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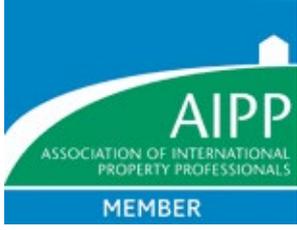
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THE Journal

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Dear Readers,



The sun is shining and the sky is blue. This month really does feel like summer is upon us. With the area beginning to see visitors from around the world. Please check our live flight trackers on the website to ensure you are up to speed with arrivals and departures.

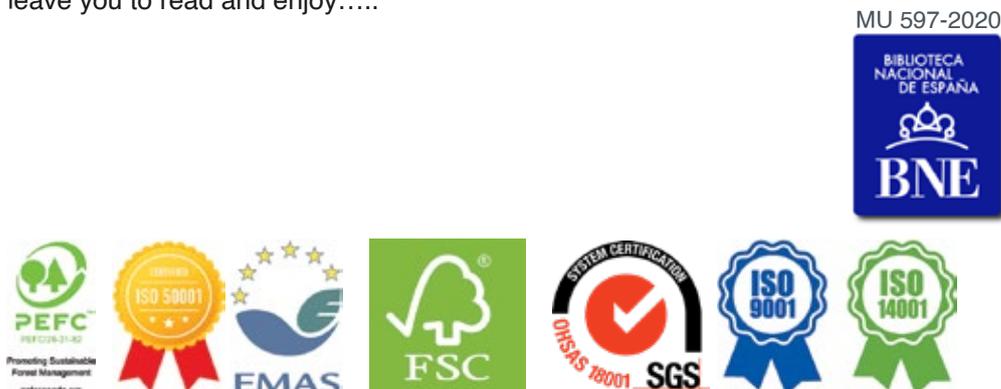
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Last month we spoke about light at the end of the tunnel. This month we look at the next step forward. What better way than to demonstrate the symbolism than to look at bridges? With this in mind we discover a walk discovering some of the famous bridges in our beautiful capital city of Murcia.

We catch up with some of the organisations, businesses and charities in our local area as well as articles on a wide range of subjects.

Please let us know if you have any events planned to add to our what's on guide.

We have come a long way from how the world was last summer so I will now leave you to read and enjoy.....



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D'Fusion



Every summer, mosquitoes drive me inside more than anything else.

As soon as the mosquitoes start to bite, I know it's time to head for home. I could easily spray on a synthetic repellent, but I don't like wearing something so fumey

The great news is there are many natural repellents for mosquitoes. Since all of these are natural – and healthy remedies – pick one to try before you head outside again:

BASIL

You might want to consider planting herb gardens by the doors of your house (container gardening would work well) because many herbs ward off mosquitoes. Basil is one of the herbs that acts as a natural mosquito repellent.

BATS

Even if you're not too keen on the idea of bats flying around your yard, one bat eats hundreds of mosquitoes each night. Consider investing in a bat house to hang from a tree and see if the small addition makes a dent in your mosquito population.

CATNIP

Catnip is an especially handy mosquito deterrent – it's about 10 times more effective than DEET. Mosquitoes can't stand nepetalactone, the essential oil found in catnip. By planting catnip around your patio and yard, you'll keep mosquitoes away – then dry the catnip and entertain your favorite cat.

CITRONELLA

There's a reason citronella candles are popular mosquito repellents: mosquitoes hate citronella. Instead of the candles, though, you can try rubbing citronella oil on exposed area (make sure you're not allergic to the oil, first) or grow your own citronella plants.

GARLIC

One effective natural repellent that deserves to be tried is garlic. Depending on how much you enjoy garlic, you can take



a garlic supplement (no-odor varieties are available), eat lots of foods with garlic You

can even rub a cut clove of garlic over your exposed skin; you should be able to ward off both mosquitoes and Dracula.

LEMONGRASS

If you're looking for another anti-mosquito plant to try, invest in lemongrass. Simply break off a stalk, peel off the outer leaves and rub the juicy pulp over your exposed skin. You'll also be able to use the lemongrass when you cook.

MARIGOLDS AND MUMS

You don't have to stick to planting herbs when you're avoiding mosquitoes. Try planting marigolds. They have a scent that repels most bugs.

While not all insects are repelled by the scent of mums, mosquitoes are. Plant a bunch and reap mosquito-free living.

ROSEMARY

Grow rosemary in your garden this summer (like all of these plants, it's another plant perfect for container gardening) to keep the mosquitoes away. You can cook with rosemary, and if you're looking for a way to repel mosquitoes while you're BBQ-ing, throw a few sprigs on your charcoal. It should do the trick.

TEA TREE OIL

If you don't mind the scent, apply tea tree oil to your skin. Mosquitoes will mind the smell and stay away.

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VITAMIN B-1

Take one vitamin B-1 tablet a day to repel mosquitoes, as well as flies and gnats.

MAKE-YOUR-OWN SPRAYS

If you'd rather repel the bugs by wearing a spray, here are several recipes to choose from:

- Cut the leaves and stems of catmint and rosemary, then place in a container and cover with a cup of boiling water. Steep for an hour, cool and use the herbal tea as a repellent spray.
- Mix ten drops of eucalyptus oil, ten drops of cedarwood oil, five drops of tea tree oil, five drops of geranium oil and one ounce of jojoba oil. Apply to your skin (be sure to test a small area, first). Avoid your eyes, and keep out of the reach of children.
- Crush parsley and mix with apple cider vinegar. Rub the mixture on your skin.
- If you're feeling confident and experimental, try creating your own combinations out of these naturally repelling oils: castor oil, cedar oil, cinnamon oil, citronella oil, clove oil, geranium oil, lemon eucalyptus oil, lemongrass oil, peppermint oil and rosemary oil.
- This summer I've tried a homemade mosquito repellent made from basil, water and vodka ... and it keeps the mosquitoes away! I had my doubts, but I tried

it camping for four days. As long as my family was wearing this non-sticky, very lightly scented spray, the mosquitoes stayed away. When we didn't have it on, we were eaten alive.



Simply place a handful of fresh basil leaves into a glass measuring cup. Pour one-half cup of boiling water over the basil. Let the leaves steep for two to four hours. Squeeze the basil leaves to get out as much of the liquid as possible. Pour the infused liquid into a spray bottle. Add one-half cup of vodka to the squirt bottle. Shake gently to mix the contents. Apply this all-natural insect repellent by spraying it on your skin.

Be sure to spray it where you'd like to repel mosquitoes ... they may end up biting on skin that's not coated with the basil mixture. (While this mixture is safe, especially compared to DEET brands, be sure to keep out of the reach of children.)

PREVENTION TECHNIQUES

It also helps to prevent mosquitoes. Make sure you:

- Eliminate standing water. Check your bird baths, buckets, gutters, kids' toys, old tires, pet bowls, planter saucers, recycling bins, swimming pool covers, tarps, and wheelbarrows.
- Whack your weeds and keep your grass trimmed.
- Wear light-colored clothing; mosquitoes are attracted to dark colors.
- Avoid incandescent lights and candlelight – both attract mosquitoes.
- Try to stay in a breeze or close to a fan, if possible.
- Try to be as artificially unscented as possible – mosquitoes are attracted to the scent of perfume, sunscreens and fabric softener.

Finally, mosquitoes will be attracted to you if you're hot and sweaty

They like you because:

- They're attracted to carbon dioxide and you produce more carbon dioxide when you're hot or when you're exercising.
- They're attracted to lactic acid and you release more lactic acid when you exercise.
- They're attracted to the chemicals in your perspiration.

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Crossing the river bridge by bridge

The Malecón footbridge, also known as the Manterola footbridge - Tourism in Murcia

The Segura River, as it passes through the city, separates it into two parts and its course is marked by numerous bridges and walkways. We suggest a pleasant walk along the river along its bridges and walkways surrounded by gardens.



The Malecón footbridge, also known as the Manterola footbridge

Built in 1997. It is known by the name of the architect who designed it, Javier Manterola. Its semicircular

shape simulates the mast of a ship. It is a unique footbridge in the world, its beauty and originality standing out in the night light. The bridge overflies the historic weir that used to back up the flow of the river to allow water to flow to two mills whose ruins are on either side.

It joins the two banks of the Segura, in the area of the Malecón and the Carmen neighbourhood with Verónicas and the Almudí.

The Old Bridge or Bridge of Los Peligros

It is the oldest bridge in Murcia, built in 1741. It was paid for with the taxes collected from silk. It is also known as Puente de Los Peligros because of the niche at the end of the Carmen neighbourhood, where the image of the Virgen de Los Peligros can be found. It is a viewpoint over the river from which there is a beautiful pano-



ramic view.

Desde el puente se pueden contem-



plar los Molinos del Río. Antiguos molinos harineros del siglo XIX y que en la actualidad funcionan como museo y sala de exposiciones.

The Miguel Caballero footbridge

It is a reinforced concrete bridge built in 1970 and supported by three cylindrical central pillars. It is named after Miguel Caballero, the engineer and mayor at the time it was built.

It is also known as the Martillo bridge, as it ends at the most prominent part of the Episcopal palace, "El mirador del Martillo", right next to the Licenciado Francisco Cascales secondary school.

The Iron Bridge or New Bridge

The Puente Nuevo or Puente de Hierro is a metal bridge with parabolic beams over the Segura River. It was designed in 1894 and completed in 1903. As it was the second urban bridge built in the city of Murcia over the river, it was called Puente Nuevo (New Bridge) to differentiate it from the Puente Viejo (Old Bridge), despite the fact that it is now the second oldest in the city.

This bridge was built in iron following the fashion imposed by the Eiffel Tower, erected in Paris in 1889 for the Universal Exhibition. As its beams could not withstand the current amount of traffic, since 2003, after being reformed by the engineer and architect Javier Manterola, it has been exclusively pedestrianised.

Hospital or Calatrava Bridge



The Hospital Bridge was built in 1973. It owes its name to its location in front of the old General Hospital of Murcia, currently the Reina Sofia Hospital. It is now known as the Calatrava Bridge because its current design is due to the engineer Santiago Calatrava, who renovated it between 1994 and 1999, converting it into a modern structure



made of glass and steel, with two lateral passages for vehicles and a cen-

tral pedestrian area. It connects the Murcian neighbourhoods of Vistabella and Infante.

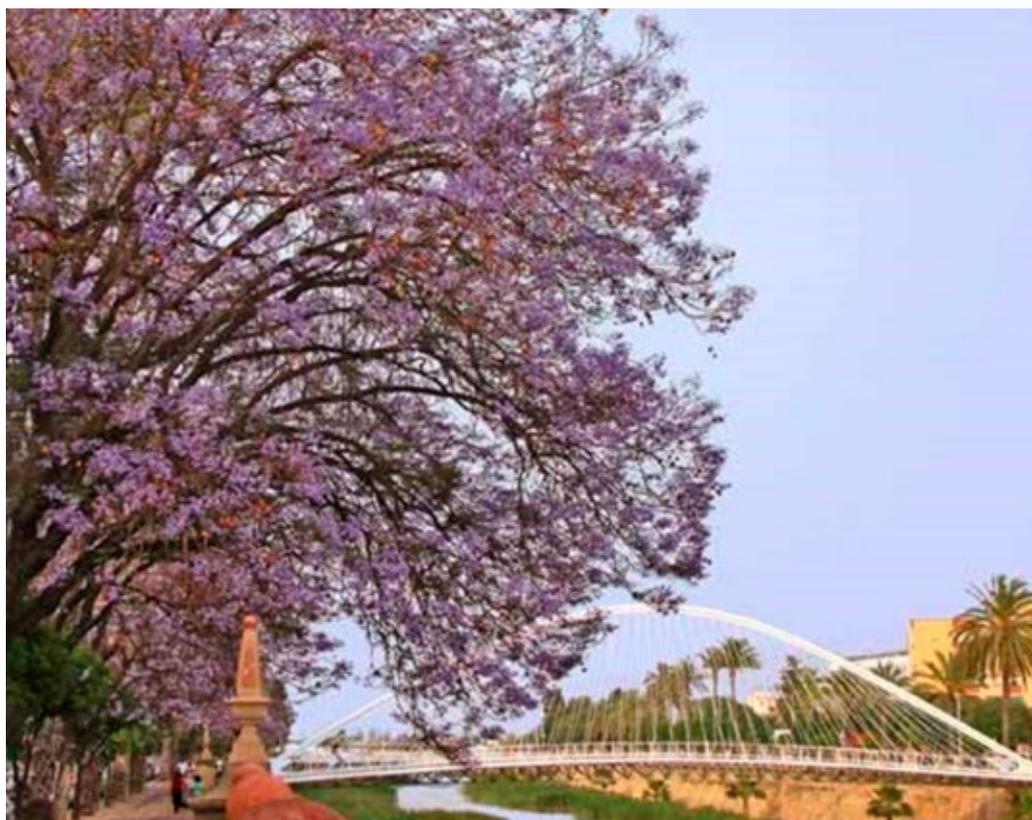
Jorge Manrique Footbridge

Santiago Calatrava is also the author of another crossing over the Segura River, the Vistabella or Jorge Manrique pedestrian walkway, which links this neighbourhood with the Infante neighbourhood. It stands out for its design and the use of avant-garde materials in which the glass floor stands out. Its geometry is reminiscent of the prow of a ship, acquiring great aesthetic value with the night lighting.

At the end of the river axis stands the Fair Bridge and the Auditorium and Congress Centre.

A large part of the route takes place in the gardens of Teniente Flomesta and Vistabella

The route along the bridges of the Segura River as it passes through Murcia takes place on the left bank, crossing the gardens of Teniente Flomesta, also known as Jardín Chino and Vistabella. They date back to the 1960s and have their origins in the old Ruiz Hidalgo Park which occupied the groves of the Segura River as it passes through Murcia. The garden has two parts separated by the New Bridge, and along its route we can contemplate specimens of large trees such as Tipuanas and Jacarandas.



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Contacts Juan and Yolanda.

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Registered Charity Number G02839298

Facebook Page: Santuario Animalista Otteando el Horizonte

YouTube: Otteando el horizonte Santuario Animalista

Volunteer Groups

We are slowly building a great team of volunteers to help at The Sanctuary. There is a rota system now in place so that during the evenings there is help for Juan and Yolanda. The team is already active, as several ladies with experience with horses have already made a big difference by getting "stuck in".

Help is needed with mucking out the horses and donkeys, which is heavy, but rewarding work. These ladies are also helping with feeding, applying fly spray, grooming, and generally helping to "handle" the animals. We could still use more volunteers though please. Maybe a couple of strong men, who are comfortable around



equines are out there somewhere. If so, please get in touch. Yolanda speaks good English and will be delighted to take your call.

Equipment

The more volunteers we get, the more equipment we need. We are desperately short of the following items if you would like to donate any of the following, we would be delighted to receive them.

Perhaps there are some retired builders out there with a shed full of redundant tools?

Strong and sturdy wheelbarrows, pitch forks, shavings forks, rakes, lunge lines, lunge whips, headcollars, brushes, curry combs, fly spray, fly masks etc. We will be launching an appeal for items on social media over the coming weeks. Most of these items are available in Decathlon or local builders' merchants.

Veterinary Supplies

We have many other animals such as dogs and cats in our care. We need wormers, flea and tick treatments, medicated shampoo etc.

If you are popping into the vets, please consider putting an extra item in for us. We would be most grateful. The Clinica Veterinaria (Paco) on sector A has a list of the items we need, please just ask and take any items to our new collection point, which is on the terrace outside Luz Del Sol Estate Agents on Sector A Camposol. Enormous thanks to them.

Food

If you are passing a shop called "Pien-sos Fuentes", in Mazarrón Town (next to Navarro Stationery) and would like to donate some food then please do so. They also have a list of items we need for horse feed, corn for the chickens and pig food.

Donations

We are still in the process of circulating collection tins for cash donations but we already have 2 in place. There is a collection tin in both The Salon, and Luz Del Sol, both based on sector A, Camposol. For large items such as bags of feed and wheelbarrows etc, we will arrange collection, please just send us a message to the contact number above.

Fund Raising

We have plans to build a fund-raising team. The more helpers we have, the less work each of us has to do, and it can be fun! If you are interested in helping us, please watch this space for further updates.

Future Plans

We are keen to build our own brick-built kennels and cattery on the existing land at The Sanctuary. If there are any builders out there willing to assist



with either labour or materials, we would be delighted to hear from you. We know that many local businesses already support the animal charities in the area, and we are very grateful.

Currently Juan and Yolanda have to take all the dogs' home with them at night, which is not a long-term solution.

Signs

We are working on a number of signs for our premises but due to the dreadful weather we have not been able to put them out yet. We will get more information out as quickly as we can, so please bear with us.

Visitors

We welcome visitors but due to Covid, it must currently be by appointment only. Please contact us on the number above. We look forward to seeing you!

FMA

Continues to be very busy with more than a steady flow of appeals for help. We are currently working with over 20 dogs, with many more waiting in the wings. This does not include the regular flow of Galgos that pass through our charity and which are partially funded by us.

Unlike some other organisations we also try to assist in the homing of cats and kittens and we provide help and support, both physically and financially in the trap-

ping and neutering of our feral community. All this work and support relies on a regular income into the charity, especially when we encounter unexpected expenses like the recent hospitalisation of Toffee,



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PENNY

Raisin, Roly, Ray and tiny 'Tank', who sadly is no longer with us. That is why in this month's article I would like to focus on ways you can help the charity in some cases for as little as one euro per month.

Of course rather than just donating money per se you can support us by attending our musical events and pop up stalls, have a fabulous night/ afternoon out while

helping us at the same time. One new fund raising initiative that we launched last month was teaming.

We always feel awkward asking for money again, especially in these hard times, but this charitable enterprise costs the individual very little and is so easy to set up. Ask yourselves this question; would you



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MATILDA

miss one euro a month? That euro that slips down the sofa or is lost at the bottom of your bag. In the current situation every euro counts to help the animals in our care and that is why we have set up this teaming group. For that small regular amount

you can be part of our 'Team' enabling FMA to have a steady income that supports our work. Giving this micro donation, totally free of commission, will not have a huge impact on its own but we are hoping that most of our supporters and followers will join forces to raise much needed funds.

All we are asking is that you commit to just one euro a month. Please follow the link below to be a part of this fund raising drive and if you have any questions please contact us.

Remember in Teaming the important thing is not how much we give but how many we are. Alone we cannot do much, but if we join together, we can achieve great things.

<https://www.teaming.net/friendsofmazarronanimals>
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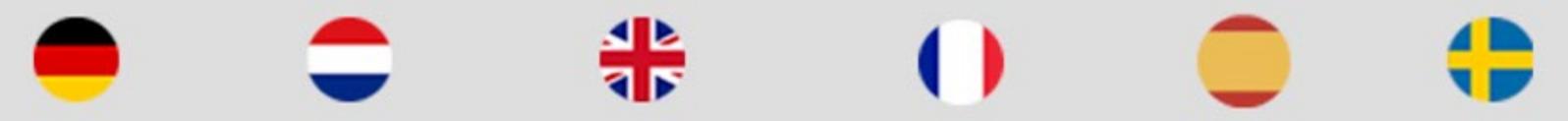
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June 2021



10 Fabulous Outdoor Dining Ideas

Whether your outdoor space is a balcony or a sprawling finca with lots of square meterage, dining outdoors is essential during the warmer months of the year. Transforming your garden or terrace into a dining area involves very little effort. The goal is to create an outdoor eating area that's both comfortable and stylish. '

Consider the Location of Your Outdoor Dining Area

If you love to entertain, you might want to splash out on as large a dining table as possible. But if it's just your immediate family that will typically use the space, you can create a cozier setting. Either way, make sure there is enough space for people to move comfortably around the dining area.

It's ideal to situate the outdoor eating area near an access point to your kitchen. Having easy access to the house is helpful for quick trips to the bathroom. On the other hand, you don't want to place your outdoor table too close to a grill due to the heat and fumes.

It's important to be considerate about the noise your outdoor dining area will create, especially if you have outdoor speakers or like to hold gatherings late into the night. Establish some breathing room between your property and your neighbors', if possible. And be aware of how noise will carry into your home. Don't situate the table under the window of a child who naps or goes to sleep early. Try to devise a layout that will make everyone happy.

Choosing the Right Outdoor Dining Set

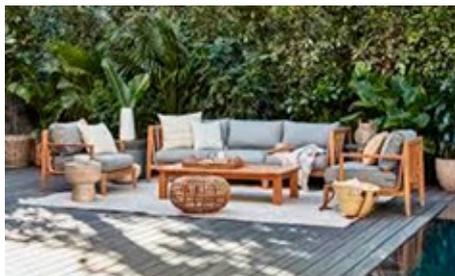
If you're planning to purchase a new outdoor dining set, ask yourself these questions before buying:

- **How many people will use it?** Is the set for your immediate family, lots of friends, or just you and a special someone?
- **What shape do you prefer?** Most tables are either oval, round, rectangular, or square.
- **Does the size fit your outdoor dining area?** Large furniture can cramp a small space while small furniture can look lost in a large space. Measure the space of your dining area before you go furniture shopping.
- **Are you looking for comfort?** If your dining chairs will be the primary seating of your whole outdoor space, consider comfortable chairs with cushions.
- **Is there a style you want to match?** You can match your home's exterior style and colors with outdoor furniture for a cohesive look. Or you can even carry the theme of your indoor furniture outdoors.

The design of your outdoor dining set ultimately comes down to personal preference. Remember that outdoor dining is inherently informal, and there's no rule that says the table and chairs must all match. Sometimes an eclectic look ends up being much more inviting and

comfortable than a uniform dining set. Many people even seek out that look, purchasing inexpensive, mismatched outdoor furniture.

Set the Table



Depending on the occasion, you can get as formal with your table settings as you want. Outdoor tablecloths are always a lovely choice, and they can hide imperfections on your dining table. Plus, if you plan to dine outdoors often, it can be worth purchasing a set of reusable outdoor tableware. Dishes and glasses made of melamine or other durable material are ideal, as outdoor dining spaces often see a lot of activity that can increase the odds of an accidental spill. It can be difficult to clean a broken glass or dish off a patio, depending on the surface.

Consider a Buffet



A buffet table or bar is an efficient way to allow guests to serve themselves. It goes along with the informality of the outdoor dining experience, and it frees up space on the dining table.

Maximize the View



If you live on a hilltop, the world below will look magical at night while viewing it from an outdoor dining table. Do you have a pretty garden or a water feature? Maybe your house has lots of windows and, when softly lit at night, looks lovely from the garden looking in. Locate your outdoor dining area, so you can enjoy the amenities of your own landscape.

Don't Forget About Ambiance

The outdoor setting itself will provide much of the ambiance, especially if you live in an area with beautiful scenery. But you still can give your outdoor dining experience a little boost. Consider a centerpiece of flowers, as well as



planters around the dining space, especially if your property doesn't naturally have much greenery. You also can set up speakers to have some music while you eat, as long as it's soft enough for guests to talk over. And if you'll be dining in the dark, make sure to add outdoor lighting. Outdoor string lights are excellent for adding a warm glow that isn't too harsh to take away from the beauty of a starry night.

Make Use of the Pool



If your property has a well-maintained swimming pool with room nearby for a table, the effect of dining near the pool (or any other body of water) can be calming and elegant. Adding effects, such as color-changing lights and pool fountains, can further enhance your outdoor dining experience.

Provide Shade



You can have the most comfortable outdoor dining chairs, but if they're sitting in the middle of a concrete patio in the desert with the sun beating down, it won't be enjoyable. Provide shade and shelter in the form of an outdoor umbrella, patio cover, or other structure for your dining area. That way, you won't have to worry as much about weather interfering with your outdoor dining.

Keep Insects Away



Insects also can pretty much ruin a nice time outdoors. Fortunately, there are measures to limit their presence around your dining area. Citronella candles are decorative, provide light, and can keep some of the bugs at bay. A moving water feature also can repel some insects while freshening the air. Plus, you might be able to outfit your patio with some mosquito netting-like curtains. Make sure to have covers for serving platters and dishes handy to keep bugs off of food.

Be Conscientious About Accessible Dining



Is there anyone in your family or circle of friends who has mobility issues? Keep them in mind as you're designing your outdoor dining space, so they can easily move around.

This might include paths that are wide enough and level to accommodate a wheelchair, as well

as extra space around the dining table.

Position Your Lounge Seating Nearby



For an easy dessert to after-dinner drinks transition, situate your dining area adjacent to your lounge area.

Or mix the two! Use comfy chairs at the dining table to encourage your guests to get cozy and make themselves at home.

Make It Portable

For those working with small gardens, make your dining set a portable one. Get folding chairs and a folding table that you can get out for an evening in.

That way, when you're done eating, you can fold them up and tuck them away.

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Vicente Munitiz



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

Camposol Health Clinic incorporates the following working areas in surgery:

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

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

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

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

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

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

Dra. Maria Eugenia Felices Quesada

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

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

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



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

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

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

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

Dr. Francisco Pedreño Guerao.

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

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



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

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

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

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

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

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

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

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

Camposol HEALTH CLINIC



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

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

2 Physiotherapists
Dr. Jose Andrés Sánchez
Dr. Juan Antonio Conesa



3 Surgeon Doctors
Dr. Antonio Murcia
Traumatologist Surgeon

Dr. Francisco Pedreño
Aesthetics Surgeon

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

Dr. Carlos Munitiz
General Surgeon

1 Psychologist
Dr. Fernando Lazaro

**TO MEET
OUR
TEAM**

camposolhealth.com/team



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CODE**

3 Nurses
Dra. María Sánchez
Chief Nurse.
Dra. Laura Conesa
Dra. Noelia Carrion



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

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.

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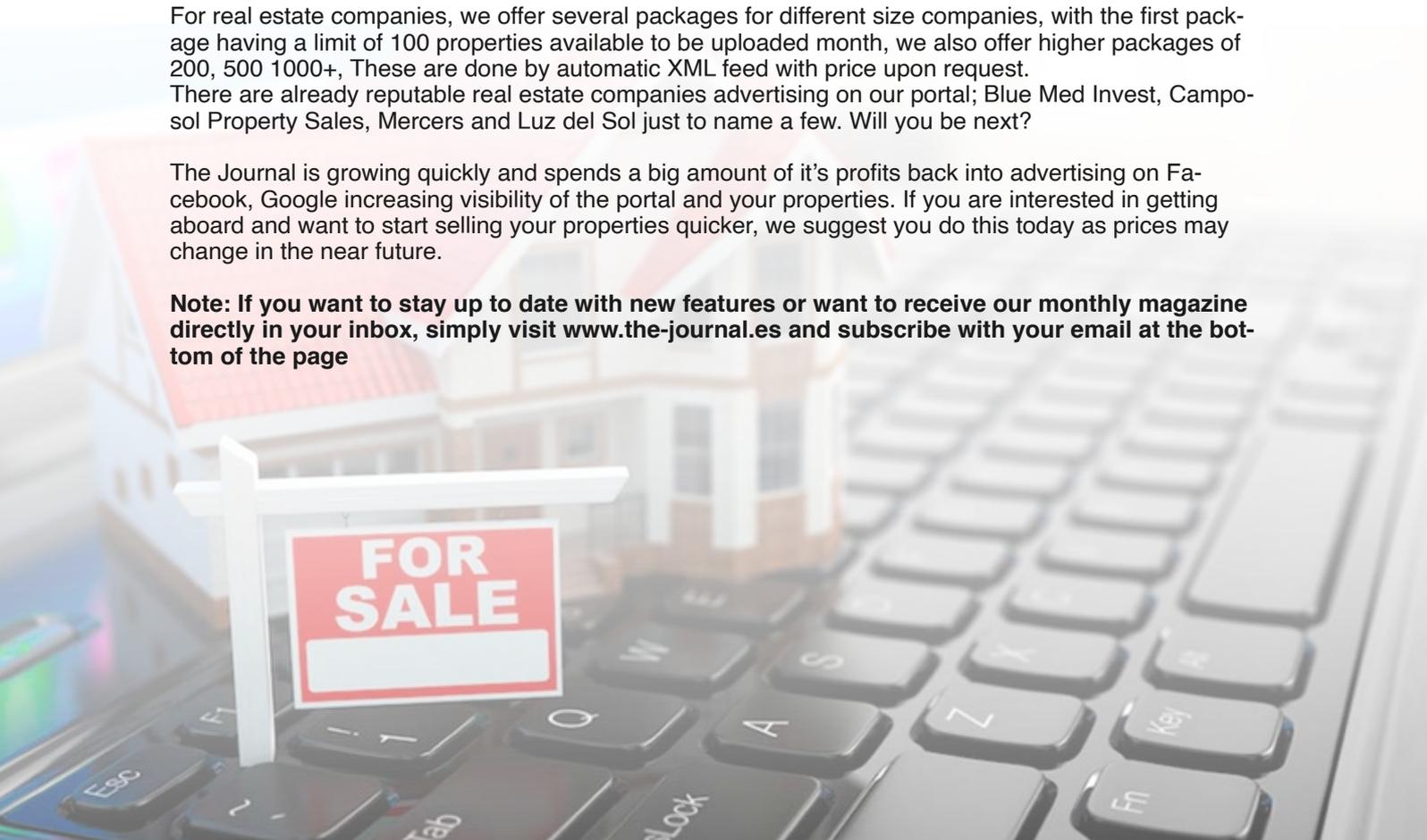
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The Conjuring: The Devil Made Me Do It

A woman with a mysterious illness is forced into action when a group of terrorists attempt to hijack a transatlantic overnight flight. In order to protect her son she will have to reveal a dark secret, and unleash the inner monster she has fought to hide.

Release Date

Saturday, July 24, 2021 (Netflix)

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Playtime is over



The Boss Baby: Family Business Movie

Tim (James Marsden) and his Boss Baby little bro Ted (Alec Baldwin) - have become adults and drifted away from each other. Tim is now a married dad. Ted is a hedge fund CEO. But a new boss baby with a cutting-edge approach and a can-do attitude is about to bring them together again ... and inspire a new family business. Tim and his super-mom wife Carol (Eva Longoria) live in the suburbs with their super-smart 7-year-old daughter Tabitha (Ariana Greenblatt), and super-cute new infant Tina (Amy Sedaris). Tabitha, who's at the top of her class at the prestigious Acorn Center for Advanced Childhood, idolizes her Uncle Ted and wants to become like him, but Tim worries that she's working too hard and is missing out on a normal childhood. When baby Tina reveals that she's—ta-da!—a top secret agent for BabyCorp on a mission to uncover the dark secrets behind Tabitha's school and its mysterious founder, Dr. Armstrong (Jeff Goldblum), it will reunite the Templeton brothers in unexpected ways, leading them to re-evaluate the meaning of family and discover what truly matters.

Release Date

Friday, July 2, 2021

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BESTSELLING AUTHOR OF *ONE SMALL SACRIFICE*

HER LAST BREATH

Her Last Breath

by Hilary Davidson

From the bestselling author of *One Small Sacrifice* comes a suspenseful thriller about a dead woman who predicted her own murder—and the sister who won't let the truth be buried.

When her beloved sister Caroline dies suddenly, Deirdre is heartbroken. However, her sorrow turns to bone-chilling confusion when she receives a message Caroline sent days earlier warning that her death would be no accident. Long used to being a pariah to her family, Deirdre covers her tattoos and heads to Manhattan for her sister's funeral.

The message claimed Caroline's husband, Theo, killed his first wife and got away with it. Reeling from the news, Deirdre confronts Theo on the way to the cemetery, and he reveals both his temper and his suspicion that Deirdre's "perfect" sister was having an affair.

Paranoid and armed with just enough information to make her dangerous, Deirdre digs into the disturbing secrets buried with Caroline. But as she gets closer to the truth, she realizes that her own life may be at risk...and that there may be more than one killer in the family.

Release Date

July 2021.

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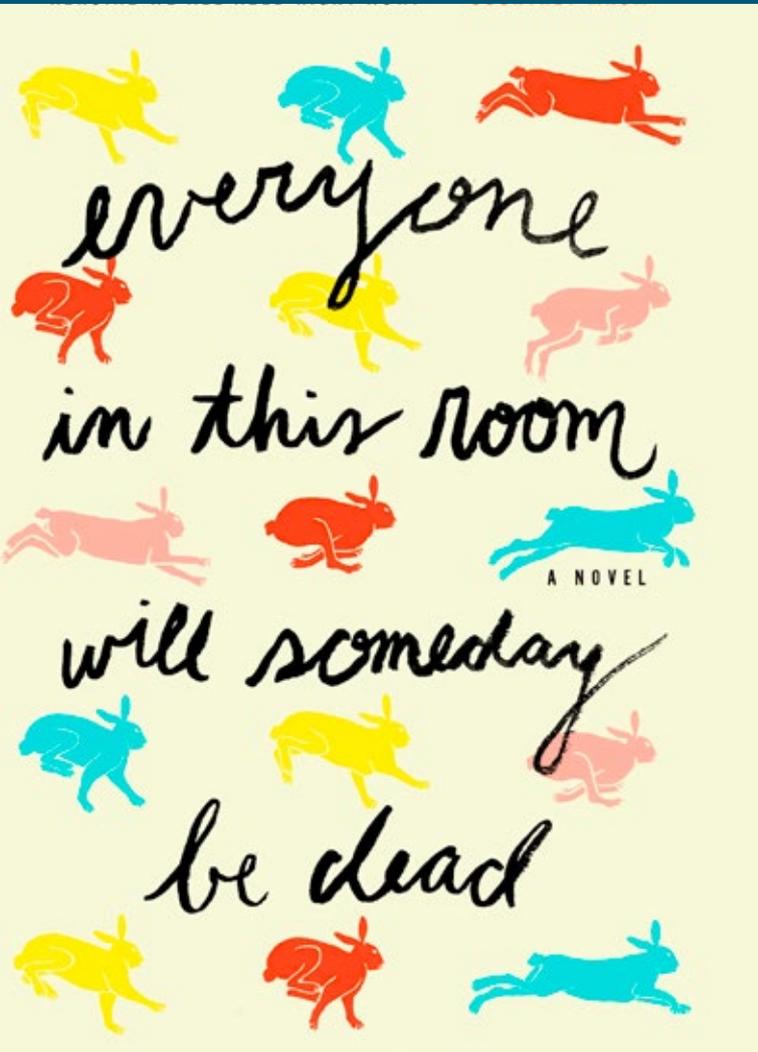


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Everyone in This Room Will Someday Be Dead Emily R. Austin

Gilda, a twenty-something, atheist, animal-loving lesbian, cannot stop ruminating about death. Desperate for relief from her panicky mind and alienated from her repressive family, she responds to a flyer for free therapy at a local Catholic church, and finds herself being greeted by Father Jeff, who assumes she's there for a job interview. Too embarrassed to correct him, Gilda is abruptly hired to replace the recently deceased receptionist, Grace.

In between trying to memorize the lines to Catholic mass, hiding the fact that she has a new girlfriend, and erecting a dirty dish tower in her crumbling apartment, Gilda strikes up an email correspondence with Grace's old friend. She can't bear to ignore the kindly old woman, who has been trying to reach her friend through the church inbox, but she also can't bring herself to break the bad news. Desperate, she begins impersonating Grace via email. But when the police discover suspicious circumstances surrounding Grace's death, Gilda may have to finally reveal the truth of her mortifying existence.

A delightful blend of warmth, deadpan humor, and pitch-perfect observations about the human condition, Everyone in This Room Will Someday Be Dead is a crackling exploration of what it takes to stay afloat in a world where your expiration—and the expiration of those you love—is the only certainty.

Release Date
July 2021.

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Fleetwood Mac

British blues band that evolved into the hugely successful Anglo-American pop-rock group whose 1977 album *Rumours* was one of the biggest-selling albums of all time. The original members were Mick Fleetwood, John McVie, Peter Green, and Jeremy Spencer. Later members included Danny Kirwan, Christine McVie, Bob Welch, Stevie Nicks, and Lindsey Buckingham.

Begun in 1967 by former members of John Mayall's Bluesbreakers—guitarist Green, drummer Fleetwood, bassist John McVie—and slide guitarist Spencer, Fleetwood Mac found instant success during the British

blues boom with its debut album and the hit single "Albatross" (1968). Later the band experienced more moderate success while undergoing multiple personnel changes.

A move to the United States in 1974 and the addition of singer-songwriters Nicks and Buckingham infused the group with a pop sensibility that resulted in the multimillion-selling *Fleetwood Mac* (1975) and *Rumours*. Evocatively reflecting the simultaneous breakups of the McVies' marriage and Buckingham and Nicks's relationship, *Rumours*—which won the Grammy Award for album of the year—epitomized the band's accomplished songwriting, arresting vocal chemistry, and rock-solid rhythm section.

Following *Tusk* (1979), group members began following solo careers. Nicks hit number one with *Bella Donna* (1981), an album that featured singles such as "Edge of Seventeen" and the Tom Petty duet "Stop Draggin' My Heart Around," and Buckingham broke the Billboard Top Ten with his single "Trouble." The band produced the noteworthy *Mirage* (1982) and *Tango in the Night* (1987) before the departure of Buckingham.

Further lineup changes followed, but Fleetwood, John McVie, Christine McVie, Buckingham, and Nicks reunited to perform at the inauguration of U.S. Pres. Bill Clinton in 1993 (Clinton had used "Don't Stop" from *Rumours* as his campaign theme song). Four years passed before the core members gathered again for *The Dance*, a live album that debuted a smattering of new material and fueled a U.S. tour.

The 2003 release *Say You Will* brought together Fleetwood, John McVie,



Buckingham, and Nicks for their first studio album in 16 years, but the absence of Christine McVie highlighted her importance as a mediating influence within the band.

She rejoined the group in 2014, and Fleetwood Mac's first major tour since 2009 followed. A new album, much discussed, failed to materialize, though Buckingham and Christine McVie released *Lindsay Buckingham/Christine McVie* in 2017. The following year Buckingham's departure from Fleetwood Mac was announced. Fleetwood Mac was inducted into the Rock and Roll Hall of Fame in 1998.

Jeremy Spencer Guitarist has his birthday 4th July

Keyboard player Christine McVie has her birthday 12th July

Ed Sheeran

Ed Sheeran is a singer/songwriter who began playing guitar at a young age, showing early promise as a mu-



sical talent. When he was 11, Sheeran met singer-songwriter Damien Rice backstage at one of Rice's shows, and the young musician found added inspiration. As the story goes, Rice told Sheeran to write his own music, and Sheeran set out the next day to do just that.

Soon after started writing his own songs. When he was just a teenager, he moved to London to pursue his music, and his outpouring of creativity added up to several early EPs and hundreds of live shows.

Drawing attention for his online performances, Sheeran hit No. 1 on the iTunes chart before he ever signed with a record label. Since signing with Atlantic, Sheeran has sold millions of records and won Grammys for hits like "Thinking Out Loud" and "Shape of You," as well as his 2018 album.

When Sheeran headed to the United States in 2010, he found a new fan in Jamie Foxx, who asked Sheeran



to appear on his Sirius radio show. Soon after, in January 2011, Sheeran released yet another EP, his last as an independent artist. Without any promotion, the record reached No. 2 on the iTunes chart, and he signed on with Atlantic Records that same

month.

On a roll, Sheeran's next success would come when his song "I See Fire" was featured in the movie *The Hobbit: The Desolation of Smaug*, and in June 2014, his next album, *x*, appeared, debuting at No. 1 in the United States and the United Kingdom.

The project featured three Top 10 singles — "Don't," "Photograph" and "Thinking Out Loud" — with the latter winning the Grammy for Song of the Year and Best Pop Solo Performance in 2016.

New Album *Bad Habits* released 18 May 2021- Have you heard it yet?

Sheeran has appeared in numerous films as himself, including *Bridget Jones's Baby* (2016) and the Beatles-inspired musical *Yesterday* (2019).

He also landed a recurring role in the 2015 FX series *The Bastard Executioner*, and later appeared in an episode of *Game of Thrones* and the Amazon anthology series *Modern Love*.

On December 7, 2017, Sheeran was



made a member of the Most Excellent Order of the British Empire for his services to music and charity, receiving the honor from Prince Charles.

A few weeks later, Sheeran announced that he had celebrated another momentous occasion by getting engaged to girlfriend Cherry Seaborn just before the new year.

In August, he revealed that the two had secretly gotten married since then, telling the surprised interviewer that he's never "too public" about such personal details. In August 2020, the pair welcomed their first child, daughter Lyra Antarctica Seaborn Sheeran.



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recruitment@fast2016.org

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FAST is still looking at purchasing defibrillators for Camposol, these may save a life of someone suffering a heart problem. At this time the initial request to the council has come to a standstill due to issues including training, maintenance and ownership, which may not be in the interests of FAST or the community. We have attempted to contact the new Chief of emergency services in Mazarron. We will be trying again very soon.



Due to the Covid-19 pandemic FAST are unable to attend patients at this time, when we are called. We are hoping to resume training very soon and then respond in person soon after that. We are just waiting for permission from the local and regional authorities. Our phone system is available 24 hours a day 7 days a week to give advice, information, and support in a time of crisis. With the correct advice over the phone you could save a life.

If you have to call for an ambulance, call 112 you can ask for an operator to speak in your language if you do not speak Spanish. The operator will ask a series of questions so they can prioritise your call. You can ask us to call for an ambulance for you if you are unable to do so. The members of FAST would like to express their sadness of the passing of Ramon Murthi, our condolences go to his family. Thank you for the kind donation that will contribute to saving lives on Camposol.

The British Ambassador to Spain His Excellency Hugh Elliot came to Mazarron on June 3rd. Accompanied by his wife. Also attending were the Consul General and the Honorary Consul from Alicante. While they were on Camposol they attended a demonstration of FAST First Response skills and were very interested

and pleased that we are here to assist the people of Camposol. The Ambassador had an opportunity to speak with the team and ask questions. They Ambassador was quite impressed at the life saving equipment that we had on display and the professional way in which FAST operated. We explained that we were not a group of first aiders but highly trained First Responders.

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Our sponsorship scheme is doing really well, though we do have some donkeys who don't have sponsors. Our aim is to get 84 guardian angels and from as lit-

tle as 6€ a month, though you can pay as much as your like! Included in your sponsorship are updates that go out twice a year with photographs just for you. Priority notice of any future events we may have, and ladies and gents The Sanctuary at La Paca is one future event that will be happening! It is so important to have all the correct licenses and permissions which takes time. Every week we are one step nearer to achieving our dream. The machinery is waiting to clear the land and make it flat in preparation for the stables to be built. We have waited so long with many delays because of Covid but it is happening now and then the go ahead for the building of the stables to be built, which is so exciting. It means we will be able to move more donkeys and ponies up there. The donkeys that have been lucky enough to be there already are so happy, I know, they have told me!!



It costs 1125€ to fill our container with food for the donkeys and then the same week Kevin's van broke down at a cost of 1750€. The van is our lifeline it tows the horsebox as well as collecting items for the shops. So, I put an appeal out and your response was awesome. You enabled us to put in an order for alfalfa that is a staple part of the donkey's diet. Thank you and we are sending you all lots of love from the donkeys and team AAR. We lost ...our beautiful Lola last month. She was my first ever donkey and had been with me for 14 years. She was our AAR mascot and attended so many shows, garden parties, fiestas, carol services and much more. Reliable, dependable never put a hoof wrong and we all heartbroken. RIP Lola – legend donkey, forever in our hearts.

Take a look at some of the photos on our FB page, our babies are all doing so well now. Noella well, what do you think donkey or highland cow? Our other two babies Enero and Gabriella five and four months respectively, had a very rocky start to their lives, but now they are thriving and are truly adorable. However, they are still waiting for their guardian angels too.

We are still in need of volunteers in both of our shops. We only ask 4 hours per week and would like to be able to open again on Saturdays in Roldan. Mazarron is now up and running on a Saturday and we would love to do the same in Roldan. No experience is necessary, and we are a friendly bunch. All the animals would love to welcome you on board our team!

As usual I will be on Camposol B, car park in my usual place 11.30-1.30pm to receive any donations for the shops. Alternatively, you can drop them off in either Roldan or

Mazarron 10.30-1.30pm.

Andrea x



Yet again a huge thank you to everyone that has helped by donating much needed money, furniture, clothes, bric-a-brac etc. that is the lifeblood of our fund raising in our Totana shop. All money raised is used to help those of any nationality locally diagnosed with cancer.

What we do

As a Cancer Support Fundación, MABS is available to anyone of any nationality who needs help as a result of:

- being diagnosed with cancer.
- affected by a spouse or partner having cancer.
- bereavement due to cancer.
- Needs respite from spouse or partner with cancer.

In May we assisted with:

- 113 Appointments
- 106 Translations
- 26 Drives to hospital
- 6 loans of equipment

And year to date to the end of May:

- 526 Appointments
- 490 Translations
- 158 Drives to hospital
- 36 loans of equipment

We are here to help and are only a phone call away.

All money raised helps us to provide:
Drivers – to take patients to and from hospitals

- Translators to ensure the diagnosis is fully understood
- Home carers to provide additional care when needed
- Respite and Hospice care
- Medical equipment on loan to patients
- 1-2-1 counsellors

So what's new?

Visit from the British Ambassador

We are very proud that the British Ambassador, Hugh Elliot, found time in his busy schedule to visit the Respite Home during



his visit to Mazarrón in June.



Books

A big thank you to Alix at Alley Palais on sector B commercial centre who has kindly allowed us to have a bookcase in the bar to raise further much needed funds. Feel free to take a book or books, just leave a donation in Mabs collection 'tin' on the bar.

Quiz at Rendezvous

Started in June a regular quiz night at Rendezvous on sector A Every Sunday 5pm - 7pm. €5.00 to reserve a seat, quiz menu included:

Burgers - plain, cheese, chicken or vegetarian

Baps - pulled pork, beef or pork

Jacket potatoes - tuna mayo, cheese, beans, chicken curry or chilli con carne

Plus a raffle in aid of Mabs Cancer Support

Our Respite Home

Our respite home on Avenida Los Cava-chos, Camposol sector B is dedicated to the first class provision of Respite Care and Hospice care. With 24 hour care being given to residents by 2 legally registered Care Agencies.

Our shop in Totana

We rely on donations from you. Any clothes, bric-a-brac, furniture and larger items etc. donated by you are sold in our shop in Totana at Avenida Juan Carlos I. Take the first exit at the first roundabout coming into Totana from the RM3.

We still urgently need furniture, clothes and bric-a-brac to sell to raise funds.

Can you spare a few hours a week?

Our volunteers work hard to meet the demands but we need more people to lighten the load, we are particularly short of patient drivers and fundraisers but if you can help in any capacity and have a few hours spare each week please get in touch at: mazvolunteers@mabscancerfoundation.com or call into our Respite House on Camposol sector B.

Help us to Help you

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

Collections: For furniture and larger

items our van runs Mondays, Wednesdays and Fridays for the collection of furniture etc.

If you can help Phone 634 313 478 to arrange collection.

If you need help Phone our Helpline 620 62 24 10

For more information <http://www.mabscancerfoundation.com>



FORTHCOMING EVENT Luncheon Party at Club Playa Grande:

We don't have a specific date yet but we are planning a fund-raising lunch party in July at the newly opened Club Playa Grande (formerly Copi Coy) in Puerto de Mazarron. As soon as we have more details we will be advertising it on our Facebook site, **Age Concern Costa Calida**, so please check there for updates and more news.

HELP NEEDED: We are urgently looking for a new Volunteer Co-ordinator as well as Volunteer Drivers in the Camposol, Country Club and Condado areas to help with GP and hospital visits for the increasing number of ageing clients on our books. This may only take a morning or so of your time now and again as and when you are free to do so, but can be so important to those who can no longer drive due to ailing health or eyesight problems. Fuel expenses are reimbursed but, more importantly, getting to know our older, mostly independent neighbours who are just temporarily in need of help can be so rewarding. Do please think about joining our team, making new friends and going on our list of drivers by emailing us at ageconcerncostacalida@gmail.com or giving Isabel Stewart a call on 634 344 589 who is waiting for your call.

Although all our regular monthly activities at our Drop in Centre have been put on hold we are still here for advice and information, shopping and medicine collection, so give us a call if you need help. All our phone lines as listed below will be manned as usual. If you would like an in-person chat with one of our team please feel free to drop in to our Centre which is open at present every Tuesday between 10am and 1pm. Masks are compulsory.

Age Concern Drop in Centre, Calle Valencia 12, Camposol A, Mazarrón
Enquiries - 634 344 589
Volunteer Coordinator - 634 312 516
Lifeline Puerto de Mazarron Area – 634 325 408
Equipment Loan - 634 306 927
(Lines Open 10am - 4pm Mon – Fri)

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

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The cost of electricity here in Spain has been increasing at quite an alarming rate for several years now and is making all of us more aware of the appliances we use and how we utilise them.

Not only has the cost per kilowatt increased dramatically but the IVA has also risen from 16%, then 18% and now to 21% over the last 10 years making a significant difference to the total bill. The bills are also now issued on a monthly basis, rather than bi-monthly, as they were a few years ago and the reality of the true monthly cost can be a bit of an unwelcome surprise.

For those of us that are not able to enjoy the benefits of a full central heating and hot water system, one way of an instant saving could be by switching to a gas water heater instead of an electric one. Some villas were only released with a small 50 litre electric water heater, usually found in a corner cupboard in the kitchen. You will be lucky to get 2 showers out of it or one very shallow bath! Larger electric water heaters are available but cost even more to use, and even longer to heat up.

The cost of a full gas bottle is approximately €16.00 and should last an average household for around 6 weeks.



There is also the advantage of "unlimited and instantaneous" hot water as the hot water is not stored. The gas water heater will "kick in" when you open the hot tap. The days of pilot lights, are ancient history now. The units are sealed, and need an electrical socket to function which we provide too as part of the installation.

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WhatsApp us on 646 965 082 Or email us on camposolheating@gmail.com.

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What to do in the Garden in July



It's both tempting and enjoyable to just sit out and admire our landscape, but, as you well know, a gardener's work is never done and we can always see a few more things that need tending to.

Our long, hot summer will take its toll on some of the annuals in your garden and containers, especially things like petunias and pansies. Just remember that annuals are, by nature, short-lived plants. Although many remain growing and blooming throughout the summer months with minimal attention, others may need some work deadheading, cutting back or replacing altogether.

We have come up with a few mid-summer reminders for perking up the garden.

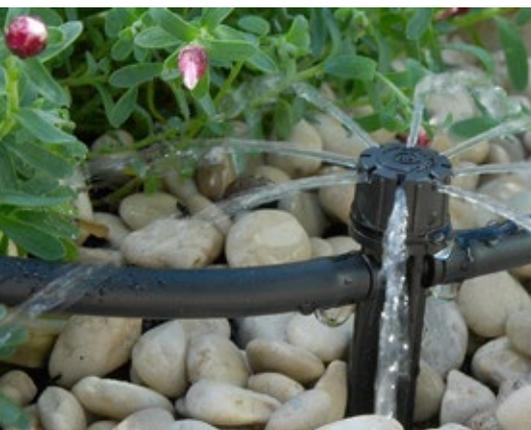
Let's start with the basics soil and watering

Loosen hard packed soil to aerate and allow water to penetrate

Make sure that weeds don't get a chance to establish by regular weeding.

Use mulch to moderate soil temperatures

Newly installed plants may need more frequent watering during hot



spells.

Check all of your irrigation system is working and is on long enough to keep everything adequately watered (this is the time of year that your irrigation will be on for the longest time)

The main event in the garden is the plants

Dead-head flowers to prolong the bloom and to increase the number of flowers - Remember when pinching or snipping off flowers to take the flower stem off near a leaf node, don't leave a one- or two-inch stick where the flower used to be!

Shear back the flowers on ground covers to stimulate a thicker mass

Plant the warm weather native grass lawns such as Grama

Cut back just about every plant in your garden can be improved by being cut back or pinched when they start to become too tall or leggy. Pinching will promote compact growth and a second blooming. Use scissors or shears for a clean cut just above a leaf node.

Think about replacing any annuals that are no longer aesthetically pleasing. Some annuals (and herbs)



simply don't last all summer long in our climate. Plants that are evolved to grow and bloom quickly may not have anything left after their flowering stage is over. Forma

Try replacing these early season show-offs in mid-summer with later blooming plants. Remember - larger sized plants can make an instant impression!

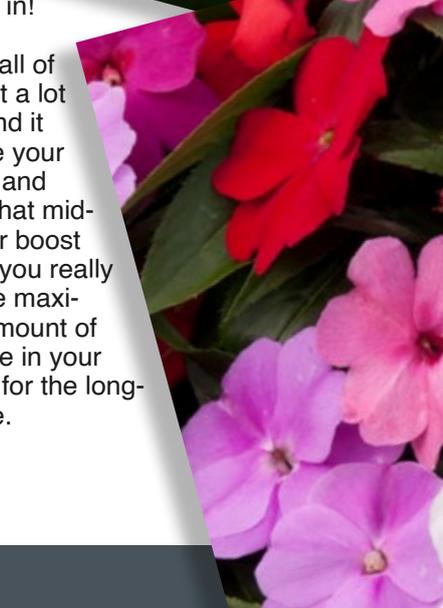
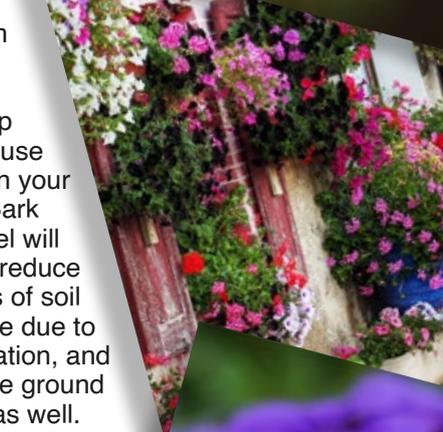
Don't forget to use pesticides and fertilizers.

In an ideal garden situation, most annuals don't require a lot of supplemental fertilizer. Regular (twice month or

so) fertilization is a good start, use high quality balanced fertilizer. Use pesticide as soon as you notice a problem, this will help to prevent the spread of the pest and a much larger problem later.

Final Tip Please use mulch in your beds! Bark or gravel will greatly reduce the loss of soil moisture due to evaporation, and keep the ground cooler as well. Mulch also keeps weeds in check and those that do grow will be easier to pull. Remember organic mulches, such as bark and especially compost, break down and improve the soil structure, giving future generations of plants a nicer home to grow in!

Really, all of this isn't a lot to do and it will give your garden and plants that mid-summer boost and let you really take the maximum amount of pleasure in your garden for the longest time.



Camposol 'C' Green Fingers Gardening and Social Group



Although the vaccine programme in our region is proceeding well, all Green Fingers workers will observe strict social distancing guidelines and hygiene standards for the time being in order to keep everyone safe. This month, our Maintenance Team have continued the rota of weeding and spraying all streets of 'C' North. The phenomenal weed growth during this season is making it a very long job; if we don't get to your road as often during Summer, please bear with us. They have also retrieved the broken statues which were pushed over the wall by vandals (despite being secured with rebar and cement). Please, if you see anything untoward, don't hesitate to let us know, in strict confidence of course.

The volunteers this month have been collecting garden waste and plants from residents, planting, and continued the mammoth tasks of watering and weeding all the overgrown planted areas and verges. If you would like to weed anywhere near your house, it would be really appreciated – every little helps, as they say. We were joined by new 16 year old volunteer Kaden, who kindly worked on his day off school, but we'd welcome any more folks who are on Lower C sector and can spare a couple of hours on a Wednesday morning. Just come along to the Welcome Wall on the dual carriageway at 9am – drinks, biccies, Val's lovely cakes and breakfast butties are free!



We'd like to say a huge thank you to The Welcome Inn, El Pareton, for hosting a twisted tapas afternoon in

aid of Green Fingers; The tapas were delicious, served in a really friendly atmosphere and the restaurant donated part of their profits, together with the proceeds of the raffle, to our funds.

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' plus our website www.greenfingerscamposol.com

Garden Boutique



Many of you will know Juani Hernandez, who started her horticultural career back in 2003, at The Garden centre Jardilar 2003, located in El Saladillo. She gained a wealth of experience there designing gardens, terraces and even swimming pools. She was also heavily involved in both gardening advice and garden maintenance, including some complex landscaping project. Juani continued with this profession until 2015, but was forced to take a break for a while as she was going through a difficult divorce.

For a little while Juani worked in other sectors including a perfume shop, but her greatest desire was to return to



the gardening sector, which she has a real passion for. Juani also loves to meet people from other nationalities. Her English is actually very good, but she will say otherwise! She is and has been a very good friend to many residents on Camposol and the surrounding area.

Like, so many people here, as a result of the pandemic, Juani found herself unemployed. After a very difficult year and some real "soul searching" she decided to start up another business, focusing on her passion, which is all things "horticultural". The Garden Boutique can be found on the main road between Mazarrón and The

Puerto De Mazarrón, next to "Tanatorio Blaya".

The Garden Boutique sells a wide variety of plants, shrubs and trees but just about everything you would ever



find in the largest of garden centres. They also give advice, visiting their clients to provide cleaning, garden maintenance and garden design services. There are many keen gardeners here, but to "live the dream" here in Spain, where the climate, soil and general conditions are so different from the U.K. takes a bit of time to learn. Juani and David are waiting for you at Garden Boutique, to assist wherever they can.

Please do pop in just to say "hello", they will be delighted to see you. There is also an extensive, well



thought out range of wall art, clocks and general art to discover. Some of their wall art is also suitable for outdoors and is weather proof, you will not be disappointed.



Contact:

Juani 669 565 402  

David 678 021 310  

Email: Gardenboutique93@gmail.com

Los palacios



Over the past month our volunteers have been out every week trimming the palm trees and the overgrown bushes; spraying weed killer and weeding the park areas; sweeping the roads; cleaning the post room and emptying the bins in the memorial park. Tony has also been concentrating on the Petanque court, and surrounding area. Hopefully we will be able to use this again soon.

We also had another "blitz" where we all get together on a Sunday morning and concentrate on one area. This was on the 6th June when we concentrated our efforts on the central reservation from Marianos up to the Commercial Centre on A and the corner by the Indian Restaurant. We had a good turn out and I am sure you will have noticed the difference.



In order to pay for our equipment, for example the running costs for our vehicle and trailer which is needed to remove the garden waste; weed killer (which we have needed a lot of lately after all the rain last month!); rubbish bags when emptying the bins in the park as well as other ancillary items, we are always thinking of ways to raise funds. We are very grateful to Sue Pipe at The Diner who held a fundraiser evening for us on the 19th May when the sum of 244.60 euros was raised.



There are now regular music afternoons being held at Cats on a Thursday, Friday Saturday and Sunday. Sara has kindly agreed to let us hold a raffle when we want to on these afternoons. We held our first one on the 3rd June

and made the sum of 60 euros. In addition we did a "bucket sweep" at Cats, Tells and Rendezvous and collected 56 euros. Thank you to everyone who contributed.

We are now doing our regular Thursday bucket collection at the top of the steps leading down to the post room for just one hour from 11 am to 12 noon.



Our library is open every Friday from 10 am to 12.30 and it is nice to see our regulars coming week after week as well as our new visitors. This is manned by our lady volunteers who alternate on a rota system.

If you wish to contact us, our email is lospalaciosgardening@icloud.com and we have a post box in the Post Room on A under number 915 Los Palacios Gardening Group.

We thank you all for your continued support.



At the time of writing half of 2021 has already gone although where is unclear! Each Summer, our work party volunteers take a well-deserved break to keep them safe and allow them time to enjoy the sunshine so, with the temperature already drifting over 30 degrees, shutdown won't be far away and will be the case in July.

So far, this year hasn't been a great year as the volunteers have been hampered by the long running restrictions arising from covid and the lack of support from residents as regards assistance with the group's efforts both physically and financially. B Clean and the small group of members who undertake the physical work required, have had all sorts of problems to face.

We got through the lockdown and the uncertainty of how the situation was going to be dealt with and the various restrictions on day to day life. We moved into 2021 and things started improving.

We were able to get some basic but necessary maintenance work done although, once again,



the group's finances suffered a major blow when we had to use a large part of the funds to pay for trimming the palms on the public roads. As the local council has met its responsibilities in this connection elsewhere on the urbanisation, we can only hope that the group will not have to pay out again next time. If not, we will doubtless be told the reason...

B Clean volunteers have been able to undertake the oleander trimming and weed spraying throughout the main thoroughfares of the sector which is quite remarkable as there tends to be just four people. Frustratingly, our repeated requests for help from residents seem to have fallen on deaf ears once again.

There is only so much a handful of volunteers can do. We were concerned that the oleander bushes, which were forming their flower buds when the delayed trimming was underway, were going to lose many of the blooms. We have been very lucky that, with skill and an awful lot of hard work, the roadside blooms have produced a wonderful display.

As things improve and restrictions ease, we can only hope that more residents will give some serious thought to helping out with the maintenance of B sector.



If you aren't available to help the work party on a Tuesday morning, financial assistance is always welcomed by making certain that some money goes into the bucket collections. Other donations are always welcome of course. Joining the group and ensuring that your 5 euro monthly subscription fee is paid is also a great help. Our current situation is a difficult one and we really do need your help so please contact B Clean on "bcleangardening@gmail.com" or our Facebook page "B Clean Community Gardening."

Powers in Spain and the UK

It's a fact that over time things change in our lives mentally as well as physically. Sometimes those changes are clear to see and sometimes they are not.....

It can be easy to carry on from day to day

without realising there is a loss of mental and/or physical capacity and which loss will prevent someone from managing their affairs whether they relate to Spain or the UK.

For matters involving the UK, it's good to plan in advance by drawing up a document called Lasting Power of Attorney wherein one or more persons are appointed to deal with the affairs of the Donor should they be unable to deal with their own day to day affairs.

capacity – it is termed preventative power as will take effect even if the Donor has lost mental capacity at a later stage.

It's also interesting to know that this form of Power is customary to be granted by anyone of any age, for those who are in business or not, as the case may be, so that in any circumstance that the Power is required to be used, there will be no difficulty with dealing with those affairs of the Donor.

This is a complex area and requires a good deal of consideration and involvement with professionals who are experienced in these areas. The proper planning and guidance on matters such as this avoids stress and anxiety which would be detrimental to your general health.

If you should need my advice regarding this or any other issue involving your legal and financial affairs, whether they involve the UK or Spain, don't hesitate to contact me.

If you should need my advice regarding this or any other issue involving your legal and financial affairs, whether they involve the UK or Spain, don't hesitate to contact me. In the first instance, please email shirleyfisherlegalservices@gmail.com.

My office address is Calle Madrid 19, Camposol Sector A, Tel. 968 103 008 Mobile No. is 634 053 976

Shirley Ann Fisher FCILEx. UK Lawyer & Commissioner for Oaths, Camposol Business Centre

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FAX: 968 199 664

This Power can relate to property and finances, as well as general health and welfare. It's all about the needs and wishes of the Donor and the all important requirement is that the Donor possesses mental capacity in order to be able to advise their wishes.

Once capacity has been lost, then a procedure called Deputyship is necessary which involves a report from a medical professional, this being a crucial ingredient of the process to enable the Office of the Public Guardian to grant the Order.

For affairs in Spain, the process is more complex and costly once Donor has lost capacity and will involve an application to the Court for Guardianship to be granted to another person to deal with the affairs of the person who has lost capacity.

It's interesting to know that a good deal of worry and expense can be avoided if the Donor signs Power before a Notary here in Spain whilst they have mental



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

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

5

- 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

6

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

7

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

8

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

12

- 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

13

- Camposol D Gardening Team on holiday for July & August
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
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29

JOKES

1. What's black and yellow and flies at 30,000 feet?
A bee on an airplane.
2. What buzzes, is black and yellow, and goes along the bottom of the sea?
A bee in a submarine.
3. What do you call a bee that can't quit talking?
Blabb-bee.
4. What is small, black and yellow, and drops things?
A fumble bee.
5. What do bees chew?
Bumble gum!
6. What do you call a bee with messy hair?
A Frizz-bee.
7. What goes zzub-zubb when it travels?
A bee flying backwards.
8. What do unionized bees ask for?
More honey and shorter working flowers.
9. If there's a bee in my hand, what's in my eye?
Beauty. Beauty is in the eye of the bee-holder.
10. What does a bee use to style her hair?
Her honey comb, of course.
11. What would bears be without bees?
Just ears.
12. What is a swarm of really small queen bees called?
The royal wee.
13. Why did the bee go to the dermatologist?
It had hives.

Bees



Bees are one of the most useful insects. During food-gathering, bees spread pollen from one flower to another. Many food crops, including fruits and vegetables, depend on bees for fertilization. Bees also produce honey, which people use as food, and beeswax that is used in candles, cosmetics, and other products. Bees live in almost every part of the world except the North and South Poles.

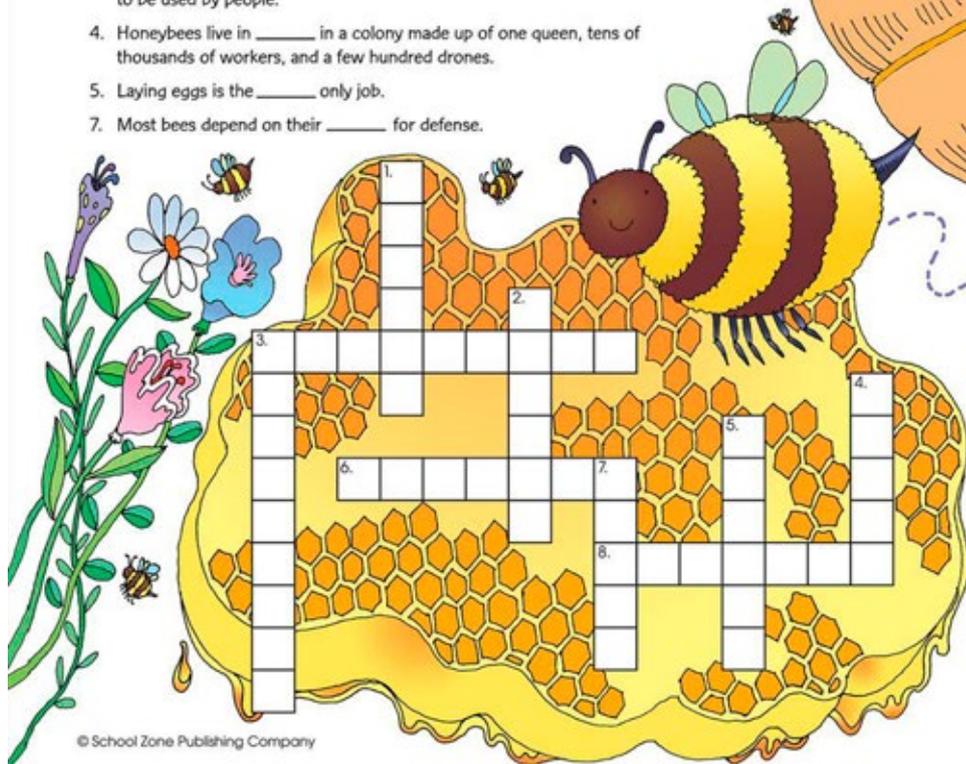
Across

3. The _____ is used to raise young bees and to store nectar.
6. _____ provide food for bees.
8. Bees are _____.

Down

1. The only function of the _____ is to mate with queens.
2. The job of the _____ honeybees is to collect nectar and pollen from flowers.
3. Only the kinds known as _____ make honey in large enough amounts to be used by people.
4. Honeybees live in _____ in a colony made up of one queen, tens of thousands of workers, and a few hundred drones.
5. Laying eggs is the _____ only job.
7. Most bees depend on their _____ for defense.

drones
flowers
hives
honeybees
honeycomb
insects
queen's
sting
worker



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15

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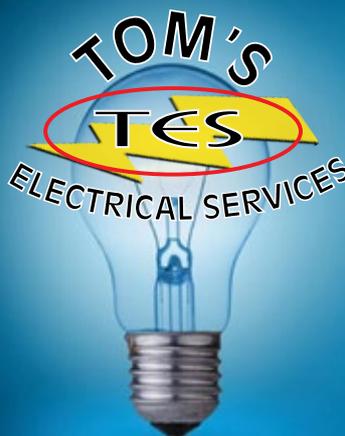


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 Flower Insect Swarm
 Hive Pollen Wax



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POPCHOSE Sandfree Beach Blanket, Large Sandproof Beach Mat for 4-7 Adults, Waterproof Pocket Picnic Blanket with 6 Stakes, Outdoor Blanket for Travel, Camping, Hiking



- **SAND-RESISTANT, WATER-RESISTANT and DRY-QUICK:** The beach blanket is made of Parachute Ripstop Polyester which is strong, durable, lightweight and 100% breathable. **NO WORRY** about the sand sticking to the beach blanket and easy to get off the sand and brush off. The picnic blanket also dries quickly so you don't need to wait around for it to dry. Get it as your travel accessories.
- **DOUBLE WIND-RESISTANT DESIGN:** The sandproof beach blanket with 5 integrated sand anchor pockets and 6 ground stakes, provides dual wind-resistant protection to keep the blanket on the ground even in high winds. The pockets are with built-in zipper which can keep your valuables safe. An ideal beach accessory.
- **LARGE, COMPACT & LIGHTWEIGHT:** The sandproof beach blanket is 83" X 78" to fit 4 persons. And it folds to compact size (4.5 X 8 in) that fits in a pouch to make a great, lightweight carry along. It is also a handy blanket in case of bad weather where you need some extra protection to cover with.
- **ENJOY YOUR OUTDOOR TIME:** Our ultra-compact sandproof beach blanket designed with portability in mind is the perfect ground sheet for all occasions. Whether yoga lovers enjoy exercise alone on the beach, couples take romantic vacation or a family go for a funny picnic, this

outdoor blanket will be your favorite companion. Just take it on camping, hiking, picnics, music festivals, or any other outdoor activity.

- **ACCESSORIES:** This beach mat includes 6 stake anchors, a safety carabiner and a carry bag. Its triple stitched for maximum strength and durability. Enjoy outdoor fun with more comfort and a lot less hassle.

Intex 56822NP Kühlbox Mega Chill Floating Cooler for Swimming Pools, Multicoloured

Brand	Intex
Material	Plastic
Colour	Multi-coloured
Item dimensions L x W x H	9.8 x 25.5 x 23 centimetres
Item weight	3.09 Pounds



About this item

- Inflatable cooler
- 89 cm diameter
- Holds 24 cans
- 5 cup holders
- Strong vinyl

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PortoVino Beach Wine Purse (Blue/White) - Beach Tote with Hidden, Insulated Compartment, Holds 2 bottles of Wine! / Great Gift! / Happiness Guaranteed!

- THE ORIGINAL PORTOVINO WINE

PURSE, FASHIONABLE & TRULY DISCREET - Discreetly hold and pour 2 bottles of Wine (or 1.5L of your favorite beverage) from a removable, easy to use, bpa-free bev-



- **erage pouch.** Each PortoVino has a unique, patent-pending, secret, zippered, Insulated pocket that keeps your pouch chilled for hours. Material: Canvas | Size: 17 in x 6 in x 13
- **AMAZE YOUR FRIENDS - FASHIONABLE & FUNCTIONAL PURSE** – PortoVino is the only Wine Purse stylish enough to use with or without the beverage pouch. Fully functional purse with a nice interior lining & side pockets that's roomy enough to hold a 1.5L filled pouch in the hidden compartment AND all your essentials. A PortoVino is NOT just a cooler bag with a nice exterior! Great for Movies, evenings out with friends, concerts at the park, the beach, pool, shopping, festivals, golf, - you name it!
- **ENJOY YOUR BEVERAGE OF CHOICE ON THE GO & SAVE \$\$ / PAYS FOR ITSELF** - Pour up to 2 bottles of wine or WHATEVER BEVERAGE YOU WANT (hot or cold) in your party pouch. Drop it in the hidden, insulated compartment until you are ready to pour. The re-usable 1.5L Party Pouch is included, with refill packs also available for sale.
- **GREAT GIFT / YOUR FRIENDS WILL LOVE IT!** - PortoVino is a great gift for your fashionista and wine-loving friends. PortoVino offers a wide variety of bags great for women and men. Surprise your loved one with an amazing quality gift that they will love!
- **PORTOVINO HAPPINESS GUARANTEE** –If you are not happy with your PortoVino for any reason, let us know and we will take care of you!

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Porche 911

From its rear-mounted flat-six engine to its otherworldly handling, the Porsche 911 has preserved the essential elements that made it an icon. Its familiar circular headlights, Coke bottle shape, and sloping rump make it virtually im-



possible to mistake a 911 for any other sports car. Climb into its perfectly positioned driver's seat, fire up its powerful and unique-sounding engine, and engage either of its terrific transmissions; Porsche's legendary 2+2-seater will then proceed to overload you with feedback from its telepathic steering and its peerless performance attributes. It's offered as a coupe or convertible and with rear- or all-wheel drive. The company's extensive list of options allows it to be personalized for all tastes. The only knock against the 2021 Porsche 911 is that it's too expensive for most enthusiasts to own.

What's New for 2021?

For 2021, Porsche makes a handful of small changes to the 911. The flashiest update is the newly introduced Python Green paint. The standard 911 also inherits options from the pricier and more powerful Turbo and Turbo S variants. These include the 930 Leather package that spruces up the interior as well as light-weight insulated glass that both saves weight



and reduces noise. Porsche also gifts the 2021 911 with programmable GPS capability for the optional front-axle lift system that knows when to raise the nose at specific locations. Those who opt for the Sport Chrono package will now receive a digital tire-temperature display that appears in the gauge cluster.

Engine, Transmission, and Performance

Mounted in the rear of the 911 Carrera is a twin-turbo 3.0-liter flat-six-cylinder engine. The base version has 379 horsepower and 331 lb-ft of torque; the S model pumps out 443 ponies and 390 lb-ft. While all Carreras have a ridiculously quick-shifting eight-speed automatic transmission, a sweet seven-speed manual is offered on S models. Both base and S variants come standard with rear-wheel drive, but they can be equipped with all-wheel drive for four-season high-performance driving. We've tested the base Carrera as well as several variations

of the more powerful Carrera S, which proved its prowess at the racetrack and its incredible traction in adverse weather conditions. No matter the application, every 911 has astonishing acceleration, especially when the gleefully good launch control is utilized. Porsche's optional sport exhaust system also helps enhance the experience by providing a fuller engine note. Best of all, the 911 is as comfortable as ever and also better to drive. Its steering is communicative and brilliantly direct, and the coupe and convertible have increased cornering grip and stability. The ride quality is surprisingly supple, too, despite the 911's amazing body control, which allow drivers to seamlessly switch between relaxed and spirited romps.

Mercedes 'doesn't fully understand' how Verstappen undercut Hamilton

The Mercedes Formula 1 team does not "fully understand" how Max Verstappen was able to undercut Lewis Hamilton in the French Grand Prix. Hamilton inherited the lead at the start of the race when Verstappen ran wide unchallenged at Turn 1 and went on to control the opening stint, pulling a three second gap to his main rival. Red Bull reacted to Valtteri Bottas becoming the first of the leaders to pit on Lap 18 by calling Verstappen in on the next tour. A stunning out-lap from Verstappen enabled him to sneak ahead of Hamilton when the Mercedes driver re-emerged from the pits a lap later. Mercedes was not banking on the undercut to be so powerful, with all of its modelling simulations pointing towards Hamilton being able to retain his lead following his pit stop.

A strategic masterstroke from Red Bull to commit Verstappen to a two-stopper opened the door for the Dutchman to overtake the one-stopping Hamilton for the win on the penultimate lap of the race. While Shovlin acknowledged that it would have found itself in a "decent position" had it pitted Hamilton immediately



after Bottas came in, he insisted that a two-stop strategy was unlikely to work. The last-gasp defeat promoted Mercedes strategy chief James Vowles to apologise to Hamilton, saying: "This one's on us."

When asked why Mercedes opted not to pit Hamilton before Bottas, Shovlin replied: "Because it was uncomfortably early to go to the end. Also, the concern on Valtteri's car was that he was getting an increasing vibration, that was getting worse and worse every lap."

MOTO GP

The historic, undulating Sachsenring circuit in eastern Germany played host to Round 8 of the 2021 MotoGP™ championship and saw the sensational end of a long road back to winning form for Honda's Marc Márquez. After three

complex arm surgeries following his crash at the season-opening 2020 Spanish MotoGP™, Márquez has suffered a long and painful journey back to fitness. In one of the most impressive sporting comebacks in recent memory, the six-time premier class champion absolutely bossed the German MotoGP™ for an emotional first win since the end of the 2019 season. He looked every inch his old self as he resisted pressure from one of this year's stars, Red Bull KTM Factory Racing's Miguel Oliveira. The Portuguese rider looked to beat Márquez, but couldn't do enough to break the Honda rider's advantage. The winner of the previous race in Catalunya can be satisfied with another visit to the podium, however.



Marc Marquez, MotoGP, German MotoGP 20 June 2021. The result means that Márquez becomes the fifth different winner of a GP this year and also that the Honda rider has triumphed every time he's raced at the Sachsenring. That equates to 11 wins in all classes, eight in the premier, at the storied German circuit. More importantly for Márquez, though, it's a just reward for many months of pain and uncertainty. In qualifying, Pramac Ducati's Johann Zarco claimed a commanding pole position, but on race day the French rider was already down in third by the time the pack exited the opening sequence of tight corners, as Aprilia's Aleix Espargaró snatched the lead, followed by a resurgent Márquez.

Marc Márquez leads the MotoGP of Germany at Sachsenring on June 20, 2021. At the beginning of lap eight, Miller made his move on Zarco to grab third place and half a lap later Miller was right with second place man Espargaró, just as the widely expected rain finally began to fall lightly. The Australian seized the moment and took over second from the Aprilia rider. Sensing his opportunity as rain threatened, by lap 10 Márquez had pulled out a 1.5-second lead, as Miller came under heavy pressure from Oliveira. One lap later Márquez had added another couple of tenths to his advantage and Oliveira rode past Miller into second place. Miguel Oliveira on track during the MotoGP of Germany at Sachsenring on June 20, 2021.

The big question was could the still recovering Márquez maintain his concentration and fitness to hold on at this incredibly physical circuit? The answer was yes. At the end of lap 30, Márquez claimed his 57th premier class win amid emotional celebrations in the Repsol Honda garage. Away from Márquez's remarkable return, Oliveira maintained his and KTM's fantastic run, following up from victory last time in Catalunya to score a third consecutive podium. His teammate Binder kept up his good form with a fourth place finish, while the factory Ducati of Francesco Bagnaia took fifth ahead of championship hopeful Miller.

Fellow championship challenger and pole position winner Zarco ended up eighth and the French rider will look to get back on track at the next race, the Dutch TT, in just seven days to keep pace in the title fight.

Position	Entrant	F1 Points Tables	Points
1	Red Bull Racing		215
2	Mercedes-AMG Petronas Formula One Team		178
3	McLaren F1 Team		110
4	Scuderia Ferrari Mission Winnow		94
5	Scuderia AlphaTauri		45
6	Aston Martin Cognizant Formula One Team		40
7	Alpine F1 Team		29
8	Alfa Romeo Racing Orlen		2
9	Uralkali Haas F1 Team		0
10	Williams Racing		0

2021 F1 World Championship Constructors' Standings

Position	Entrant	Points
1	Max Verstappen/Red Bull	131
2	Lewis Hamilton/Mercedes	119
3	Sergio Perez/Red Bull	84
4	Lando Norris/McLaren	76
5	Valtteri Bottas/Mercedes	59
6	Charles Leclerc/Ferrari	52
7	Carlos Sainz/Ferrari	42
8	Pierre Gasly/AlphaTauri	37
9	Daniel Ricciardo/McLaren	34
10	Sebastian Vettel/Aston Martin	30
11	Fernando Alonso/Alpine	17
12	Esteban Ocon/Alpine	12
13	Lance Stroll/Aston Martin	10
14	Yuki Tsunoda/AlphaTauri	8
15	Kimi Raikkonen/Alfa Romeo	1
16	Antonio Giovinazzi/Alfa Romeo	1
17	Nicholas Latifi/Williams	0
18	Mick Schumacher/Haas	0
19	Nikita Mazepin/Haas	0
20	George Russell/Williams	0

2021 F1 World Championship Drivers' Standings

Position	Entrant	MotoGP Points Tables	Points
1	Fabio Quartararo/Monster Yamaha		131
2	Johann Zarco/Pramac Ducati		109
3	Jack Miller/Ducati Team		100
4	Francesco Bagnaia/Ducati Team		99
5	Jean Mir/Suzuki Ecstar		85
6	Maverick Vinales/Monster Yamaha		75
7	Miguel Oliveira/Red Bull KTM		74
8	Brad Binder/Red Bull KTM		56
9	Alex Espargaro/Gresini Gresini		53
10	Marc Marquez/Repsol Honda		41
11	Franco Morbidelli/Petronas Yamaha		40
12	Pol Espargaro/Repsol Honda		35
13	Takaaki Nakagami/LCR Honda MotoGP		34
14	Alex Rins/Suzuki Ecstar		28
15	Enea Bastianini/Avintia Ducati		26
16	Alex Marquez/LCR Honda Castrol		25
17	Danilo Petrucci/KTM Tech3		23
18	Jorge Martin/Pramac Ducati		23
19	Valentino Rossi/Petronas Yamaha		17
20	Luca Marini/Sly 1786 Avintia Ducati		14
21	Bav Locuona/KTM Tech3		13
22	Stefan Bradl/Repsol Honda		11
23	Luca Caduroli/Gresini Gresini		4
24	Michele Pirro/Pramac Ducati		3

2021			
1		28 marzo	GP DE BAHREIN BAHREIN
2		18 abril	GP EMILIA ROMAGNA IMOLA
3		02 mayo	GP DE PORTUGAL PORTIMAO
4		09 mayo	GP DE ESPAÑA BARCELONA
5		23 mayo	GP DE MÓNACO MONTECARLO
6		06 junio	GP DE AZERBAYÁN BAKÚ
7		13 junio	GP DE CANADÁ GILLES VILLENEUVE
8		27 junio	GP DE FRANCIA PAUL RICARD
9		04 julio	GP DE AUSTRIA RED BULL RING
10		18 julio	GP DE GRAN BRETAÑA SILVERSTONE
11		01 agosto	GP DE HUNGRÍA HUNGARORING
12		29 agosto	GP DE BÉLGICA SPA-FRANCKENHAMP
13		05 sep.	GP DE HOLANDA ZANDVOORT
14		12 sep.	GP DE ITALIA MONZA
15		26 sep.	GP DE RUSIA SOCHI
16		03 oct.	GP DE SINGAPUR MARINA BAY
17		10 oct.	GP DE JAPÓN SUZUKA
18		24 oct.	GP DE EE.UU. COTA
19		31 oct.	GP DE MÉXICO HERMANOS RODRIGUEZ
20		14 nov.	GP DE BRASIL INTERLAGOS
21		21 nov.	GP DE AUSTRALIA ALBERT PARK
22		28 nov.	GP DE ARABIA SAUDÍ YEDA
23		12 dic.	GP DE ABU DHABI YAS MARINA

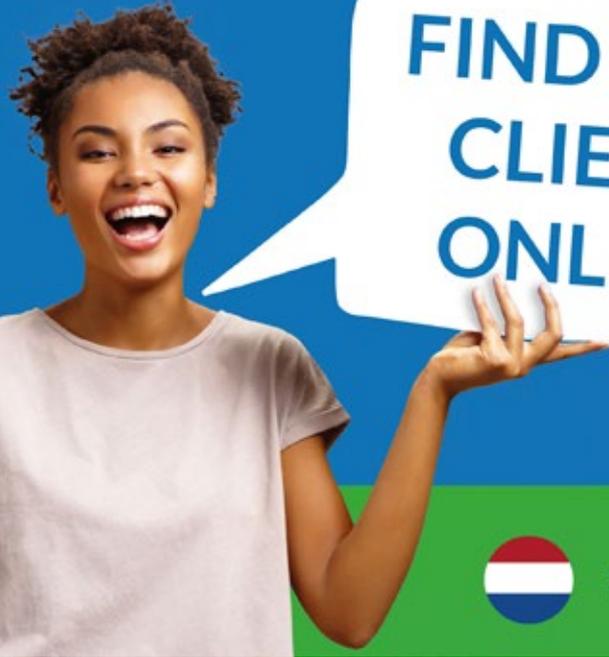
NOTA: Sujeto a cambios debido a la evolución de la pandemia del Covid-19

2021 MotoGP™ CALENDAR

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

* Evening Race

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Dawn Llewellyn-Price

Well, it looks like Wally the wandering walrus has beaten us to Santander. When he left Wales nobody imagined he'd head that far south, but indeed he did, spending time lounging in pleasure boats at La Rochelle in France, then Bilbao, now Santander. As we're now sailing into Santander, I'm half hoping, as we're booked into a seafront hotel for the night, we might get a second sighting as we wander the paseo.

By the time you read this, we should already be enjoying the wildlife on the coast of Puerto de Mazarron, or unwittingly swimming alongside it.

Everything required is in place. We've even had



the 'We're looking forward to welcoming you aboard' email, instead of the 'Your ferry has been cancelled yet again' version.

It's been a thankless thrill, but seeing the smiling faces of those already there via the many non-resident social media groups, the photos, and informative journey descriptions give us hope we, too, will emerge unscathed the other side, sail smoothly through new-fangled customs, and soon be fighting weeds and washing the dust off our very own terraces. Just as every relaxing break should be. Until the time to return home arrives. We've decided to ignore that stuff for now, as



things may change drastically by the end of August, and I'm not going to worry about it in early June, as I write. Although being a gal of full disclosure, covering all bases, I have discovered that we could high-tail it over to Morocco (if reopened) with car and cat (it's allowed, I've checked) and spend 90 days there basking in the sun, spending any UK government red-list hotel money on a beach shack with a tarpaulin for a roof if needed. I haven't yet priced holiday rentals. With Gibraltar now in Schengen, as Basil Fawltly once said, 'That particular avenue of pleasure has been closed off...' and as Sybil replied '...and we don't want it opened up again, do we Basil?'. Er, indeed we do...



With so many avenues of pleasure denied to so many, for so long, and no desire to visit the cinema, we've been having beach barbeques. With those cheap supermarket tray versions, we've trundled over sand dunes carting folding chairs, and the remnants of the freezer and made the most of the days when the wind wasn't so bad and the clouds weren't totally obscuring the blue sky. My hairdresser asked if I wanted curls as my appointment drew to an end around four o'clock. No point, I told her, I'll be sitting next to a smoking BBQ by five.

It's handy living by the beach. We hear seagulls and surfers, car horns, and pile drivers.

Oh, and we had a shark in the shallows, caught by a fisherman a few hundred yards down the beach. It was released and swam away, but we've renamed our stretch 'Amity'.





Los Amigos De Mazarrón F.C

LATEST NEWS FROM LOS AMIGOS DE MAZARRON FC



Mazarrón FC's season may be over but the junior teams from Mazarrón Fútbol Base were still playing in June as well as the successful Mazarrón Femenas Ladies Team.

For the first time a Mazarrón youth team has been playing in the senior league, the Segunda Autonómica, a big step up from the junior leagues. They have fared very well and, with three games remaining are in fifth place in their league with a record of P17 W8 D3 L5 F26 A21 Pts 27.

There are two other juvenile teams, the "A" team are in the Primera Juvenil league and are also currently fifth and the "B" team are fifth in their league, Group 2 of the Segunda Juvenil. In addition to these older junior teams there are a further eight Mazarrón Base teams playing each week.

The Cadetes "A" team are in third place in their league and the Cadetes "B" are third bottom of their league. The Infantils are third bottom of their league with five games remaining. The Alevins are having a poor season and are rock bottom of their league with two games remaining without gaining any points.

The Benjamins "A" have finished their season in a creditable third position but the Benjamins "B" finished bottom of their league after failing to take any points from the twelve games played. The youngest of our teams the Pre-Benjamins "A" finished their season fifth out of seven teams while



the "B" team are fifth out of eight teams with three games remaining.

We have a great junior set up which is well organised and well run and we have a steady stream of players progressing through the ranks to the senior squad.

In addition, the Mazarrón Femenas ladies' team has had a marvellous first season and gained promotion from the Primera Autonómica to the Preferente Autonómica at the first attempt. They achieved promotion with three games still remaining and are currently nine points clear of second placed Alhama Club de Fútbol which should be more than enough to clinch the championship as well as promotion. Their record at the time of writing is P19 W16 D1 L2 F84 A19 Pts 49. Cindy is the league's joint leading scorer with 24 goals with Miriam not far behind on 20.

Congratulations to all the ladies and to coach Javi, who managed the senior men's team a few years ago and his assistant Jose Rodriguez, former President of the senior men's team.

Los Amigos members and friends went to the Bar and Restaurant Velasco in Mazarrón on 18th May for an end of season meal. Numbers were limited to 30 because of Covid-19 regulations and a coach was provided so that members could enjoy a drink or two in typical Los Amigos fashion!! The menu included pig's cheeks and swordfish and there was plenty of wine flowing together with quite a bit of brandy which perhaps didn't agree with a few!!!

The Quiz Night at the Diner on 1st June was a sell out with 40 members and friends split into teams of five or six enjoying a delicious meal. The most popular choice was the steak pie but scampi, chicken or quiche were also on the menu. The evening was hosted by Sue and Carl from the Diner who contributed greatly to the entertainment. Surprise, surprise the quiz was won by a team captained by the outgoing President Alan Lyle. Thanks to our new Social Secretary Alison Golding for organising the event and conducting the raffle.

Los Amigos membership renewals have been deferred since the start of the coronavirus crisis, but renewals will now be accepted from the 1st August coming. Membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner. Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but will be resumed as soon as it is possible. Please email stevebarrow01@gmail.com for a membership form.

The postponed Annual General Meeting of Los Amigos de Mazarrón FC was held at Mariano's on 16th June. This had been delayed for almost 12 months because of the Covid-19 crisis. Business included the adoption of the annual accounts and the appointment of a new President and Vice President and re-election of officers to

the Executive Committee. Alan Lyle, who has been a very popular and hardworking President for the last few years, has now stepped down and will be replaced by Dave Perks for his second stint as President.

In addition, our long serving (and long suffering!!) Secretary Barbara Marchant has also decided to hang up her pen. Barbara has been in the position for well over a decade and her contribution to the success of Los Amigos, as with Alan Lyle, is immeasurable. Executive Committee members Martin Vale, Tony Day and Bryan Wilde have also stepped down and



we thank them for their contributions.

We welcome two new Committee members in Derek Harding and Paul Cassidy both of whom have been active Los Amigos members for some time and look forward to them making valuable contributions to the continuing success of Los Amigos.

The twice postponed Golf Day and 11th Gala Dinner has been arranged for March next year. The Celebrity Golf Competition will be on Monday 28th March 2022 at the Camposol Club de Golf. The Gala Dinner, once again sponsored by the Mazarrón Entertainments Group, will be held the fol-



lowing night, Tuesday 29th March at the Hotel la Cumbre, Puerto de Mazarrón. Master of Ceremonies Gary Marshall, comedian Lea Roberts and ex-footballer John Beresford have all confirmed that they will be available again. Musical entertainment will again be provided by the fabulous Woody.

Tickets will be re-issued to those who have already purchased them. Anyone wishing to have a refund should email salt-erbk@hotmail.com. An announcement of when the new tickets are available for sale will be made as soon as possible and on our Facebook page.

Beach Wear Dresses

If you are hitting the beach, you won't be able to live without these great pieces from our women's beachwear collection. These pieces look perfect by the pool or over your swimwear, but certainly won't be out of place when you're out to dinner or at a party.

Here are just some examples of what is available.





Good & TIMES Tan Lines



5 Easy Ways to Get Rid of Weird Tan Lines, Fast

You're diligent (if not meticulous) about your sunscreen application. Until the beach nap happens and you wake up to find your cutout one-piece has left a semi-permanent design on your skin. Need to fade those lines fast? Here are five things that'll do it.

SHOWER SCRUB



First things first: You want to slough off the top layer of skin to start the fading process. But if you're burned, wait a few days or it won't be very pleasant.

LEMON JUICE MIX

Lemon juice is a natural exfoliant, but it's gentler because it doesn't require any harsh scrubbing (just make sure to dilute the acidity with honey so it doesn't burn). Leave the concoction on your tan lines for 25 minutes, then rinse.





CUCUMBER SLIVERS

There's a reason you often see cucumbers on people's eyes—they're naturally high in water content and vitamin C, so they nourish skin, which is a key factor in reducing tan lines. Either lay a few thin slices where needed or puree them into a paste and apply onto the affected area for 20 minutes.

tan line? Cut a potato into thin pieces and apply where needed, let sit for 15 minutes and then remove.

SELF-TANNER



If none of the above are quite cutting it, paint some self-tanner onto your lines with a makeup brush.

Leave it on overnight and then use a gentle exfoliator (ahem, lemon juice) to soften any harsh edges for a more seamless look.



POTATO SLICES

Fun fact: Potatoes hold a lot of water, so they've been used to help heal sunburns.

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Collaborator commission example	
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Bank Opening Fee (%)*	0.8%
Total Bank Fee (€)	2000
Collaborator Commission (%)	30%
Collaborator Commission (€)	600

*% of Bank Opening Fee paid to Mortgage Direct

Note: Some banks pay us 100% of the bank opening commission and others less, so we have taken an average.



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Korean chilli, sesame & honey chicken

Ingredients

12 chicken thighs, boneless and skinless

- 2 tbsp soy sauce
- 1 tbsp sesame oil
- thumb-sized piece ginger, grated
- 4 spring onions, sliced

For the glaze

- 4 tbsp Korean chilli paste (gochujang) or use a mixture of 3 tbsp ketchup and 1 tbsp sriracha chilli sauce
- 2 tbsp honey
- juice ½ lime
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 2 tbsp sesame seeds

Method

STEP 1

Toss the chicken in the soy sauce, sesame oil and ginger. Thread each thigh on two long metal skewers, so that each skewer pierces one side of the thigh. Keep threading the chicken, making sure it's packed onto the skewers tightly. Chill until you're ready to cook. Mix the ingredients for the glaze.

STEP 2

Heat the BBQ. If using a coal BBQ, wait for the coals to turn ashen before you start cooking. Cook the kebab for 5-8 mins on each side (depending on the heat). Once nicely charred but not

fully cooked through, start painting on the glaze. The honey will catch if cooked for too long – the key to nice sticky chicken is applying the glaze in layers, turning the kebab often.

STEP 3

Once the glaze has been used up and the chicken is cooked through (it'll take about 20 mins in total), transfer to a plate and leave to cool for 5 mins before serving scattered with spring onions.

Indian Veggie Burger

Ingredients

- 2 red onions
- 1 carrot
- 200 g butternut squash
- 100 g paneer cheese
- 2 cloves of garlic
- 5 cm piece of ginger
- 2 fresh green chillies
- 1 big bunch of fresh coriander, (60g)
- 150 g gram flour
- 2 teaspoons ground turmeric
- 2 teaspoons ground cumin
- 2 limes
- olive oil
- 100 ml natural yoghurt
- 2 baby gem lettuce
- 1 fresh red chilli, (optional)
- 6 burger buns
- 3 poppadoms
- mango chutney

Method

1. Preheat the oven to 180°C/350°F/gas 4.
2. Peel and finely slice the onions and place into a large mixing bowl. Scrub the carrot and squash, then coarsely grate into the bowl, along with the paneer. Peel the garlic and ginger and finely grate it into the bowl. Finely chop the green chillies (deseed if you like) and half the coriander (stalks and all) and add to the mix.
3. Tip in the flour, turmeric and cumin, season with sea salt and black pepper, then squeeze in the juice of 1 lime. Add 100ml of water, then get in there with clean hands and give it a good mix up. Divide into 6, then shape and squash into 3cm-thick patties.
4. Drizzle 1 tablespoon of oil into a large non-stick frying pan on a medium heat, add the patties and fry for 2 to 3 minutes on each side, or until golden and crisp –



you may need to work in batches. Remove to a baking tray and pop in the oven for 10 minutes, or until cooked through.

5. For the coriander yoghurt, pick the remaining coriander leaves into a pestle and mortar, setting aside a handful for garnish. Add a pinch of salt, then bash to a paste. Squeeze in the juice of half the remaining lime, then stir in the yoghurt.
6. Finely shred the lettuce, finely slice the red chilli (if using), halve the burger buns.
7. To assemble, spoon a little coriander yoghurt over the base and inside lid of each burger bun. Crumble the poppadoms and

sprinkle over the yoghurt, then sit a patty on top of each base and spread with 1 tablespoon of mango chutney. Top with a handful of lettuce, a few reserved coriander leaves and a sprinkling of red chilli, then place the bun lid on top. Serve with the remaining lime cut into wedges for squeezing over. Delicious!

10-minute summer gnocchi and prawn salad



Ingredients

- 500g packet gnocchi
- 2 tbsp extra virgin olive oil
- 80g green beans, trimmed
- 2 x 35g sachets basil pesto finishing drizzle
- 2 tbsp lemon juice
- 120g bag baby French kale leaves
- 500g cooked king prawns, peeled, deveined, tails intact
- 200g cherry tomatoes, halved
- 4 red radishes, sliced

Method

Cook gnocchi in a saucepan of boiling salted water for 2 minutes or until gnocchi rise to the top. Drain.

Step 2

Heat oil in a large frying pan over high heat. Cook gnocchi, stirring occasionally for 2 to 3 minutes or until golden brown.

Remove from heat. Season with salt and pepper. Cool 5 minutes.

Step 3

Meanwhile, place beans in a bowl. Cover with boiling water. Stand 2 minutes. Drain. Combine pesto and lemon juice.

Step 4

Toss gnocchi, beans, kale, prawns, tomato and radish together in a large bowl.

Divide among serving bowls. Drizzle with pesto dressing.

- 2 finest* meringue Pavlovas
- 1 tbsp toasted blanched hazelnuts, roughly chopped
- pomegranate seeds, to serve

Method

1. Preheat the oven to gas 6, 200°C, fan 180°C. Put the figs in a roasting tin, drizzle over the honey and sprinkle over the cardamom seeds. Bake for 10 mins. Use a slotted spoon to transfer the figs to a bowl, then stir the lemon juice into the syrup in the tin to taste and set aside to cool.
2. In a large bowl, whisk the cream to stiff peaks. Fold through the yogurt, half the orange zest and half the fig syrup.
3. To assemble, put a meringue Pavlova on a serving plate. Top with half the cream, then repeat with the remaining meringue and cream. Arrange the figs on top, then scatter over the hazelnuts, remaining orange zest and the pomegranate seeds. Drizzle with the remaining syrup to serve.

PAVLOVA TIPS

- Eggs are easiest to crack when cold, and easiest to whip when they're at room temperature. Plan around this knowledge!

- Be EXTREMELY careful to not get any egg yolk into the whites, or the eggs will not whip up. Even beyond cracking the eggs,, be very careful to use a very clean bowl and mixer - grease is your enemy here.

- Add your sugar SLOWLY, as you're beating the egg whites. You don't want to overwhelm the structure of the egg whites as you're building that structure!

- Once your Pavlova is in the oven, don't even open the oven door until several hours after you turn the oven off. Patience is a virtue!

- Wait until right before you plan to serve the Pavlova to whip the cream

CARDAMOM FIG PAVLOVA

Ingredients

- 8 fresh figs, halved
- 3 tbsp clear honey
- 4 cardamom pods, seeds removed and crushed, pods discarded
- 2 tbsp lemon juice
- 300ml double cream
- 200ml Greek-style yogurt
- 2 oranges, zested





Hello everyone,

Happy July to you all, let's hope the wasps and red rain stay away now and summer can truly begin!

I love that these articles have been enjoyed by so many of you and that you feel comfortable coming to me and asking questions. Many are wanting answers about life, their own life and how do you learn more about what and who we are.

I am often asked where, when and how I began my own Spiritual journey.

Well, that's not such an easy question to answer, because I believe and this is only my opinion, that our physical knowledge of 'the journey' starts when we come (born) to this earth plane.

Many will say that when we are born, we lose all knowledge and memory of ourselves. That our memory is wiped to enable us to fully embrace this new life of experience.

If we didn't, then we would not fulfil our quest in this life and would have to return many times. Imagine if we knew everything that we were to go through, would you want to know?

Out of all the Realms of existence, the Earth is regarded as the best school around, many souls wanting to come and learn and to grow as much as we all can.

Our ultimate aim is to learn and accept joy and unconditional love within our souls.

I believe that before we come here, we agree to what experiences we wish to have. That there is some kind of 'contract' that we sign up to and then it is up to us how we live that life, take the pathways that we take and if we complete what we wish to with Free Will. We choose the parents and family that we are born in to, who are going to form our early belief systems, skills, moral code, physicality, etc.

For those of you that have ever felt lonely on this journey, know that you are not alone. Not only do you have your hereditary family, who may have

given you a great life or they may have let you down. You have a massive Spirit Family and Team behind you, connected by the inseparable energy of Devine Love.

Let me explain The Contract for you. We will have many lives here, at the hard knock school of earth. Our families, friends and team will intermingle throughout these lives too. We will come multiple times to experience different relationships; for example, one life your mother now, may be your sister in another life, your husband may have been your daughter. So, let's break this down: -

FAMILY:

You'll hear it said, 'you can choose ya friends, but you can't choose ya family', oh but you do. For many reasons - to have a happy, supportive, loyal and loving family or you could get the exact opposite.

PHYSICAL CHARACTERISTICS:

You might be a long, tall Sally, a cuddly bear, have big feet, be beautiful (on the outside only sometimes), have hair you dislike. You may love everything about yourself.

MONEY:

This challenge is experienced by many, you may have an abundance of dosh as soon as you come into this world, with the proverbial silver spoon in your mouth, or you may struggle all of your life trying to make ends meet and wonder why? Especially when you work so hard all the time. Some people just have the luck of the golden goose on their side, what ever they do, they always come up smelling of roses, or conversely, you could fail at every venture you try out.

EDUCATION:

Did you go to Eton or to Downtown Lane School? What opportunities some people have had, the best of everything, or the type of school where academia was far from valued.

KARMA:

This is a good one. Some people don't believe it in at all, good for them, I say. Others believe that you make it continually, receive it, pay it back and on and on. Then there's the 'didn't learn the lesson first time, so your back to try again'.

SPIRITUAL KNOWLEDGE & WELL BEING:

Oh, bless the special ones who find this life very, very hard, feel that they just don't fit in and they don't like this life at all. For these very special and sensitive souls, they have a very

difficult time and are very affected by unbalanced vibrations and experiences here. They can be broken easily, before they are awakened and see themselves for who they are, what they have come to learn and heed those lessons, as to not fall foul of them again. Finding their 'Tribe' becomes a mission too, to be able to live their lives beating to the ebb and flow of the Universe, to find love, discernment and peace in all situations. Others will walk their paths blissfully unaware and are quite contented with their lot.

The whole point is to understand what is presented to you in a mindful way, what you have agreed to experience, gaining knowledge and wisdom. Not to spend a life hating yourself and your lot in life.

If your soul is evolved, you will have a rollercoaster of a ride, until the 'ah ha' moment comes and all unravels, your inner wisdom unlocked. The beautiful, challenging journey begins.

Find the light that shines within you, find what makes you glow at your brightest and do that.

Joy and Love.

Namaste my friends,

Corina xx



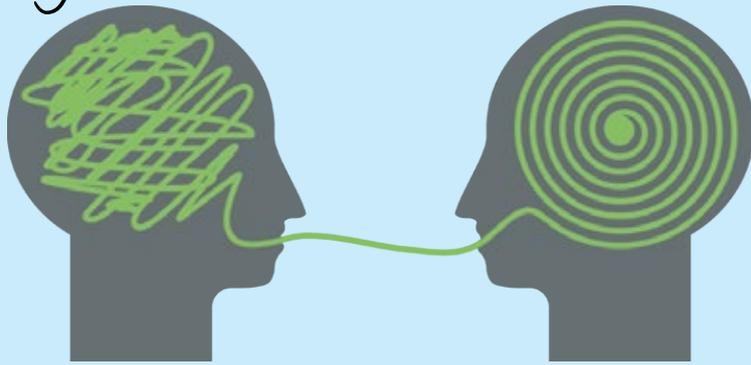
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PLASTIC FREE JULY

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2021



Plastic Free July 2021

July 1 - July 30

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National Picnic Month 2021

and dearest. So get yourself outside this National Picnic Month, and with a whole month of celebrating ahead of you the culinary possibilities are Gastronomical!

July 1-July 30



Join millions of people reducing their plastic waste. Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

Plastic Free July provides resources and ideas to help you (and millions of others around the world) reduce

National Bereaved Parents Day
3rd July 2021
#keepingtheirmemoryalive

If you enjoy getting out of the house and eating outdoors then July is the month for you, as the whole of this month is National Picnic Month!

There's something about the summer weather that brings out the relaxed hippy in us all, and what better way to wind down after a busy day/week at work than to slip on your sandals, pack up your picnic basket and head to the outdoors with your nearest

National Bereaved Parents Day 2021

July 3

Hosted by charity, A Child of Mine, National Bereaved Parents Day will take place on Friday 3rd July to raise awareness of all parents who have lost a child of any age, under any circumstance.

Please join us to help spread the mes-



sage, raise awareness and show the bereaved parent community that they are not alone.

International Kissing Day 2021

July 6

July the 6th is International Kissing Day which is the perfect excuse to grab that special someone in your life and pucker up. But how will people around the world be celebrating International Kissing Day? Here's a few interesting facts on how other cultures see the kiss.

In Italy and Greece friends, both men and women commonly kiss each other on the lips when greeting each other, whereas in France one air kiss on each cheek is a customary greeting.

Modern Anthropologists believe that kissing developed from "Eskimo kissing", which is actually the practise of rubbing noses to take in each others breath. This is also practised amongst many Pacific Islanders as a greeting, which has led to the theory that kissing is actually a testing of another persons scent to measure compatibility! In Vietnam kissing between spouses is only done in private, with China and Japan adopting a similar attitude towards this. While people from the Netherlands actually opt for 3 kisses as a form of greeting.

Don't Step on a Bee Day 2021

July 10

The 10th July unites the nation for National Don't Step on a Bee Day!






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

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urge you to help spread the message! We would love it if you could share the message with your audience on Facebook or Twitter and tag @BeeGood_UK or use #DontStepOnABeeDay to help raise awareness!

National Schizophrenia Awareness Day 2021

July 25

National Schizophrenia Awareness Day, marked on 25 July every year by the charity Rethink Mental Illness, explores what it means to live with this much misunderstood and often stigmatised mental health condition.

In England, approximately one adult in every 100 will live with a diagnosis of schizophrenia.

International Tiger Day

This year we're calling for your help to protect our precious bees. The recent press surrounding the Bee Crisis, has been hard to ignore. Not only do our bees help provide the honey, propolis and beeswax contained within your favourite Bee Good

products, they also help to keep us all fed and watered! Without the tireless work of our little buzzing friends, over a third of everything we eat would disappear from our tables. What can you do? This Don't Step on a Bee Day, we

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BRIAN TRACY



How to Survive the Summer When Summer Makes You Miserable

According to all the social media pic-



tures of legs stretched out on loungers, many people love the summer. They bask in the bright sun, revel in the heat, and don't seem to mind the sand-in-the-bathing-suit/sunscreen-in-your-eye sensations of July and August; the moment summer rolls into sight, it's constant watermelon, pool parties, and beach barbeques.

Then there are the rest of us..... We are the people who hug the one inch of shade along the pavement, who seek out the closest possible parking spots to the supermarket entrance, who feel like a day at the beach is pretty much like a scene of desert alienation from *The Sheltering Sky*.

For me, summer is a challenge to my mood, but a manageable one: I can deal with and even enjoy July and August with a few lifestyle modifications. For others, the summer triggers a full-blown depression known as reverse seasonal affective disorder. Just as some people experience mood lows in the cold months, others feel crummy in the summer. And like the winter blues, the disorder exists on a spec-

trum: Some people get a little down; others feel so low that they entertain suicidal thoughts.

Light might be as important as temperature

"This seems obvious," Dr. Rosenthal said, "but stay cool. There are lots of things you can do—cool baths and showers. Keep blinds and shades drawn to prevent a greenhouse effect in your home." If getting overheated makes you feel irritable and stressed or depressed, make staying in the air-conditioning a priority.

Some summer depression people sleep with ice packs or cooling pads I keep my bedroom at an arctic temperature starting in early June. Depressed people tend to higher body temperatures at night than non-de-



pressed people do.

The piece of advice about keeping shades drawn has a second element to it: "Some of the reverse SAD might be induced by the light. It's not entirely clear, but there are some cases in which the light is a significant factor." Some doctors think that the bright, long days modulate melatonin production and affect mood, just as low light levels affect mood for some people;

others think that the long days wreak havoc with circadian rhythms and so disrupt sleep cycles.

And here's an interesting commonality among reverse SAD sufferers: Some people report that the bright sun feels like an "assault" or an "attack"—which is exactly how stepping out the front door into the burning sun feels to me. I manage this reasonably well with a big hat and big sunglasses, and in my bedroom I have blackout shades so I can start winding down for sleep when the sky is still light (and not have the 5AM dawn roust me too early).

Forma Illustration for article titled How to Survive the Summer When Summer Makes You Miserable

But don't avoid sun-



light entirely

Dr. Rosenthal notes that he has had patients judiciously expose themselves to bright sunlight with good results: He had a colleague who suffered from reverse SAD who would step out into the light in the morning for very short periods—10 or 15 seconds—and she found that brief exposure, combined with the other defensive measures, to be therapeutic.

If you generally like to be outdoors, make sure you do it in the early morning or late evening when it's cooler and the sun isn't so bright.

Take a trip

At the very least, be strategic about your holidays, and take a trip away from the heat.

Get over your FOMO

One of the particularly insidious things about warm-weather SAD is that summer is supposed to be a bacchanal of good times: waterskiing, beach frolicking, poolside BBQing. It can take a while to come to terms with your own aversion to hot, bright weather, because it seems so incredible—who doesn't like summer?



“Many people feel like there’s this carnival going on, and they’re left out. The socialization associated with summer is very difficult to deal with.” One of the double whammies of depression is that one often feels bad about feeling bad, and that can be amplified when everyone else seems to be having a marvelous time while you want to crawl under a blanket.

If this is who you are, just be who you are. That’s the key to being happy with one’s biology and psychology. This is something you can’t change.”

I was well into adulthood when I realized that sitting on a scorching beach actually induced a mild feeling of panic rather than excitement.

A friend recently invited me to her beach club and my first question was

“is there ample shade?” But I’ve finally come to terms with it: This is my neurology, and there are actually upsides—in October I get a huge mood boost, bordering on giddy, that lasts through March. The sound of football games and the smell of hearty stews on the stove make me feel literally like dancing.

Exercise, but inside



Exercise is a known mood booster, but a sweaty jog in the humid mid-day sun is not at all fun for reverse-SAD people. Swimming is great if that’s your thing, but the effort that surrounds swimming—getting to the pool, changing, showering, showering again, changing again—can make it impractical for a lot of people.

I recommends investing in a piece of equipment you can use at home, like an exercise bike, to get your cardio in without exposing yourself to excessive heat and light. I take my morning run at dawn, when I can still manage without sunglasses, and that keeps my mood reasonably stable all day.

Seek a doctor’s help

Warm-weather depression tends to take the form of insomnia and agitation, rather than the low funk of the winter blues, and that agitation can lead to suicidal thoughts. If this is you, please see a doctor.

Remember,

1. Stay hydrated. Protect your heart in the heat by drinking water all day. ...
2. Dress light. Wear loose, light-colored clothing in hot weather. ...
3. Eat light. Keep your heart happy between summer BBQ’s and ice cream cones.
4. Keep cool. ...
5. Take breaks. ...
6. Check your medications.

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Our new Patron, Stevie Spit BEM, hosted two events during May, the first two, we hope, of many. The first was at Captains Morgans Bar in San Miguel de Salinas on 11 May 21 raising an amazing €520.82. The second was at CK1 at Via Park 3 on 27 May 21 raising an even more amazing €1451.

Thank you to Stevie and all at Morgans Bar and CK1 for supporting us. Below are some photos from the CK1 event, as you can see Stevie performed in drag and dedicated a song to Samaritans in Spain. The event included a tombola, raffle, name the



teddy and sale of hand-made greetings cards. The lady who won the teddy donated it to baby Parker Lee Green, born on 17 May. Another event was held at Kacey's Bar on 31 May, we did our tombola



and with the donation from the bar the total event raised €291. Thank you to all at Kacey's Bar.

Last month I promised more details about our new Patron, so below we welcome our new Samaritans in Spain Patron, Stevie Spit BEM: They say 'laughter is the best medi-



cine' so who better to be the Patron of Samaritans in Spain than someone who has been bringing fun and laughter to the masses for more than 30 years? We are of course talking about entertainer Stevie Spit BEM.

Stevie started his professional career on the 4th July 1987 with an American



Independence Day show at The Royal Oak in Hammersmith, London. Within a couple of weeks, he was offered a job at the famous Madame Jo Jo's in London's West End. Since then, he has performed across the globe, appearing in many musicals, writing his own material and putting together a variety of shows.

When he is not appearing as one of the Costa Blanca's top female impersonators, Stevie dedicates his time to fundraising and raising awareness of causes that are close to his heart. It is this devotion that led to him being awarded a British Empire Medal (BEM) for services to charity in the New Year's Honours List published in December 2019.

On accepting the role of Patron to Samaritans in Spain, Stevie had this to say "I am extremely honoured to be involved in a charity that is looking after the well-being of the English speaking in Spain.

These couple of years have been so challenging for so many, and this charity really is helping to save lives".

Since being appointed at the beginning of May, Stevie has already helped to raise more than 2,000€ and is looking forward to raising even more over the coming months. Samaritans in Spain would like to offer their gratitude to Michelle Miles for making the introduction.

If you would like to volunteer to become either a Trustee, a Listener, a Fund Raiser or a Shop volunteer please visit our website, www.samaritansinspain.com, for further information.

Our Listeners remain available on our Freephone number 900 525 100 from 10am to 10pm, 7 days a week, 365 days a year, ALL calls are confidential IF you need to talk then please call us.

If you would like to donate to us, you can do so on PayPal – our PayPal account is paypal@samaritansinspain.com. If you are a business owner and would like to sponsor us in any way, then please contact us at pat@samaritansinspain.com.



CARING FOR YOUR TAROT CARDS

Even if you're not a Professional Tarot reader, your Tarot cards will, from time to time, need a little TLC. This post aims to show you the many different ways you can take care of your beloved tarot cards including:

Clearing your deck of any unwanted or negative energy through:

- Visualisations
- Smudging and incense
- Lunar energy
- Shuffling and re-ordering the deck
- Using crystals

Cleaning your tarot cards so that they shuffle better after:

- Real life spills
- Sticky fingers and gleaming cards
- Smooth shuffling

Storing your tarot deck after its use with:

- Their original boxes
- Fabulous fabrics
- Bohemian bags
- Beautiful natural wood

CLEARING YOUR TAROT DECK

Clearing, or cleansing your tarot deck is about purging it of unwanted energies that it may have picked up through working, resting and handling by others. Each clearing technique listed below is associated to one of the four elements of nature, plus the fifth element of spirit.

VISUALISATIONS

Elemental association: Spirit. In drawing down or pulling up white light from the heavens or the earth, we are seeking to embody or assimilate their essences and spirit to merge with our own.

Using meditation-based techniques are a great way to not only clear the energy from your cards after the days work, but they're also a great way to ground yourself at the same time.

SMUDGING AND INCENSE

Elemental association: Fire. Fire lights and keeps the smudge stick or incense burning. It has long been associated with purging and purification rituals, and is the only element that can transform one thing into another. By far the most popular method and it's easy to see why. Perhaps it's our memory of frankincense from days at church that make this technique feel effective. It evokes a real sense of cleansing just through the sight and smell of the smoke.

MOON ENERGY

Elemental Association: Water. La Lunar with her feminine, mysterious and fluid energy has long been associated with water and her power over entire oceans and even your body.

Using lunar energy to clear your tarot deck is very effective. At its most simplest, you simply place your deck on the window sill, or near to it, and let the moon work her magic in clearing, and rejuvenating your cards. You don't need a Full Moon, though it helps, particularly if it's visible from the window near to where you will place your deck. It's a technique that I have applied numerous times with great effect. You can also add a little ritual around this technique, as the Tarot Lady suggests below, using crystals. Lighting incense or smudging to begin the ritual can be very beneficial too, and if you're looking to add a little ambience to your Full Moon ritual, add candles, but be safe!

SHUFFLING AND RE-ORDERING THE DECK

Elemental association: Air. Shuffling with focused intent, being systematic and logically re-ordering your deck is very much a thoughtful, mental process. Visualise the deck hand

movements of shuffling, light as air, quick to the touch. This technique is very popular, and requires little else than to be sat with your deck, playing gently with it (as we do), shuffling it until you feel it has been cleansed, or, putting the cards back into their original order before mixing it back up again.

USING CRYSTALS

Elemental association: Earth. Born from the earth and containing her essence and power. Crystals ground effortlessly and emanate that power to whatever is around them, blessing whatever they feel nearby or touch, by the spirit of nature.

I love crystals and use them throughout my day, whether that's holding one just to calm my nerves or help me focus, there's no doubt they're multitalented! Apart from the Tarot Lady's excellent advice below, I often use one to sit on top of an opened deck, in between readings, or just because I'm working with the deck in another capacity and may be leaving it unattended for a while. It's less about clearing & more about protecting, but is still a crystal working in harmony with a tarot deck.

CLEANING YOUR TAROT DECK

From time to time, you will find that your tarot cards can get a little sticky which can make them harder to shuffle and much less pleasant to hold. Compare your well used deck to a brand new one and you will see exactly what I mean. There are remedies though and you can put the 'slip' back onto your cards with a little time and patience – yes, it can be a very laborious job cleaning 78 cards, but well worth the effort at the end of it.

STORING YOUR TAROT DECKS
THEIR ORIGINAL BOXES
FABULOUS FABRICS
BOHEMIAN BAGS
BEAUTIFUL NATURAL WOOD



Horoscopes July 2021



Aries

Married life will be both romantic and sensual during the first three weeks. Singles will get opportunities to form love relationships. Health will not pose any problems. Family affairs present a pleasant picture. Financials will be highly profitable. Profession will be subject to stress. Educational activities will get encouragement.



Taurus

Married life will be both romantic as well as sensual with chances for a pregnancy. Single persons will get love partners after the 22nd. Children will shine in their academic activities. Financial prospects are excellent. Health will be wonderful without any serious illnesses. Career may pose a few problems.



Gemini

Marital life will be pleasant with good understanding between partners. Health prospects are excellent. Family relationships will be very much volatile. Business people will have a highly prosperous month. Professional life might not be very beneficial. Travels will not be profitable.



Cancer

Married couples will have a blissful month. Singles will get love partners if they curb their aggression. Children will be adversely affected due to family strife. Health will be fabulous while professionals will face rough weather. Businessmen will find the going tough.



Leo

A host of planets will strive to make married life wonderful. Mars will help singles to get hooked before the last week. Family affairs will be propitious and health prospects are encouraging. Career professionals will shine in their jobs. Businessmen fail to make headway.



Virgo

Single persons will get love partners with their charisma. Marital life can be made interesting with some originality. Health will be fantastic, while family affairs are difficult. Finances will be encouraging, and professionals will face hurdles for career growth. Travel activities will give good profits.



Libra

Married life will be full of romance till the 23rd. Mars will help singles to get love partners. The family environment will be very much cheerful. Health prospects are encouraging. Career professionals will excel in their jobs. Businesspersons will reap good profits. Students will shine in their studies.



Scorpio

Marital life can be made more enjoyable by listening to your partner. Jupiter will facilitate singles to find love partners. Children will have the astral support for enjoying their activities. Health conditions will be fantastic. Career professionals and business people will face tough times in their activities.



Sagittarius

Married persons should be ready to face turbulence in their love relationships. Singles will get love partners during leisure trips. Health will face a few hurdles. Family relationships will be rocky. Professionals will have a delightful time. Finances will not be easy for business persons.



Capricorn

The life of married couples can be made fabulous by good communication between couples. Children will do well in their engagements. Health conditions will be exceptional. Professionals will find the going tough in their careers. Business people will have a few problems making good profits. Travels give negative returns.



Aquarius

Married life can be made enjoyable by engaging in social activities together. Love for singles can be found in social gatherings. Family relationships will not face any problems. The month is fabulous for health. Career people will have all the opportunities for advancement. Business persons will face a tough time.



Pisces

The love life of married people will be playful and affectionate. Children will be negatively impacted due to turbulent family surroundings. The health front is promising without any serious illnesses. The career will see both ups and downs. Financials look difficult, and travel engagements will give good profits.

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

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

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

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

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

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We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.00am and 11am with our donation buckets. Please consider a regular payment no matter how small. You may contribute via Paypal, bank transfer, or even a regular direct debit. This is especially popular with non resident holiday home owners.
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Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

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