cafe Costa
Currencies Direct

Condado

Edens Hair Salon
Condado Property Management
Sofias Restaurant
Spar
Condado Club

WHERE
TO FIND US?





HOW TO USE QR CODES



What are QR codes and why are they useful?

In the days following the outbreak of Covid 19 businesses have needed to adapt. This includes the use of QR codes. These can be a mystery

to some so here is an explanation of what they are and how to use them.

QR codes are everywhere: you can find them printed on the packaging of your latest gadgets, you can find them on business cards, included on presen-

tations at conferences, you can even see them painted on buildings. People and companies use them to store and distribute all kinds of information, in a manner that is quickly accessible to anyone with a smartphone. They are used now in restaurants for menus



Camposol Heating & Maintenance S.L

We cover all areas



INSTALLATION & MAINTENANCE OF CENTRAL HEATING & AIR CONDITIONING



15 years trading

**General Plumbing
Gas and Electric water heaters
Leak source detection and repair
Back up water tanks**



Got an insurance claim? We can help

Legally registered with Dirección General de Industria, Energías y Minas

Región de Murcia

**LANDLINE
968 199184**
www.camposolheating.com

**MOBILE
646 965 082**
Email: camposolheating@gmail.com



Have you seen how a QR code looks? Did you scan one? Do you know what a QR code does?

How do you scan a QR code?

The easiest and the most common method to scan QR codes is to use your smartphone and a QR scanning app. There are countless QR scanning apps in Google's Play Store, and there are also plenty of such tools in Apple's App Store. Usually, all you have to do is to point your smartphone's camera to a QR code, and the QR scanning app translates it.

Your camera will read the code and tell you to click to go to the website of the business. It is a quick and easy way to access information. This opens up a great deal of information to many many more people. The Journal has a QR code to enable our magazine to be read in a number of languages.

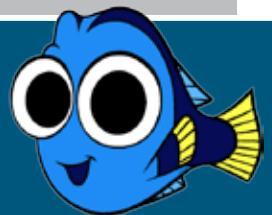
As the world turns to technology more and more it is things like QR codes which offer information at our fingertips.

HOW QR (QUICK RESPONSE) CODES WORK?



Quick response or QR codes are machine-readable codes consisting of an array of black and white squares, typically used for storing URLs or other information for reading by the camera on a smartphone.

Find Bobby Tunes hidden in The Journal, contact Costa Calida Radio and you can request the song of your choice



THE GOOD TIMES SOUND LIKE THIS



Costa Calida Radio
90.00 & 100.00 fm

Listen all day.....every day
On-line www.costacalidaradio.com



To Decorate For Happiness And Mental Wellbeing

What is it about a space that makes us feel at home? On the most fundamental level, human beings have a need for shelter, but beyond that we also want comfort, beauty, and connection with those around us and with the world outside.

Our responses to the design of houses and other spaces are sometimes conscious, sometimes unconscious; most of us have clear opinions about our taste that we can define, but many of our reactions to interiors go on beneath the surface, hard-wired in and bound up with our instincts for security and stimulation.

When children are asked to draw a home, they commonly draw houses with steeply pitched roofs, even when they themselves live in flats.

The pitched roof symbolises shelter and enclosure, which we need to make ourselves feel secure. Each individual's home needs to feel like

UNDER NEW OWNERSHIP



2Let2Sell2Buy.Com

"It's not about the sales, it's about the after sales"

**2let2sell2buy is under new ownership as from the
28th of February.**

**Pop in and meet Dawn, Neil and the team for a friendly,
informal chat without feeling pressured.**

**You can find us on Calle Jarra, Camposol B, Mazarrón.
www.2let2sell2buy.com**

**Office +34 968 979 876 Mobile +34 711 002 902
[info @2let2sell2buy.com](mailto:info@2let2sell2buy.com)**

a place of refuge from the rest of the world. This psychology should always inform good design. As Alain de Botton discusses in his book, The Architecture of Happiness, we may seek beauty from design, but there all sorts of other aspects that we may not even be conscious of that lead us to find buildings and objects attractive or unattractive: "Our designs go wrong because our feelings of contentment are woven from fine and unexpected filaments. It isn't sufficient that our chairs comfortably support us; they should in addition afford us a sense that our backs are covered, as though we were at some level still warding off ancestral fears of attacks by a predator. When we approach front doors, we appreciate those that have a small threshold in front of them, a piece of railing, a canopy or a simple line of flowers or stones - features that help us mark the transition between public and private space and appease the anxiety of entering or leaving a house.'

Trends in current research support de Botton's assertion that when it comes to design, we are subject to a host of neurological responses we have no

control over, and which we may not even recognise.

At this year's Salone del Mobile in Milan, Google partnered with the Arts & Mind Lab at Johns Hopkins university to conduct an interesting experiment, exploring the impact of sensory input - what we see, hear, smell and touch - on our minds and bodies.

This field is called neuroaesthetics. Three different rooms were designed in collaboration with Finnish furniture company Muuto, and visitors wore bands to track their physiological responses as they moved through the rooms.

They were encouraged to stay quiet,

stay off their phones and engage fully with their surroundings—touching objects, noticing smells, sounds and movement. Ivy Ross, VP of Product Design at Google, who led the project, said that around half of the participants were surprised by the room they felt calmest in, and that it was not necessarily the one that they were most attracted to visually. "We've been optimising our environments too much for our cognitive mind in recent years, and we need to ignite our senses and bring more awareness to what feels good rather than what we think." Perhaps what we think we want, isn't actually what makes us feel at home.



3 simple steps to a better bed

A mattress is the foundation of a goodnight's sleep.

A quality night's sleep can help you feel.....
Happier

Improve your appearance
Boost your heart health
Sharpen your memory
Maintain healthy weight

@Home

And it starts with owning a bed that is right for you.



Call: 0034 868 088 118 - email:sugdenjanice@yahoo.co.uk - www.homefurniturespain.com



How to Make a Living Room Look Bigger and Brighter

Are you ready to take note?

Is your living room restricted in space? Does it feel small and cluttered? Well, this can all be changed with some simple styling tricks. Five top styling secrets to make your living room appear bigger and brighter. Take note!



Mirrors can make any room look larger

1. If you want a room to feel bigger, you really need to consider using a softer colour rather than a stronger colour. Generally this is from the cooler end of the colour spectrum, so anything from blues through to lilacs. That's because on that end of the spectrum all of the colours are receding so that visually they appear further away. On the other side of the colour spectrum, the warmer colours from the oranges through to reds are called advancing colours and they ap-

pear much closer to you. It really can make a monumental difference.

2. Mirrors are brilliant for adding a whole new perspective to a space. They bounce light around the room and a large mirror can make a space feel as twice as big.

3. Similarly, the eyes play tricks on you, so the room always feels bigger when you can see as much floor as possible. Use furniture on legs as opposed to furniture where you have a skirt all the way to the floor. If you can see the floor running underneath the furniture it will make a space feel much bigger, so that's another trick designers use.

4. Make sure you don't have too much fabric at the windows as that can close the space down hugely. If you've got a room that you want to keep looking as spacious as possible, something like wooden venetian blinds or shutters are great options because you can control privacy and maximise light levels. Curtains will eat up the natural daylight coming into the room.

5. Use metallics around the home as this helps to bounce light around and create an illusion of space.

Luz del Sol

LDS Resale Properties S.L.

**WE URGENTLY NEED MORE
PROPERTIES FOR SALE ON
CAMPOSOL
(SECTORS A, B, C AND D)
AND THE COSTA CALIDA
REGION OF SPAIN,
FOR WAITING
CLIENTS.**

**WE WILL BE PLEASED
TO COME AND GIVE
YOU A FREE,
NO OBLIGATION
VALUATION
ON YOUR PROPERTY.**

**CONTACT US ON :-
TEL:
(+34) 968199068**

**EMAIL:
sales@luzdelsol.net**



**Or
call into our office on
Sector A,
Centro comercial 34,
Avenida El Saladillo,
to book an appointment.**

The Journey Out of Lockdown

Remember To Be Patient

We have all just lived through an experience in our lives like no other. We have all been challenged in different ways and are having to live with changes in our lives we did not see coming, and may not feel ready for. Human beings are creatures of habit. We like our routines. They give our lives structure and meaning and can make us feel safe. So, after two months of staying in the house and either not going out at all, or going out to the supermarket, or to walk the dog, it is fair to say that many people feel anxious and fearful of resuming the life they had before Covid 19. For some, life seems like it will never be the same again. For people who have lost loved ones or suffered serious illness, or lost their livelihood or jobs, life has significantly changed. They will most certainly be living through a state of grief. Finding their way through all of this will be very challenging.

So, after two months of staying in the house and for many people feeling afraid of going out, it is fair to say that going out will feel odd at first. The outside world has been a threat to life itself for many weeks. We are afraid that it still is. People are wearing masks, gloves and socially isolating. People are moving away from each other, as opposed to their tendency to move towards. There remains an underlying level of anxiety around the rules and what we should and should not be doing. It can be confusing and frustrating. For many of us, it

may seem easier just to stay at home. The outside world has been a threat to life for many weeks and we have no guidelines how to undo the invisible damage this has caused. The gates have been opened and we are expected just to go through them and resume normal life. Life can still seem anything but normal. No wonder there is fear.

So, remember to be patient with yourself and others around you. Take it slowly if you need to. Small steps in the right direction, but keep going. You don't have to do it like anyone else. We are all different in the way we manage life. Work out what's best for you and your family, and do that. If you need help, don't be afraid to ask for it. Remember to celebrate what you see as going well. You will get there eventually.

Recognise The Symptoms of Fear

We call a sudden life threatening experience a "trauma". For most of us this is exactly what it has been. When our very survival is threatened, we go into "survival mode". Our whole being looks out for danger. We can see danger everywhere and our tendency is to lock down and stay safe. The Corona virus could not be seen with our eyes. We were told it was there. We were told it was dangerous and we had to protect ourselves. We were told that we could become seriously ill, and die. We were told that we would have to go into hospital alone and maybe go on a ventilator, and maybe die alone. We were told that we could not say goodbye to our dying loved ones

or go to their funeral. When we went outside we saw police sending people back inside. We watched TV, listened to the radio, followed social media. In fact we were constantly bombarded with this invisible threat for many weeks.

Then when we were allowed to venture out, we saw people with masks and gloves. People avoiding each other. People afraid of people. We saw and heard about people breaking the rules. People were asking lots of questions, afraid to get it wrong. Suddenly other people outside of our immediate family were a threat to us. The most natural response to this is to withdraw. The biggest problem with this is that we are going against all that is normal for us. We are social animals. We like to connect with each other. We like to talk and share our problems and most importantly to touch. There are many people who live alone and have been alone throughout all of this. What we need most when we feel threatened is to have contact, not social isolation. It is no wonder there has been a lot of fear and there still will be for some time to come.

So recognise the stress of all this in yourself and others. Again, try not to compare because we are all different and cope differently. Maybe step back a little from the "bad news" as you begin to resume your life again. Focus on how you want your life to be. Do what is best for you and your family. Try to begin to reconnect in the ways which suit you best. Do something each day which

gives you joy. All of this will help you to

LOGS EL PARETON

Come and visit our premises where we sell:

- Bags of Kindling
- Single bags of wood to take away
- Log Burner Accesories
- Visit us in EL Pareton and discover much more!

Call us on 696 973 171
for more information! oficina.mvv@aol.es

We sell only the highest quality seasoned Firewood with the best service!

We sell all types of Firewood, including Pine, Olive, Almond, Orange, Lemon and More!

All our Firewood is cut to the correct size to fit your individual log burner!

We Speak English

FREE DELIVERY (For orders over 500kg)

CANVAS PRINTING SHOP SIGNAGE
VEHICLE GRAPHICS
FOLDERS BUSINESS CARDS INVITATIONS FLYERS
PRINTING
POLO SHIRT T/SHIRT
POSTERS LABELS
BANNERS HATS
FOR SALE BOARDS
MUG & MOUSE MATS

www.igraphics.es

INSIGNIA GRAPHICS
OFFICE: 968 152 191
MOBILE: 618 615 903
info@igraphics.es

Over 40 years experience in the print industry
Established in Murcia since 2004

reduce your stress and heal the trauma you have gone through.

Try To Establish Healthy Routines

During times of stress in our life, we find ways to cope. We will all have changed some things in our daily routines. Some of these changes you will be happy with. For example, you may have taken up daily exercise, or a new hobby, or resumed an old one. You may be feeling really happy about this. You may however be eating or drinking more than is healthy for you, and feel unhappy with this. You may have gained weight, feel sluggish and not ok with yourself. Perhaps you are watching too much TV, or are on social media more than you want to be. Whatever has changed as a result of Lockdown, please try not to judge yourself too much. Remember you have been through a difficult stressful time and you have done your best. As life takes on some normality again, you can decide to let go of any coping strategies which you are not happy with. You can begin new routines or pick up old ones. It is your choice. A new start. Take small steps. Give yourself time to create the new you. Try not to overdo things so that you go backwards. Always see whatever you choose to do as a positive choice rather than a punishment, and you will achieve what you want. If you need help, ask for it. There is great strength in acknowledging our struggles and accepting support if we need it.

Be Kind To Yourself and Others

Try to be mindful that we cannot always

know what others have gone through, or are currently dealing with. I know from my personal experience and from my work as a therapist for over two decades that we are fantastic masters of disguise. We can be very good at hiding our pain and appearing ok to those around us. The Covid experience will have brought up many past unresolved issues for people as well as the losses incurred by the lockdown. So, be mindful of your words if you do not want to offend or upset anyone. Try not to take too much to heart any throwaway remarks or Facebook posts. If something needs addressing, have a conversation. You do not have to solve other people's problems, or fix them. Care for yourself first, then others.

We have been in lockdown either alone or with family members, and relationships have been tested. Relationships which were previously strained may have become more so, whilst many others will have improved with time together. Domestic abuse does not always show up as a black eye. Many victims feel afraid or ashamed to talk about it. For many others, it is not being able to see their loved ones which causes distress. Many people have not seen, or had physical contact which members of their family for many months. Flights have been cancelled, weddings and special celebrations postponed, babies born and family members being unable to cuddle them. There is longing to touch our loved ones and we do not know when we will. Across the world, there is the sadness of loss. Many have died without their family around them. Those left behind have to cope

with this aspect of the loss as well as that which we usually expect. We need to acknowledge all of this trauma so that we can move on in a healthy way.

See The Opportunities and Practice Gratitude

The enforced lockdown will have provided us with an opportunity to reflect on our life and to reassess what is important to us, and what is not. We may have learnt that many things we previously stressed about, no longer matter, or matter less. We may have reflected on our work, health, relationships, goals in life, and maybe even death itself.

I want to leave you with the following thoughts;

Be grateful for all this has been. The pain and the joy.

Let go of what you no longer need. It will only hold you back.

Give yourself credit for how you got through this.

Allow yourself to dream again. Make plans for the future. Find the joy in each day.

Remember that you are alive. Live life to the full. You never know what is around the corner.

Restaurante ~ Terraza ~ Cafeteria

LA PROA



 restaurante la proa

www.restaurante-laproa.com
reservas@restaurante-laproa.com

Open Every Day Expect Mondays

Avenida Cabo Cope 2
El Alamillo, Puerto de Mazarrón 30860

Tel 968 153 138

 **Liberty Seguros**
Urb. Camposol, Sector A C.Centre
Reg. DGSFP: C0447X05403124X

Harriett Richardson

Insurance agent with over 10 years experience.



Celebrating 12 years as your local insurance agent in 2020.

Offering Private Health Insurance for your Residency needs and peace of mind.

Motor Insurance for UK or Spanish plate vehicles. Life Insurance and Home Insurance for primary, holiday or rental homes. Travel, Pet, Business, Autonomo Accident, Boats and Jet Skis.

Office open Monday to Friday.

+34 669 046 167 / 968 199 121
info@hrinsure.es



Mulan

Mulan is a 2020 American action drama film directed by Niki Caro, with the screenplay by Rick Jaffa, Amanda Silver, Lauren Hynek, and Elizabeth Martin, produced by Walt Disney Pictures, and distributed by Walt Disney

Studios Motion Pictures.

The film is based on the Chinese folklore "The Ballad of Mulan" and is a live-action adaptation of Disney's 1998 animated film of the same name. The film stars Liu Yifei in the title role, alongside Donnie Yen, Jason Scott Lee, Yoson An, Gong Li, and

Jet Li in supporting roles.

It was scheduled to be released in the United States on March 27, 2020, but was delayed to July 24, 2020 in part due to backlash against Liu's controversial support for brutal crackdown against pro-democracy demonstrations in Hong Kong, post-screening reshoots, and the coronavirus pandemic.

When the Emperor of China issues a decree that one man per family must serve in the Imperial Army to defend the country from Northern invaders, Hua Mulan, the eldest daughter of an honored warrior, steps in to take the place of her ailing father. Masquerading as a man, Hua Jun, she is tested every step of the way and must harness her inner-strength and embrace her true potential. It is an epic journey that will transform her into an honored warrior and earn her the respect of a grateful nation...and a proud father.

Costa Calida Radio
90.00-100.00 FM

Bringing you your favourite music all day, every day

Shirley Fisher

Legal & Financial Services

The ONLY qualified and experienced UK Lawyer in this area providing a comprehensive range of services covering English and Spanish matters including QROPS Pension transfers to unlock your UK private pension

For an initial discussion please telephone
634 053 976

or email: shirleyfisherlegalservices@gmail.com
Camposol Business Centre
Calle Madrid 19, Sector A
Camposol, Mazarron
MURCIA 30875

FOR AN APPOINTMENT
Tel: 968 103 008
FAX: 968 199 664

CM CONSTRUCTIONS



Your first port of call when undertaking any aspect of home improvements.

We are specialists in all types of general building work- From major construction projects to fitted bathrooms, kitchens and conservatories, give us a call for a free, no obligation quote.

All our team are fully qualified professionals with over 20 years construction experience in Spain.
We understand that spending money improving your home is an important decision. Thats why we pride ourselves on being honest, reliable, and getting the job done right, first time, at a fair price.

For more details visit our website:
www.cmconstructions.es

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

Or call us: Mark: 659 159 948 - Colin: 676 306 718
CM CONSTRUCTIONS

"The Name You Can Trust"



Unhinged

Unhinged is an upcoming American thriller film, directed by Derrick Borte, from a screenplay by Carl Ellsworth. It stars academy award winner Russell Crowe, Caren Pistorius, Gabriel Bateman, Jimmi Simpson and Austin P. McKenzie. It is scheduled to be released on July 10, 2020, by Solstice Studios.

Unhinged was originally scheduled

to be released on August 28, 2020, before being moved to September 4. However, in May 2020, its release was moved up to July 1, 2020, in order to "likely be the first to test the waters as theaters try to rebound" from the COVID-19 pandemic, which was later pushed back to July 10.

A psychological thriller that takes something we've all experienced - road rage - to an unpredictable and

terrifying conclusion. Rachel (Caren Pistorius) is running late getting to work when she crosses paths with a stranger (Crowe) at a traffic light. Soon, Rachel finds herself and everyone she loves the target of a man who feels invisible and is looking to make one last mark upon the world by teaching her a series of deadly lessons. What follows is a dangerous game of cat and mouse that proves you never know who you're driving next to.



Russell Crowe



Stand out from the crowd!

Call our advertising department on +34 681 090 799

INSIGNIA GRAPHICS



Garment
Printing
Minimum Order
1

Mobile: 618 615 903
E: info@igraphics.es
W: www.igraphics.es

WE URGENTLY REQUIRE PROPERTIES
IN THE MAZARRÓN AREA

mercers
OUR PASSION IS PROPERTY
The No.1 Agent on Camposol



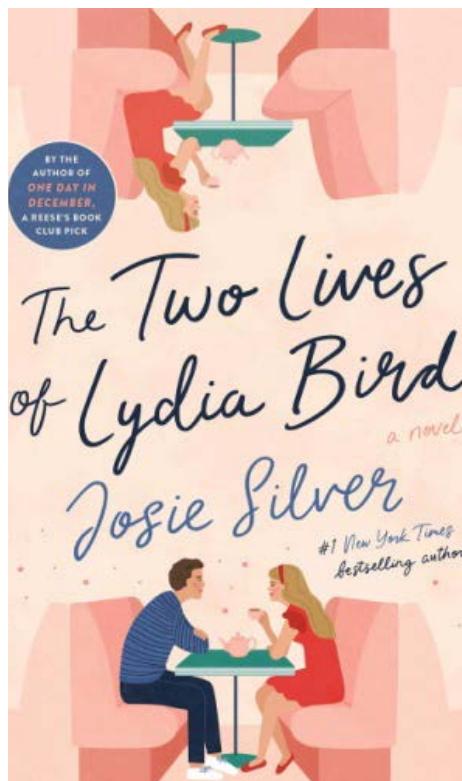
SUPPORTING THE COMMUNITY
THAT SUPPORTS US!

Contact us:
www.spanishproperty.co.uk
968 199 188 660 765 721
Camposol Sector B Commercial 30875

A Good Read

The Two Lives of Lydia Bird

By Josie Silver



Lydia and Freddie. Freddie and Lydia. They'd been together for more than a decade, and Lydia thought their love was indestructible.

But she was wrong. On her twenty-eighth birthday, Freddie died in a car accident.

So now it's just Lydia, and all she wants to do is hide indoors and sob until her eyes fall out. But Lydia knows that Freddie would want her to try to live fully, happily, even without him. So, enlisting the help of his best friend, Jonah, and her sister, Elle, she takes her first tentative steps into the world, open to life--and perhaps even love--again.

But then something inexplicable happens that gives her another chance at her old life with Freddie. A life where none of the tragic events of the past few months have happened.

Lydia is pulled again and again

across the doorway of her past, living two lives, impossibly, at once. But there's an emotional toll to returning to a world where Freddie, alive, still owns her heart. Because there's someone in her new life, her real life, who wants her to stay.

Written with Josie Silver's trademark warmth and wit, *The Two Lives of Lydia Bird* is a powerful and thrilling love story about the what-ifs that arise at life's crossroads, and what happens when one woman is given a miraculous chance to answer them.



Josie Silver

Home insurance

ibex
INSURANCE



Great cover for your home and contents from the expats leading broker!

- Tailor made home insurance policies
-
- Be covered in the event of fire, theft or flood
-
- Optional cover for valuables outside the home
-
- Pay in 3 instalments

968 595 945

689 157 126

mazarron@ibexinsure.com

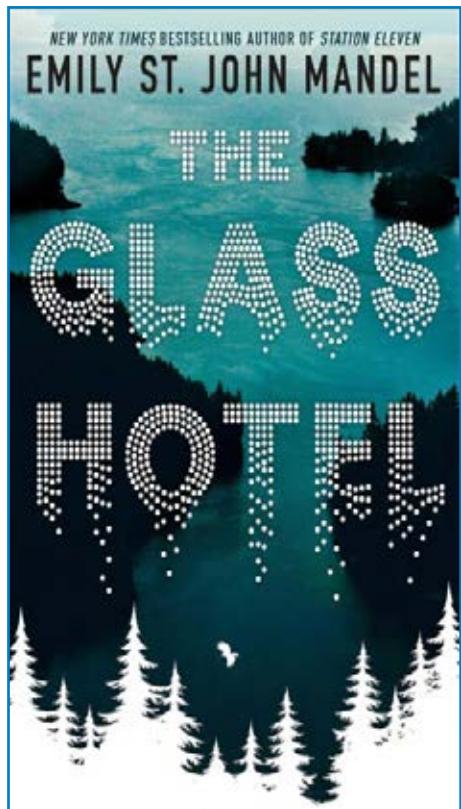
**Camposol Business Centre
Camposol Sector A, Calle Madrid 19**

www.ibexinsure.com/mazarron

The Glass Hotel

by

Emily St John Mandel



From the award-winning author of Station Eleven, a captivating novel of money, beauty, white-collar crime, ghosts, and moral compromise in which a woman disappears from a container ship off the coast of Mauritania and a massive Ponzi scheme implodes in New York, dragging countless fortunes with it.

Vincent is a bartender at the Hotel Caiette, a five-star glass and cedar palace in an island in British Columbia. Jonathan Alkaitis works in finance and owns the hotel. When he passes Vincent his card with a tip, it's the beginning of their life together. That same day, Vincent's half-brother, Paul, scrawls a note on the windowed wall of the hotel: "Why don't you swallow broken glass." Leon Prevant, a shipping executive for a company called Neptune-Avramidis, sees the note from the hotel bar and is shaken to his core. Thirteen years later Vincent mysteriously disappears from the deck of a Neptune-Avramidis

ship. Weaving together the lives of these characters, The Glass Hotel moves between the ship, the skyscrapers of Manhattan, and the wilderness of northern Vancouver Island, painting a breathtaking picture of greed and guilt, fantasy and delusion, art and the ghosts of our pasts.



Emily St John Mandel



Dawn Llewellyn-Price

July in Spain has usually been a very musical affair for us. Only yesterday a couple of lovely Facebook memories popped up, same day, different years; seeing Sir Tom (the Welsh one) Jones at the bullring in Murcia, and Spanish superstar David Bisbal, same city, different venue.

Through our Spanish summers, we've seen Shakira at Elche, Ricky Martin twice at the bullring, and even Status Quo at Alicante bullring, realistically, the best use of these 'Sol y Sombra' venues. George Benson has entertained us through balmy nights at San Javier Jazz, and Cartagena's Mar de Musicas has found us dancing away to the many freebie concerts as well as the ticketed events

where we climbed the many steps to the auditoria Parque Torres (the world's best evening thigh work out) to be raptured by the likes of Gregory Porter, The Human League and UB40. Wonderful, irreplaceable times, hopefully not totally behind us despite the cancellation of events for this year.

The lead up to these musical fiestas has always been San Juan and the Hogueras of Alicante, at the end of June, getting us into that fabulous fiesta mindset with bonfires on the beach and even bigger bonfires in the streets of the city as the amazing papier-mache figures are burned and the firemen aim at the crowd in a wildly screaming bath of powerful hoses. That's usually the start of our amazing summers.

Not this year, of course. Many of us will have to make do with just the online concerts, continuing in the vein of the many online freebies we've been enjoying with everyone from opera diva Katherine Jenkins showing off her fabulous frocks every Saturday at 7 pm and trying her hand at a huge variety of themes from sporting anthems to Disney tunes. Sophie Ellis Bextor has entertained us from her kitchen disco before promptly falling off her bike within days of the finale and doing herself a fair bit of damage, poor girl.

Then there was the fabulous Take That

with Robbie Williams Meerkat Music concert, (If you missed it, search for it) a real singalong and a fun production. Amazing what you can do with a split-screen and a few garages.

Ahh, those music nights on the beaches of the Port.

Chirringuitos with flamenco, dancing on the beach at midnight. I will miss it all this year, should there be any. I have a beautiful beach outside my window. Unfortunately, I don't foresee anything similar here in extended lockdown Wales. We may get some disco lights, but that'll be the police cars targeting the gangs of youths congregating on the dunes, trying to set them alight. I'm still hopeful for a few weeks in August, depending on ministry decisions, as our flight to Spain hasn't yet been cancelled, though the wedding we'd have been returning from has been postponed a year.

So, nowhere to go and nothing to do stuck back in Blighty.

Guess it's a case of 'Carry on Eating' then...

Ooh, matron!



LISA STANSFIELD

Lisa Stansfield is a singer, actress and general superstar who has sold over 20 million albums world wide..... whilst keeping the Lancashire girl next door image.

Lisa Jane Stansfield was born in Crumpsall Hospital Manchester on 11th April 1966 to Marion and Keith Stansfield and she had two sisters Karen and Suzanne. The family Grew up in Heywood (My home town) greater Manchester and moved to nearby Rochdale in 1977. Lisa grew up loving soul music, mainly through listening to mums **Motown** collection and she states that her idols growing up were **Diana Ross, Marvin Gaye, Aretha Franklin and Barry White**.

Stansfield knew she wanted to become a singer from a young age and she was already singing at local working men's clubs in her early teens.

At 14, she had her first break in music when she entered and won a local talent competition **Search for a star**. The competition was held at **The Willows** club in Salford and was sponsored by the **Manchester Evening News** and winning this competition led to her first recording contract. In 1981 she released her first single **Your Alibis** on **Devil Records**. The single was not so successful in the charts (although it was released in Holland as well as in the UK), but led to Stansfield signing with Polydor Records. She released several singles for Polydor including; **The only way**,

Listen to your heart and **I got a feeling**. The singles were unsuccessful in the charts (later to be re – released on the album **In session** in 1996) but led to an invitation to co-host the **ITV** show **Razzamatazz**.

Although it was a well paid job, Lisa believed that nobody would ever take her seriously as a singer if she continued presenting for the long-term and decided to leave the show to continue her career as a singer..... around the same time she appeared with the **Krankies** on their **ITV** program **The Krankies Klub**.

In 1984 Stansfield was reunited with former school friends Ian Devaney and Andy Morris (they had worked together musically at school) and they formed the band **Blue Zone**. They wrote several songs, produced a demo and showed it to as many record labels as they could and they were signed by **Rockin Horse Records** a small indie label. Rockin Horse was bought out by **Arista** around a year later. The band's first two singles **Love Will Wait** and **Finest Thing** were unsuccessful, Arista issued their next single **On Fire** in October 1987. Just as the single was climbing the charts (number ninety-nine in the United Kingdom), it was withdrawn by the record company in the wake of the King's Cross fire. However their next single **Thinking about his baby** started to make some waves..... **Kiss-FM** and the club scene

picked up on b side **Big Thing** and it went on to sell over 10,000 copies in one week. An album followed after being pushed back many times by the record company and was released outside of the UK in 1988 without any further promotion.

Around this time Stansfield met **Augusto Grassi**, an Italian costume designer on a holiday in Tunisia. In 1987 they got married at Sacred Hearts Catholic Church in Rochdale and Lisa moved to live with him in Italy on a hilltop town called Zagaro, outside of Rome. However Lisa was really in love with the idea of Italy rather than her husband and after sixteen weeks, she realised that their marriage was over.

Stansfield moved back to Rochdale and in 1989 and when Morris and Devaney, both brass players, were recruited for a Coldcut session. Lisa went along just for fun and was introduced to the group and she sang and co-wrote **People Hold On**. The song became an instant dance hit and reached number 11 in the UK charts. On the strength of its success, Lisa was persuaded to try her luck as a solo artiste and the threesome decided to drop the name **Blue Zone** eventually became **Lisa Stansfield**.

They were now signed to **Arista Records** - and things started moving rapidly when the next single release, **This Is The Right Time** became a top 20 hit in the UK. Lisa's most infamous anthem **All Around The World** was released in October. This was to become her first UK number one hit and still remains the biggest selling single and her most well known track to date.



The album **Affection** was released in November 1989 and further singles; **Live Together, What Did I Do to You?** and **You Can't Deny It** were also released from this album. **Affection** sold over 5 million copies around the world, reached triple platinum in the UK and was a huge success in other countries including America where it reached Platinum. Stansfield embarked on a very successful tour of Europe and North America to promote the album and many awards were received includ-

ing a **Brit Award**, the **Billboard Music Award**, the **World Music Award**, the **ASCAP Award**, **Ivor Novello Awards**, **Silver Clef Awards** and **DMC Awards**. She was also nominated for two **Grammy Awards** in the Best New Artist and Best Female Pop Vocal Performance categories. On the back of her huge successes Stansfield made two charity singles; she was a part of the **Band Aid II** project with the Christmas single **Do they know it's Christmas?** She also covered in 1990 **Down in the Depths** for the AIDS charity compilation **Red Hot + Blue**.

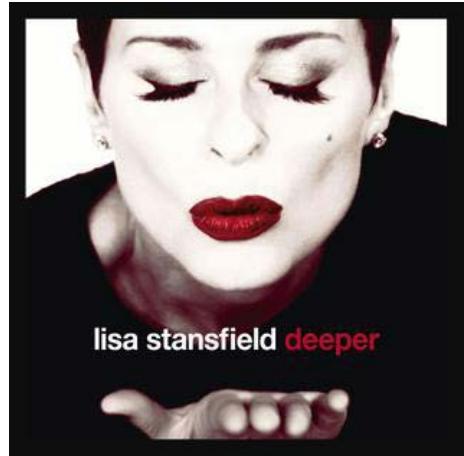
In 1991 Stansfield released her second studio album **Real Love** and again the album was a great success. Stansfield co-wrote all of the songs on the album and reached number 3 in the UK album chart, number 6 in the US and had great success around Europe, achieving Double Platinum sales in the UK and gold in the US. Singles from the album included **All Woman**, **Time To Make You Mine**



and **Set Your Loving Free**. A tour of Europe the US and Asia followed - again to promote a very successful album. In late 1992 she co wrote and sang the hit single **Someday (I'm coming back)** for **The Bodyguard** film soundtrack and the single made the UK top 10. Around this time Lisa wrote a song for Dionne Warwick entitled **Friends Can Be Lovers** for the album of the same name.

1992 saw Stansfield appear at the Freddie Mercury tribute concert at

Continued on Pg20



Cat's Bar

Homemade Cakes and Pastries Baked Fresh Daily

**Full English Breakfast-
2 of everything! Only 3.50€**

**Every Wednesday! Fish And Chips-
Fresh Beer Battered Cod, Chips And Peas, 7.00€ 6-9pm**

Sunday Lunches From 5.50€! Booking Advised!

Full Menu With Sandwiches, Snacks And Main Meals Available In The Bar!

WHAT'S ON AT CATS

Monday:
Slimming Club 11am

Thursday:
FAT CLUB! 11-12pm

Thursday:
Karaoke with Bernie Mac 9pm Till Late

Saturdays:
All Sporting Events Shown!

"The Best For Food, Drinks, Entertainment And Sports"

**Camposol
sector A**

Tel: 634 329 645

Music

Wembley stadium alongside a host of stars. She sang **These Are The Days Of Our Lives** with Queen and also **I Want To Break Free**, with the former being included on **George Michael's Five Live** ep.

In early 1993 she co-wrote and recorded the song **In All the Right Places**, the theme song from the film **Indecent Proposal**, starring **Robert Redford** and **Demi Moore**. The single was released in May 1993, reaching number 8 in the UK. The song was later included on Stansfield's third studio album, **So Natural**, released on 8 November 1993.

So Natural had a great critical response, reaching number 6 in the UK charts and gaining Platinum sales. The album spawned to singles in the UK; **So Natural** and **A Little Bit of Heaven**, both singles having moderate success in the charts. Another sell-out tour came on the back of **So Natural** this time of the UK and Japan where Stansfield was ever popular.

In 1997 Stansfield released another successful album, The self titled **Lisa Stansfield** was again critically acclaimed and reached number 2 in the UK album charts and top 20 around Europe and Japan. Singles released in Europe included **People Hold On , The Real Thing, Never, Never Gonna Give You Up**, and **The Line**. All four singles entered the UK Chart, reaching numbers four, nine, twenty-five and sixty-four, respectively.

In 1998 Stansfield married long time friend and music colleague **Ian Devaney**. The minimalist ceremony was held in Washington Square Park in New York City, and the only guests were her parents and his mother.

In July 1999 Stansfield dueted with **Barry White** on the song **The Longer We Make Love** for his album **Staying Power**. The song was released as a single in the US with moderate success. Stansfield made her movie acting debut in this year where she played **Joan Woodcock** in the **Nick Mead**-directed movie **Swing**, also starring **Hugo Speer**. She also recorded songs for the soundtrack. The album, full of jazz and swing tracks,

was released on 10 May 1999. **Swing: Original Motion Picture Soundtrack** received positive reviews from music critics, and peaked at number six on Billboard's Top Jazz Albums chart.

The next few years saw Stansfield release albums with varying success. **Face Up** was released in 2001 but the album was somewhat experimental (featuring two step garage beats) and reached the top 40 in only a few countries. Stansfield toured Europe in 2001 and 2002. In February 2002, she made her stage debut in **The Vagina Monologues** at the Arts Theatre in the West End of London, sharing the stage with **Anita Dobson** and **Cecilia Noble**.

In 2003 she released her first greatest hits album **Biography: The Greatest Hits**. The album was commercially successful, it certified gold in the UK reaching number 3 in the UK charts. A European tour again accompanied the release of the album.

2004 brought the single **Too Hot** with soul legends **Kool and the Gang**. The same year, after fulfilling all obligations with **Arista Records** Stansfield signed with **ZTT records** and the next album was released. The album **The Moment** was a studio album produced by the legendary **Trevor Horn** and was more pop orientated than previous projects. Whilst critically well received, commercially the album failed, reaching number 47 in the UK album charts. Another European tour followed to promote the album.

Stansfield went back to acting next; she played herself in the comedy series **Monkey Trousers** in mid-2005. In late 2006 she appeared in the drama series **Gold-plated**, playing **Trinny Jamieson**.

In September 2007, Stansfield appeared in another television series, **Agatha Christie's Marple**. She played **Mary Durrant** in the episode titled **Ordeal by Innocence**.

In 2009, she starred in the Nick Mead-directed documentary **Dean Street Shuffle** playing herself. In 2012, she performed a role in **Elaine**

Constantine's film **Northern Soul**. Set in 1974, the film was an independent docudrama about the social phenomenon and generation of the Northern soul music and dance movement, and was released in 2014.

Stansfield's next album came in 2014. The studio album **Seven** was originally announced for 2013 but was pushed back to the January 2014 release date. Written and produced with husband Ian Daveney, the album had the collaboration with Grammy award winning orchestrator **Jerry Hay** (who worked a lot with Michael Jackson). This album was a success, peaking at number 13 in the UK charts.

In October 2017, Stansfield announced a new album **Deeper**, and another European tour. The album was released on 6 April 2018. The album reached number 15 on the UK Albums Chart, while the single **Everything** reached number one on the Soul Chart, the single **Never Ever** reached number six on the Billboard Dance chart. This marked her first appearance on that chart in 20 years, after **I'm Leavin'** topped the chart in 1998.

In June 2018, following a string of sold out tour dates in Europe, Stansfield announced her North American Tour to begin in October. Her first in North America in two decades, the tour began on 9 October in Toronto and included stops in Montreal, Boston, New York, Philadelphia, Atlanta, Chicago, Los Angeles, and more, before concluding in San Francisco on 26 October.

Lisa Stansfield is a veteran of many successful tours, producer of multiple albums and an actress. She has collaborated with some of the greats and Lisa has carved a career out of hard work; She is seen as a soul queen whilst still keeping the girl next door image.

Ladies and gentlemen, I give you **Lisa Stansfield**.

Damien Sugden





My, oh my July already, even though it has been a very unusual start to the year it feels so good to be returning to the 'new' normal. I am incredibly happy to report that both of the shops will have been open for about 6 weeks now and the much needed revenue we need to cover our basic costs is happening! It is going to be a long road to financial recovery, and we have had to dig deep to meet all our costs. We are positive, we are loving our shops, however we are still in need of more volunteers. Please take a moment to think whether you may be able to help in either our Roldan or Mazarron shops. We are an easy going bunch, only ask 4 hours per day once a week (more if you wish!) and no previous experience is necessary. As long as you are happy to muck in, some of the jobs required are cleaning, sorting, pricing, and serving. Spanish is an advantage but not essential. We would love to welcome you on to one of our teams. If you have been thinking about it for a while, go on do, it give me a call on 690906565.

Our galgo Beth, had a terrible freak accident whilst playing with the other dogs and broke her leg. Typical, it was a weekend and an emergency, so our vet Paco had to cancel his plans and operate on Beth who needed two plates



inserted. I am so proud of her as two days later she was home and making good progress. A massive thank you to Paco and his team at Clinica Veterinaria

in Puerto de Mazarron for all their help.

We have given our House of Henrietta page a boost too. Take a look at this page and see what special items we have for sale. Quality, clothing, and accessories are kept for this page. We can post to anywhere, if you take a look at this page, please share it as we want to reach as many people as possible.

We have a little trio of pony musketeers, Flash, Oreo and Spirit loving life at the moment and told me they can't wait to get to our Sanctuary at La Paca near Lorca and show everyone how stunning they are. They are all quite different, but oh sooooo cute! We are still working hard to get the Sanctuary ready for occupation. Though things have been pushed back even more because of the lockdown, it is frustrating but, we are desperate to get our animals there and showcase our Sanctuary and welcome lots of visitors.

Still not sure when I will be back in my usual spot on Car Park B Camposol. I will post details on my FB page as soon I know. In the meantime, If you have any donations, then please feel free to drop them off at our Mazarron shop opposite the health centre at the top of the High Street between 10.30-1.30pm or Roldan between 11-2pm. Andrea x

**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.**



WHO CARES?



How To Grow Wisteria

A senior gardener at Holland Park, which arguably has some of the best wisteria on view in London comments "Wisteria is a deciduous plant; as such, planting in autumn or early spring is best practice. This allows the plant's root system to establish before foliage, flower and seed production is required. You're also avoiding the potential hot and dry conditions of summer and freezing conditions of winter, both of which would require further preparation and maintenance in order for the plant to start off well in its new location."

Where to plant your wisteria

Plant in moist, fertile, well drained soil and in full sun, however wisteria will grow in semi-shade. All wisteria looks beautiful growing over a pergola with seating below or growing over the front or rear of your home. If you choose to grow your wisteria over your home you will need to install wire support. These need to be strong and secure as the plant will become heavy in years to come. By installing wire support, the wisteria will grow onto the wire instead of growing over downpipes and aerials which will cause long term damage. Wisteria will also grow into windows and climb to

the roof of your property. This can be stopped by pruning at different times throughout the summer.

Pruning your wisteria

Pruning is key to any flowering wisteria, and it is recommended to hard prune in late winter, usually February to reduce each shoot (previous year's growth) back to a few buds from the main stems. This will promote a framework of flowering spurs over time which maximises the quantity of flowers produced. Throughout the first few seasons whilst the plant is growing and establishing, training and pruning is beneficial so as to ensure the desired structure or shape is achieved. A second prune is needed "again in summer (July-August). Cut back the whippy green shoots of the current year's growth to five or six leaves after flowering. This pruning helps prevent the wisteria growing into windows, roofs, and gutters - which is something you'll definitely want to avoid.

When do you expect flowers to appear? Flowering time is around April to June for established plants. For newly planted specimens however, first-time flowering will be dependent on variables such as: the age and size of the plant purchased, whether it was grown from seed or via grafting (as stated by the RHS, seed-

grown wisteria can take up to 20 years to flower) and planting conditions (e.g. aspect and soil type and health). Wisteria can take between 8-15 years to flower so my best tip would be to always buy one that is in flower! Grafted plants can flower from a young age, whereas many cheaper seedlings may never flower at all. What should you feed your wisteria? Wisteria like to be treated hard, and a fertiliser high in nitrogen will encourage leafy growth at the expense of flowers, so if feeding, then I'd advise using a rose feed or other feed which is designed to promote flowering, and in very well drained soils add sulphate of potash as they do need soil that retains moisture during dry periods. Since they are commonly grown against walls, drought conditions can often be a problem for them.

Where can you see wisteria?

Holland Park is of course an excellent place to wander and capture the beauty of the wisteria, and Jesus College in Cambridge is swathed in purple flowers for part of the year. While outside of Japan, a few noted places to see Wisteria would be Hampton Court Palace, Waterperry Gardens in Oxfordshire, or if you're in Paris, then try the bar bistro Au Vieux Paris d'Arcole which has a magnificent specimen growing up its facade.

DAVID POOLS

INSTALLATION OF ALL TYPES OF POLYESTER POOLS
WITH STONE CROWNING, COMPLETELY FINISHED



6X3
7,5X3,5
8X4

Mazarrón and surrounding areas, can be installed in only 5 days

DAVID POOLS : 686 733 844

**CAMPOSOL
ALUMINIUM**
Tel 686 733 844

Supply and Installation of Aluminium

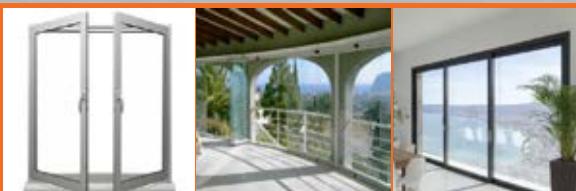
GATES



DOORS



WINDOWS
AND
MUCH
MORE



CALL US FOR A FREE NO OBLIGATION QUOTE 686 733 844

What To Sow And Grow In July

July is the perfect growing month, as long, warm days stretch out late into the evening. With vegetable gardens full of produce and borders at their peak, you'll be busy watering, monitoring for pests and keeping on top of weeds. If you're planning a holiday, invest in an irrigation system to look after fruit, flowers and veg while you're away.

Here's a handy list of what vegetables to plant in July, along with the fruit, flowers and plants to grow this month:

Flowers to Sow and Grow In the Greenhouse / Indoors

- July is the ideal time to sow spring-flowering perennial seeds in trays filled with good quality compost. Try aquilegia, bellis, delphinium and lupin.

- Sow summer-flowering perennials such as scabiosa, echinacea and geranium.

- Prepare for winter containers by sowing winter-flowering pansies in the greenhouse.

- For flowers that bridge the gap between spring and summer, grow biennials such as forget-me-not, foxgloves, sweet William and beautifully scented wallflowers for flowering next year. Direct sow outdoors

- Sprinkle forget-me-not (*myosotis*) seeds outdoors from May to September to mimic the natural process that follows their spring flowering. Ideal for areas of dappled shade.

Plant outdoors

- Plant out autumn-flowering bulbs like nerine and autumn crocus now.

Herbs & Vegetables To Sow and Grow In the greenhouse / indoors

- Sow gherkins indoors by early July, to transplant outside later. Pick the fruits when small and expect to start harvesting in late summer. Direct sow outdoors

- Sow basil in pots to keep on your patio now and to bring indoors for the winter.

- Make your last direct sowings of beetroot so they mature in time for autumn.

- There is still time to direct sow fast-maturing carrots such as 'Nantes Frubund', 'Adelaide' and 'Amsterdam Forcing'.

- Sow fast-growing herbs such as coriander, dill, and parsley directly into the ground or into containers.

- Sow hardy corn salad directly into drills for crops throughout autumn and winter.

- Direct sow endive for a tasty autumn crop.

- Make more sowings of French beans and runner beans if space allows - this will extend your cropping season well into the autumn. Direct sow or start them off in small pots. Expect to start harvesting in late August.

- For something more unusual grow kohlrabi - direct sow it now for a crop in approximately 8 weeks.

- Continue to direct sow lettuce seeds every three weeks for a continuous supply.

- July is the perfect time to start your first direct sown crops of pal choi as they're prone to bolting if grown before midsummer.

- Make your last sowings of peas outdoors now so that they develop.

- Direct sow perpetual spinach for autumn and winter cropping.

- Add colour to stir-fries with radicchio. Seeds can be sown directly into the soil now.

- Make small direct sowings of radishes every few weeks to ensure a constant supply. Be sure to water frequently in hot weather and expect to start harvesting within a month.

- Direct sow salad leaves regularly throughout the summer. Pick the leaves when small and remove any spent plants. Expect to start harvesting in three weeks.

- Spring cabbages such as 'Durham Early' should be sown now in a well prepared seed bed for transplanting

later.

- Continue to sow spring onions in drills outdoors for a quick crop to add to salads and stir fries.

- Add some colour to your plot by direct sowing Swiss chard 'Bright Lights'. This will over-winter to give a bumper crop in the spring.

- Direct sow turnips 1cm deep. Thin seedlings to 15cm apart and keep moist. Expect to start harvesting in 60 days. Plant outdoors

- Plant out sprouting broccoli, spacing the plants 60cm (2ft) apart. Calabrese plants can be spaced closer together at 30cm (1ft) apart.

- Plant out winter cabbages, allowing about 45cm between plants as they get quite big!

- Plant out winter vegetables such as hardy cauliflowers, kale and leeks now.

- Plant out Brussels sprouts early this month. Keep one step ahead - what to order this month

- Order poppy and California poppy seeds ready for August sowing.

- Buy parsley, coriander and chervil seeds to sow next month and grow under glass for the winter.

- Make sure you have enough salad leaf seeds to keep you going through the rest of summer and autumn!

How Do I Tell If the Hibiscus Bush I Just Bought Is Perennial or Tropical?

How Do I Tell If the Hibiscus Bush I Just Bought Is Perennial or Tropical? Perennial hibiscus plants are also called hardy hibiscus plants. The main difference between hardy and tropical versions of the plant are the temperature requirements. The tropical hibiscus requires a warm climate year-round. Whereas, the hardy hibiscus can tolerate cold spells -- dying back to the ground during the winter months, and then shooting up again in the spring.

Knowing the type of hibiscus plant you purchased allows you to care for it properly. If you are thinking of growing this plant back in the UK, and live in an area which is prone to a cold climate, expect to take extra measures to protect your new plant.

Inspect the leaves of your plant. Deep green leaves with a high gloss signify a tropical hibiscus. Heart-shaped, dull-colored leaves signify a hardy hibiscus. Check the flower color of the plant.

Hardy hibiscus flowers have red, pink or white flowers, according to the Tropical Hibiscus website. Tropical plants have bright salmon, peach, orange or yellow blooms.

Inspect the shape of the flower. The tropical variety has double flowers, while the hardy hibiscus has large buds in the center of its flowers, averaging about 2 to 4 inches in size.

Consider the current season and where you bought your hibiscus plant. If it's cold outside and you purchased the plant from an outdoor display, you have a hardy

plant.

The tropical hibiscus needs warm weather or a greenhouse environment to survive, which tends not to be a problem luckily here!

How to Dry Hibiscus Flowers for Tea

Hibiscus tea has a sweet-tart flavour that has been compared to cranberries. This refreshing drink is delicious hot or cold. Hibiscus (*Hibiscus sabdariffa L.*), also known as roselle, is a plant with bright pink, red or yellow flowers, native to tropical climes such as Jamaica and parts of Australia, though it is cultivated widely throughout the world, including Spain. Dried hibiscus flowers contain vitamin C and other anti-oxidants. While the entire flower can be used for tea, generally only the calyx, the bulbous part at the base of the flower, is used.

Things You'll Need

Garden shears or clippers
Cookie sheet, newspapers or old window screen
Glass or plastic jar with lid

Step 1



Clip hibiscus flowers from the plant when the calyces

have turned red and the petals are beginning to fade. Use scissors or garden shears.

Step 2



Strip the petals from the calyces and spread the calyces

to dry out of direct sunlight. Spread on newspapers or cookie sheets, or on old window screens.

Step 3



Allow the calyces to dry completely.

Crumble a little to remove the seeds inside each calyx. Store the dried calyces in a clean glass or plastic jar.

Finally make hibiscus tea by soaking 1 cup of dried calices in 8 cups of cold water. Let them soak for a few days. Strain out the flowers with a fine sieve. Add sugar, if desired. You can serve the tea heated in the microwave or chilled over ice.

JARDINERÍA LA ALCAYNA

GARDEN CENTRE

With over 20 years of experience

We sell plants for inside and outside

We sell decking, beams & timber for DIY

We sell and install sheds, pergolas, and porches

We sell artificial grass, & garden furniture

We sell ceramic pottery

We can also undertake construction, maintenance and garden pruning

Competitive prices!

Autovía RM-3, salida 20 (Urb. Country Club)
30870-Mazarrón (Murcia)
calidagarden@gmail.com



POOL COVERS SPAIN
Over 10 years Experience

Suppliers and Installers of:
Sol Guard Geo 500 Micron
Solar Pool Covers
Winter Pool Covers
Roller Systems



www.poolcoversspain.com

Email - Enquiries@poolcoversspain.com
Call Andy on 660 080 201



Easy, Beautiful Ways To Display Flowers

From how to arrange a simple hand tied bouquet to creating larger displays - easy, beautiful ideas for displaying flowers at home.



'Flowers... are a proud assertion that a ray of beauty out-values all the utilities of the world,' wrote Emerson, and we are very much inclined to agree. A perfect peony or a frothy bunch of hydrangeas are an extremely powerful tool, and as any interior designer or florist will tell you, there is no easier way to enliven and beautify a room. How to decorate with flowers and foliage. Read on and be inspired...



Sculptural branches of Italian plum tree adorn this dresser. In your own home, think about the subtleties of colour that surround the arrangement. Although these branches would have a strong visual impact anywhere, here the understated rosiness of the fruit gently brings out the colours in the dresser to create an attraction and balance to the eye.



The fluffy purple-pink plumes that appear after flowering on Cotinus coggygria resemble puffs of smoke, earning this popular garden plant its common name: smoke bush. Sturdy branches covered in a long-lasting, smoky haze bring the fulsome beauty of summer indoors.



Combine clear glass vessels of all shapes and sizes with frothy white blooms for an elegant table display.



Willow Crossley's dried hydrangea pompons make perfect decorations for a summer party - and will keep bringing joy long after guests have gone home.



Tiny orange kumquats combined with paper-

whites, dark berries of mature English ivy and lacy ferns create a pretty and fragrant bouquet.

'Narcissi and hyacinths remind me of Christmas,' says designer Willow Crossley. 'My mother would secretly plant the bulbs in September and then, just before the holidays, she would bring out ravishing crates of them, just about to flower, from the cold boot room. I adore them as cut flowers, too, but they last much longer when potted. And when the flowers are past their best, you can plant them in your garden to bloom again the following year.'

Nowhere are the clean, simple lines of orchids more visually effective than when they are used as a palate cleanser against rich chinoiserie pattern, such as in this dining room by Paolo Moschino. Grape-hyacinth bulbs are fantastically easy to grow and their tonal blue flowers, which blossom in April, make a delightful, lightly scented bedside posy. Display them in a simple, clear glass vessel to allow the acid green of the stems to work against the blooms.

Try splitting taller varieties of flower among complementary vessels, as the florist Nicolette Owen of Nicolette Camille Floral Design has with these three elegant vases of delphiniums. Her beautiful website is packed with inspiring images of her work. We thoroughly recommend having a look.

For a hand-tied bunch select flowers that are fine in stem yet full in flower, such as hydrangeas or roses, as they are much easier to handle. A simple jam jar works beautifully as a vase.

For larger floral arrangements, like this hydrangea laden, chicken wire is a florist's best friend.

Don't feel restricted by vases - feel free to arrange flowers in all sorts of vessels from ceramic jugs to large glass bottles. These were cut from the garden and put together.

Tulip, narcissi, poppy and ranunculus floral arrangements

A romantic display of freshly cut flowers in metals pot adorns the flower room at Wardington Manor in Oxfordshire. The manor is the base for garden designers The Land Gardeners' new business venture into the world of cut flowers.

Even for those who aren't keen on house plants, the glossy, shapely leaves of the humble cheese plant can look wonderful in a vase against dark, jewel-like colours.

Camposol 'C' Green Fingers Gardening and Social Group

By the time this goes to print, hopefully we'll be at the end of 'lockdown', though I expect we'll all remain very careful for a while. All Green Fingers workers will observe strict social distancing guidelines and hygiene standards for the time being in order to keep everyone safe. Our Maintenance Team have a huge task ahead, clearing mud and debris left after the weeks of heavy storms, weeding and spraying all streets of 'C' North. The phenomenal weed growth during this exceptional period is making it a much longer job, so if we don't get to your road as often during Summer, please bear with us; streets are done in strict rotation and extra days will be worked where possible.

The volunteers this month have dug out all the drainage ditches at the bottom of the dual carriageway and cleared and swept the lay-by areas there. They have a mammoth task ahead; weeding all the planted areas and verges that have become completely overgrown. If you would like to weed anywhere near your house, it would be really appreciated – every little helps, as they say. This month we appealed in desperation for new volunteers and were joined by Christine, John3, Jan, Sandra, Alan, Geoff, Judi and Den – fabulous, but we would welcome any more who are on Lower C sector and can spare a couple of hours volunteering on a Wednesday morning. Just come along to the Welcome Wall on the dual carriageway at 9am – drinks, biccies and breakfast butties are free! Also, if anyone feels they would like to join our Committee, they would be really welcome: it would be lovely to hear some new, fresh ideas!

By now we would have already held our AGM and Street Party...these have both been postponed until later in the year. Please try and support our future functions as they raise much needed funds – we lost many plants during Lockdown as we were unable to water them due to government regulations and we'd like to replace them as soon as possible. Lower C is looking a little sorrier for itself at the moment but we are determined to bring it back to its former glory!

For any more news and information, please contact John, our Chairman on 634 325 427 or have a look at our Facebook groups: 'Camposol C Sector Group' and 'Green Fingers Camposol'

Watermelon Pupsicles

- The best treat for hot days & digestion



Make these yummy and healthy treats for your dog this summer! Pupsicles are so cute and dogs love them.

Materials

1 ½ Cups Seedless Watermelon
5 Ounces Plain Greek Yogurt

Tools Needed

Food Processor

Silicone Dog Bone Mold

Pan or Plate to Set Mold On

Instructions

Chop watermelon into large chunks.



Place watermelon and yogurt into a food processor and blend until smooth.

Pour the contents into your mold (be sure the mold is on a cookie sheet or hard, flat surface as silicone trays like to bend and fold once filled).

Place in the freezer for 2-3 hours or until solid.

Notes

If you would like to aid in your dog's digestion even more, add a bit of fresh mint to the blender.



"Proud to protect"



Direct

For more information please contact
us for a no obligation quote



Jose Maria: 699 212 513



Teva: 659 386 847

20 Living Room Design Mistakes Everyone Makes

Interior designers spend their lives studying the little details that make a room perfect. Just like a beautifully directed movie, a well-decorated living room is at once engaging and impressive, familiar and safe. And sometimes, what is off in our own living rooms can be difficult to pinpoint. @ Home Mazarron help shed some light on the most common living room design mistakes that may be plaguing our spaces. The space of your dreams may not be so out of reach if you consider the most common living room decorating mistakes.

Selecting the Wrong Sofa

A great living room starts with a great sofa. So often we enter into a house and the owners have good taste, but they already have a sofa that they want to work with, they don't want to replace it because it's not that old and they don't mind it. I've had to break the news over and over that with a sofa like that, they would never get the room they want.

We hear time and time again from our clients how the sofa they purchased in the past was not comfortable or was too big (or too small) for the room. In living rooms, a good sofa is key to comfort, but it's also central to how a room feels and looks. Make sure you pay attention to sofa seat height (a low seat is hard to get in and out of) and draw up a furniture floor plan before purchasing. Buying on impulse is great for accessories and side tables, but never for a sofa, as it can be a very costly mistake.

Falling Into the Showroom Look

Another mistake that plagues living rooms everywhere, is the "showroom feel." In other words, a room that looks like it's all been purchased from the same store. It's important to us to mix new and vintage elements in order to create an interesting, eclectic, and individualized room. We love the patina of vintage furniture, especially paired with modern upholstery.

Buying a Rug That's Too Small

One of the main offenders in living room decorating is the poorly sized rug. I see it so many times, and it pains me - especially when it can be so easily avoided. Huge rugs can be expensive and can feel like such a scary commitment, but it's one of the most important aspects of a room.

Living rooms almost always need at least an 8-by-10-foot (if not a 9-by-12-foot) rug. Unless you have a tiny living room, stay away from anything under 6-by-9-feet. A 4-by-6-foot rug might be fine next to a bed, in a kitchen, or in an entrance, but it will assuredly not work in your living room.

Poorly Planning Your Layout

While it may be tempting to push a sofa against a wall facing the TV stand and call it a day, @Home reminds us that there is more involved in planning a great living room layout. It's important to consider and create conversation groupings, especially if the room is long and narrow like

many townhouses and apartments.

Hanging Art Incorrectly

Art hung the wrong way on a wall is like a character in a movie wearing a really bad wig, it's just kinda hard not to see it, and you wish so bad you could just rip it off, knowing that everything would be so much better without it. It doesn't ruin your experience, but it's just terribly distracting.

While some agree that art should be hung at eye level, that this doesn't apply in every case. Yes, the art should be at eye level, but not if your ceilings are really low and not if you are really tall. If the wall were cut up vertically into four sections (going from bottom to top), think of the art being in the third quadrant (counting from the floor).

Making It Too Precious to Live In

While the days of unused "sitting rooms" and plastic-wrapped furniture are long gone, @Home still insists on paying special attention to making your living room fit the conveniences of everyday living. Select textiles and rugs that can take the wear and tear of everyday living.

Not Mixing Periods and Styles

Often people feel boxed in and limited by the architecture of their home and select furniture based on the home's architecture and time period. Our solution is to mix furniture styles with the style of architecture. You can merge contemporary furniture with traditional crown molding, Moroccan antique rugs, African beaded benches, and contemporary art. We love to recover and rework vintage pieces and mix them with custom sofas so the living room feels timeless and approachable.

Forgetting to Measure

One indispensable trick for combining periods and styles: When mixing new and vintage elements, pay attention to furniture heights, as traditional furniture is typically higher than modern pieces.

Sticking With Obvious Fabrics

There are some great outdoor fabrics that we're using indoors that dogs and kids cannot destroy. It's important to select rugs that will wear well. Beware of the seductive silk rug. Instead, consider a wool rug. Pay particular attention to the quality of the fabric and the timelessness of the design when selecting a rug.

Not Testing Your Living Room Arrangement

It's very important to consider views from major seating elements. In a large open room, it's nice to be able to sit on a favourite piece while addressing the rest of the room. In a small room, it's important to consider the necessary window views. In a room with a fireplace, it's often difficult to know where to put the TV - large TV cabinets are cumbersome and don't fool many.

Overlooking Smaller Items

To avoid feeling like you're in a store, make sure you leave adequate room in the budget for lighting, textiles, and accessories after large items are selected. The small pieces are what add personali-

ty. We also prefer to light the living room with low lighting instead of overhead light. Floor lamps and table lamps are best for living rooms.

Overthinking the Sofa

No one loves a simple sofa more than me because they are so easy to style. Stay away from overly ornate details like curved legs, winged arms, tufts, and nail-heads.

Choosing a Disproportionate Coffee Table

There's more to choosing a coffee table than swinging over to your favourite home goods store and selecting one on a whim. Let your lifestyle and functionality (kid-friendly, storage for remotes?) guide the materials, height, length and clearance space needed to ensure your coffee table sings in harmony with your living room.

Selecting Cheap Art

Cheap art can really drag down a room's aesthetic. Instead of going generic, opt for a custom-art service, where you can commission affordable, original art. There are lots of cool custom art services available now, both local and on line.

Not Hanging Curtains Properly

Hanging curtain rods just above the window can close in a space. Instead, hang the rod half a foot above the window frame. This will give the room a feeling of openness.

Choosing Harsh Lighting

Updating lighting fixtures can be an inexpensive way to really help improve the overall aesthetic of any space, as well as give a sense of sophisticated elegance and comfort. It's also one of the most often overlooked design features, yet most versatile - light fixtures can move with you.

Having Clutter

Too many accessories, no matter how expensive, are considered décor overkill. For a less is more vibe, accessories should be grouped together to create a pleasing vignette, whether it's on the cocktail table, buffet, or bookcase.

Forgetting About Prime Wall Space

When designing your living room, the floor isn't the only option to place furniture and décor - think vertically and consider using floating shelves and hanging plants. We're so used to furniture that sits on the floor, that once things stop fitting on the floor, we give up.

Lining Your Walls with Furniture

A common layout mistake I see people making with their living room is having all the furniture pushed up against the walls. Try floating your sofa or accent chairs closer to the center of the room to balance out the layout.

Neglecting Investment Pieces

Though counterintuitive at first, investing in one statement accent is a financially better move than spending on multiple inexpensive pieces. In the end, the little things cost just as much and the space feels cluttered rather than cohesive.

Call us on: 0034 636306711

**Or visit our showroom, within TJ Euronics
The German Küchen Studio.
Local24, Centro Comercial Sector B
Urbanisation Camposol, Mazarrón
30875 Murcia**

www.germankuchen.es

German Küchen Studio

CONDADO REFORM

**all columns and walls removed to extend the kitchen
into the dining area with 4 seater breakfast bar
designed from our Schuller handless system to give
a seamless streamline finish, in crystal grey and
crystal white high gloss cabinets
work surfaces produced from compac quartz
ceniza, with Rubi red splashbacks to give the
kitchen a warm feeling**



**Top Specification, Bespoke German Kitchens at prices
that wont break the bank!
Call to make an appointment to visit our show house on Camposol
to see the quality of our craftsmanship!**

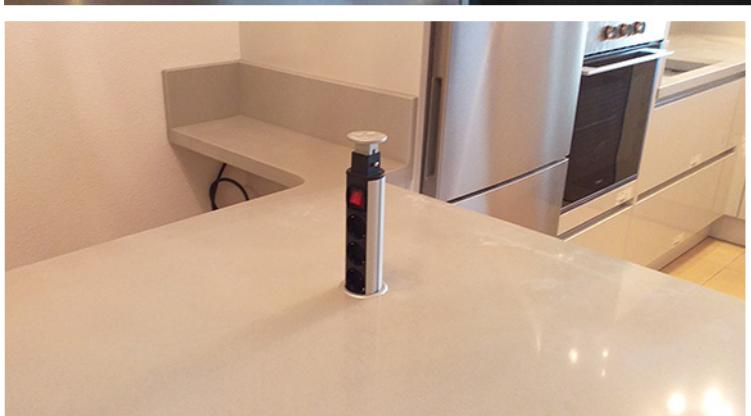
Making the best affordable to all!

SPECIAL PROMOTION FOR ALL KITCHENS ORDERED IN JULY

Schuller is giving a direct from the manufacturer special discounted offer on the first 20 kitchens ordered in July, this offer is equivalent to 1.40€ to 1 pound sterling so why not come out of lockdown with a beautiful top of the range designer German kitchen, and to spread the cost delivery and installation can be anytime in 2020



**Separately controlled LED spotlights
and pop up power points with USB
chargers fitted to the breakfast bar.**



Hi, I'm Nick Maltby

You can contact me directly on:

0034 636306711
nick@germankuchen.es

schüller®
pelipal

geha
Möbelwerke
Interieur

10 Essentials for Every Beach Bag



Floating in perfect-temperature ocean water in Puerto de Mazarron, seaweed fronds tickling your feet as you stare up at the enormous blue sky and glance over to the mountains towards Cartagena.

Don't want for much..... The purity and simplicity of a day at the beach is one of life's greatest pleasures, so packing for it should be as straightforward as possible - ideally, just a few basic items that manage to be fun, clean, and luxurious all at once.

Reef-safe, person-safe, is essential, but so are a black-seed-based hair oil that smells faintly of tropical flowers and a rich, citrusy balm that repels insects. Throw these (and a few other essentials) in your chic Medina Mercantile backpack/bag, get yourself out to the beach, spend your day doing and wanting for absolutely nothing, and emerge unbitten, unburned, clean, moisturized, and above all, indulged.

How many times have you arrived at the beach giddy and drunk on sunshine only to discover that you forgot about 10 essentials upon arrival? Nothing can ruin a beach day quite like being parched, sunburnt, and without a book to read. On second thought, there's not very much that can really, truly ruin a day by the sea, but we think you catch our drift: A beach day is much more enjoyable when you have all the little basics to keep yourself comfortable and entertained.

So to make sure you never have to run home when you're already half-way there, we came up with a comprehensive packing list of 16 beach bag essentials. Keep this handy next time you head to the beach!!

A Large Tote

First things first, you'll need a spacious

carry-all to fit all of your essentials in. Opt for a straw bag to give your outfit beach-appropriate.

A Beach Towel

Being completely covered in sand is fun for a select few. If you are not one of those people, you will probably want to remember to pack your beach towel. This may seem obvious, but you'd be surprised how many times I've turned up without one by accident.

Face Sunscreen

Even if you apply some SPF to your face before you leave the house, it's important to reapply throughout the day as you sweat and swim it off.

Body Sunscreen

If you've ever turned up to a beach day empty-handed and hoping a friend will lend you their SPF, you might get lucky. But you also might end up getting some side-eye, or worse, having to settle for tanning oil with SPF 4.

A Bag for Keepsakes

Keep your valuables safe and clean in a small compartment or bag. Think keys, phone, credit cards, and other essentials. We love bright pink gingham pouch and we'd definitely bring it with us to the beach and beyond.

Beach Games

Bring something to play! Whether you prefer paddle ball, spike ball, or volleyball, having some sports equipment on hand will keep you busy and entertained until the sun sets.

Headphones

Nothing is better than falling asleep on the beach to some relaxing music. If you have AirPods, make sure you charge them beforehand.

Wine Carrier/Cooler

The beach isn't all about tanning and surfing. Sometimes the best moments happen when you just pack a picnic for sunset on the shore. With that in mind, these stylish wine bag coolers are sure to come in handy.

Portable Speakers

If you're planning on enjoying the beach with some friends and loved ones, considering bringing your portable speakers along! It's not an absolute essential, but the right tunes can definitely bring things up a notch.

Stylish Sunglasses

This is probably the second most important yet most forgotten beach essential on my list (the towel takes the cake). Opt for a pair that protects your eyes from the sun but also earns you some style points.

A Change of Clothes

You definitely don't need to bring a change of clothes, but I usually throw in a lightweight dress or cover-up if there's room. It's nice to have the option in case your other clothing gets dirty or wet.

Leave-In Conditioner

Consider bringing some leave-in conditioner to apply at the end of the beach day to restore moisture.

Easy Sandals

Bringing a change of sandals is always a good call. These are easy to slide in and out of, and you won't have to worry about getting them super sandy since that's what they're made for. Even better, they take up barely any room in your beach bag.

Reading Material



A great beach read will keep you busy while also taking you on a mental vacation. There's nothing that's more relaxing and exciting at the same time than reading while lying in the sun.

Sunhat

If you're someone who likes to keep their face out the sun, don't forget to pack a hat. We love classic wide-brim sunhats but visors are also making a comeback.

Reusable Water Bottle

Fill up your reusable water bottle before you make the trek so you stay hydrated all day long.

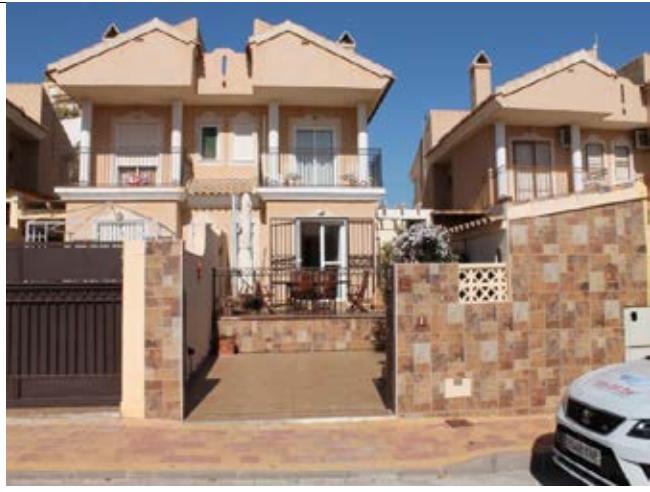
Luz del Sol

LDS Resale Properties S.L.



CAMPOSOL CIBELES ref: 3013 239995€

A beautiful 3 bed, 2 bath detached villa on sector D8 of Camposol, 10x5 pool, central heating, air con, log burner, new kitchen, outside W.C, car port, under build and much more. MUST BE VIEWED!!



EL ALCALAR DUPLEX ref: 2990 165000€

A very well presented 2 bed, 2 bath duplex in the sought after area of El Alcular, Puerto de Mazarron. 200m from the beach, 2 pellet burners, air con and communal pool. Excellent rental potential.



CAMPOSOL ROSA ref: 2969 139995€

A first-class example of a Rosa style villa, located on sector D13 of Camposol. 2 bed, 2 bath, 8x4 pool, sun lounge, air con, log burner and wooden chalet.



CAMPOSOL CLASICO ref: 2995 54995€

New to the market, a 2 bed 1 bath terraced property situated on sector D23 of Camposol. Front, rear and roof terraces with beautiful views, French doors from 2nd bedroom to rear courtyard. Sold fully furnished.

C.Comercial 34, Sector A, Avenida El Saladillo, Mazarron 30875, Murcia

www.luzdelsol.co.uk Email: sales@luzdelsol.net, Tel: 0034968199068

C & G FABRICATIONS

ESTABLISHED 2004

Installing High Security UPVC Windows,
Doors & Conservatories Since 2004

WE ARE BACK OPEN
FOR BUSINESS
PLEASE NOTE, WE HAVE ALL
THE NECESSARY
PRECAUTIONS IN PLACE TO
COVER THE COVID 19
PROTOCOL.

TOP QUALITY

UPVC WINDOWS, DOORS & CONSERVATORIES

all built to british standards using quality european profiles

PANEL SOLID WHITE
from 735.00

PANEL SUNBURST
BROWN from 1105.00

SQUARE GREEN ZINC ART
ELEGANCE from 1205.00

PANEL I ARCH MURANO
from 1070.00



KENDAL SOLID
from 735.00

CHICHESTER AURIGA
from 865.00

BEVERLY I MARBLE ARCH
from 810.00

YORK I GEORGIAN BAR
from 775.00



High security 7 point locking with
security hinges

High security reinforced panels
Fully reinforced so all locking points
fix into Steel

Internally beaded

70mm DECEUNINCK German pro-
file one of the worlds leading PVCU
systems

Decorative sight lines

Discreet neutral grey seal

Secure by design door locks
Tested in Spanish AENOR test
centres for all elements of Spanish
weather

Comprehensive guarantee against
discoloration, cracking and warping



VISIT OUR NEW WEBSITE FOR ALL INFORMATION

www.candgfabrications.com

To obtain details of our current offers and to arrange your **FREE** estimate
and survey telephone



966 764 730 or 677 689 587

Email: enquiries@candgfabrications.com

FULLY REGISTERED SPANISH COMPANY MANUFACTURING AND INSTALLING ON THE
COSTA BLANCA AND COSTA CALIDA
C.C Los Dolces 104 Urb. Villamartin



ALL TRADE ENQUIRIES WELCOME



ALICANTE * LA MARINA * LA MATA * TORREVIEJA * PILAR DE LA HORADA *
LOS ALCAZARES * CAMPOSOL * MAZARRON * SAN MIGUEL * CATRAL *
ALTEA * CALPE * PINOSO * HONDON VALLEYS * ALGORFA * ALMORADI *

Every business owner has an idea....

a dream....

a vision....

How that is communicated can be the difference between success and failure.

Costa Calida International Radio and The Journal together
are the media power house to successfully reach your
target audience and grow your business..

For information on our tailored
media packages please contact;

Cathy Smith
The Journal
0034 681 090 799

Janice Sugden
Costa Calida International Radio
0034 603 304 121



**www.the-journal.es
www.costacalidaradio.com**

What's On

MON	TUE	WED	THU
6 Blackbull Breakfasts 9am - 1pm All Week Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am Los Palacios Garden Group, 10am - 5pm Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm Slimming Club, Cats Bar Camposol, 11am Local Councillor Silvana Social Centre, Camposol, 10am - 1pm	7 Camposol D Clean, 8:30am - 5pm 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	1 Totana Market Day, 9am - 6pm Camposol C Gardening Group, 9am - 2pm 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	2 Camposol Market Day, 9am - 6pm Los Amigos de Mazarron FC Meeting Camposol C, 4pm - 6pm Mazarron AA Group Meeting room adjacent to Canada de Gallego Church, 5.30pm - 8.30pm Karaoke at Cats Bar, 9pm
13 Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am Blackbull Breakfasts 9am - 1pm All Week Los Palacios Garden Group, 10am - 5pm Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm Slimming Club, Cats Bar Camposol, 11am Local Councillor Silvana Social Centre, Camposol, 10am - 1pm	14 Camposol D Clean, 8:30am - 5pm 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	8 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	9 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, 5.30pm - 8.30pm Blackbull Fish and Chips 5pm - 9pm Karaoke at Cats Bar, 9pm
20 Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am Blackbull Breakfasts 9am - 1pm All Week Los Palacios Garden Group, 10am - 5pm Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm Slimming Club, Cats Bar Camposol, 11am Local Councillor Silvana Social Centre, Camposol, 10am - 1pm	21 Camposol D Clean, 8:30am - 5pm 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	15 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	16 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, 5.30pm - 8.30pm Blackbull Fish and Chips 5pm - 9pm Karaoke at Cats Bar, 9pm
27 Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am Blackbull Breakfasts 9am - 1pm All Week Los Palacios Garden Group, 10am - 5pm Forget me Not Jumble Sale & Respite Care Social Centre Camposol, 10:30am - 1:30pm Slimming Club, Cats Bar Camposol, 11am Local Councillor Silvana Social Centre, Camposol, 10am - 1pm	28 Camposol D Clean, 8:30am - 5pm 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	22 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	23 Camposol Market Day, 9am - 6pm Los Amigos de Mazarron FC Meeting Camposol C, 4pm - 6pm Mazarron AA Group Meeting room adjacent to Canada de Gallego Church, 5.30pm - 8.30pm Blackbull Fish and Chips 5pm - 9pm Karaoke at Cats Bar, 9pm

FRI	SAT	SUN	Notes
<p>3</p> <p>Campsol D Clean, 9am</p> <p>Campsol B Clean Working Party, 9am</p> <p>Perrera Dog Walking, 9am – 11am</p> <p>Mazarron Bahia Lions</p> <p>Table top sale, Campsol B., 10am - 6pm</p> <p>Blackbull, Music with DJ Sean Bodie 6pm til late</p>	<p>4</p> <p>Mazarron Market Day, 9am - 6pm</p> <p>Fuente Alamo Market Day, 9am - 6pm</p> <p>FMA Market Day, Isla Plana, 10am - 2pm</p> <p>Harlequin Rock Choir Rehersals Social Centre, Campsol, 1.15pm</p> <p>San Jose El Saladillo Catholic Mass in English, 4:30pm</p> <p>Blackbull Steak Night 7pm</p>	<p>5</p> <p>Puerto de Mazarron Market Day 9am - 6pm</p> <p>St Nicholas Ecumenicla Church Service, 10:30am - 5pm</p> <p>Wellspring Victory Church Service Puerto de Mazarron, 11am - 5pm</p> <p>Blackbull Sunday Lunch Book A Table San Jose El Saladillo</p> <p>Catholic Mass in English, 4:30pm</p>	
<p>10</p> <p>Campsol D Clean, 9am</p> <p>Campsol B Clean Working Party, 9am</p> <p>Perrera Dog Walking, 9am – 11am</p> <p>Mazarron Bahia Lions</p> <p>Table top sale, Campsol B., 10am - 6pm</p> <p>Blackbull, Music with DJ Sean Bodie 6pm til late</p>	<p>11</p> <p>Mazarron Market Day, 9am - 6pm</p> <p>Fuente Alamo Market Day, 9am - 6pm</p> <p>FMA Market Day, Isla Plana, 10am - 2pm</p> <p>Harlequin Rock Choir Rehersals Social Centre, Campsol, 1.15pm</p> <p>San Jose El Saladillo Catholic Mass in English, 4:30pm</p> <p>Blackbull Steak Night 7pm</p>	<p>12</p> <p>Puerto de Mazarron Market Day 9am - 6pm</p> <p>St Nicholas Ecumenicla Church Service, 10:30am - 5pm</p> <p>Wellspring Victory Church Service Puerto de Mazarron, 11am - 5pm</p> <p>Blackbull Sunday Lunch Book A Table San Jose El Saladillo</p> <p>Catholic Mass in English, 4:30pm</p>	
<p>17</p> <p>Campsol D Clean, 9am</p> <p>Campsol B Clean Working Party, 9am</p> <p>Perrera Dog Walking, 9am – 11am</p> <p>Mazarron Bahia Lions</p> <p>Table top sale, Campsol B., 10am - 6pm</p> <p>Blackbull, Music with DJ Sean Bodie 6pm til late</p>	<p>18</p> <p>Mazarron Market Day, 9am - 6pm</p> <p>Fuente Alamo Market Day, 9am - 6pm</p> <p>FMA Market Day, Isla Plana, 10am - 2pm</p> <p>Harlequin Rock Choir Rehersals Social Centre, Campsol, 1.15pm</p> <p>San Jose El Saladillo Catholic Mass in English, 4:30pm</p> <p>Blackbull Steak Night 7pm</p>	<p>19</p> <p>Puerto de Mazarron Market Day 9am - 6pm</p> <p>St Nicholas Ecumenicla Church Service, 10:30am - 5pm</p> <p>Wellspring Victory Church Service Puerto de Mazarron, 11am - 5pm</p> <p>Blackbull Sunday Lunch Book A Table San Jose El Saladillo</p> <p>Catholic Mass in English, 4:30pm</p>	
<p>24</p> <p>Campsol D Clean, 9am</p> <p>Campsol B Clean Working Party, 9am</p> <p>Perrera Dog Walking, 9am – 11am</p> <p>Mazarron Bahia Lions</p> <p>Table top sale, Campsol B., 10am - 6pm</p> <p>Blackbull, Music with DJ Sean Bodie 6pm til late</p>	<p>25</p> <p>Mazarron Market Day, 9am - 6pm</p> <p>Fuente Alamo Market Day, 9am - 6pm</p> <p>FMA Market Day, Isla Plana, 10am - 2pm</p> <p>Harlequin Rock Choir Rehersals Social Centre, Campsol, 1.15pm</p> <p>San Jose El Saladillo Catholic Mass in English, 4:30pm</p> <p>Blackbull Steak Night 7pm</p>	<p>26</p> <p>Puerto de Mazarron Market Day 9am - 6pm</p> <p>St Nicholas Ecumenicla Church Service, 10:30am - 5pm</p> <p>Wellspring Victory Church Service Puerto de Mazarron, 11am - 5pm</p> <p>Blackbull Sunday Lunch Book A Table San Jose El Saladillo</p> <p>Catholic Mass in English, 4:30pm</p>	<p>Please check with the venues or organisers in case there have been changes to the events.</p> <p>For more information please check the websites of either The Journal or the Costa Calida Radio</p>
<p>31</p> <p>Campsol D Clean, 9am</p> <p>Campsol B Clean Working Party, 9am</p> <p>Perrera Dog Walking, 9am – 11am</p> <p>Mazarron Bahia Lions</p> <p>Table top sale, Campsol B., 10am - 6pm</p> <p>Blackbull, Music with DJ Sean Bodie 6pm til late</p>			<p>THE Journal</p>  <p>Costa Calida Radio 90.00 & 100.00 fm</p>

Sudokus

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

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

Answers to last months page 66

Summer Jokes

What do toads drink on a hot summer days?
Ice cold croak-a-cola!

What is brown, hairy and wears sunglasses?
A coconut on its summer holiday!

What do sheep like to do in the summer?
Have a baa-baa-cue!

What do you call a snowman in summer?
A puddle!

What does the sun drink out of?
Sunglasses!

Why do owls prefer summer over autumn?
It's too wet to woo!

What do you do if you get rejected from a job at a sun cream factory?
Reapply!

How do you prevent a Summer cold?
Catch it in winter!

What do bees say in summer?
Swarm, isn't it?!

Why do robots take holidays?
To recharge their batteries!

What did the pig say at the beach on a hot summer's day?
I'm bacon!



CROSSWORD PUZZLE

ACROSS

- 1 Ye ____ Shoppe
- 5 Prison division
- 9 10 stroke hole?
- 10 Black and white treat
- 11 Baldwin who played in Beetlejuice
- 12 Move toward
- 13 Barney Stinson catchphrase
- 15 Falsehood
- 16 2003 Ryan Reynolds heist film
- 22 Traditional knowledge
- 23 Emit as vapor
- 24 Unseal
- 25 Secondhand
- 26 "Hey you!" at the library
- 27 "It's been a while" in SMS lingo

DOWN

- 1 Australia's national gemstone
- 2 French feminine and masculine articles
- 3 Small amount of residue
- 4 Mr. Burns catchphrase
- 5 "It's a ____ Life"
- 6 Length by width
- 7 Hitchcock's "____ Window"
- 8 "Hunky-____"
- 14 Small bite
- 16 Film failure
- 17 "____! I did it again"
- 18 Raw materials
- 19 Remove and replace
- 20 Warning sign
- 21 FBI agents

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
				15				
16	17	18				19	20	21
22					23			
24					25			
26					27			

Stand out from the crowd!

Call our advertising department on 664 287 099

CLÍNICA PODOLÓGICA

Natàlia García Acosta
Podóloga - N° Col.122

Telf: 968 103 008
Camposol Business Center
C/Madrid, s/n - 30879 MAZARRÓN



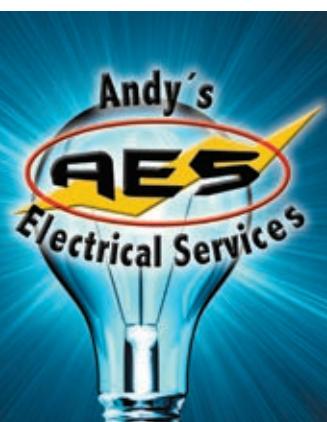
FOUR LEGS

Dog Grooming Services

located on sector A Camposol



+34 602 57 07 07



ALL ELECTRICAL WORK
UNDERTAKEN

SURGE PROTECTION AND
CARD METERS FOR RENTAL
PROPERTIES

NO CALL OUT CHARGE ON
CAMPOSOL

FREE ADVICE AND QUOTATIONS
LEGAL & REGISTERED

666 133 674



Property Services S.L.
www.costacalidaps.com

Banking & Financial advice
Fiscal representation & advice
Property conveyance & Legal work
NIE numbers, residencia

Insurances
Wills & Inheritance
Translations

And let us know of any other information or services you may require and we will do our best to help you!!!

Our company is dedicated to service and our experience will provide our clients with the care and attention they expect.

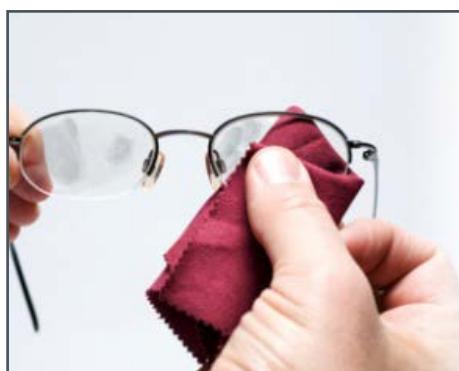
Urbanizacion Camposol, Centro Commercial A Local 28 30870 Mazarrón.
Telf 968199251 Fax 968199175

Scientists Discover Carbon Cleaning Technology That Cleans Filthy Lenses Like Magic!



Ground-Breaking Cleaner ELIMINATES the Need for Cleaning Rags, Wipes and Sprays!

Are you tired of viewing the world through smudged and streaked lenses? Not only do dirty lenses make seeing the world incredibly difficult, but they can cause eyes to quickly tire and ache; eventually leading to severe headaches. Unfortunately, traditional cleaners such as t-shirts and old rags leave behind nasty residue that's next to impossible to remove. Worse yet, these kinds of abrasive cleaners can also leave your glasses scratched and permanently ruined. Thankfully, a revolutionary new cleaning device using state-of-the-art Carbon Molecular Technology is helping millions of people enjoy the world through brilliantly clear glasses!



In With The NEW! Introducing...

Peeps by Carbon Klean! Peeps is the only product of its kind using revolutionary Carbon Molecular Technology. Built into the advanced carbon microfiber pads, the molecular technology thoroughly cleans the entire surface of your lenses.



This remarkable cleaner softly removes nasty dirt and dust at a microscopic level, leaving your lenses stunningly clear. The invisible carbon technology actually repels dirt and oil, protecting your glasses in the future.

The same advanced technology now available to clean your glasses is used by NASA on the International Space Station and by the US Military to clean their screens. This technology is unaffected by any outside elements (heat, cold, humidity), which it makes the perfect cleaner whether on earth or in space! NASA trusts this technology because it will never scratch the screens and creates an invisible barrier to help mitigate future smudges or residue.

But How Does It Work?

Peeps features a simple two-step cleaning system:

Step 1: Brush off all dust, dirt, and abrasive particles with the scratch-resistant retractable brush.



Brush Them
Use brush to gently remove any dust or abrasive particles.

Step 2: Use the carbon microfiber pads to sandwich the lens and clean it on both sides. These special angled carbon microfiber pads are designed to clean all nooks and crannies.

Once you're done cleaning, simply put it back in the case and the friction on the pads recharges the carbon molecules, giving you up to 500 cleans!

But Is It Safe & Effective?

With the powerful cleaning power of Peeps, everyday activities such as walking, biking and driving will become less dangerous and more enjoyable! Also, with crystal-clear vision, you won't have to compromise your quality of life by missing out on its most important moments!

- ✓ Lasts forever – Get 500 cleanings!
- ✓ Works anywhere – not affected by heat, humidity, or cold!
- ✓ Eco-friendly – All-natural carbon pads and nothing to dispose of
- ✓ Travel Sized – Small and compact
- ✓ Safe for all lenses – Eyeglasses, Sunglasses, Reading Glasses, even lenses with A/R coating!
- ✓ Optometrist-preferred – Trusted by over 20,000 doctors
- ✓ Internationally acclaimed – Over 3 million and counting sold in 28 countries!

Peeps is so effective, you'll wonder how you ever got along without it!





BuzzBGone

Protect Yourself from Dangerous Mosquitos! When you think of the animal that kills the highest number of human beings every year, which animal do you think of? Great White sharks? Rattlesnakes? Or maybe something like wolves or bears? If so, you would be wrong. Mosquitos kill far more humans than any other animal, killing approximately ONE MILLION people every year by infecting them with diseases like malaria or the Zika virus. While chances of getting such a serious disease from a mosquito in Spain are slim, we still suffer greatly from mosquito bites. But even for people who don't have a particular vulnerability to mosquito bites, they're still a serious matter. Buzzing in your face, biting you or your kids, and giving you itchy, burning bites is no picnic! It's enough to ruin ANY backyard barbecue! BuzzBGone Lures Mosquitos into a Death Trap!

By emitting a strong, 360° field of bug-attracting UV light, BuzzBGone lures in mosquitos. Once they approach, BuzzBGone's powerful suction fans suck the mosquitos into the device's central core where they become trapped inside, unable to bite you or your family! Like humans, mosquitoes can't survive without water, and BuzzBGone includes a dehydrator that will naturally and safely ensure that they are killed.

BuzzBGone is easy to use!

Just plug it in and start enjoying your back garden and patio! Nothing ruins an outdoor gathering faster than an invasion of bloodthirsty mosquitos! But BuzzBGone lures them in with ultraviolet light, stopping them from ever biting your family. BuzzBGone allows you to TAKE BACK your garden, patio or terrace!

BuzzBGone is 100% safe, and contains no poisons or harmful chemicals and is safe to use around bird feeders, pets, small children, or any other living creature. It's a hundred percent safe to use, even indoors, like in your bedroom. It's great for killing those mosquitos that sneak in and bite you while you're sleeping!



- **Very simple to use and comes with a manual**
- **No dish needed. No signal issues**
- **Technical service and support 24/7**
- **All important UK channels (incl. Sky and BT)**
- **14 days catch-up**
- **Onscreen programme forecast**
- **1000s of movies + Box-sets to watch when you want**
- **Includes latest movies! Weekly automatic update!**
- **You need an internet connection with a minimum of 3 meg**



**Come see us for a free demo in store, or
for more details please call**

868 175 508 / 663 675 502

**Based in Puerto de Mazarron above
MERCADONA next to FURNITURE PLUS**

Jaguar Land Rover will celebrate the golden anniversary of the Range Rover on Wednesday
British car firm claims to have sold more than a million examples of the luxury 4x4 across four generations
To mark the historic occasion, there will be a new Range Rover Fifty special edition model launched
Just 1,970 examples will be available - a nod its release in 1970 - and cost in excess of £100,000
Take a step back in time 50 years as we look back to the original and why it's loved by Royals and celebrities



Golden oldie: The Range Rover turns 50 this week and there's a new special edition model to celebrate half a century of the world's first luxury 4x4

The world's first luxury 4x4 – Britain's Range Rover – celebrates 50 years on and off the road as it marks its golden anniversary on Wednesday.

Launched in 1970, loved by the Queen and the Royal Family and driven by customers as diverse as footballers David Beckham and Vinnie Jones, entrepreneur Sir Richard Branson, comedian James Corden and boxers Anthony Joshua and Mike Tyson, more than a million have been sold over four generations.

To celebrate the half-century since the Range Rover's 1970 debut, and mark the year of its birth, Land Rover is also launching a limited-run Range Rover Fifty

model which will be restricted to just 1,970 vehicles globally to mark the year of its arrival and will be priced in excess of £100,000.

The anniversary comes in the lead up to sales in 2021 of the next fifth-generation Range Rover, camouflaged versions of which have been photographed out testing on UK roads. From being just one model in 1970 – a luxury spin-off from the original Land Rover of 1948 – the Range Rover itself has over the last 15 years evolved into a family that now also includes the Range Rover Sport launched in 2005, the baby Evoque in 2010, and in 2017 the Velar, which takes its name from the original secret code-name for the Range Rover.

Over its lifetime the Range Rover has achieved a host of technical, endurance and expedition feats, and cultural firsts – including being considered a work of art when it became the first car to be displayed at the world famous Louvre Museum in Paris in 1971, a year after its launch and was cited as an 'exemplary work of industrial design'.

In 1972 a British Army Trans-America expedition team, led by Major John Blashford-Snell, drove two Range Rovers from the north of Alaska to the southernmost tip of Argentina, crossing the infamous Darién Gap – a dense forest and swamp that prevents road access between central and South America.

Thus the Range Rover became the



In 1982, a specially-commissioned bullet-proof 'Popemobile' Range Rover was built for Pope John Paul II's visit to the UK

first vehicle to cross the length of the Americas on the 18,000-mile expedition which took 99 days to cover 250 miles of jungle.

In the Queen's Silver Jubilee year of 1977, a Range Rover won the 4x4 class in the London-Sydney Marathon, a grueling 18,750 mile event and the longest ever speed-based car rally.

Two years later in 1979, the year Britain elected its first female Prime Minister Margaret Thatcher, a specially modified Range Rover won the inaugural Paris-Dakar rally, repeating the feat again in 1981.

The following year 1982 a specially-commissioned bullet-proof 'Popemobile' Range Rover was built for Pope John Paul II's visit to the UK.

Launched with a royal flourish at the London Motor Show in 1999, Land Rover unveiled a Limited Edition Range Rover Linley, inspired by furniture designer and the Queen's nephew Lord Linley. Only 10 vehicles -then the most luxurious Range Rovers to date – were produced priced at £100,000 each.

But it did also spark a row over royals lending their names to commercial ventures.

More recently in 2016 a Range Rover Autobiography towed Sir Richard Branson's Virgin Galactic's SpaceShipTwo at its reveal and naming ceremony at the Mojave Air and Space Port, California.

And for VIP's worried about their security, for £300,000 you can have a full-metal jacked Armoured Sentinel version of the Range Rover.

Even James Bond has got in on the act, with Range Rovers appearing alongside Aston Martins in various 007 movies, including the forthcoming 'No Time to Die' film.

How the original Range Rover emerged

The origins of the luxurious but capable Range Rover go back to the mid-1960s and the inspiration of the Rover car company's engineering chief for new vehicle projects, Charles Spencer King – known as 'Spen' - nephew of the founders of Land Rover.

The idea for its forebear, the original Land Rover of 1948, had been sketched out as a 'squiggle in the sand' of Red Wharf Bay in Anglesey, Wales, the previous year by Rover engineering director Maurice Wilks to show his brother Spencer, the firm's managing director.

They wanted to create a go-anywhere utilitarian British Jeep using a glut of post-war aluminium which, unlike steel, was not rationed, and which could be used by farmers and country-dwellers.

Two decades on, in a bid to revolutionise the growing 4x4 leisure market, King hatched a plan to combine the comfort and on-road ability of a Rover saloon with the off-road ability of a Land Rover – creating the new Range Rover.

Development of the first prototype with a 100-inch wheelbase began in 1967. Two years later during testing the secret prototypes were badged with the name Velar in an effort to hide the Range Rover's identity. The name - derived from the Latin 'velare' meaning to veil

or cover - was made up of letters from production-ready badges for the 'Alvis' and 'Rover' marques.

Land Rover said: 'Its blend of ability – motorway cruising, off-roading, and even towing in style and comfort – ensured its instant popularity.'

Among its pioneering technical feats, at launch the Range Rover was the first SUV to feature a permanent 4-wheel-drive system. In 1989, as the Berlin Wall fell, it was the world's first 4x4 to be fitted with ABS anti-lock brakes.

By 1992 it became the first off-roader to have electronic traction control and automatic electronic air suspension – ensuring the refined driving feel Range Rover is so famous for, both on and off-road.

In 2012, the latest generation Range Rover became the world's first SUV to feature an all-aluminium lightweight construction, making it lighter, stronger and more efficient.

Land Rover chief creative officer Gerry McGovern, said: 'In the world of luxury vehicles, the Range Rover has always stood apart as peerless and enduring. Its unique and pioneering sensibilities together with an unrivalled engineering approach have been the intrinsic values which our customers have admired since the first of the breed was revealed in 1970.'





Austria Grand Prix 2020
Race 5th July, 15.10 – 17.10
Round 11

Red Bull Ring Circuit

First Grand Prix 1970

Number of Laps 71

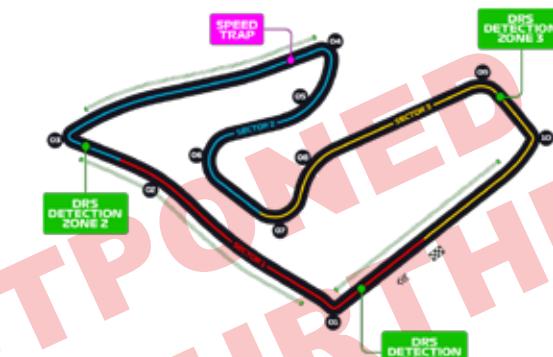
Circuit Length 4.318km

Race Distance 306.452 km

Lap Record
1:06.957Kimi Räikkönen (2018)

When was the track built?

The fearsome, original Osterreichring was originated in 1969 as a replacement for the Zeltweg airfield circuit. The track known today as the Red Bull Ring was more or less created over the winter of 1995-6, when Hermann Tilke was



engaged to turn the Osterreichring into a shorter, more modern race track.

When was its first Grand Prix?

The A1-Ring, as it was then called, was opened in 1996, with Formula 1 arriving at the circuit a year later. Jacques Villeneuve won the race, while Jean Alesi had a spectacular crash when his Benetton climbed up the Ferrari of Eddie Irvine. Alesi's team mate Gerhard Berger, meanwhile, used his home Grand Prix to announce his F1 retirement.

What's the circuit like?

It's only wee, bless it, but the Red Bull Ring packs a lot into a short lap. The

first half rewards power, as the cars blast along three straights separated by a pair of uphill right-handers. But then as the drivers work their way downhill, the circuit becomes a regular toboggan ride, as the cars canyon through a series of quick corners, including the exhilarating Rindt right-hander, named for Austria's first F1 champion.

Why go?

Race tracks don't come much more picturesque than the Red Bull Ring, set in an idyllic natural bowl in the Styrian mountains. That makes for a pleasant environment for a Grand Prix, while if you're after tourist attractions to visit after the race, look no further than the museum in Graz dedicated to the city's favourite son: Arnold Schwarzenegger.

Where is the best place to watch?

One of Formula 1's best views is to be had at the Red Bull Ring's 'Nord' grandstand, based around the outside of what used to be the Bosch Kurve at the Osterreichring. Here, you'll have a great vantage point across much of the track as it drops away from you down the natural slope of the circuit.



Pirelli British Grand Prix 2020
Race 19th July, 16.10 – 18.10
Round 12

Silverstone Circuit

First Grand Prix
1950

Number of Laps 52

Circuit Length 5.891km

Race Distance 306.198 km

Lap Record

1:27.369Lewis Hamilton (2019)

When was the track built?

Little did those laying the perimeter road to the RAF Silverstone airfield in 1942 know that they were setting down what would become one of the world's greatest race tracks. But, well, they were! The Silverstone circuit was first used for a proper motor race in 1947 – although sadly, a local sheep lost its life during the



proceedings...

When was its first Grand Prix?

Silverstone was the first Grand Prix, hosting the inaugural Formula 1 World Championship round on May 13 1950. Old campaigner Giuseppe Farina, who'd take that year's title, won the race in his Alfa Romeo 158.

What's the circuit like?

At the 2018 British Grand Prix, Lewis Hamilton compared a flat-out lap around Silverstone to flying a fighter jet, which should tell you all you need to know about the Northamptonshire circuit. Despite numerous layout changes

over the years, Silverstone has always maintained its essential character as one of the fastest tracks on the F1 calendar,

while historic corners like Maggotts, Becketts and Abbey provide some of the biggest challenges for racing drivers anywhere in the world.

Why go?

It's hard to stop the goose bumps from prickling as you walk around one of the great cathedrals of motorsport, while in terms of atmosphere, the British fans are always reliably raucous – this is the country that invented football, after all.

Where is the best place to watch?

The Becketts grandstand has to rank highly on the ultimate list of places to watch an F1 car in action – believe us, your eyes will be on stalks when you see how quickly the drivers zip through Maggotts and Becketts. Further along the track, the Stowe grandstands will place you at one of the best overtaking spots, while watching the drivers chuck their cars into that corner on their own is nearly as good.

LOS AMIGOS DE MAZARRON FC JUNE 2020

Although the Spanish Football Federation had announced that the regular season had ended for all football competitions at semi-professional and amateur level, there was still plenty to look forward to with Mazarron FC due to be involved in the end of season play-offs between the top four teams in the Tercera Group XI Division to decide promotion. Mazarron finished their regular season in fifth place but, as Real Murcia "B" who finished in fourth place on the same number of points as Mazarron, cannot take part in the play-offs as their first team already plays in the Segunda B division, Mazarron have qualified for the play-offs.

Mazarron will play Lorca Deportiva in their semi-final play-off game. Although Lorca finished top of the league, Mazarron will take heart from the fact that they came out on top in their home game in December, winning 2-1 with goals from Musoni and Dani Morales. Musoni, incidentally, was on loan to Mazarron from Lorca Deportiva, but he was recalled to his parent club early in the New Year and will no doubt be facing his former colleagues in the play-off game.

The other semi-final is between Atletico Pupileno, who finished second in the league, and Mar Menor who were third. Both games will be played on the weekend of 18th and 19th July at the Pinatar Arena in San Pedro de Pinatar. In previous seasons the play-off games have been over two legs but this year, if the teams are level at the end of 90 minutes, there will be no extra time and no penalties. The team which finished higher in the league will progress to the final so Mazarron have to win, a draw will saw Lorca through.

The final will place the following weekend again at the Pinatar Arena with the winners promoted to Segunda B. At the time of writing it is envisaged that the games will be played behind closed doors because of the Covid-19 outbreak. Mazarron players were allowed to return to training on 1st June after undergoing Covid-19 tests.

When the game takes place it will have been 18 weeks since Mazarron's last game, a 2-1 away win at UD Los Garres on 8th March. Goals from Dani Morales and Dani Barrelos earned the points for Mazarron after going a goal down. However, Mazarron had two players sent off, Angel Lopez and Nacho and they will miss the Play Off Semi Final along with influential midfielder Andreo who is serving a four match ban and will miss both the semi final and the final if Mazarron are successful.

In addition captain Adrian Campoy and midfielder Pablo Serrano will also be missing with long term injuries. However, Mazarron have moved to sign experi-

enced midfielder Edu Cruz (Francisco Eduardo Cruz Lemaur) to strengthen the depleted squad. Cruz was born in Las Palmas, Gran Canaria and last played for Happy Valley AA in the Hong Kong Premier League. He is 33 years old and 6 feet tall and has extensive experience having played in Iceland and Norway as well as throughout Spain.

At the time of writing discussions are taking place to decide whether it will be



Training sessions



Covid-19 Test for Players and Staff



possible to re-arrange the Los Amigos de Mazarron FC Gala Week events which were postponed in March because of the coronavirus pandemic. Obviously we need to await guidance from the Regional Authorities when the State of Alarm ends but we are considering options to stage the Race Night, Golf Day and Gala Dinner later this year.

Our guest celebrities have indicated that they are keen to fly out when the situation allows but we are looking at a possible new venue for the Dinner itself as the Hotel la Cumbre has informed us that they will not be accepting any bookings before the end of this year. The Race Night and Celebrity Golf Day at Camposol Club de Golf also depend on availability and the ability to accommodate the necessary numbers, matters which will become much clearer when the State of Alarm ends.

A final decision was due to be taken by the Executive Committee before the end of June as to whether the event should go ahead or whether it should be cancelled. In any event, if suitable dates are found, those who have already purchased tickets will have the option of a refund if they are unable, or do not wish for any reason, to attend the new dates.

We are still taking bookings for the planned trip to Calpe on 12th-14th October. As restrictions are due to be lifted when the State of Alarm ends next week we now need to assess the viability of this trip. A number of members indicated that they wished to join us on this trip before the outbreak of the pandemic and we now need to firm up on numbers to ensure that we have sufficient people to make the trip viable before confirming the booking. To this end we would be grateful if those who have already indicated their interest and for others who also wish to join us, will please let us know by 15th July by emailing pamada.1130@yahoo.co.uk.

If there is sufficient interest we will then ask for a deposit of €50 per person by the end of July, with the balance payable by 31st August. Bed and breakfast accommodation will be provided at the AR Roca & Esmeralda Spa Hotel with an excursion to Guadalest on the Tuesday and to the Chocolate Factory in Villajoyosa on the return journey on Wednesday. The cost of a twin room with balcony, terrace, private bathroom and free Wi-Fi is €125 per person which includes the coach and any excursions.

When the current restrictions are lifted Los Amigos de Mazarron FC hold weekly meetings throughout the football season and new members or guests are very welcome. Social meetings take place every Thursday at the Club House, Camposol Club de Golf at 4 pm. Business meetings are held on the last Thursday of each month when only members are allowed to attend. Membership is currently €20 with numerous discounts available on most social events and coach travel to away games. Member's partners are entitled to the same discounts as members but are not allowed to attend and vote at Business Meetings. Please email pamada.1130@yahoo.co.uk for a membership form.



DR.
PEDRO
SÁNCHEZ
ANGULO



SOCIEDAD ESPAÑOLA
DE CIRUGÍA DE MANO



**Orthopedic Surgeon and
Traumatologist specialist**

Dr. Pedro Sánchez Angulo

The wear of the joint that joins the thumb of the hand with the wrist gives rise to the rizartrosis or osteoarthritis of the thumb, frequent in those over 65 years.

The trapeziometacarpal joint, which is located on the thumb and joins it with the wrist, joint degeneration in this area arises between the base of the first metacarpal and the trapezius bone of the wrist, and is what is known as rizarthrosis. The fact that rizarthrosis arises in the hands leads to a negative impact on many of our daily tasks. This rheumatic disease reduces the quality of life of the person who suffers it. In order to prevent further degeneration, it is important to see the doctor in the presence of these warning signs of osteoarthritis of the thumb: Pain at the base of the thumb (this is the first and most significant symptom that may appear, hand, or both, and is accentuated the more the joint is used, while it is reduced when it is kept at rest).

Osteoarthritis and rizarthrosis may arise due to genetic reasons. There are other more common causes that can cause the wear of the thumb joint:

If you are suffering from these issues or any other issues with the knees, hips, ankles etc, contact Dr Angulo at the health on sector A to book a consultation

Contact Dr. Angulo at THE CAMPOSOL HEALTH CLNIC
on Camposol Sector A.

T: 968 103 008



VN Benny.com

**WEB & VIDEO
DESIGN**

**GRAPHIC
DESIGN**

**ONLINE
MARKETING**

info@vnbeny.com



CAMPOSOL BUSINESS CENTRE & HEALTH CLINIC

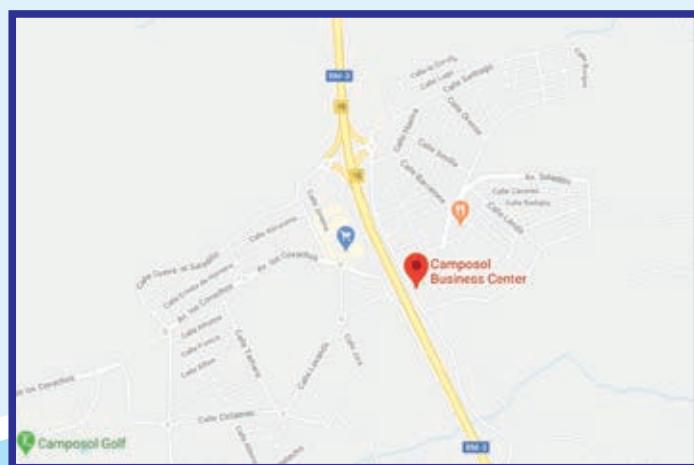
List of business;

- * Camposol Health |Clinic
- * Dental
- * Cosmetic surgeon
- * Traumatology
- * Physiotherapy
- * Ibex Insurance
- * The Journal
- * Shirley Fisher

The Business Centre is adhering to all legal requirements above and beyond to ensure clients safety.

They will be installing Ozone machines which are generally used in operating theatres.

These will be located in the reception, podiatrist, dentists and the health clinic



**Opening hours 0900-1800 Monday to Friday
Address: Calle Madrid, 19, 30870 El Saladillo, Murcia**

Tel: 968 199 685

FASHION

Raffia

Get
Raffia
ready



LOEWE

Paula's Ibiza medium leather-trimmed woven

raffia tote

£350 net-a-porta.com



Rani shoulder bag
£28.00 ellyla.com



Woven straw tote bag
£79.00 thewhitecompany.com



Can you believe it's the middle of the year already ? The longest day has just past on 20th June, yet with everything else going on right now its easy to forget what day it is never mind what month ! With the classic Raffia summer bag making a come back we have picked our favorites all with a twist for the barmy summer days ahead.



Indira Jute vegan tote bag
£32.00 ellyla.com



Tasseled beach bag
£19.99 H & M



East West straw tote bag
£148.00 allsaints.com



Santino fringe straw clutch
£65.00 Whistles.com



No Matter What Your Hair Type, Beachy Waves Work Any Time of Year

Wind-whipped, imperfect texture is as sexy with a bikini on a sunny Montauk beach as it is tumbling over the collar of a chunky cable knit on a crisp fall workday. It's also incredibly easy to do with the world's best salt sprays for thinner and straighter hair or amazing cream texturizers for thicker and curlier hair (not to mention a miracle blow-dryer). The look is always gorgeous without trying too hard. If your hair is curly, you can reshape your curls to waves, and if it's straight, you can create waves. Using amazing (clean, non-toxic) products can make an enormous difference in creating the ideal nonchalant, gorgeous texture.

Depending on your hair type, diffusing with a blow-dryer or creating random, wayward pieces of hair with a curling iron can make a major impact, too. Keep in mind: The key to tousled undone-ness is not to tinker too much, and finding the perfect finishing product for your hair type really helps.

Option 1: SALT SPRAY

Salt sprays work most beautifully for thin, fine, and straight hair. Salt has a volumizing, plumping effect, so even hair that hangs flat and is normally hard to style holds on to the curl. Aside from taking a dip in the ocean, nothing beats salt sprays for adding wavy lift.

TIP:

Harry Josh's ultimate texture trick: "Spritz salt spray or texturizing cream throughout damp or just-washed hair. Next, twist and pin up your hair into sections and dry with the diffuser on medium heat. Twisting the pieces as you dry helps add a little bend while simultaneously smoothing the cuticle. When you're completely dry, loosely shake out your hair. Try not to touch it too much: The more you touch it, the more it will frizz."

Option 2: HAIR CREAMS

Cream texturizers have a richer consistency than sprays and are especially great for thick and curly hair because they tend to be more hydrating. The one from Innersense is both nourishing and delightfully lightweight.

Depending on how tight your texture is, you may need to blow your hair straight before you wave it.

TIP:

Smooth texturizing cream through damp hair, then give it a once-over. You can also get an incredible windblown effect by smoothing the cream through dry or just-washed hair and braiding it up before going to bed.

BONUS: MIRACLE SHAMPOO AND CONDITIONER

We love how smooth, soft, and healthy our hair feels after this combination.

1. Pink-Salt Scalp Detox





Doll
Beauty
With
Danielle Wrigley

Step by step easy makeup for the beach

Step one



Apply a small amount of moisturising SPF (EXTRÈME UV 100% MINERAL FACE SUNSCREEN SPF 45 £45 available on beautybay.com) all over the face and neck. Then with a beauty blender apply IT cosmetics 'Your skin but better' CC cream £32 all over the face and blend down towards the neck.

Top tip: Make sure your beauty blender is damp so that the product doesn't fully soak into the beauty blender.

Step two



Using Chanel healthy glow bronzing cream £42 and a contour brush, apply the bronzer to the cheeks bones, jawline, forehead and eye sockets. Then take a small blending brush and Doll Beauty Pretty Little Glow highlighter £15 and apply to the inner corners of the eyes, above the cheek bones, down the tip of the nose and Cupid's bow. Use light circular motions when blending the products onto the face.

Step three



To define your brows use Anastasia Bev-

erley Hills mini dip brow gel £9 and brush through the hairs of the brow, brushing upwards. After this use any waterproof mascara (I recommend Eyeko beach waterproof mascara £19) and apply to the top and bottom lashes.

Step four



Apply L'Oréal Lifes a peach blusher £8.99 to the apples of the cheeks using a blusher brush. Then grab any peachy coloured lipstick to match. I've used Doll beauty C'est le vie lipstick £13.

Step five



To finish off your beach look, why not add some beach waves to your hair? I've used the Mark Hill pick n mix waver wand (available at Boots.com). It took me about ten minutes and is the perfect finish to any look!





Reeves Butchers

Traditional Butchers since 2005

Purveyors of Quality Meat, Homemade Sausages, Burgers,
& Scotch Eggs. Skilled Butchers onsite to offer advice



Reeves Butchers Spain



711 003 354



info@reevesbutchers.com

**Deliveries to Camposol and surrounding
areas available on request**

For our Full Range
please scan the QR code



**PIZZAS, MEAT & FISH
TO EAT IN OR TAKE-AWAY**

*All your favourite toppings
to eat in or take away
in a family friendly atmosphere*

Open from 12am to 12pm



**TEL:968 15 40 05
OR CHECK OUT OUR
FACEBOOK PAGE**

 **Bocapizza Mazarron**

**SCAN THIS CODE
TO SEE OUR MENU**



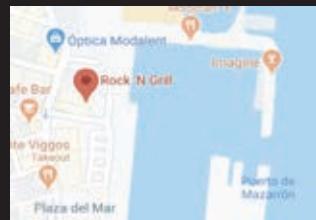
AVDA. COSTA CALIDA N.57 (5.88 km)
30860 El Puerto De Mazarrón, Murcia, Spain



*Restaurant, Bar &
American Grill diner*

Tel: 868 96 87 20

Rock n grill



Paseo de la sal,
I (6.24 km)
30860

El Puerto De Mazarrón,
Murcia, Spain

*"If you like Tex Mex and American Grill
then you'll Love Rock n Grill"*

Choice of starters such as Super crunchy potatoes with extra mozzarella, cheddar cheese, ranchera sauce and crispy bacon, or try the Texas style chicken wings, pulled pork rolls, uncle Bills nachos, or Tex Mex style mini burritos to name but a few starters. A Choice of popular American style salads, and house specials such as.

American style menu with ribs (port ribs St Louis Style), Cajun Chicken Or pork tenderloin. There is also a substantial choice of hamburgers served in a variety styles and with a choice of toppers and side orders. The ever popular pizza menu is available in a variety of recognised favourites.



Home delivery service available



to be missed!

On arrival we were greeted by a young man whom guided us to our seating. A lovely table setting with a great view out over the marina and paseo.

Its quite a rustic type setting I felt, I think that is how I would describe the place, giving a different ambiance to some of the other restaurants in the area.

With good service, bringing us our drinks order whilst we continued to

As a meat lover I always enjoy trying steaks on a menu at different places. But when looking through the Rock and Grill menu, and my eyes noticed the brisket, it was an opportunity not

go over the menu, everyone was attentive to our needs and wants, all with a smile.

To start we had a mixture of salads and wedges with dips. The salad was lovely and fresh, and the dips were tasty!

When our main meals came, I was excited for the brisket and I was not disappointed.....wow it simply melted in the mouth, and such a big portion.

One our table we also had a fish course for the main, and this was also well presented with garnish – there was none left on the plate so was well and truly enjoyed!

The brisket I could not eat it all even though it was delicious – but no problem!! The waiter placed it into a plastic tub for me to take home, and I did not even ask, they offered!

With a few more drinks and then desserts, we were all well fed with stuffed bellies.....it is definitely a place I will be happy to go back to again!

Gastronomy

Caprese Skewers



These caprese skewers combine tomatoes with basil, mozzarella, olive oil and balsamic

Ingredients

- 24 red cherry tomatoes
- 12 yellow cherry tomatoes
- 24 bite sized fresh mozzarella balls
- 36 small basil leaves
- 1 1/2 tablespoons olive oil

Method

Simply alternate your ingredients onto a skewers and drizzle with crema balsamica at the last minute.

If you wish to serve these pretty starters warm from the BBQ or griddle, soak the skewers first.

Slow-roast rolled pork belly



Ingredients

- 2 tbsp fennel seeds
- 1 tsp black peppercorns
- 3 garlic cloves, finely chopped
- 1 large bunch of fresh thyme, leaves only
- 3 tbsp olive oil
- 1 ½ - 2kg 3lb 5oz - 4lb 8oz piece pork belly (skin on) cut from the slimmer half, skin scored
- 2 lemons

Method

1. Toast the spices in a dry frying pan for a couple of mins. Pound them together in a pestle and mortar with some flaked sea salt, the garlic and half the thyme to make a paste, then mix with 2 tbsp olive oil.
2. Lay the pork on a board skin-side down. Rub the herb mix all over the flesh then scatter with the remaining whole thyme leaves. Neatly roll the meat into a joint surrounded by the skin then use butchers' string to tie the joint tightly at regular intervals to hold the joint together. Cover and chill, leaving to marinate for a few hours or overnight.
3. When ready to cook, rub the skin of the joint with plenty of salt and 1 tbsp remaining olive oil. Put it on a wire rack and roast at 200C/180C fan/gas 6 for 30 mins. After this time, squeeze the lemons over the skin and turn the heat down to 180C/160C fan/gas 4. Roast for a further 2 hrs. Finally turn the heat back up to 220C/200C fan/gas 7 and give it a final blast for another 30 mins or so, to finish the crisping of the skin. Allow to rest somewhere warm for 20 mins. Carve up into thick slices and serve with your favourite roast dinner accompaniments.

Key lime pie



Ingredients

- 300g Hob Nobs
- 150g butter, melted
- 1 x 397g can condensed milk (we used Nestlé)
- 3 medium egg yolks
- finely grated zest and juice of 4 limes
- 300ml double cream
- 1 tbsp icing sugar
- extra lime zest, to decorate

Method

1. Heat the oven to 160C/fan 140C/gas 3.
2. Whizz 300g Hob Nobs to crumbs in a food processor (or put in a strong plastic bag and bash with a rolling pin).
3. Mix with 150g melted butter and press into the base and up the sides of a 22cm loose-based tart tin. Bake in the oven for 10 minutes. Remove and cool.
4. Put 3 medium egg yolks in a large bowl and whisk for a minute with electric beaters.
5. Add a can of condensed milk and whisk for 3 minutes, then add the finely grated zest and juice of 4 limes and whisk again for 3 minutes.
6. Pour the filling into the cooled base then put back in the oven for 15 minutes. Cool then chill for at least 3 hours or overnight if you like. When you are ready to serve, carefully remove the pie from the tin and put on a serving plate.
7. To decorate, softly whip together 300ml double cream and 1 tbsp icing sugar.
8. Dollop or pipe the cream onto the top of the pie and finish with extra lime zest.



T: 868 08 02 26
kimmercafeteria@hotmail.com



Kimmer Cafeteria

Scan to see our
Menu



Mojito pitcher

Ingredients

- 6 limes
The same shape, but smaller than...
, plus 1 lime sliced, to serve
- 4 tbsp granulated sugar
- 4-5 mint sprigs
- ice
- 350ml white rum
- 600ml sparkling water

Method

1. Chop each lime into six piec-

Bar Kimmer is a popular spot for a coffee and cake, or tea and savouries. Fresh rolls, bocadillos and sandwiches. Tostadas, fresh orange juice and coffee

Tarts and Pies, such as the popular apple pie, carrot Cake, Strawberry cheesecake, Chocolate tart & Swiss Rolls.

Sweet Crepes / pancakes made on the premises in front of you to order with a choice of toppings from vanilla ice-cream and caramel sauce to chocolate syrup. Try the waffles and our kimmer Cafeteria crepes we also have American pancakes that you can accompany with chocolate, honey or maple syrup

A variety of teas and infusions to suite all tastes from Salzillo or a Marshmallow hot chocolate

Centre of town opposite the covered market. Ideal for a pre or post Sunday market coffee and cake.
Cool inside seating with open area with plenty of seating.

Coffee all style and flavours are offered and add a dash of something stronger – coffee liquor, Asiatico
Fresh pastries such as croissants, Danish pastries, or empanada.

We cater for Gluten free and lactose free

Open from 8.00 - 14.00 / 16.00 - 21.00

Let us cater for your birthday party or events, complete with cakes and more !

es and drop them into a two-litre jug. Add the sugar and squish the lime wedges with a muddler, or the end of a rolling pin. Keep crushing to get out all the juices.

2. Pick the leaves off a mint spring and lay them on one of your hands. Clap the other hand on top to bruise the leaves ever so gently, then drop them into the jug. Repeat with the rest of the mint spring.
3. Fill up the jug about three-quarters full with ice, then add the rum. Stir with a long-handled spoon to mix all the ingredients together gently and top up with the sparkling water. Stir once more, then serve poured into tall glasses with a few extra ice cubes and lime slices.

Try these 3 twists Strawberry mojito



Muddle 9-10 strawberries, 2 chopped limes and 2 tbsp granulated sugar in a large jug. Bruise the leaves from 2 mint sprigs and add to the jug with a pinch of black pepper. Add lots of ice and stir in 350ml white rum and 600ml sparkling water.

Blueberry mojito

Put 100g blueberries, 3 chopped lemons and 2 tbsp granulated sugar in a jug and muddle. Bruise the leaves from 2 mint sprigs and add them to the jug with lots of ice. Pour over 350ml white rum and 600ml sparkling water and stir together.

Mango & pineapple mojito

Tip 50g pineapple pieces, 50g chopped mango, 3 chopped limes and 2 tbsp light brown sugar into a large jug and muddle together. Bruise and add the leaves from 2 mint sprigs, then top with ice. Stir in 150ml white rum, 200ml pineapple rum and 600ml sparkling water.



It's a New Dawn, It's a New Day, It's a New Life.

I have been asked as an Intuitive what my thoughts and feelings are on the current situation that we are all experiencing.

What is happening to Our Planet (Mother Earth), what is happening to our Society and what is happening to our Souls during this time?

We are going through a great Enlightenment and Awakening for all. It is your choice whether you allow yourself to change or stay as you are.

Lightworkers around the World have been aware for a long time that we are in a major energy shift to another Dimensional Level and are in one of the most important stages of our evolution. We have been working collectively to bring about Healing, Peace and Love to our Mother Earth and to all who exist on her.

You do not need to be a Rocket Scientist to be aware that we are currently in a time of deep cleansing and ascension to a higher vibration. This will create a time of great change for everyone and to our Mother Earth, which is affecting everybody worldwide. Nothing changes if nothing changes.

Our Mother Earth has been crying out for a long time, trying to get us to see and understand that we are collectively destroying her. She has sent great Storms, Famines, Fires, etc. and only a few are hearing her. We need her to flourish for our continued survival. For example, if we remove some of the insect life from our world, without them we will gradually fade. If we remove the humans, she will thrive. We need her more than she needs us. We are already seeing examples of this, Venice with beautiful clear waters, pollution from cities giving way to clear, fresh skies.

We have created a life full of fear, nega-

tivity, aggression, falsehood and separation from each other.

Our purpose on Earth is to experience Love and give Love unconditionally.

"The Awakening" is the purpose. The Awakening is the fact that, in essence, we are Light, we are Love. The power source that runs all life is Light. So, to awaken to that knowledge and to desire to operate in that Realm and to believe that it is possible, are all the factors that will put you there". (Author - Dolores Cannon – The Convoluted Universe).

Do we create our own reality? Well, the answer is Yes. Alone and collectively, we create our own reality, we have created negative thoughts, blockages, greed, inflated Ego's, envy, jealousy and fear. This will stop us from moving forward

with our lives purpose. This is merely a veil, stopping us from seeing our true selves. It is time to know what and who we truly are and to stir our Souls into action. We have now been given a new Lens in which to look through. To change our minds, gain new understanding, to bring new prosperity and richness to our lives. This is for the greater good of all for our progression.

Any Lightworker will tell you that transformation can be hard, casting off the old energies and allowing the 'New' to ebb and flow to us and from us. The Higher Intelligences of our Universe are asking us to question during this time, is what has been happening a terrible thing? Or does it serve a bigger purpose?

The situation we are in at this time has come as no surprise, after all we have received guidance through the documentation of Nostradamus 1503-1566, Baba Vanga 1911-1996, who both gave insights to our future.

It is not surprising to see that those who are able to share Love seem to be in Keyworker positions, continuing their work with humanity during this time. We in turn are seeing their true value within our society. We have been given this time to look within, to evaluate what is working for us, who you have of value in your life, how you would like 'your' life and world to change. Once we have travelled through the darkness of our minds, we will be able to emerge like a butterfly, renewed, beautiful and ready to fly.

The time has come to release the shackles that we have created for ourselves.

See the Light, feel the Love and embrace it. It is never too late to aspire to attain your dreams. We are learning at this time that the things that we had taken as normal, have caused great harm and damage to our Souls. Social Media, for example, is a great tool that has been abused by many. Trolling has become the norm, breaking the very essence of someone's being, causing depression and in some cases suicide.

My friends, whether you believe in the energy shift or not, you cannot deny that change is here, nothing will be the same. It is up to us to decide what type of person we wish to be and what type of society we wish to live in.

Is it a world full of hate and fear or one where we wish to shine and live in Peace and Harmony with one another?

Let's send our collective love and healing thoughts to all those who have transitioned to a higher awareness, for they have given us the great gift of awareness. Our thoughts go out to their families and Loved Ones.

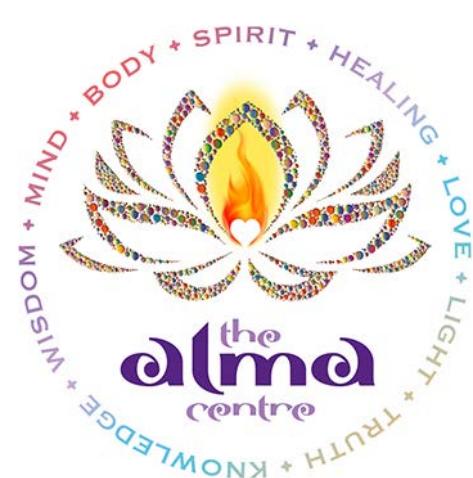
The Serenity Prayer (adapted, Reinhold Nieger 1892-1971).

Grant me the serenity to accept the things I cannot change, Courage to change the things that I can and the Wisdom to know the Difference. Living one day at a time, enjoying one moment, accepting hardships as a Pathway to Peace.

We are not here to weather the storm; we are here to learn to dance in the rain.

Namaste xx

Corina Talbot



SALUS

HEALTH INSURANCE



Experts in health insurance

Our agent in the area is **IBEX**

**More than
60 years of
experience**

**Multilingual
service
Foreigners
specialists**

**Rate
flexibility
With and
without
co-payments**

**Broad
coverage
Hire age up
to 75 years**

You can be treated at the **Camposol Health Clinic!**

Avenida de Maisonnave, nº 31 | Entreplanta, 03003, Alicante (España)

Tel: (+34) 965 12 61 35 | Fax: (+34) 965 12 61 36

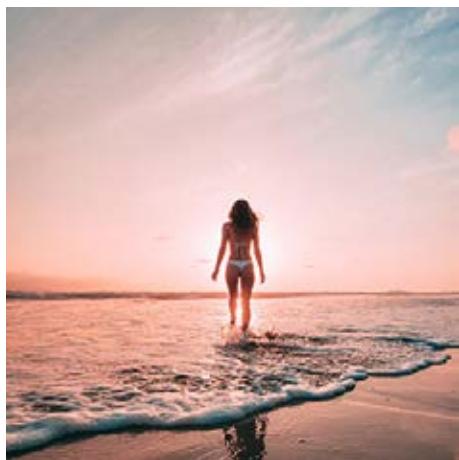
www.salus-seguros.com

KARMA

Cause And Effect

Meaning:

The 12 Laws Of Karma List



Most people have a basic concept of karma. For example, you've likely heard the phrase "what goes around comes around". Perhaps you have an intuition that we get what we deserve in life. But what is the law of karma? And, what do you need to do in order to make sure you don't attract bad karma? As it turns out, there are at least twelve distinct laws of karma.

Once you know how each of these laws works, you can learn how to live in a way that creates good karma in all areas of your life. This can help you with everything from your relationship to your career, your financial situation and your self-confidence.

Whether you're looking to create more positive energy or trying to find out how to get rid of bad karma (or a curse), this basic guide will give you a better sense of how you might improve your karmic standing.

The Definition Of Karma

According to the basic Sanskrit definition of karma, it simply means "action". Laws of karma are all

about the positive or negative valence of our words, thoughts, and deeds.

In essence, everything we do creates a corresponding energy that comes back to us in some form or another. Difficult karmic experiences catalyze learning and growth, and can later lead to good karma if we work towards positive change. Everything we do is linked to our karma:
How we treat others;
How we see our own role in the world;
The way we use resources;
How we develop our characters.

The 12 Laws Of Karma

As we explore the 12 distinct laws of karma, think about how you've previously seen these laws come into play in your own life.

Consider, too, how you can use your knowledge of these laws to create good karma that supports your dreams and goals. Understanding all of these types will help you design your own karma busting mantra or affirmation, should you feel you need it.

As noted above, the key to moving beyond apparently "bad" karma is to live in a way that shows you are learning from past mistakes. So, any mantra you recite should reflect this.

1. The Great Law

Sometimes called "the Law of Cause and Effect", the Great Law tells us that in order to get the things we want, we must also embody those things.

The message here is similar to that of the Law of Attraction. In other words, whatever you give out is also what you will receive, whether it is positive or negative. So, if you want love in your life, be loving. If you want to enjoy financial abundance, be generous. And if you want to have honest, open relationships

then you need to offer authenticity and honesty to the people you care about as well.

2. The Law of Creation

According to the Karmic Law of Creation, we need to be active participants in our lives if we want to get what we desire. We cannot simply wait for things to happen to us. We should aim to surround ourselves with what we want in our lives and look to our environments for clues about what we need. A major part of understanding the Law of Creation is seeing that things outside ourselves tell us what's going on inside. So, if you don't like the way your life looks right now, look within and ask yourself what needs to change.

3. The Law of Humility

Out of the 12 laws of karma, Buddhism can be seen as often emphasizing the importance of the Law of Humility. What you need to remember about this karmic rule is that you need to accept the true reality of something before you'll ever be able to change it.

For example, if you constantly blame others for things that you created or you see anyone who disagrees with you as a villain, you're out of step with reality. You will, therefore, find it very difficult to make the shifts you need. Consistent self-reflection can help you make the most of the Law of Humility.

4. The Law of Growth

If you've ever heard the famous saying "Wherever you go, there you are", you've already thought about the Law of Growth in a certain sense.

The message here is that you need

"HOW PEOPLE TREAT YOU IS THEIR KARMA; HOW YOU REACT IS YOURS."

Wayne Dyer

to expect a change of yourself before you expect it of the world around you, (or indeed the people in the world around you). Ultimately, you only have control over yourself. Therefore, it is how you use this control that shapes how the universe responds to you.

So, focus on your development before trying to control or change others; let them come to their own conclusions about what needs to change.

5. The Law of Responsibility

In terms of meaning, karma is often thought of in terms of The Law of Responsibility. In particular, it's helpful to remember that you are the source of what happens throughout your journey. What is happening around you is a mirror for what is happening within you; that is the sense in which you are responsible for all of your life experiences, whether fantastic or unpleasant. Like the Law of Growth, this karmic law aims to teach you that you should be looking to take ownership of the good and bad things you create, rather than constantly looking outside yourself to find excuses.

6. The Law of Connection

If you reached this guide because you were wondering how to remove bad karma of past life experiences, remembering the Law of Connection can help you. This law emphasizes the interconnected nature of the past, present, and future, and reminds us that our control over the present and future can help us to obliterate the bad energy of the past (whether it is from our current life or a previous life).

Another point made by the Law of Connection is that it takes time to redress karmic wrongs from the past.

However, each small step can have unexpectedly powerful effects.

7. The Law of Focus

According to the Law of Focus, you will do better in life if you can follow a single train of thought to the exclusion of others. Our minds are not equipped to follow multiple trains of thought with equal competency.

So, if you have several important goals, try to follow them in a linear, ranked order rather than giving each goal only a fraction of your energy.

Another vital lesson here is that if you focus on your higher values; you won't be able to focus on "lower" emotions or thoughts like those that come from resentment, anger or possessiveness.

8. The Law of Giving and Hospitality

In Hindi, karma meaning is closely tied to the Law of Giving and Hospitality. This law teaches that if you believe a certain thing, then you will naturally be called upon at some stage to demonstrate your commitment to that truth. The focus here is on the link between belief and practice. It suggests and encourages the importance of ensuring that your actions reflect your deeper beliefs.

This law is also about the way in which the universe will "test" you. Life gives us opportunities to put learned lessons into practice (and showing you when you need to do further work on some aspect of your character).

9. The Law of Here and Now

As noted above, in Buddhism, karma is connected to ideas about accepting the truth of your reality. Equally, Buddhists typically link karma to the theme of truly living in the present moment. If you cling too hard to past feelings, experiences, and beliefs, you will always have one foot in the past. Likewise, if you focus on anxiety or on greed, you will always have one foot in the future.

Following the Law of Here and Now means reminding yourself that the present is all you really have and that it is there to be fully engaged with and enjoyed.

10. The Law of Change

When you think about the Law of Change, you connect with the message that the universe gives us what we need. So, you will find that history continually repeats itself until you demonstrate that you've learned what you need to in order to create a different future.

If you notice that you seem to be stuck in a loop, this is because there's something fundamental that has not yet been addressed.

Meanwhile, if things around you begin to change in sudden and dramatic ways, take this is a sign that you have recently taken significant steps in your growth.

11. The Law of Patience and Reward

To put it succinctly, the Law of Patience and Reward claims that all of your greatest successes require consistent hard work. This means that you need to be patient, regardless of your goals in life.

If you expect immediate results, you will ultimately be disappointed; your successes will be minor in comparison to what you're capable of achieving.

Instead, look to figure out your true purpose. Act in accordance with that purpose and enjoy the reward of knowing you are doing what you are supposed to with your current life. In time, associated successes (emotional and material) will follow.

12. The Law of Significance and Inspiration

Last but not least, the Law of Significance and Inspiration is a good law to reflect on when you need a motivational boost or start to feel like you don't matter.

This particular aspect of karma stresses that every contribution you make will influence the Whole, however small or great that contribution may be. Whenever you make creative, loving contributions to the world around you, your act inspires similarly positive behavior from others and attracts more positivity back into your life.

You may not always feel significant, but you always are. Without your presence, the energy of the universe would be fundamentally altered.

karma

noun (kahr-muh)

when you eat the last chocolate biscuit and then suffer dramatic chocolate cravings the next day.

The Best Flowers to Plant for Your Astrological Sign

You rely on your horoscope to enlighten you on everything from when to sign a lease, to who you should be in relationship with and what cocktail you should make. Or maybe you don't! Either way, you could probably use a new floral companion to look after and brighten your space right about now. Astrologer Kim Allen gives a break down on how the stars can also guide you to your best garden yet. Ahead, find out which plants and flowers you should plant based on your astrological sign.



Aries

Aries know what they want and they want it now—which is why Allen suggests you plant zinnias or impatiens, which don't need a lot of attention or, err, patience. They're also a part of the sunflower family, which is perfect for Aries' vibrant, go get 'em spirit.



Taurus

If you're a Taurus, you like the slow, steady, sensuous pleasures in life, just like lilacs. To attract love, plant violets, which are ruled by Venus, the planet of love. Plant some patchouli, too, for good measure—

it symbolizes prosperity and has a distinctive earthy fragrance, two other things Taurus' love.



Gemini

Gemini is the smarty pants who's looking for intellectual connections with others—so Allen suggests planting rosemary, that help bring mental clarity. Fragrant plants like lavender and lily of the valley help clear your mind as well.



plants have the same relaxing effect.



Leo

Leos bring a positive energy and vitality everywhere you go, so Allen suggests you plant sunflowers. Camomile and St. John's Wort attract positive energy and good vibes, too.



echinacea's healing qualities also help you relax when you're not on the clock.



Libra

Libras are hopeless romantics—and don't daisies conjure up images of asking yourself, "He loves me, he loves me not?" Roses, the flower of love, also give you warm and fuzzy feelings.



Scorpio

Little known fact: Scorpios are the most passionate sign in the zodiac, which means your blooms should be just as vivacious as you are. Consider planting uva ursi—they look

like little wombs, so they're practically full of life, right?



Sagittarius

Sagittarius are jet-setters who are happiest when they're on the road. Magnolias are larger than life—just like you.



Capricorn

Capricorns aren't afraid to tackle the next big project, which is why it's unsurprising Allen suggests you plant laurel. Why laurel? In ancient Greece, Olympic winners were awarded laurel crowns in honor of

their victory. You got this.



Aquarius

You're a mover and a shaker who brings people together—and a dreamer, too, so Allen chose the starflower, which plays to both the dreamy and ambitious parts of your personality. The spikenard—which helps encourage your lofty visions—would serve you well as you try to focus on ways to improve the world.



Pisces

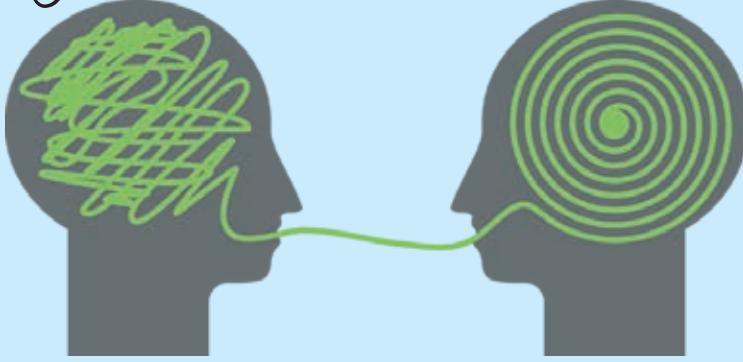
It's no secret that the water sign is one of the more creative, psychic signs in the zodiac, which is why Allen suggests you plant the lotus, which is often used in spiritual ceremonies in Hinduism and Buddhism.

Pisces are known for being night owls, which makes nicotiana—which flowers at night—another perfect addition to your garden.

Debbie Shaw

Translator & Interpreter

You deserve to understand



For assistance in all aspects of Spanish

Call Debbie on

677 35 31 36

debstranslation@hotmail.co.uk

2 Wills for 220€ including all fees

**UNDER THE SINK
WATER FILTRATION SYSTEM**

ECO 250

Ecological & Economical



TRIPLE ACTION FILTRATION

Improves taste and odour
Reduces scale in your kettle
Manufactured to NSF std. 42

Delicious tasting
filtered water
direct from your
existing cold tap

Thank you for
helping to
Turn the Tide
on Plastic
Waste



waterfiltersspain



For all the family

* Residencia

* NIE

* Health system eligibility/registration

* Liaison with Police, Guardia and Government offices

* Vehicle imports and exchanges

* Spanish Drivers Licenses

* Spanish Wills

* Notary appointments

* Non-residents Tax

* Annual medical scheme; Only 65€
(Camposol Medical Centre only – conditions apply)

* Alternatively one-off Medical Centre appointments

* Bespoke Translation Services – Tailored to your individual needs.



**Uses your existing tap,
No extra Tap needed**

Easy to Install in 3 simple steps:

1) Turn off the cold water supply and disconnect the cold water tap tail from the supply line

2) Install the filter diverter valve between the incoming cold water supply and the cold water tap tail

3) Install the filter to the cold water filter diverter valve, making sure that the direction of flow matches the arrows on the filter head.

4) Turn the cold water supply back on and flush the cold water through the tap for 30 seconds

**EASY INSTALATION,
NO EXTRA TAP**

RRP €99,99 Now on offer for
ONLY €49.99 supply only
Call Debbie on 677 35 31 36

Mind, Body & Spirit

HOW TO BE MORE CONFIDENT IN YOUR BODY

Some of the world's most famous and beautiful celebrities have struggled with self-esteem. Jennifer Lopez, Selena Gomez and even Arnold Schwarzenegger have been open about their confidence issues – and how they overcame them. You can, too.

1. APPRECIATE YOURSELF



Have you ever stopped and thought about all the things your body does for you? When you take a minute to appreciate all the things your body lets you do, it will start to feel more like a gift than a burden. Practicing gratitude is key to living a happy life.

2. IMPROVE YOUR SELF-TALK



How do you talk to yourself in your own mind? The self-talk you use, otherwise known as your inner monologue, has an important effect on your confidence. Catch yourself when you are thinking negatively about your body and replace the thought with something you like about yourself.

3. CHANGE YOUR BODY LANGUAGE



The principles of body language work here, too. Do a quick inventory of

your body. What's your posture like? How are you breathing? We all get in negative states which can lead to slouching, shallow breathing or hanging your head. You have the power to change how you're feeling by controlling the way your body moves and the way you present yourself. The fastest way to being more confident is to radically change your physiology.

HOW TO BE CONFIDENT IN A RELATIONSHIP

1. LOVE YOURSELF FIRST



Many people never learn how to fall in love with themselves and develop a lack of confidence early in life and unconsciously adopt limiting beliefs about what they are capable of. This leads to self-sabotage and reinforcement of the belief that they're undeserving of a loving relationship. The first step to a fulfilling relationship is discovering how to be more confident in yourself.

2. LIVE IN THE PRESENT



Being present is one of the biggest challenges of today's fast-paced, plugged-in world. But when you live fully in the present, you appreciate what you have without worrying about what's going to happen tomorrow – or what happened yesterday. Free your mind, be here now and confidence will follow.

ADDITIONAL CONFIDENCE TIPS

The above shifts in your mindset and body will undoubtedly help you learn how to become more confident. As

you master these concepts, you can also use the following confidence tips when you need a quick boost of self-esteem.

1. THINK OF SOMETHING THAT EXCITES YOU

If you're nervous or feeling unsure about an upcoming situation, try picturing a recent accomplishment or an outcome of the situation that excites you. Those who want to learn how to be more confident often forget they've had plenty of times where they've exuded confidence in the past, and reliving these moments can give them the boost they need.

2. MAKE EYE CONTACT

Connecting with people and showing confidence through eye contact doesn't just strengthen relationships – it's one of the quickest ways to exude confidence when you meet new people. Use the 80/20 rule of meeting someone's eyes 80% of the time and focusing on something else the other 20% so you don't appear too intense or make the other person uncomfortable.

3. ADOPT A POWER POSE

One of the deepest ways to increase confidence is to connect to your inner power. All of us have strength within us, but when we're feeling low it can be difficult to remember it's there. Consider developing your own personal power pose and breathing deeply to reconnect to your strong core. Your pose can be a yoga pose – warrior is an especially empowering one – standing with your hands on your hips and your feet shoulder width apart or simply standing with your head held high and your back straight. The important thing is that your pose achieves the goals of awakening your inner strength and carrying that strength and confidence into every interaction.

RID YOURSELF OF SELF DOUBT AND ACHIEVE YOUR GOALS FASTER

Discovering how to be confident in yourself isn't an overnight process – it takes time. By shifting how you present yourself physically and what you focus on mentally, you can create confidence that will help propel you toward your goals.



Clare Tam-Im Photography

Karma

By Hayley Scott



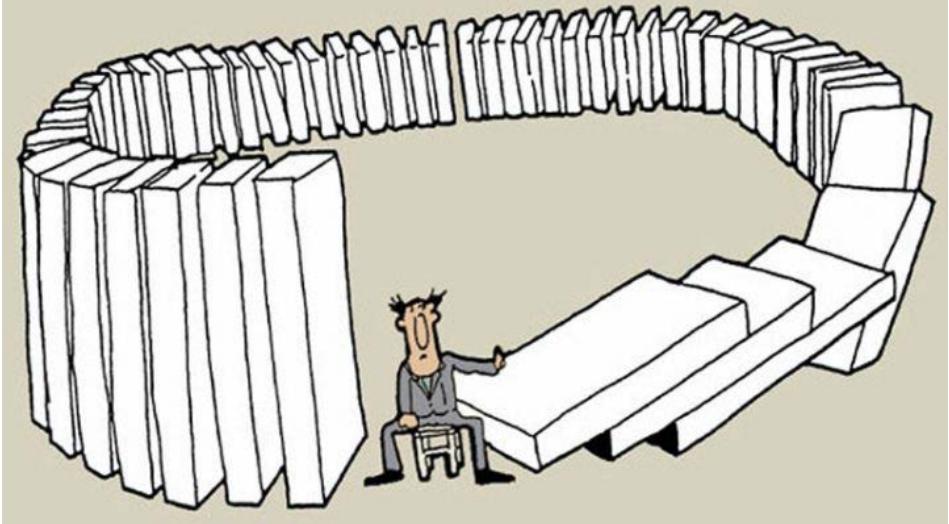
This can be a beautiful concept when approached with the right mindset. One that can often bring us comfort when we try to make good choices. I think it's fair to say that we're all fairly familiar with the theory of Karma, an ancient Hindu belief that

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

es or even, let's be honest, a little satisfaction when we feel wronged. But if we subscribe to this line of thought, how far should we take it?

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

However, I would like to argue that beyond obvious cause and effect,



there is a much bigger picture to consider. One that involves stepping outside of ourselves, practising acceptance and ultimately relinquishing and taking control in equal measures.

Confused?! Well here's the thing, in reality, you can't control the actions of others. You can't control an enormous array of circumstances that you're potentially met with on any given day. (Oh hello rain on your wedding day!) And you're not responsible for how other people treat you. So to view other peoples actions, or external circumstances, as some form of bad karma on your part would cause unnecessary and misplaced suffering. By stepping outside of our own immediate thoughts and feelings, and by accepting that we are not responsible for everything, we are giving ourselves permission to not bear the burden of things beyond our control.

This act in itself is a form taking control, and is much kinder to the soul! Accepting this reality doesn't mean that it's time to throw our arms in the air and admit defeat. There's also no need to hold onto frustration or anger. Because however hard it may feel at the time, you are 100% responsible for how you treat yourself and how you respond to any negative behaviour or situations you're faced with.

This is something that can often take a great deal of practise and is often easier said than done. Trust me, I know! With multiple businesses, a wonderfully chaotic blended family of 5 and all the complications of modern life to boot, I have had to take many a deep breath and shift my focus from frustration or upset to one of acceptance and action. I'm not ashamed to say I'm still learning!

So the next time you're faced with behaviour or circumstances that are less than favourable, join me in taking a deep breath and accept that some things are beyond your control. Instead of becoming angry or disheartened, ask yourself the following questions.... How do I want to respond to this? What can I do, now I have this new information? After all, you're not the victim of bad Karma, you're simply a human being navigating through the ever changing rhythms of life.



5 Ways Your Home Could Be Contributing to Your Daily Stress

Keep calm and carry on? Not quite. Nowadays, it feels like we're perpetually surrounded by a big cloud of pure, overwhelming stress. And in case you didn't get the memo, being stressed is never a good thing.

Stress raises our cortisol levels and keeps us in a state of fight or flight. Elevated cortisol levels can result in mood swings, feeling irritable or depressed, and rapid weight gain, often in the abdomen or face.

Our everyday stress is caused by a lot of things: Our jobs, our relationships, and our bank accounts, for starters. However, the one stressor you might've overlooked is your home. A cluttered or messy home puts unnecessary stress on our minds, as we tend to view our homes as an extension of ourselves.

It makes a lot of sense. Your home is a lot more than a place you fill with pretty furniture and accessories; it's your private sanctuary. As the first and last thing you see, your home has the power to set the tone for the rest of your day. So shouldn't your home be as stress-free as possible?

Sharing five ways your home might be stressing you out—as well as easy tweaks to give your space a soothing feel. Follow these tips and let the chill vibes come pouring in.

Not Enough Light

Never underestimate the power of good lighting. Not only can strategically placed pendants and table lamps transform your space's atmosphere, it's important to choose the right type of lights. Natural light helps us regulate and lift our moods, and not having enough of it can have negative effects on a person. Humans prefer to be under dappled lighting, which is the same light you might experience when the sun shines through the leaves on a tree.

Fortunately, you don't have to have a jungle bungalow to achieve this look. We can recommend swapping out your

lampshades and pendants for a basket-weave material, which will create the look of dappled lighting. Lacking natural light altogether? Hang a mirror across from a window to make your space appear brighter.

Overwhelming Amounts of Color

Sorry, maximalists, there is such a thing as too much color. In fact, an abundance of vibrant hues can turn your once relaxing space into the epicenter of stress.

Highly saturated hues and multiple contrasting colors can be great for creating an energizing effect in humans; however, this combination is difficult to be around for extended periods of time and will lead to anxiety and stress.

But just because bold colors can be stressful doesn't mean you have to completely eliminate them from your space. Instead, use these vibrant hues in moderation.

Consider proportion when using bold colours and look to nature for your palette. In nature, earthy neutrals appear in the largest proportions, while bold pops of color show up in smaller amounts in flowers and plants.

Not Enough Variation

We know what you're thinking: If bold colours are too stressful, you should opt for a crisp white, right? Well, not necessarily. Believe it or not, too much white can turn your home into a stressful space also.

While most people report feeling calm and relaxed in spaces with more of a natural and uniform palate, spaces with no variation in hue can elicit the opposite response.

After all, how many of us get extremely stressed out when they wear a pair of pristine white pants? (Just me? Okay.) Your home is meant to be lived in with as little stress as possible, and a pristine, can't-touch-me white will do nobody any favours.

Beige is a less stressful alternative, and doesn't demand the obsessive upkeep as a coat of white paint. But what's a design enthusiast to do if you have white walls and don't want to undergo a time-consuming paint job? Warm up the space with accents in neutral hues like tan, grey, and, of course beige.

Clashing Prints and Patterns

Admittedly, we can't say we were surprised to learn busy prints can be stressful. After all, where there's bright colours, there are usually bold patterns, too.

Too many prints, especially when they largely vary in scale or feature too many contrasting colours can mentally clutter a space, regardless of actual clutter. Our ancestral past leads us to be wary of being surrounded by too many prints; consider the idea of being in the woods or living outdoors before modern day housing.

Just like with bold colours, you can still incorporate prints in your space; however, you need to use your editor's eye. For example, alternating between a small, Swiss dot and large-scale botanical can strike a balance between statement and stress-free.

If you are using a large scale print on a headboard for example, try introducing a stripe or colour block print in your bedding to mix up the scale.

Too Much Visible Clutter

A tidy home is a happy home. Clutter makes us feel tense and requires more of our mental attention. We tend to focus more on overflowing stacks of paperwork or piles of toys, as our brains cannot mentally arrange clutter in the same way we can with tidy stacks or organized bins.

Instead, keep clutter to a minimum by storing your belongings in containers and baskets. That way, you can think less about your looming clutter and more about the important things in life, like your to-do list or which television show to stream. Now that will spark some joy.

10 Dreams People Have Often And What They Mean

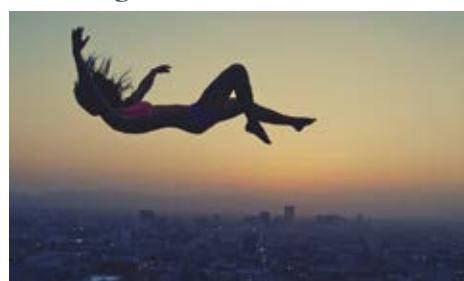
Research shows that the average person has over 1,450 dreams per year and an average of around 4 dreams per night.

While not all dreams are pleasant, they all have the potential to tell us important things about our underlying needs, our daily lives, and maybe even the direction our futures will take - analytic psychologist Carl Jung posited that dreams can almost tap into our unconscious the way a skilled therapist can.

Although there are different schools of dream interpretation, there are at least ten common dreams people have that are widely regarded as communicating specific messages.

10 Common Dream Meanings

1. Falling



Whether you've felt yourself falling from a great height or just tripping up and falling down, dream experts say this common scenario suggests you feel like you have a lack of control over some important part of your life.

However, if that interpretation doesn't sound right in your current circumstances, note that falling dreams can also symbolize a need to let go of something that's holding you back from your full potential.

2. Death

It's natural to dream about death if it's an obvious theme in your waking life at the moment. However, if no one close to you is dying then there is good cause to think that a death dream is actually positive.

It normally means something closer to a rebirth - think of it as a marker that you're nearing the end of one chapter of your life and about to start an exciting new one.

If you've been feeling stuck, consider a death dream as a sign that you

should have hope for the future!

3. Traveling



Regardless of the mode of transport that appears in your dream, it's highly likely that you have an underlying yearning for movement and are getting sick of your daily routine.

Boredom often gives rise to travel dreams, as a part of you is desperate for change and excitement. This is not only a common nighttime dream but also a frequently overlooked goal in life. If you keep having dreams about travel, consider if you are putting off any particular holidays, pilgrimages or trips.

4. Being Chased

Dreams about being chased most frequently represent something that you're currently avoiding and yet need to face up to. This could be a deadline, the end of a relationship, or just a mundane task.

Your subconscious is trying to push you towards direct engagement with whatever you're dreading so that you can overcome your demons instead of just trying to escape them.

5. Taking A Test

If you dream about sitting a school exam or test, you might be feeling judged, scrutinized or criticized by others.

Often, this dream theme is all about feeling inferior compared to others. If people are filling your life with negativity, perhaps it's time to consider whether you'd benefit from stepping away from these relationships.

6. Being Naked In Public

This is a famous type of dream, and you've probably had it at least once - perhaps you saw yourself showing up naked at school, realized you were giving a presentation in the nude or just suddenly found yourself without your clothes in the middle of the street!

As may be obvious, such a dream is linked to feelings of vulnerability - often related to some aspect of yourself that you're embarrassed for others to see.

The insecurity usually has more to do with your identity than your physical body.

7. Losing Control Of A Car

This dream can be interpreted quite literally - it generally suggests that you feel a lack of control in your waking life.

Perhaps others are infringing on your autonomy or trying to push you too hard. You have a need to "take back" your own life, reclaim your power and begin to cultivate a sense of healthy control.

8. Sex

Your first assumption might be that having a sex dream about someone means that you want to sleep with them.

However, it can actually mean a few different things. Firstly, sex dreams can be triggered by a general feeling of loneliness and a desire for human connection.

Secondly, the other person in the dream might be someone with whom you want to cultivate more emotional intimacy. Further, there are some schools of thought suggesting that sex dreams are often more about the dreamer's need to work on deepening the relationship they have with themselves.

9. Loved Ones

When you often dream of particular people in your life, this usually signals something more interesting than just your fondness for those individuals. Consider whether they have any traits you wish you had, for example - does a part of you want to be like them? If so, how could you approach this process of growth?

10. Flying

Finally, it can be thrilling to dream of flying! The typical interpretation suggests that flying dreams are linked to a desire for freedom (which may be physical, emotional or mental).

If you're feeling trapped in a bad job or a difficult interpersonal dynamic, for example, you may notice recurring flying dreams. Alternatively, flying can be associated with a recent success or new sense of pride.



The PSYCHIC TAROT

This month we have selected a card from the John Holland Oracle Deck. It is a 65 beautifully illustrated deck of cards that creates a powerful bridge between your psychic abilities and the ancient knowledge and meanings of the tarot and will help you develop intuitive insights about all areas of your life, including love and relationships, business matters ad even career changes.

I find this card deck fascinating and uplifting and it helps guide me, and it can help guide you whether you are a novice or are already in tune with your psychic abilities.

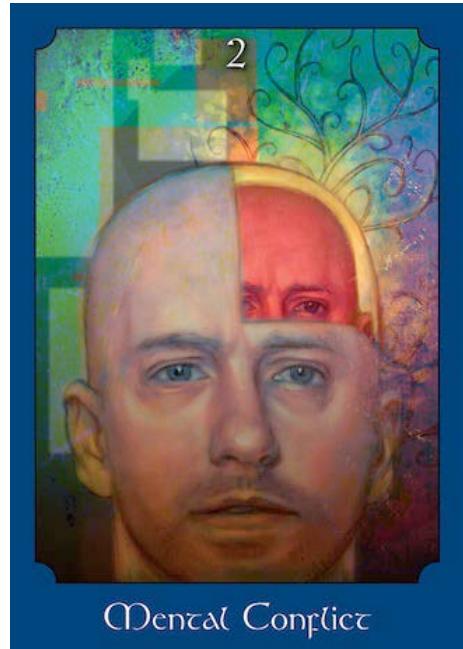
After a good shuffle of the deck, I spread the cards and allow my left hand to hover over and allow energy to flow and guide me to the card I am attracted towards the most.

This time, on turning the card over, it revealed the **Mental Conflict** card. It is a card we connect with Mental.

The number 2 Mental Card deals with the inability to move forward, as self doubt emerges from or not being able to take action with a person, group, or even a situation in your present life. It may not be an easy decision, but you're already aware of this. Just remember that you have the strength, courage, and power to make all the necessary considerations. When you decide to act and finally make the choices that need to be made, then and only then will a resolution be forthcoming and with it a sense of mental relief.

There's assistance out there for you,

so seek out and listen to wise counsel to help you make the right decisions. Listen to your intuition and have faith in yourself. Peace and harmony will soon be yours.



Mental Conflict



Horoscopes

July 2020 by Marion Parmenter

+34617925467

Facebook page Whispers from Spirit

I have no doubt that this last few weeks have been all over the place (I know ... state the obvious) but that will have been felt more so due to the Retrograde effects of Mercury the planet of communication as well as the continuation of the Retrograde Jupiter, Saturn, Neptune and Pluto. During July Jupiter, Saturn and Pluto are very close bedfellows. It is a bit like Pluto who want to erupt and force a change like a Phoenix arising out of the destruction of old outworn ways ... being encouraged on the one side by Jupiter the planet of expansion and liberty and carefree ways ... but having Saturn on the other side bringing a slowing down and control whilst searching for a new direction (Saturn doesn't like to act rashly as he is the responsible Victorian Father).

Hopefully "the powers that be" can manage this energy to bring about the change so desperately needed whilst "keeping a grip" and avoiding unnecessary chaos/violence and rebellion.

These are slow moving planets so are in for the long haul but I will keep you posted next month as to their movements.

Mercury retrograde of course means that it is a time to review and reflect during which time there will be arguments, unusual ideas, impatience and maybe some wrong or sudden changes of decisions. Hopefully after this, as he turns direct on 12th July there will be some hard work and self discipline when some plans that have been made can be put in place.

So what else can we expect on a more personal note from the faster moving planets ... especially the Sun.



Aries ... You may feel tense and impatient this month as your energy will be go, go, go and all about you but there is also a pull to withdraw and deal with "stuff", to do with personal matters and your sense of self. There could be tension to do with the home and family so those closest to you may frustrate you. However, if you find past events keep popping into your mind and causing a block that is a struggle to get past ... decide to talk them through and deal with them once and for all. You may find yourself interested in family history or your past which will all help you get clarity with your identity.



Taurus ... Communication in all its forms will be in the spotlight this month and you may feel restless more than of late. Your mind will be busy, busy, busy and due to the Mercury retrograde the next few weeks is a great time to study something, make plans, review, research and hold off from any decisions and signings until later in the month if possible. If anything upsets you don't bottle your anger up but try to channel it, by finding a purpose or good cause to work for, or work behind the scenes with plans or working for institutions or care groups.



Gemini ... You should be feeling a good energy around and want to do everything in your power to make friends and be friendly with those around you, as this month you feel a need to be liked. Guard against people and groups who annoy you due to their bad manners and attitude that doesn't "sit right". You will also want to be in control of the "purse strings" yourself and finances in general will be your focus. Any work you do for yourself should be good as long as you take care that you look to the positives and don't get caught in the "Poverty mindset" ... try to remember that what you send out energetically is what you attract so make it good. Try not to make any financial agreements or commitments until the back end of the month.



Cancer ... You may be unusually talkative this month and also feel a little restless, wanting to get out there

and express your views. Even when not out talking you will want to communicate your views and may need to take care that you don't come across too strong, giving out orders and not willing to cooperate. Try to channel this energy into study and writing to tame the eagerness and allow time to read and review it afterwards. If you do get into discussion and need to get your own point across take time to think it out before the words leave your lips.



Leo ... There is a need this month for you to retreat and you may even be feeling uncharacteristically shy preferring to keep yourself away from the chaos and stress' going on in the outside World. You may find that your interest is taken up with psychological studies or Esoteric or mystical subjects. Keeping a low profile you feel the need to keep carefully considered ideas and thoughts to yourself ... not a bad idea whilst you experience the Mercury retrograde. Maybe towards the last half of the month you may feel like socializing in larger groups when you have toughened up a bit and will feel ready to come out of seclusion and speak up for yourself.



Virgo ... You just can't wait to get out there and socialize this month. Groups with likeminded people or to do with politics will be your com-



fort-place and will be able to be where you can use those friends as sounding boards for your ideas. Social affairs may also be mixed with work and be an asset if to do with property, the arts or partnerships, although keeping it all within a group rather than one to one is preferable. You have strong beliefs and will use your energy at this time to put them forward. However, those beliefs could fluctuate with you expressing one view one minute and the next it being completely different.



Libra ... You are sociable and outgoing making you popular but guard against being too outspoken and opinionated. One to one relationships can be formed and broken on impulse at this time as there may be tension and disagreements due to strain through overwork and impatience throughout July. You may be attracted to foreign cultures and belief systems as well as teaching, travel and journalistic work. In fact, your need for recognition this month will help you focus on your career or a substitute wherein you may achieve the prestige you seek. Alternatively you may find that your Mother has more of an influence on you now.



Scorpio ... You have a strong sense of what you believe and this month your deep, intellectual curiosity is heightened, making it a good time for study especially further education. You will also be intellectually stimulated by topics connected to foreign cultures/belief systems and will want to travel abroad. Philosophy

and the law are also attractive to you as subjects to look into and any of the aforementioned if already familiar with may be possible areas for review seeking more information for clarity. You will be able to apply yourself to work with vigor as long as you are left to get on with the job in hand. Take care as any clashes with others in this area could cause you to act with impatience and recklessness in turn affecting you health-wise.



Sagittarius ... At this time your business and/or financial senses will be heightened. You may find yourself interested in life and death and look into mystic, occult, mediumistic or healing therapies ... or you will look into self development whether through the accumulation of wealth and/or power management or through inner exploration. You will find yourself to be in demand socially this month but take care not to get caught up in entertaining to the cost of losing focus on other areas. Also try not to make too many emotional demands from partners and to put too much pressure on your children to succeed.



Capricorn ... Partnerships are super important to you through July and although you don't need to always get your own way, you do need to have that special someone to rely on. This applies to all one to one relationships whether emotional or business.

You will need to feel the other person is the "go between" with yourself and the outside World. Mental rapport is essential this month as is the need to share interests, hobbies and attitudes with those closest to you. Even though there is a natural curiosity (nosiness) you are genuinely interested in other people's problems. Working with women is particularly good and you need a harmonious environment within the work environment. Home life could be tricky as there may be relationships that you will need to be resolved. You like to be in control at home and don't take kindly to opposition.



Aquarius ... If you get the chance to express your own ideas and are mentally stimulated at work this month you will shine. You will work hard but will need the security that routine brings as you are in your element working hard for your family, community and/or employers. You may be a bit too idealistic through July so take care others don't exploit that. You will fare well in medical or charity work and correspondence or research will be your strong point but try to relax as otherwise you may suffer a little nervous tension. All that said it is not all work and no play as you will want to put a lot of your energy into socializing and will want to be popular. You will use your creative talents and even your entertaining will take on a dramatic dimension.



Pisces ... You will want peace and tranquility at home this month being a perfectionist, creating a friendly atmosphere and eager to defuse any arguments. You may put a lot of your energy into making and spending money ... and if working for yourself you may want to take risks as you are very competitive at this time. You may have a childlike fun element to your nature and want to do fun things spontaneously. However, if you focus on love and pleasure then you may find that your artistic side will suffer and you will feel frustrated. Artistic and/or creative skills, if you have them, could come to the fore in acting, writing music or fiction or even telling stories to your children. If you are a gifted communicator, remember that with the Mercury retrograde communication is still key but ... it is a good time to go back and review something started and put aside (maybe long ago).

Useful Numbers

Activities

La Mariposa 96 631 00

Airconditioning

Cocielec Alcala 603 304 121
CHM 646 965 082
TJ Electricals 868 181 121

Airports

Alicante Airport Lost Property
966 919 223

Alcoholics Anonymous

Mazarron 646 290 420

Bars, Restaurants & Cafes

The Blackbull 634 374 381
Boca Pizza 968 15 40 05
Cat's Bar 634 365 245
Kimmer 868 08 02 26
La Mariposa 968 631 008
La Proa 968 153 138
Rock & Grill 868 96 87 20
Piccolo 968 131 515
Spice Villa 968 199 226

Beauty Care & Health

Heather Mobile 636 657 481

British Consulate

Alicante, Spain. (+34) 902 109 356.
Alternative number: (+34) 91 334 2194. Fax: (34) 96 514 0528.

Butchers

Reeves 711 003 354

Builders

Cocielec Alcala 603 304 121
CM Construction 659 159 948

Costa Calida Radio

868 110 383

Car Hire & Services

F&C Rental 968 199 156

Car Mechanics & Car Sales

Decklids
Ken Sherwood Mechanics
679 646 859

Carpentry

Cocielec Alcala 603 304 121
Dave Davidson 634 330 706

Camposol Business

Centre

The Journal
Security
Dentist
Chiropodists

Central Heating & Plumbing

CHM 968 199 184 / 646 965 082

Charities

Age Concern 634 344 589
Andreas Animal Rescue 690 906 565
FAST Non Emergency 634 309 899
PALS 968 422 228 / 626 460 465
Lions 696 827 525
Mabs 639 665 370
Making a Difference 634 357 137

Chiropodists

Nathalia 968 103 008

Coastguard

Sea Rescue 900 202 202
Cartagena 968 529 594
Cartagena Port Control Room
968325801

Computer Design Services

Daniel White
www.danielwhitedesign.com

Dentists

Camposol Busines Centre
968 103 008

Electricians

Andy 617 644 339

Emergency Number 112

FAST

Camposol only
ACTIVE FROM 13TH JUNE 2016
– 968 970 626 – Call FAST after you have called 112 for an ambulance.
FAST will get there within 7 -8 mins,

Last months Sudokus solutions

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

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

often 10 – 20 minutes sooner than the ambulance.

Fire

Mazarron 968 590 200

Furniture

@Home 868 088 118 / 603 304 121

Guardia Civil

Mazarron 968 590 005
Pto Mazarron 968 594 103

Hairdressers

Salon 2 691 916 717
Suzanne 634 313 274

Hospitals

Santa Lucia Hospital Cartagena
968 128 600
Maria Roselle 968 325 000

Insurance & Asesoria

Harriett Richardson 669 046 167
Ibex 968 595 945

ITV

Cartagena 968 528 319,
8.00am - 9.00pm
Lorca 968 46 07 61

Law Services

Corral & Alcaraz 968 078 754
Costa Calida Property Services
968 199 251
Shirley Ann Fisher 968 103 008

Mattresses

@Home 868 088 118 / 603 304 121

Medical Centres

Mazarron 968 590 411
Pto Mazarron
968 595 342 / 968 154 202
Camposol 968 131 695 / 968 228 250

Camposol Medical Centre Online
Booking Link <https://sms.carm.es/cmap/iniciarReserva.do>

Metalwork

Eriks 636 050 008

Pharmacy

Camposol 868 102 623

Police

Mazarron 968 591 496
Pto de Mazarron 968418181

Pool Cleaning, Maintenance & Repair

Camposol Properties 646 476 911

Post Offices

Camposol 968 199 427
Mazarron 968 590 140
Pto Mazarron 968 594 860

Printing & Design

Insignia Graphics 618 615 903

Property Sales and Rental Agents

2let2buy2sell 968 979 876
Blue Med 968 595 684
Luz de Sol 968 199 068
Mercers 968 199 188

Red Cross

968 590 140

Samaritans

Spain 902883535
This is NOT a Premium Rate Number

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 you can
make an appointment on this site.

Spanish Interpreters & Courses

Debbie Translations 677 353 136

Town Hall

Mazarron 968 590 012

Utilities

Aqualia Emergency 902 136 013 or
902 236 023
Premium Rate or 985 794 121,
Madrid Alternative standard rate
number

Please also report on PYM Forum so
we can keep a record of all Camposol
water leaks etc

Aqualia Mazarron 968 592 266

IBERDROLA Pto De Mazarron 968
332 016

IBERDROLA – Special Number – di-
rect for English speaking. 900 322 044

Iberswitch 966 265 089

Water Purification Services

Waterfiltersspain 677 353 136

Getting in touch with the committees and organisations

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

Friday morning bookstall outside the
post room on A.

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

Helen White 968 199 506 is the pro-
tem organisor.

Sector C Greenfingers gardening
group, Chairman, John Osborne-
Tel 634 325 427
email: johnos1943@gmail.com.

Camposol Community Group D Sec-
tor

The group meets monthly on the first
Monday at 4PM at The Clubhouse.
President - Ken De Angelo, Vice
President - Gordon Cockburn, Sec-
retary - Patrick Steer, Treasurer - Jo
Steer, Membership secretary - Carol
De Angelo, Social secretary - Laurie
Lewis.

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

Age Concern no longer meet at The
Cultural Centre. We are now open
Monday to Friday 10am -1pm at our
drop in centre, Calle Valencia 12,
Camposol A.

Telephone 634344589.

Email:

ageconcerncostacalida@gmail.com

Camposolers The registered group
site for residents of Camposol, the
proprietor is Reg Rogers who can be
contacted by e-mailing
regrogers@hotmail.com. Apply to
Reg for membership. NB there is an
underline dash between reg and ro-
gers!!!!!!

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

LIONS Tel: 628001942

ANNOUNCEMENTS

Welcome book club every second and
fourth Tuesday in the underbuild at
the former medical centre on Sector
B.

www.spanishproperty.co.uk



mercers
OUR PASSION IS PROPERTY



Contact us to find out how
we can help you
BUY & SELL a property

968 199 188 660 765 721

Camposol Sector B Commercial Centre 30875