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Journal
June 2020



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THE Journal

June 2020



Dear Readers,

I don't know about you but I can't believe we are already in June!!!

We have now gone back to print as various distribution points are now open for you to pick up your copy of The Journal. We thank you for reading us online through the lockdown phase and hope that you will enjoy us being back in print. The website is developing continuously with a new feature of weather being added this month. Please go to the website to check our local weather forecast.

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There are many exciting and interesting features and articles to read as well as information from our local businesses with any changes they have made to adapt to the new way of life.

With it being National Rose month as well as the summer solstice, summer truly is upon us. I would like to invite you all to send in any photos you have of your beautiful roses or indeed any which you feel are representative of our beautiful local area.

With those thoughts in mind I will leave you to read and enjoy.....

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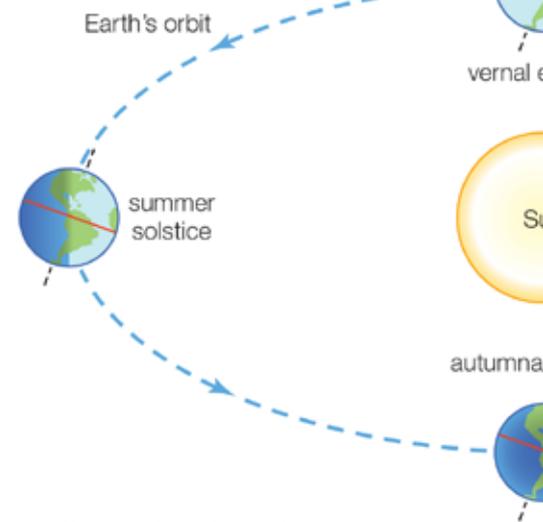


The Summer Solstice

The summer solstice also known as midsummer, happens when one of the Earth's poles has its maximum tilt toward the Sun. It happens twice yearly, once in each hemisphere (Northern and Southern). For that hemisphere,

the summer solstice is when the Sun reaches its highest position in the sky and is the day with the longest period of daylight. Within the Arctic circle (for the northern hemisphere) or Antarctic circle (for the southern hemisphere), there is continuous daylight around the summer solstice. On

Seasonal configuration of Earth and Sun



the summer solstice, Earth's maximum axial tilt toward the Sun is 23.44°. Likewise, the Sun's declination from the celestial equator is 23.44°. The summer solstice occurs during summer. This is the June solstice in the Northern Hemisphere



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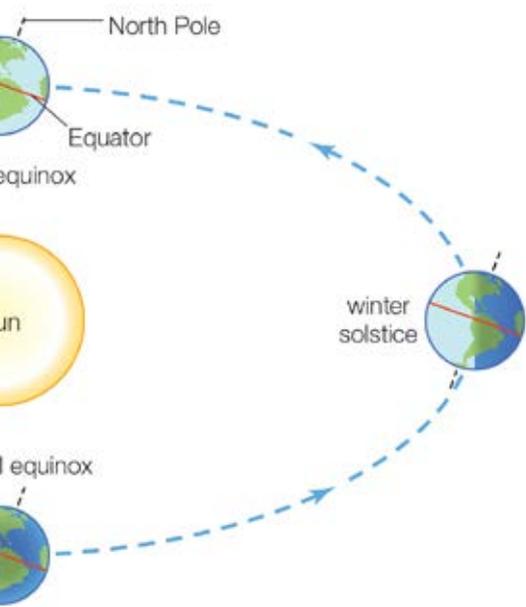


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and the December solstice in the Southern Hemisphere. Depending on the shift of the calendar, the summer solstice occurs sometime between June 20 and June 22 in the Northern Hemisphere and between December 20 and December 23 in the Southern Hemisphere.

The same dates in the opposite hemisphere are referred to as the winter solstice.

The summer solstice has been seen as a significant time of year in many cultures, and has been marked by festivals and rituals. Traditionally, in many temperate regions (especially Europe), the summer solstice is seen as the middle of summer and referred to as "midsummer". Today, however, in some countries and calendars it is seen as the beginning of summer.

Europe			
City	Sunrise 20 June 2016	Sunset 20 June 2016	Length of the day
Edinburgh	4:26	22:02	17 h 36 min
Moscow	3:44	21:17	17 h 33 min
Berlin	4:43	21:33	16 h 49 min
Warsaw	4:14	21:00	16 h 46 min
London	4:43	21:21	16 h 38 min
Kiev	4:46	21:12	16 h 26 min
Paris	5:46	21:57	16 h 10 min
Vienna	4:53	20:58	16 h 04 min
Budapest	4:46	20:44	15 h 58 min
Rome	5:34	20:48	15 h 13 min
Madrid	6:44	21:48	15 h 03 min
Lisbon	6:11	21:04	14 h 52 min
Athens	6:02	20:50	14 h 48 min

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How Previous Epidemics Impacted Home Design

If you're doing your part and social distancing from inside your home, you may start to notice small details of your house or apartment you hadn't thought about before - like why your older home doesn't have a closet, or how white subway tile became so ubiquitous. You may also be wondering if there's anything you can do - aside from the usual cleaning and disinfecting process - to help keep your home as virus-free as possible during the coronavirus outbreak.

Whether you realize it or not, a number of the design features in our homes today originated, or were popularized, because of previous infectious disease outbreaks, like the 1918 flu pandemic, tuberculosis, and dysentery. There is a very long, very interesting history of the intersection of health, architecture, and design going back to ancient times, but we're going to skip ahead to the late 19th and early 20th centuries to focus on architectural and design features you could potentially find in your home today. Here are a few examples of home design elements tied to attempts to prevent or slow the spread of infectious disease.

Closets

Though household closets have been around in some form for centuries, what we think of as the place where we store our clothes is a more recent innovation. In fact, when visiting (or living in) older American homes or apartments, you've probably noticed (and bemoaned) the lack of closet space. That's because, up until the beginning of the 20th century, most clothing and related items were kept in stand-alone furniture, the wardrobe, or armoires as they were once known. When you look at the plans from the turn of the century, the closets are tiny, tiny, tiny - if they exist at all. The switch to closets was to make rooms easier to clean. Bulky furniture items like armoires were difficult to move and therefore collected dust, which was thought to pass along germs. By the mid-1920s, Le Corbusier was writing about the importance of minimalism, cleanliness, and hygiene in home design, advocating for built-ins throughout the house, which eventually became the norm.

White Kitchen Tiles and Linoleum

Turn on any home makeover show and there's a good chance their kitchen renovation involves scraping off peeling wallpaper or a hideous paint job and replacing it with white subway tiles. And why not? They're classic, shiny, and



easy-to-clean. They may even make you feel as though your kitchen is a more hygienic place to prepare food, and that's exactly the idea. In the late 19th century, as people were beginning to understand how infectious diseases spread, public buildings - hospitals in particular - installed white tiles so workers could immediately spot any dirt or grime, and easily wipe it clean. Childs Restaurant, an early American chain, adopted white

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subway tiles to conjure the sterile environment of a hospital and make people feel safe eating there at a time when foodborne diseases like typhoid, botulism, and trichinosis were a major public health concern. Along with tiles, linoleum replaced hardwood floors and oilcloth as the sanitary flooring of choice, also thanks to being easy to clean.

Sleeping Porches

If you've ever noticed a strange room protruding from the second floor of a Victorian house that doesn't seem like it quite fits with the rest of the home, it's likely a sleeping porch. Though porches themselves have been around for a long time, and have been used as a place to sleep while escaping the summer heat, sleeping porches became popular during the tuberculosis epidemic of the late 19th and early 20th centuries. In a time before antibiotics, sunlight and fresh air were the best-known "cures" for the deadly disease. A small mountain town in upstate New York called Saranac Lake drew health-seekers from all over America who came to take the "fresh air cure" in one of the village's many sanatoria and "cure cottages." These cure cottages contained "cure porches" where those with tuberculosis could rest outdoors. According to Mary Hotaling, an architectural historian, the difference between cure porches and sleeping

porches is that sleeping porches were typically added onto the second or third floor of a house that was already built, while cure porches were an integral part of the design of cure cottages from the beginning. People with tuberculosis also flocked to the American Southwest - Tucson in particular. One thing that we have as a result of tuberculosis is the 'Arizona room,' which was basically a sleeping porch, comments Jennifer Levstik, an architectural historian. "They are basically porches that are screened in and usually on the back of the house - and that's something that was part of treating the illness." Over the decades screened in 'lean to' buildings, 'add-ons' became more popular to capture the outdoor but in feel.

Powder Rooms

Powder rooms - or half baths on the ground floor of a house near the front door - are also the result of the attempt to prevent the spread of infectious diseases in the early 20th century. Those were the days of having daily coal deliveries: "There was no Amazon guy dropping it off at the door and taking a picture of it for you," In other words, every day, at least one delivery person would traipse inside your home after being inside many other homes, including some where people may have been sick with something contagious. The

coal man is coming right into your kitchen, and if the coal man needs to use the bathroom, you don't want him using your family bathroom. So the half bath made perfect sense for visitors to the house. And, as we can point out, having an accessible sink on the ground floor of homes made it more convenient for people to wash their hands - which, as we've been reminded of a lot recently, is crucial for health and hygiene.

At this point, it's too early to tell what kind of home design innovations will come from the COVID-19 outbreak, but chances are good that features to help prevent or stop the spread of infectious disease will be top of mind again. Many predict the return of the vestibule - this time, with a sink immediately as you enter. This would serve as a distinct transition zone between the inside of the home and the outside world, giving people who enter the opportunity to take off dirty clothes and shoes and wash their hands. If pandemics like the coronavirus become the new normal, we may see the influence of the "sanitation craze" in our home design again - especially if the sterility could also provide some peace of mind.

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Camposol Sector C

Following on from our article on Camposol sector B last month, by the start of the year 2001 B sector was effectively sold out and plots were released for the new C sector. At this time, the only way to access the sector C area was by driving through a rambla (dry river bed). This was good enough most of the time, however during the wetter months it was necessary to have a good 4 x 4 to get across it and at other times it was impossible and one had to wait until it had dried out. Once the building started in earnest and Grupo Masa were back

Welcome to Camposol Sector C



Camposol golf course



Camposol golf club house



and forth with building materials etc the new bridge soon followed and is still the only access between sectors B and C and D. Sector C is divided into 2 main areas, known locally as upper C and lower C, as they are some distance apart.

The building plots in this area were selling so fast, that it was not always possible to view a plot and manage to buy it on the same day. Estate agents advised potential buyers to have a second and third choice ready to avoid disappointment, and the whole sector sold out rapidly.

This area is some distance from the commercials of the other sectors and those who enjoy a more peaceful life; simply love it.

C sector differs in a number of ways to the other areas, but one of the first things that is apparent is that not all the houses on this sector were

built by MASA. There was another promoter in the area known as "Monsora" who purchased some of the land on lower C and built several more, smaller properties. These were not sold "off plan" but put up for sale once they had been completed. The timing of this was not good, as just as they were released for sale, the big recession of 2007 had already started and the majority of these properties became the property of a bank. Today, the market has significantly improved, and these villas are now selling fast and at very competitive prices. To find out more information on these you can contact Blue Med Investments or CamposolProperty Sales.

The first thing you will notice as you approach sector C is the "welcome wall" at the bottom of the hill on the right-hand side. Green Fingers are the lower C sector volunteer gardening group. They are responsible for the reason that this sector looks so lovely. They care and maintain all areas of lower sector C, which includes planting, watering and general maintenance of trees, shrubs, pots and flowers. They also keep the weeds down in our streets too. Greenfingers can always do with both more donations and

Gardens on Sector C



The building of Sector C



more volunteers. If you are not able to volunteer then please stop and put something in the bucket on a Wednesday morning, or sign up to their optional €5 per month maintenance scheme, it is worth every cent.

There is no commercial centre on C sector but there is a beautiful golf course, a club house and bistro. There is also a 4-star hotel complete with health spa, which has been purchased and is due to re-open again in the not too distant future.

Camposol Club De Golf

This 18-hole golf course with stunning views is well established and extremely popular with residents and holiday makers. Camposol Club De Golf, is situated on Urbanisation Camposol near the town of Mazarrón in the region of Murcia.

Formally known as Sensol Golf, the course was acquired in 2013 by Mazarrón Entertainments SL. A major program of refurbishment has taken place and Camposol Club de Golf can now proudly present itself as one of the best, most competitively priced and visually attractive courses in the Murcia region. The course is 18 holes par 72 5895 metres (6500 yards) designed by Don Manuel Quesada Mendiola. Open to members and non-members alike, the course was originally opened in 2004 the course has matured well with attractive lakes, olive groves desert areas and palm trees to add some lovely scenery.

The Club House Bistro

The large attractively designed Club House, is open to all, featuring an excellent restaurant, substantial bar and private function room. The large terrace area has some of the best views overlooking the golf course, in the region of Murcia with some lovely outdoor seating and a huge barbeque.

As one of the only restaurants in Camposol outside the main commercial centres it is extremely popular and the food is of the highest quality. There is regular, good quality entertainment and live music. There are regular jam nights, fish and chip nights, steak nights and

during the summer BBQ's are held on this stunning terrace. There is a good value menu del dia on weekdays and their Sunday carvery is legendary.

The Club House can also be hired for private parties. During the summer an event on the outside terrace is a wonderful place to celebrate with family and friends for that special occasion.

The Sensol Hotel

This once lovely hotel and spa has been closed for nearly 7 years but a new buyer has come forward from a hotel chain in Ibiza and refurbishments should soon be underway. This hotel had some amazing facilities and residents and tourists all look forward to the re-opening. There was a fully equipped gymnasium, a restaurant and bar and music nights used to be held by the beautiful pool complex during the warm summer evenings. Whether these are likely to recommence is still not clear but we can hope! The Spa has to be one of the best we have ever visited. There was a pool complex and a wide range of treatments available. Whilst there is no official opening date, it should be worth the wait!



Camposol Character

Stuart Fearn

Stuart and Alix Fearn, arrived to live in Camposol early in July 2006 with their daughter Emily aged 4 and their son Toby, who was just 11 months old at the time. Stuart's father in law Colin and his wife Katie, had already been living in Camposol for 2 years. The Fearn family came for a one week

holiday which was their first taste of Camposol and by the end of the week they had also purchased a villa on sector D which they originally only intended to use as a holiday home. In less than one year, the family moved to a larger property on sector B which is also where Alley Palais is situated, the first business joint managed and purchased by Colin, Stuart and their wives Katie and Alix.

For a number of years, Stuart was commuting back and forth from the UK as he was employed as a successful pharmaceutical sales director whilst the rest of the family worked hard to bring better facilities and services to Alley Palais.

By early 2012, Stuart had really had enough of the commuting so looked for a way to stay in Camposol on a full time basis. The availability of the lease on The Clubhouse at Camposol Club De Golf became a superb opportunity to enable this to happen and Stuart and Colin jointly took on the lease.

It was not long after the Clubhouse changed hands that Stuart and Colin were approached by the owners of The Golf Course, as it was in danger of closing, due to its' owners going into receivership. Stuart admitted that he knew very little about golf or about running a golf course but this simply did not faze him or Colin, who still run this very popular and successful business today.

For a brief spell in 2014 Stuart and Colin were also partners in another venue down on the coast, but are now content with being 100% Camposol focused.

The residents of Camposol should be very thankful that they had the vision to see this project through. What a terrible thing it would have been for the urbanisation had the golf course also fallen into disrepair, like the hotel, which although is now being refurbished was closed for 7 years. Stuart and his family have heavily invested in Camposol and are an integral part of the community. They regularly help with community related projects and charities and are always open to new ideas from customers and friends alike and the urbanisation is lucky to have them.

Many thanks to Roger Bayliss for the photographs of sector C

Fairytale Places of Spain

When we are all allowed to travel and we can be safe, these have got to be some of the places on our wish list to go and visit. With breathtaking and beautiful sites to behold, these magical locations are a not to be missed.

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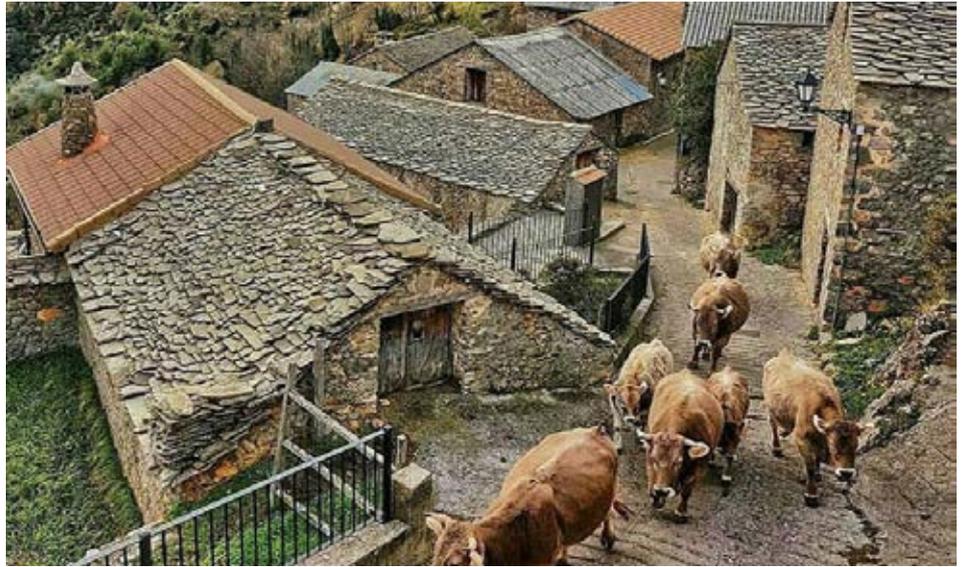
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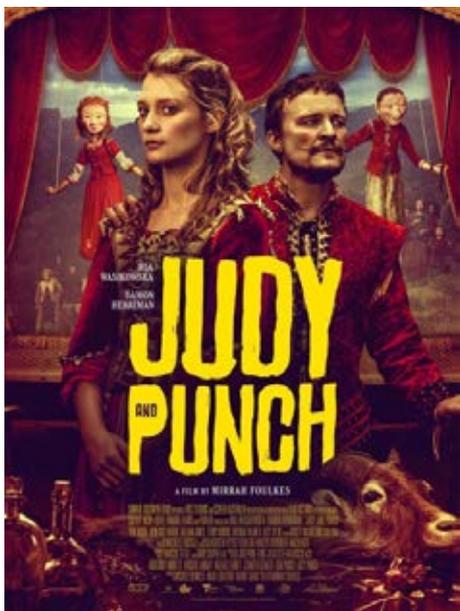
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Judy and Punch

The entertainment industry is facing a reckoning when it comes to the way it treats women, so what better place to start righting wrongs than with the appalling spectacle of domestic violence that is the traditional Punch and Judy puppet show? The staple of English seaside towns for hundreds of

years – based upon Italian commedia dell’arte – Punch and Judy shows depict the brutal Mr Punch applying his truncheon liberally to his wife Judy, as well as to a baby, a policeman, Toby the dog, a crocodile, and sometimes Death himself. All of these characters appear in *Judy and Punch*, writer-director Mirrah Foulkes’s feature debut, which offers a kind of origin story for the “punchy-smashy” handpuppets and repositions them within a live-action feminist revenge tale.

The scene is a mythical, landlocked European town called ‘Seaside’ in the mid 17th century. When the crowds aren’t gathering to watch the stoning of women on the suspicion of witchcraft, they’re attending the marionette show staged by ‘Professor’ Punch (a loathsome and self-loathing Damon Herriman) and his more talented wife Judy (Mia Wasikowska). Punch is a local hero, high on fame and booze; when his weaknesses lead him to commit two unforgivable acts, Judy finds herself allied to the town’s outcasts and on a mission to protect the innocent from the town’s mob-

exploiting powerbrokers in the shape of the oily mayor Mr Frankly (Tom Budge).

Perched somewhere between *The Crucible* and a fairy tale – with a good dose of Monty Python and Pasolini thrown in – this darkly funny #Me-Too fable convincingly evokes a European setting despite being shot in rural Victoria with an all-Australian cast. An on-point music score, meanwhile, has just enough of a contemporary edge to locate the issues it raises in the here and now, as does the end-credits footage of children watching an old-school Punch and Judy show and clearly traumatised by it. Foulkes has deftly deconstructed the ways powerful white men pull the strings – her movie’s a timely pair of scissors.



Mia Wasikowska

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Top Gun Maverick



Ladies, its finally here....Oh my we have waited so long for this sequel.....

Maverick is an upcoming American action drama film directed by Joseph Kosinski, produced by Jerry Bruckheimer, Tom Cruise and David Ellison, and written by Ehren Kruger, Eric Warren Singer, and Christo-

pher McQuarrie. It is the sequel to 1986's Top Gun and stars Cruise, Miles Teller, Jennifer Connelly, Jon Hamm, Glen Powell, Lewis Pullman, Ed Harris, and Val Kilmer. Cruise and Kilmer reprise their roles from the first film.

Plot: What's the story?

After more than thirty years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell, (Tom Cruise) is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him.

When he finds himself training a detachment of Top Gun graduates for a specialized mission the likes of which no living pilot has ever seen, Maverick encounters Lt. Bradley Bradshaw, (Miles Teller), call sign: "Rooster," the son of Maverick's late friend and Radar Intercept Officer Lt. Nick Bradshaw, aka "Goose." Facing an uncertain future and confronting the ghosts of his past, Maverick is drawn into a confrontation with his own deepest fears, culminating in a mission that demands

the ultimate sacrifice from those who will be chosen to fly it.



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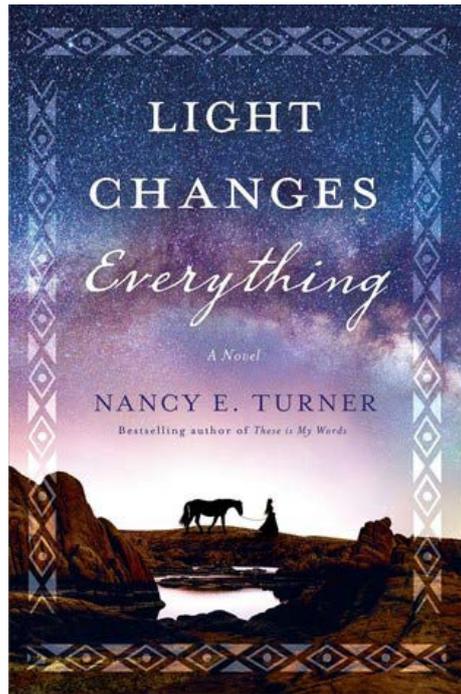
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Light Changes Everything

by Nancy E. Turner



"I adored stepping back into to the world of the Prines through tough-as-rawhide Mary Pearl. Light Changes Everything is a novel as gritty and authentic as the women of the Arizona Territory. Nancy E. Turner brings the west and its people fully to life." –Lisa Wingate, #1 New York Times bestselling author of Before We Were Yours

Bestselling author Nancy E. Turner returns to the world of Sarah Agnes Prine through the wide-eyes of her irrepresible young niece, Mary Pearl.

It's the summer of 1907 and the sun is scorching down on Mary Pearl in the Arizona Territory. Mary Pearl and her sister Esther take their minds off the heat by sneaking banned Jane Austen novels from Aunt Sarah Elliot's lively bookshelf. Whispered read alouds preoccupy their nights, and reveries of getting hitched to their own Mr. Darcy à la Pride and Prejudice swirl through their day dreams.

In walks old-fashioned old-money suitor

Aubrey Hanna, here to whisk seventeen year old Mary Pearl off her feet with a forbidden kiss and hasty engagement. With the promise of high society outings and a rich estate, Aubrey's lustful courtship quickly creates petty tension among the three generations of Prine women.

As autumn approaches all too quickly, Mary Pearl's Wheaton College acceptance counters quick marriage preparations. Days of travel by horse and by train carry her deep into a sophisticated new world of Northern girls' schooling. Seeking friendship but finding foes, Mary Pearl not only learns how to write, read, and draw, but also how to act, dress, and be a woman.

Light Changes Everything is the story of a resilient young feminist a century ahead of her time. Full of gumption and spirit, Mary Pearl's evocative coming of age is destined to be the next American classic.

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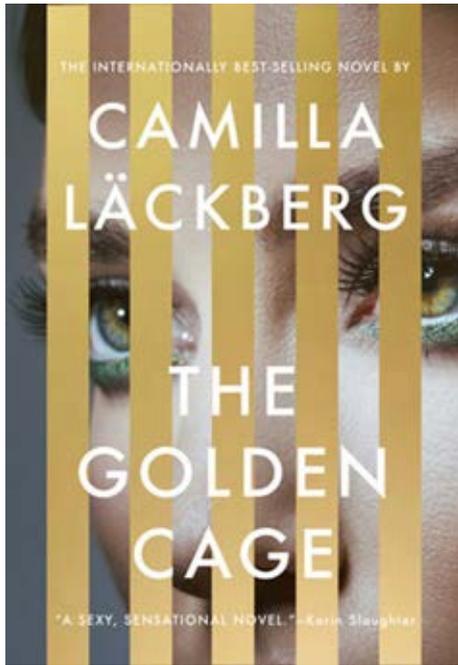
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"The Name You Can Trust"

The Golden Cage

By Camilla Läckberg



“Läckberg out does herself with this delectable tale of revenge... Sexy... exquisite... scorching.” --Publishers Weekly, starred.... An exhilarating new novel from a global superstar -

a sexy, over-the-top psychological thriller that tells the story of the scorned wife of a billionaire and her delicious plot to get her revenge and bring him to his knees. Faye has loved Jack since they were students at business school. Jack, the perpetual golden boy, grew up wealthy, unlike Faye, who has worked hard to bury a dark past. When Jack needs help launching a new company, Faye leaves school to support him, waitressing by day and working as his strategist by night. With the business soaring, Faye and Jack have a baby, and Faye finds herself at home, caring for their daughter, wealthier than she ever imagined, but more and more removed from the excitement of the business world. And none of the perks of wealth make up for the fact that Jack has begun to treat her coldly, undermining her intelligence and forgetting all she sacrificed for his success. When Faye discovers that he's having an affair, the polished façade of their life cracks wide open. Faye is alone, emotionally shattered,

and financially devastated - but hell hath no fury like a woman with a violent past bent on vengeance. Jack is about to get exactly what he deserves - and so much more. In this splashy, electrifying story of sex, betrayal, and secrets, a woman's revenge is a brutal but beautiful thing.



Camilla Läckberg

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CAROLE KING

We are about to write about the history of the brilliant song writer Carole King... But before we do that, I would like to list just some of the songs written or co written by this song writing genius.

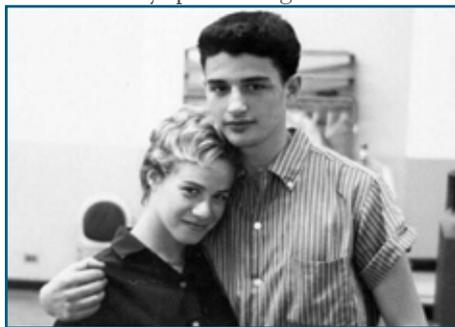
I'm into something good (Herman's Hermits), The Locomotion (Little Eva), It might as well rain until September (King), Oh no not my baby (Maxine Brown), Take good care of my baby (Bobby Vee), Chains (The Cookies), One fine day (Chiffons), Up on the roof (Drifters), You've got a friend (James Taylor), You make me feel like a natural woman (Aretha Franklin), Will you love me tomorrow (Shirelles).

Born Carol Klein on February 9, 1942, in Manhattan, New York, to Jewish parents Eugenia (a teacher) and Sidney (a fire fighter) raised in Brooklyn, Carole King's amazing musical gift was apparent from the time she was a toddler. Her party piece was the ability to recognise a musical note by sound alone. With help from piano lessons from her mother (herself a talented musician) Klein became an accomplished pianist by the time she turned 10, Klein began writing a multitude of songs by her early teens. Whilst at James Madison High School, she chose the new surname King for herself as a stage name and formed her first quartet, the Co-Sines. She also met at the Madison high school two important people; Paul Simon and Neil Sedaka. King began dating Sedaka briefly and it is said that he wrote the song Oh Carol!

about her. King made demo records during high school with Paul Simon and her first official recording was the promotional single The Right Girl, released by ABC-Paramount in 1958, which she wrote and sang to an arrangement by Don Costa.

King attended the Queens College in New York where she met another music person Gerry Goffin and they began dating and – more importantly – began song writing together.

When King was 17, the couple married in a Jewish ceremony on Long Island in August 1959 after King became pregnant with her first daughter, Louise. They quit college and took



Carole with her first husband Gerry Goffin

day jobs, Goffin working as an assistant chemist and King as a secretary. The passion remained for song writing though and they wrote songs together in the evening.

As mentioned previously, Neil Sedaka had written the song Oh Carol and King and Goffin took the tune and Released Oh Neil! The song was very much a comedic effort and never had nearly as much success. During the early sixties, with King

composing the music and Goffin writing the lyrics, the song writing duo so impressed music publisher Don Kirshner that he signed them to his Aldon Music Empire, where they established themselves immediately by writing the hit singles Will You Love Me Tomorrow for The Shirelles, Take Good Care of My Baby for Bobby Vee and Up on the Roof for The Drifters. It was at this time they also wrote the classic Chains by the Cookies and the Beatles.

They also around this time, wrote a song for their baby sitter Eva Narcissus Boyd and discovered Little Eva ... It is often claimed that Goffin and King were amused by Boyd's particular dancing style, so they wrote The Loco-Motion for her and had her record it as a demo (the record was intended for Dee Dee Sharp). However, it was established by all parties that they knew that she could sing and were always going to write music for her. The song was released in 1962 on Dimension records, reached number one and achieved a gold disc.

The same year King released her first hit single It might as well rain until September. The next few songs released by King herself were not so successful and her solo career was all but abandoned around 1966.

By 1968 the couple's marriage had hit the rocks due to demands and pressure of work and according to some sources due to Goffin's infidelity (It is reported that King paid for a house for one of his mistresses to live in) they divorced.

That year, King moved with her two daughters to Laurel Canyon in Los Angeles and not long after formed the group The City with future husband Charles Laskey and Danny Korchmar. The band recorded an album Now that everything's been said but sales were very slow and they disbanded shortly after King went on to join fellow musicians James Taylor and Joni Mitchell, among others, in a creative song writing community. She met Toni Stern, a female lyricist, with whom she wrote the single It's Too Late, a song that would later become one of her biggest hits as a singer. Of that era, she later recalled, "Toni was wonderful help with the transition from writing with Gerry to writing songs on my own ... I didn't have the

courage initially. James inspired me a lot. I write heavily under the influence of James Taylor.”

In 1970 King released her first solo album writer with James Taylor on acoustic guitar and backing vocals on Lou Adler’s record label ode. The album peaked at number 84 in the billboard top 200 chart. King also this year played keyboards on B.B.KING’S album Indianola Mississippi Seeds. King was married to Charles Larkey in this year too, a marriage that was to last six years and



Carole's iconic album Tapestry

produce another daughter. King followed Writer in 1971 with the iconic album Tapestry, which featured new compositions as well as reinterpretations of Will You Love Me Tomorrow and (You Make Me Feel Like) A Natural Woman. The album was recorded concurrently with Taylor’s Mud Slide Slim, with an overlapping set of musicians including King, Danny Korchmar and Joni Mitchell. Both albums included You’ve Got a Friend, which was a number 1 hit for Taylor. Tapestry was an immediate success. With numerous hit singles – including a Billboard No.1 with It’s Too Late. Tapestry held the No.1 spot for 15 consecutive weeks, remained in the charts for nearly six years, and has sold over 25 million copies worldwide. The album achieved four Grammy Awards including Album of the Year; Best Pop Vocal Performance, Female; Record of the Year (It’s Too Late); and Song of the Year, with King becoming the first woman to win the award (You’ve Got a Friend). The album appeared on Rolling Stone’s 500 Greatest Albums of All Time list at

number 36. In addition, It’s Too Late was number 469 on Rolling Stone’s 500 Greatest Songs of All Time.

Her follow-up album to Tapestry, Music (1971), produced a No. 1 hit in Sweet Seasons and reached gold but failed to achieve the rip-roaring status and sales success of its predecessor. King’s next few albums, Rhymes and Reasons (1972), Fantasy (1973) Wrap Around Joy (1974) and Thoroughbred (1976), were all certified gold as well. With the album Thoroughbred, she reunited with ex-husband Goffin, and collaborated with Taylor, David Crosby and Graham Nash.

1976 saw the divorce from Larkin. Soon after, she entered her third marriage, to songwriter Rick Evers, in 1977. They relocated to Idaho and lived in a tiny mountain town that fostered King’s love of nature and inspired an environmental activism that would shape her life in subsequent decades.

However, although they collaborated

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on the album *Simple Things*, which would be among King's last to be certified gold, the relationship soured as Evers became increasingly abusive. It is reported that Evers died of a drug overdose just days after they split in 1978.

Despite its Gold-certified record status, *Simple Things* was named *The Worst Album of 1977* by *Rolling Stone* magazine. Her next two albums *Welcome Home* (1978), her debut as a co-producer on an album, nor *Touch the Sky* (1979) reached the top 100. More success was achieved with her next album *Pearls – The Songs of Goffin and King* (1980) this album yielded a hit single, an updated version of "One Fine Day".

The 1980s and 1990s saw a dip in her prolific song writing, but not her active lifestyle. King has been working with the Alliance for the Wild Rockies since 1990, advocating for the passage of the Northern Rockies Ecosystem Protection Act (NREPA); she testified before Congress twice in support of the legislation. She also became involved in electoral politics, later becoming a strong supporter of Democratic candidates John Kerry and Hillary Clinton in 2004 and 2008, respectively. King signed to Atlantic Records for the albums *One to One* (1982) and *Speeding Time* in 1983, which was a reunion with Tapestry-era producer Lou Adler. There followed a well-received concert tour in 1984. In 1985, she wrote and performed *Care-A-Lot*, the theme to *The Care Bears Movie*. Also in 1985, she scored and performed (with David Sanborn) the soundtrack to the Martin Ritt-directed movie *Murphy's Romance*. The soundtrack, again produced by Adler, included the songs *Running Lonely* and *Love for the last time* (Theme from 'Murphy's Romance'), although a soundtrack album was apparently never officially released. King made a cameo appearance in the film as Tillie, a town hall employee. In 1989, she returned to Capitol Records and recorded the album *City Streets*, with Eric Clapton on two tracks and Branford Marsalis on one, followed by *Colour of Your Dreams* (1993), with an appearance by Slash. Her song, *Now and Forever*, was in the opening credits to the 1992 movie *A League of Their Own*, and was nominated for a Grammy Award

In 1988, she starred in the off-Broadway production *A Minor Incident*, and in 1994, she played Mrs Johnstone on Broadway in *Blood Brothers*. In 1996, she appeared in *Brighton Beach Memoirs* in Ireland, directed by Peter Sheridan.

By the late 1990s, King was ready to launch something of a comeback in the music industry. She penned the hit *The Reason* for Celine Dion in 1997 and later performed it alongside the Canadian singer at VH1's *Divas Live* concert. In 2004, King recorded a well-received live album on her *Living Room Tour*. More recently, in 2007 she bridged divides of generation and genre by touring Japan with R&B star Mary J. Blige and Fergie of the Black Eyed Peas. In 2010, she linked up with long time friend James Taylor for the *Troubadour Reunion Tour*. The resulting *Live at the Troubadour* album hit No. 4 on the U.S. charts and confirmed King's lasting power as a force in the music industry.

Having divorced her fourth husband, Idaho rancher Rick Sorenson, King remains happily single and independent in her mountain home. Of her surroundings in the wilderness she says, "When I wake up every morning, I smile and say, 'Thank you.' Because out of my window I can see the mountains, then go hiking with my dog and share her bounding joy in the world." In the fall of 2011, King released *A Holiday Carole*, which includes holiday standards and new songs written by her daughter Louise Goffin who co-produced the album. The album received a Grammy nomination for Best Traditional Pop Album. King's autobiography, *A Natural Woman: A Memoir* was published by Grand Central in the United States on April 10, 2012. It entered the *New York Times* best seller list at No.6.

On Thursday, May 10, 2012, King announced her retirement from music, saying her days in music had most likely ended. King herself doubted she would ever write another song and said that her 2010 *Troubadour Reunion Tour* with James Taylor was probably the last tour of her life, saying that it was a good way to go out. King also said she will most likely not be writing or recording any new music. On May 22, King wrote on her Facebook page that she never said she was actually retiring and insisted that

she was taking a break. Carole campaigned for Idahoan Nicole LeFavour and Barack Obama in 2012. Early in December 2012, King received a star on the Hollywood Walk of Fame. In 2012 she was given the benefit concert *Painted Turtle* – a celebration of Carole King. King also did an Australian tour in February 2013. Following the Boston Marathon bombing, she performed in Boston with James Taylor in order to help victims of the bombing.

In 2013, King made music history as the first woman to receive the Gershwin Prize for Popular Song. President Barack Obama gave her this honour at a special ceremony held at the White House. Around the time she received this award, the legendary singer-songwriter told the Associated Press that she will continue making music and performing. "I still feel that it would be lovely to retire, but that time is not yet here apparently," she said. King was honoured as *MusiCares Person of the Year* in January 2014. On December 6, 2015, she was honoured as a *Kennedy Center Honoree*. In 2016, King was the headline performer at the *British Summer Time Festival* held in Hyde Park, London on July 3, 2016, playing all of *Tapestry* live for the first time. The recorded concert of *Tapestry Live* was broadcast on UK SkyArts TV in October 2016. An album was released in 2017.

In October 2018, King released a new version of her song, *One*. In her first new recording since 2011, she was inspired to re-write the lyrics to her song *One* (originally on her 1977 album *Simple things*) as *One (2018)* to reflect her dream for America.

So, we have the life of a music legend, musician, song writer, actress and activist. She has won multiple awards for her music and her campaigning roles and collaborated with some of the biggest music legends.

Once asked by reporter "what would you say now if you could give advice to your younger self", King said simply: "You're going to have a very rich and wonderful life."

Kind of sums it all up really.....Ladies and gentleman I give you the music legend that is Carole King.





What great news that we are responding to the lockdown measures and life is beginning to return to a type of normality. By the time you read this article hopefully our shops will have been open for a couple of weeks. We have so missed them being open, not only for the essential revenue they bring in, but contact with the outside world. We have missed you our lovely shoppers and look forward to seeing more of you throughout the summer. In our Mazarron shop the majority of our summer clothes are going to be only 1euro. We are going to relaunch our House of Henrietta special clothing and accessory page, so don't forget to pop along to the page on FB and have a browse. We have had essential repair work done to our shop in Mazarron, this being the reason we had to delay reopening until the 1st June. It has given us an opportunity to have a good clear out and change around so hopefully this will make things easier to find and look at. We would just like to remind our customers that

we do not have any trying on facilities or accept any returns. This has always been our policy with returns but in the light of what has happened we have decided to withdraw the facility of a changing room. Our shops have always been our main avenue for income and Covid 19 has hit us so hard with not being able to open. However, we are positive for the future and we are working hard to get our Sanctuary up and running. Though of course that has been put back a couple of months. We are determined to get our donkeys on there this year. With over 80 now under the care of AAR it is essential this happens. There is so much red tape to get through but because it is part of the National Park, we have even more hoops to jump through. Bubbling excited underneath for this to happen and I just know it is going to be awesome for them and us. We have so many future ideas and projects, though this is all subject to fundraising etc. A big thank you to Olivia who arranged our online dog show. What a great idea and what a fantastic response, we raised a massive 564euro. Massive congratulations to all our worthy doggie winners,

though all our entrants are special. One of the ongoing expenses of having equines are feet. We ourselves know what it is like when our feet are sore. Imagine having 4 of them and the weight of a donkey to support. So, our trusty farrier came and worked his magic on all the essential feet and what a difference. Donkeys hooves are very different to that of a horse, they have adapted over the years to survive in dry environments, so when they are in a wet environment there hooves absorb much more water which can lead to foot problems. Ideally, they should be trimmed every 6-10 weeks, donkeys' hooves can become overgrown very quickly which can lead to all sorts of problems, so our farrier is an essential part of our team. However, last month 20 of them had their feet done and now they are walking on air!

That's it for now, not sure when I will be back on Camposol? Though as soon it is safe for everyone, I will put it on our FB page and look forward to catching up with you.

Take care, Andrea x

Every week Costa Calida Radio are running the Who Cares Campaign, get in touch and nominate someone who you feel is deserving a mention on air and a lovely bunch of flowers, supplied in conjunction with Arnaldos Florist in Mazarrón. Contact 634 13 67 43 via whatsapp and show that deserving person they are appreciated.



WHO CARES



Spains Popular Flowers

Beautiful flowers grow all over the world. Nearly every country has distinctive flowers growing from their soil. Spain is no exception. The flowers that grow in Spain are quite gorgeous, unique and fitting to Spain's alluring culture. The flowers of Spain come in a variety of shapes, sizes and colors.

Pomegranate

The pomegranate flower is the national flower of Spain. The pomegranate plant is famous for its healthy, antioxidant-filled fruit, but its flower is quite lovely. Pomegranate flowers grow alone or in groups of two or three flowers at the end of branches. The petals are colored orange, bright crimson or white. Each blossom has five to eight crumpled-looking petals. Pomegranate flowers self-pollinate as well as receive cross-pollination from insects.

Red Carnation

Carnations have a round flower with several petals intricately weaving around each other. Carnations grow in every color and in many places around the world. Every color of carnation can be found in Spain, too, but Spain is most famous for its red carnations. Red carnations are used as a symbol of passionate love, and boyfriends give them to girlfriends to express this. Red carnations are also worn in women's hair in Spain sometimes.

Spanish Bluebells

Spanish bluebells are gorgeous flowers that are very popular in Spain. Their name is quite fitting of their description. Each individual flower is shaped like a tiny bell and hangs from its stem as a bell hangs. The "bells" are light violet with a bluish tint. About twelve "bells" hang from one sturdy stem. They start about halfway up the stem and finish at the tip of the stem.

Lantana Flowers

Lantana plants are characterized by colorful ball-shaped flower clusters. Each individual flower grows in a vibrant red, orange, yellow, pink or white. The clusters consist of several individual flowers. The ball-shaped clusters may be all one color or they may be multicolored. Once the flowers wither, poisonous black berries grow in their place.

Valencia Rose

The Valencia rose is quite similar to a regular rose in appearance. Its petal arrangement and bush look like a regular rose. They are usually red, but they are sometimes pale orange or yellow. Like the red carnation, the Valencia rose is a symbol of love and is given as a gift to express love. The climate of Spain is excellent for the growth of the Valencia rose. Unfortunately for the Valencia rose, it is very prone to disease when it is grown.

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What To Sow And Grow In June



With days at their longest, get sowing & growing in the month of June. There's plenty to keep you busy in the garden in June, but also plenty to sit back and enjoy! With the longest day bringing extra hours of warmth and sunshine, the threat of cold spells and frost is now long past, and you can start planting in earnest. Here are our top picks of seasonal things to sow and grow in the garden this month:

Flowers to Sow and Grow

Entertain your little ones or grandchildren by growing the tallest sunflower this summer.



In the Greenhouse/Indoors

- Sow winter-flowering pansies in seed trays so they'll be ready for your winter containers.
- It might seem a bit early, but start thinking about spring flowers for next year. Sow perennial seeds such as aquilegia, bellis, Canterbury bells, delphiniums and lupins indoors for flowering next year.
- Sow perennial scabiosa in pots or trays for years of attractive flowers which are loved by bees and butterflies.
- For flowers that bridge the gap

between spring and summer try growing forget-me-nots, foxgloves, sweet Williams, and wallflowers in seed trays now, for colour next year.

- Now there is space on windowsills again, think about sowing biennials for next year.

Direct Sow Outdoors

- It's not too late to direct sow calendula, candytuft, clarkia (Gode-tia), larkspur and limnanthes for a show of flowers later this summer.
- Nasturtiums are easy to grow in containers or from direct sowings, and quick to flower - use them in beds, containers, baskets and the vegetable plot.
- Scatter nigella seeds in your borders now for some striking blue late-summer flowers.
- Grow the tallest sunflower from direct sowings - great fun for the kids....and adults!!

Plant Outdoors

- Now that the risk of frost has passed, plant out any remaining annual summer bedding plants. Herbs & Vegetables to Sow and Grow

For a bright addition to your vegetable beds, plant Swiss Chard.

In the Greenhouse / Indoors

- Sow cucumber and gherkin seeds in individual pots or modules.
- Start winter cabbage seeds off in a greenhouse or cold frame now as they require a long growing season.

Direct Sow Outdoors

- There's still time to grow runner beans and french beans - sow them directly in the ground now.
- Sow beetroot thinly, directly into the ground.
- Sow broccoli and calabrese now in a nursery bed, for transplanting later on, or sow directly in your vegetable plot.
- Direct sow carrots in rows and protect with fleece to prevent carrot fly attack.
- Add colour to your stir-fries with chicory. Seeds can be sown directly into the soil now.
- Sow fast-growing herbs such as coriander, dill and parsley directly into the ground or in containers indoors.
- Try direct sowing hardy corn salad (Lamb's Lettuce) for summer and winter salads.
- Sow courgette and squash seeds in pots or directly outside now.
- Think ahead to winter cropping and start kale seeds in a nursery bed now.
- For something more unusual try sowing kohlrabi where you want it

to grow - it'll be ready in as little as 8 weeks after sowing.

- Try direct sowing nutritious pak choi every 3 weeks for a continuous crop.

• Sow peas directly into the ground or start them off in modules if mice are a problem. Allow about 20 plants per person.

- Sow radish seeds directly into the soil for quick and easy home-grown salads.

• Salad leaves are one of the fastest and most productive crops you can grow - sow seeds in module trays under glass for transplanting in the garden later. Alternatively sow direct outside and thin out the seedlings. Sow every 3 or 4 weeks for continuous harvesting.

- Direct sow spinach seeds in soil enriched with plenty of organic matter. Try growing spinach 'Perpetual' if you have very dry soil.

• Sow spring onion seeds in drills outdoors for a quick crop to add to salads and stir fries.

- Sow swede seeds outdoors in a rich fertile soil for autumn and winter crops.

• Sow sweet-corn seeds directly outside or start them off in modules. Grow at least 12 plants for good pollination and cropping.

- Swiss Chard can be direct sown now for a colourful addition to both borders and the vegetable plot.

• Start to sow turnips in drills outdoors for a great addition to casseroles and stews. Plant Outdoors

June's the time to plant pumpkins & squash.

- Plant out sprout-



Continued on Pg24

ing broccoli spacing the plants 60cm apart. Calabrese plants can be spaced closer together at 30cm (1ft) apart.

- Plant your Brussels sprout plants deeply in the soil and earth them up as they grow for stability.
- Plant out summer cabbages about 35cm (14in) apart.
- Plant out cauliflowers into moist soil, and be sure not to allow the soil to dry out during growth.
- Plant out pepper plants into grow-bags in a sheltered, sunny position.
- Plant out kale plants allowing them plenty of space to grow - space 75cm (30in) apart for the tall varieties.
- Plant out leeks by dibbing a hole 15cm (6in) deep, dropping the leek inside and filling the hole with water. There's no need to refill the hole with soil – this method will ensure a good blanch on the stems.
- Plant out celery in blocks to increase natural blanching of the stems.
- Plant out celeriac into fertile soil.
- Plant out cucumbers in the greenhouse or in grow bags outdoors in a sheltered, sunny position.
- Plant out squashes and pumpkins into rich, fertile soil - they are heavy feeders!
- Plant out your tomato plants in a warm and sunny location for the best crops.
- Charlotte and Maris Peer potatoes can be planted from mid June to late July. These are best planted

into our 40 litre patio bags, 5 tubers per bag. No chitting is necessary as the warmth of the compost and the summer temperatures will quickly entice growth.

Fruit to Sow and Grow

Order your strawberry plants now for a delicious crop in just 8 weeks.



- Order potted strawberry plants or cold-stored, bare rooted runners and get them in the ground straight away. Feed and water them and you'll be able to harvest in about 8 weeks' time. Late season 'Florence' strawberries are a great choice.
- When your cape gooseberry plants (*Physalis peruviana*) have reached 20cm high, plant them out in well drained soil in full sun or transplant into grow bags in the greenhouse.
- Now that the risk of a late frost has passed, plant melon seedlings out into a sheltered, sunny spot. They need rich fertile soil and do especially well in a polytunnel.

How To Make Organic Bug Repellent For Your Garden Plants

You can keep your garden and potted outdoor plants free of aphids and other pests without chemicals, and it's simple. Make your own organic bug spray with things you probably already have in your kitchen!

Things You'll Need

Onion
Water
Spray bottle
Peel and dice a medium-sized onion and soak in a bowl of water overnight. The amount of water you use to soak should be the amount that will fit into your spray bottle.

On the next day you can strain your onion steeping water into your spray bottle and begin to use it right away. Spray on all your plants, especially any that are vulnerable to aphids and other garden pests. You can use it on herbs, vegetables, and flowers. Any onion smell or flavour will dissipate, so you won't notice it when it's time to eat your garden produce. Use daily once your plants are established, and store the spray bottle in the refrigerator. Your onion-water spray will last 6 to 8 weeks if refrigerated.



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Creating a Fragrance Garden

If you decide to focus on fragrance in your garden, add plants that have flowers, leaves or trunks that offer delightful smells during the day or at night.

You may find yourself thinking so much about the colours and textures of plants that you overlook fragrance. Yet scent is perhaps the most powerful sense and the one closely associated with memory.

Plants use blossom fragrance to attract pollinators, but that's just for starters; sometimes it's the plant leaves that are fragrant, sometimes bark emits a



Tea olive

scent or even the plant's roots. It isn't difficult to bring fragrant plants into your garden if you set your mind to it.

Step 1

Take a slow walk through your garden on a sunny morning and evaluate it with new eyes, or, rather, a new nose. Just because you have decided to install a fragrance garden doesn't mean everything has to go. Think of it more as focusing on fragrance. Stop beside each plant and sniff -- the flowers, the leaves, the bark of trees. Don't forget vegetables and herbs.

Lavender



Many have pleasant odours too. Note what smells good and what smells great.

Step 2

Repeat your garden inventory walk at dusk or later. Some plants release fragrance only at the close of day to attract evening pollinators like bats or moths.

Step 3

Identify areas of your garden that offer little or no fragrance and target these for top priority in your focus on fragrance. Note the amount of sun in those areas and the type of soil. Taking your climate and hardiness zone into consideration, pick something with a scent you can't resist and plant



Camellia

it. Audit these fragrance superstars as possible options for leading roles:

Lavender - leaves are aromatic when rubbed and the fragrance of the stalks of purple flowers is sweet.

Camellia - in sun or light shade and acidic, well-draining soil. The white, waxy flowers above shiny green leaves presents a picture of elegance, and the alluring fragrance is so powerful you might not want to plant one too close to a bedroom window.

Night-blooming Jasmine



Tea olive - tolerates shade as well as many types of soil. The small white flowers of this evergreen are among the most fragrant you can find, and the intoxicating odor can carry for 100 feet.

Step 4

If all your current fragrant plants smell great during the day, select one or two that liven up the night with their sweet perfume.

Night-blooming Jasmine, an evergreen shrub, grows in partial or full sun with generous watering. The fragrance comes out at night, heavy and sweet.



Moon flower

Moonflower is a tender perennial vine often grown as an annual that shoots up rapidly. Each gorgeous, white funnel-shaped flower opens in late afternoon and is dead by morning, but its fragrance fills the night.

Angel's Trumpet, a hefty shrub, drips with huge funnel-shaped flowers in full sun with afternoon shade. It needs moist, well-draining soil. The flowers can grow 12 inches long and their nocturnal fragrance is bewitching.

Angel's Trumpet





I cannot imagine a home without colour...

Are you confident with colour or do you play it safe?

What does colour mean to you? Following Pantone's Colour of the Year 2020 reveal (where Classic Blue was revealed as the definitive 'It' colour for the forthcoming year), it makes us think..., about the significance of colour and how to use it to decorate your home.

Colour is such a wonderful form of expression and I know that some people who are less confident and want to play

it safe, who will use the whites and beiges and the greys – and I'm certainly not disparaging the use of those colours, they have a place in the home too – but I think that a home should be a part of who you are and how you express yourself.

Would you consider using a yellow in your living room to counteract the dull grey days often experienced during winter months?

Previously living in the North West of England and we do get a lot of grey days in the winter time. I used a yellow through my living space because it personifies the sun, good sheer, and all those wonderful things we think about when we see the colour yellow, because I lived in an environment that demanded it.

2020's COTY, Classic Blue, is described as a boundless blue evocative of the vast and infinite evening sky, bringing a sense of peace and tranquility to the human spirit, offering refuge. The universal favourite colour lends itself to relaxed interaction. Pantone introduced its first COTY in 2000 (at the time it was Cerulean Blue). For 2019 it was Living Coral, and for 2020, Classic Blue. So as each new year brings a new colour, how exactly do we use and adapt to these trending colours in the home?

Over the years people have been encouraged to use colour in combinations

and get their creative juices going. The purpose is to take, for example, Living Coral and challenge ourselves to use that with Classic Blue, allowing us to utilise what we already have and love and yet still inject some newness into it.

And if there's one piece of advice we can pass on to anyone decorating their abode, it's to ensure that your home is expressive and true to you and your tastes.

Colour influence starts so early in our life when we're children and we're not even that aware that it's important to us. But give any child a box of crayons and they immediately start to scribble with great abandon – they will start to express themselves in colour. As we get older, some of those wonderful feelings are submerged. We're concerned about criticism or not making the right choice but if you embrace that inner child and expressive self, you can have a wonderful time with colour.

We need to encourage people all the time – don't worry about what other people say, it is your living environment and it is an expression of you. Everybody is going to have their own opinions, which they are free to answer within their own homes, but in your home it needs to be an expression of you and your significant others. Most importantly it has to suit your comfort level!

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11 Ways To Make Your Home Feel More Expensive

With limited resources and unlimited material desires, it pays to prioritise when updating your home. And while having 'expensive' taste isn't always a positive, there's something to be said about curating your home in a style that pays homage to the best in design. Here, we've broken down a few ways to achieve that luxurious look for less. Given that Spanish entertaining generally happens in open-plan dining/living/kitchen areas, this is where you'll get the most bang for your buck – and the most compliments from visitors. Below are 11 tips to make your home feel more expensive without buying a whole new house.

1. Create Kerb Appeal



Kerb appeal refers to how pleasing your house looks when viewed from the street.

It involves the front lawn, terrace and exterior of your home, as well as the nature strip. As the saying goes, you only get one chance to make a first impression, so kerb appeal really counts. Not only does it make your home feel more expensive, it can literally make it more expensive; houses that look great on approach generally command a higher price when sold. Give your place a facelift by painting the exterior (including the front door), planting hedges and shrubs for privacy, and installing an elegant letterbox with your house number clearly displayed.

2. Make An Entrance

Entrances often become landing strips for the day's detritus, littered with shoes, school bags, bills, hats and rogue bottles of sunscreen. Take the time to set up a functional (and elegant) storage system; use cupboards, hooks and baskets to manage the mess as soon as it comes in. Picture the hallway of your favourite hotel; despite handling masses of luggage, computer cabling and paperwork they always look sleek and inviting because everything has its place.

3. Embrace Art

Artwork sets the tone of your home, so be sure to select pieces you love that reflect your personality. Colour choice is an essential factor when deciding on pieces for a specific room, you can choose a statement piece, or purchase art that falls within the same colour spectrum.

4. Get The Carpet / Rug Professionally Cleaned

A change is as good as a holiday and a deep clean is as good as a new house. Before you embark on the odyssey that is choosing new flooring, get your existing carpet deep cleaned by a professional – your flooring attitude will change im-

mediately.

5. Hang Floor Length Curtains

Abruptly short curtains are like an ill-fitting miniskirt – unflattering and cheap looking (even if they cost you a fortune). Floor-length drapes are much easier on the eye and create a romantic ambiance as the breeze billows through them. Add extra luxe by making sure your curtain rod is 30 centimetres wider than the window. More is more.

6. The Golden Rule of Rugs

Go for one rug that's as big as your space will allow – get at least two legs of every piece of furniture on it. The key is to avoid multiple small rugs, as this will create a dropped postage stamp effect.

7. Use Textured Cushions and Throws

Bringing texture into your home is a shortcut to luxury. Yes, touchable fabrics are more expensive than shiny cheap ones – but they look a treat and invite you to curl up and relax.

8. Add Metallic Accents

A metallic accent goes a long way.

9. For The Love of Dimmer Switches

Harsh lighting is for interrogation. Get an electrician to install dimmer switches, and if that's not possible, use soft lamps instead.

10. Cut Fresh Flowers or Foliage

You don't need to make an expensive trip to the florist (though we'd never say no to that) – just snip a few small branches from a nearby tree or shrub and arrange.

11. Scented Candles in the Bathroom

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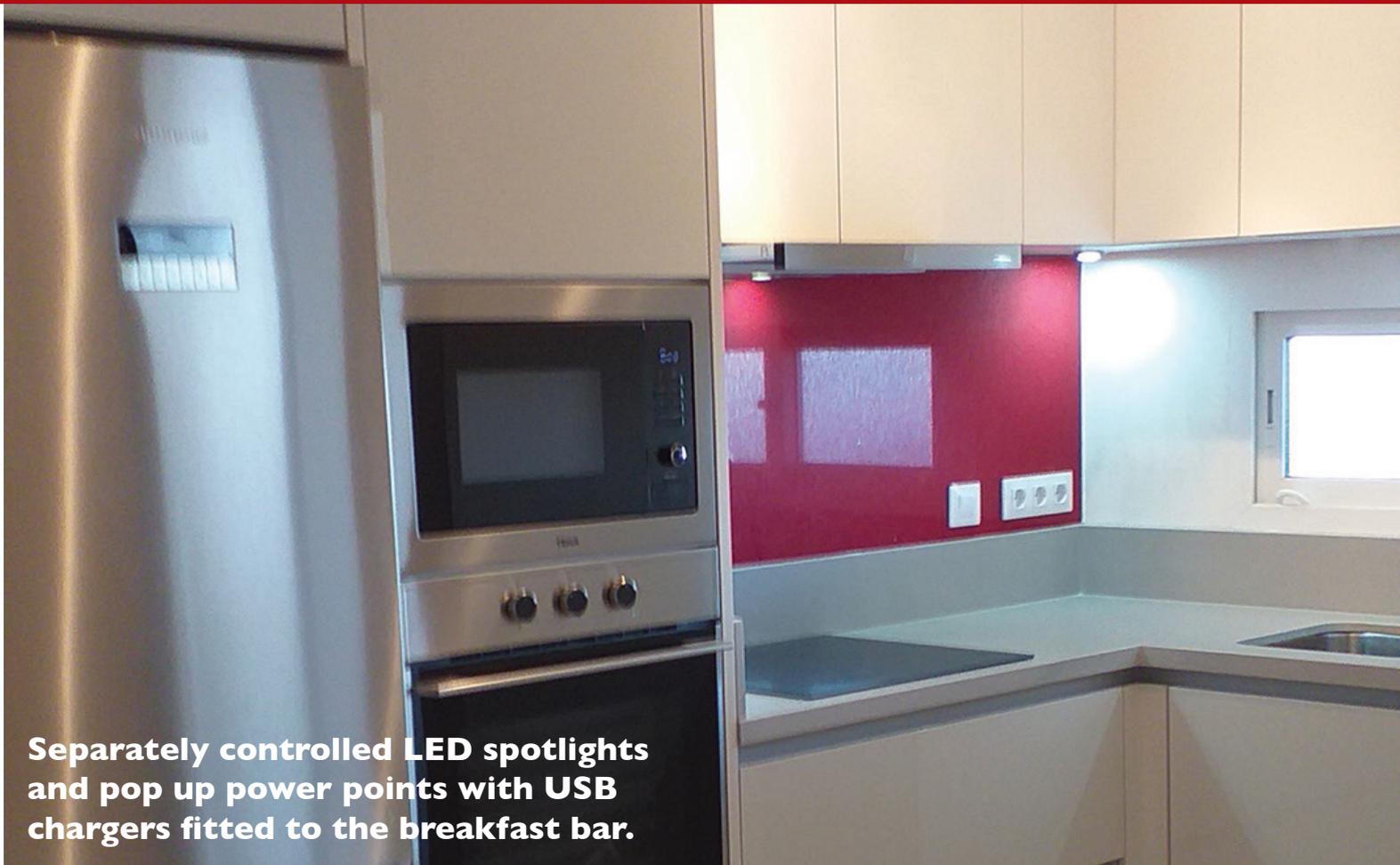
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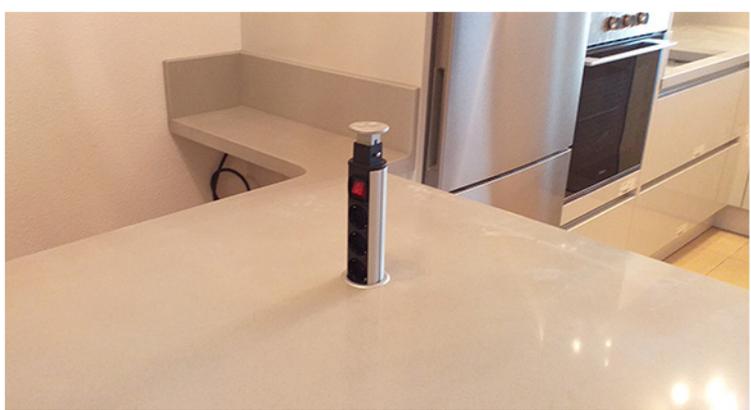
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In these unprecedented times we are all having to have a good think about what's important to us and what we really no longer need in our lives.

With the warmer weather really switching on, now is the time to make your outside space as calming and relaxing as your interiors.

Bringing comfort and tranquility with soft furnishings and plants are a good step towards creating a haven in your outside space.



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By using simple colours and tones we can create a peaceful space away from the world. Create a space for mindful meditation or reading or just sitting still and reconnecting with the earth in your personal sanctuary.

Appeal to the senses. Have planting with scents and relaxing colours with your décor. This will all help towards the atmosphere you can flourish in..



LIFE AFTER LOCKDOWN

Hello everyone - We are moving on now and coming out of lockdown so we have to take it easy, one day at a time . Its been an experience to say the least and which is ongoing !! Some thoughts to ponder on

We have learnt that particular skills are helpful in order to manage our lives in these difficult circumstances. Simple things can make everyday tasks so much easier.

Without stating the obvious having a mobile phone with access to the internet, having an email address, and being able to operate bank accounts online, receiving bills and such like by email. All sound quite obvious to the initiated but those without can easily run into difficulties, and when your living in another country can be difficult to resolve.

As well as looking after ourselves and looking out for each other, we need to look after our affairs and this means being PROACTIVE instead of inactive .

Some of you will find it reassuring that having granted a Power of Attorney to someone ie partner, another family member or even a trusted friend means you are free from any worry about day to day management of your affairs.

Whether it's necessary for the UK or for Spain a Power is very valuable and granting Power doesn't have to be because of the inability of the donor , it can be for reasons of convenience. I explained that last month giving the scenario of the buying or selling of property . See if you can answer the following questions

Q. How do you grant Power to someone ??

A. In Spain the document has to be signed before a Notary because that is the person who is authorized by the State to deal with the legalization of documents such as Powers , Wills, Escrituras

In the UK the application process is different and can be completed online via the Gov.UK website and will ultimately be officialised by The Office of the Public Guardian.

What's important to know is that the Donor has capacity ie mental faculties, to grant the Power.

Q. How long does a Power last for ?

A. To some extent that depends on the faculties of the Power as it may be granted only for a specific function In general the Power can exist until such time as the Donor has formally cancelled the Power or until the death of the Donor

Q. So what happens about the affairs of the person after their death

A. Following death , the affairs of the deceased are administered according to the terms of their Will, and it may be that the persons appointed in the Will as Executors and beneficiaries will not be the same persons who had Power to deal with the day to day affairs of the deceased.

It all comes down to what you want and need for the

management of your affairs and then ultimately your wishes regarding your estate.

Its tax time again for fiscal taxes and my colleague Carmen Guerra says all our clients should send their documents to enable her to prepare the calculation for this years tax return, so please dont risk incurring a fine for filing late.

Your UK State pension is income for taxable purposes altho not coming from employment. In Spain the emphasis is on declaring and the amount of tax to be paid depends on the amount of the income and any appropriate allowances.

Anyone with queries about their legal, financial or tax affairs, do not hesitate to contact me and I will do my best to help. Myself , Angela Skinner of Tramway Financial and Carmen Guerra are here to support you even though we cannot meet in person because of the restrictions.

My email address is shirleyfisherlegalservices@gmail.com and my mobile 0034 634053976 and my English mobile 0044 7927586989 and Im also available on Whatsapp.

Bye for now and take care
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MON	TUE	WED	THU
			<p>Day 1</p> <p>What smell are you grateful for today?</p>
<p>Day 5</p> <p>What sound are you grateful for today?</p>	<p>Day 6</p> <p>What in nature are you grateful for?</p>	<p>Day 7</p> <p>What memory are you grateful for?</p>	<p>Day 8</p> <p>What book are you most grateful for?</p>
<p>Day 12</p> <p>What texture are you grateful for?</p>	<p>Day 13</p> <p>What abilities are you grateful for?</p>	<p>Day 14</p> <p>What sight are you grateful for today?</p>	<p>Day 15</p> <p>What season are you grateful for?</p>
<p>Day 19</p> <p>What touch are you grateful for today?</p>	<p>Day 20</p> <p>Who in your life are you grateful for?</p>	<p>Day 21</p> <p>What song are you most grateful for?</p>	<p>Day 22</p> <p>What story are you grateful for?</p>
<p>Day 26</p> <p>What form of expression are you most grateful for?</p>	<p>Day 27</p> <p>What small thing that you use daily are grateful for?</p>	<p>Day 28</p> <p>What small thing that happened today are you grateful for?</p>	<p>Day 29</p> <p>What friend / family member are you grateful for today?</p>

Sudokus

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

Answers to last months page 66

Jokes

Q: What do you call a fake noodle?

A: An Impasta

Q: What do you call an alligator in a vest?

A: An Investigator

Q: What happens if you eat yeast and shoe polish?

A: Every morning you'll rise and shine!

Q: "What's the difference between a guitar and a fish?" A: "You can't tuna fish."

Q: What do you call a pile of kittens

A: a meowntain

Q: Did you hear about the race between the lettuce and the tomato?

A: The lettuce was a "head" and the tomato was trying to "ketchup"!

Q: Did you hear about the hungry clock?

A: It went back four seconds.

Q: What do you call a boy who finally stood up to the bullies?

A: An ambulance.

Q: Why can't you give Elsa a balloon?

A: Because she will Let it go.

Q: What do you get from a pampered cow?

A: Spoiled milk.

Word Search

Find these "beachy" words! Look up, down, backward, forward and diagonally.

S	B	E	A	C	H	B	A	L	L
U	P	O	L	F	P	I	L	F	S
N	N	M	C	S	K	R	N	F	H
A	B	E	A	C	H	A	B	U	E
C	M	C	A	R	C	O	C	N	L
H	H	I	S	E	A	G	U	L	L
Y	P	B	W	T	B	B	B	S	S
A	A	A	A	S	P	H	A	T	C
W	G	X	S	U	L	N	G	K	L
A	L	W	C	O	D	H	A	Q	I

BEACH
SEAGULL
SAND
BEACHBALL
FLIP FLOP
SHELLS
SUN

SWIM
BOAT
FUN



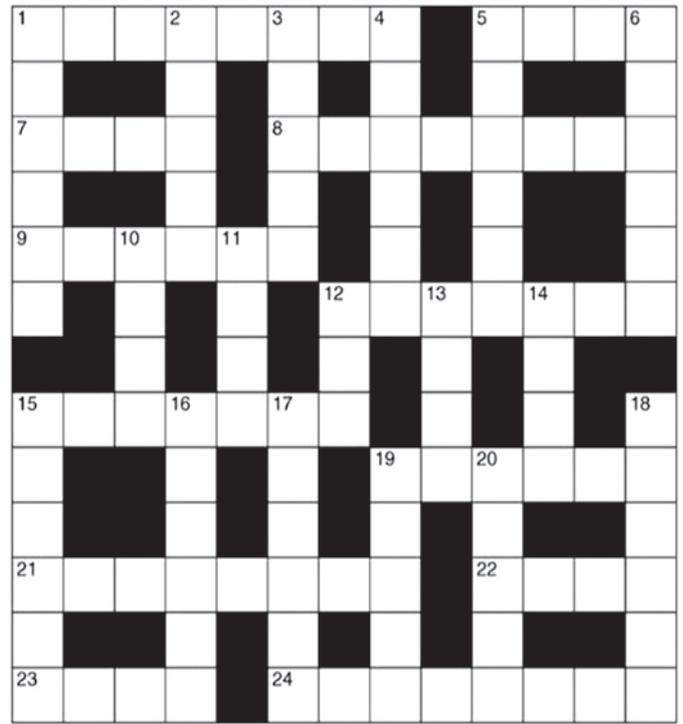
CROSSWORD PUZZLE

ACROSS

1. US volcano, Mount ... (2,6)
5. Supersonic planes
7. Taj Mahal city
8. Cambridge & Oxford universities
9. Treeless Arctic zone
12. Coniferous tree found in Europe
15. Vienna is there
19. Croatian capital
21. Peninsula in southwest England
22. Manchurian river
23. Central attraction of Piccadilly Circus
24. Region that includes Japan, China and Korea (4,4)

DOWN

1. Roughly built settlements, ... towns
2. Large African antelope
3. Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
4. Underground train system
5. City of northwest India
6. People from Stockholm
10. Scotland's monster lake, Loch ...
11. German industrial region
12. Washington-based spy group (1,1,1)
13. Italy's Leaning Tower of ...
14. Kuwaiti ruler



15. Native American tribe
16. Sport played at Wimbledon
17. Earth's glacial period (3,3)
18. Portugal and Spain
19. Bantu peoples of Natal
20. West African nation



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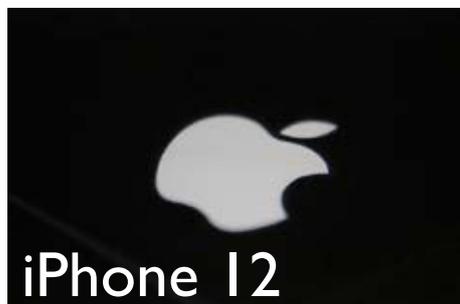
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Since before the release of the first iPhone, Apple leaks have always raised interest from tech fans everywhere. We have come a long way since and some sources have become more credible than others. The iPhone 12 release is just a few months away and some interesting news just surfaced. Renowned leaker Jon Prosser posted a video, announcing Apple's next iPhone 12 series models and full specs. This guy was right before, so we thought it's worth listening. Apparently, Apple will launch four types of the iPhone 12 this autumn - a base model, a larger Max model, and a "Pro" and "Pro Max" version.

One of the most interesting pieces of information is that the base storage of entry-level phones has increased once again. The minimum storage on all

models will be 128GB, twice the current floor of 64GB. Also, the cheapest iPhone 12 is rumored to cost \$649, which is less than the base iPhone 11 which is \$699. Wonder what the prices will be like here in Spain, they always seem to be so much more expensive!! Prosser also talks about a feature Apple is supposedly working on, involving the display refresh rates. The Pro Motion feature would switch between 60Hz and 120Hz depending on what is on display, in order to save battery life.

Here is a full list of specs of the iPhone 12 series, according to Prosser:

iPhone 12	iPhone 12 Max
Display: 5.4-inch BOE OLED Super Retina	• Display: 6.1-inch BOE OLED Super Retina
Memory: 4GB	• Memory: 4GB
Storage: 128GB, 256GB	• Storage: 128GB, 256GB
Body: Aluminum	• Body: Aluminum
Rear cameras: Dual	• Rear cameras: Dual
Price: \$649, \$749	• Price: \$749, \$849
iPhone 12 Pro	iPhone 12 Pro Max
Display: 6.1-inch Samsung OLED Super Retina XDR with ProMotion and 10-bit Color Depth	• Display: 6.7-inch Samsung OLED Super Retina XDR with ProMotion and 10-bit Color Depth
Memory: 6GB	• Memory: 6GB
Storage: 128GB, 256GB, 512GB	• Storage: 128GB, 256GB, 512GB
Body: Stainless Steel	• Body: Stainless Steel
Rear cameras: Triple camera + LiDAR	• Rear cameras: Triple camera + LiDAR
Price: \$999, \$1,099, \$1,299	• Price: \$1,099, \$1,199, \$1,399

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5 Tips For Dealing With Trolls

The internet is swarming with trolls and cyberbullies. They scroll Facebook posts and clutter Twitter feeds, causing trouble and trying to push people's buttons.

During the Pandemic, it is even more so apparent, with people having more time on their hands, boredom and scrolling unfortunately becomes a habit for some people. They're total pests. Luckily, we've compiled a list of our best moves for how to deal with trolls.

1. Starve Them

It's totally understandable to want to wage a war on trolls with your keyboard, but trolls thrive on others' anger, frustration and annoyance. This means that the angrier you get, the stronger they become. So, your best bet for ridding the internet of trolls is to starve them of a reaction.

This can be pretty challenging. It helps to remember that trolls don't actually believe what they're posting, so you can't beat them with logic or fact. When you're being trolled, the best thing to do is to ignore the posts. Eventually, they'll probably tire themselves out.

2. Record It

Take a screenshot so that you have a record of the original post. This covers you if the person tries to edit or delete their post once they realise it could get them in trouble. These records can also be handy if things escalate and you need to take the matter further.

3. Stand Up For Yourself

You can ignore trolls and still make a stand against them. Most social media sites have special functions in place to keep you feeling safe online. Report harmful posts and block the user so they can't bug you anymore. If you've exhausted the reporting and blocking options within your social media platform and things are still really bad, you need to make a report to the police. Before you make a complaint, you need to have copies of the cyberbullying material ready to upload (screenshots or photos) report the material to the social media service (if possible) at least 48 hours before filling out any forms for further action gather as much information as possible about where the material is located

4. Log Off

It can be really overwhelming when trolls are constantly pestering you. While you can't control other people's trolling behaviour, you can try to limit the amount of time you spend dealing with it.

Logging off social media can be really difficult, but it's a good idea if you're feeling upset. Don't worry, you don't have to go completely off the grid; you could just try turning off push notifications, logging off from the accounts that are most affected by trolling, or deleting social media apps from your phone and only logging on when you're at home.

5. Tell Someone You Trust

It can help to talk to someone if trolls are getting you down. This can be really tough, but it can help make you to feel a lot better. Choose someone who you trust and who will be able to give you the help you need. Work out what you want to say beforehand, focusing on how the experience is affecting you and what help you want from them. If they don't give you the support you're looking for, try speaking to someone else.



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The hand-built 1:18 scale model is available for those who order a real Cullinan
 The real car - Rolls-Royce's first SUV - costs from £264,000, though most will be customised and ring in closer to the £1million mark
 Each model is a replica of the one ordered and takes 450 hours to create
 It has matching interior leather and wood material and working cabin lights
 The price is a reported £30,000 - the same as a new BMW 3 Series or Audi A4



This model Rolls-Royce Cullinan probably costs more than the car on your driveway

Rolls-Royce says this 1:18 scale replica of its latest Cullinan is an 'astonishingly accurate' version customers can buy alongside their real-life cars when they order the six-figure SUV.

And it comes with a Rolls-Royce price tag, too - reportedly costing from around £30,000 for each one.

That means owners will not only have a £264,000-plus car in their garage but one on their mantelpiece or office display cabinet that's around the same prices as a new Audi A4, BMW 3 Series or VW Tiguan. The British marque said that

while 'daily driving pleasures have been curtailed due to the Covid-19 pandemic', this is one of 'life's little luxuries' that has 'come to the fore' - for its custom base of footballers, business bosses and all-round billionaire types anyway.

The authentic scale replica is built with absolute perfection and is more than a 'mere model'.

Each miniature Cullinan is individually and painstakingly crafted by hand, to the client's specification, from over 1,000 individual components. To make each one to the customer's request takes a massive 450 hours.

That over half of the time required to build a full-sized Cullinan at the firm's

Goodwood factory in West Sussex.

To put that into perspective, Jaguar Land Rover's Solihull plant reopened this week and despite reduced outputs due to coronavirus measures produced an £85,000 Range Rover in just two days.

Another reason for the model's astonishing price tag is the fact the replica is hand-painted to colour-match the real cars purchased.

It's then hand-polished to the marque's exacting standards for its full-size motors. The maker adds: 'The coachline is even applied using a fine brush, just as it is on the original.'

Clients may choose from a palette of around 40,000 'standard' colours, or replicate their own personal Bespoke finish.

The fully-functioning exterior lights are operated by a Cullinan-branded remote control and under the bonnet is a perfect likeness of the iconic 6.75-litre twin-turbocharged V12 engine.

How detailed is it?

On opening the coach doors, illuminated treadplates are revealed, leading to an interior designed and executed with the materials, skill and attention to detail lavished on real Cullinans. You even get teeny version of the the hidden in-door umbrellas you can order for any Roller.



It even comes with mini umbrellas



Azerbaijan Grand Prix 2020
Race 7th June , 14.10 – 16.10
Round 8

Circuit Baku City
First Grand Prix 2016
Number of Laps 51
Circuit Length 6.003km
Race Distance 306.049 km
Lap Record 1:43.009 Charles Leclerc (2019)

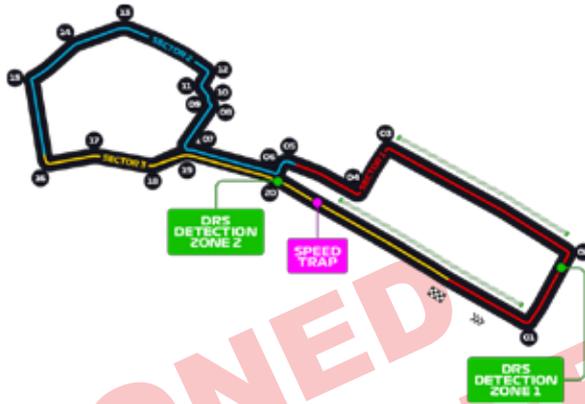
Baku

When was the track built?

It wasn't – Baku is the newest street circuit on the Formula 1 calendar, joining the ranks of Monaco, Melbourne and Singapore.

When was its first Grand Prix?

The first Grand Prix in Baku was held in 2016, as the European Grand Prix. That was followed by the inaugural Azerbaijan Grand Prix in 2017, which witnessed one of the biggest upsets of the season,



and severely, while set-up wise, the teams are forced to choose between downforce for the twisty bits and less drag for the straight.

Why go?

As with all city tracks, spectating at the Azerbaijan Grand Prix means that you're right in the middle of the action when the cars get put back in their boxes. Baku itself is a buzzing city, while food is a key part of Azerbaijan's culture, incorporating

elements of Turkish and Middle Eastern cuisine – so eat up!

Where is the best place to watch?

The principal Absheron grandstand at the end of the main straight should be high up on your viewing wish-list, as you'll be watching the cars braking from around 350km/h into the 90-degree Turn 1 – and you'll likely get to watch the lion's share of overtaking too. Elsewhere, the Icheri Sheher grandstand provides a unique vantage point, as you watch the cars wriggle through the city gate section and power on down to the super-fast Turn 13-15 complex.

with Daniel Ricciardo winning out from Valtteri Bottas and the Williams of Lance Stroll, while Lewis Hamilton and Sebastian Vettel engaged in some argy-bargy behind the Safety Car.

What's the circuit like?

A mixture of wide and open and tight and twisty. The long main straight along the Baku shoreline is a slipstreaming mecca, and with cars able to run three abreast into Turn 1, the action often looks more IndyCar than F1. However from there, the track loops around into the city's narrow, winding Icheri Sheher old town, dramatically wending past Baku's medieval city walls. As in Monaco, slightest mistakes are punished quickly



Canada Grand Prix 2020
Race 14th June , 20.10 – 22.10
Round 7

Circuit Gilles-Villeneuve

First Grand Prix 1978
Number of Laps 70
Circuit Length 4.361km
Race Distance 305.27 km
Lap Record 1:13.078 Valtteri Bottas (2019)

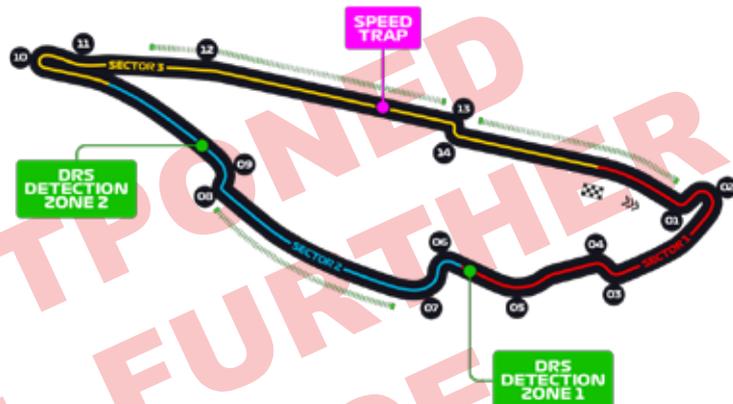
Montréal

When was the track built?

The man-made Notre Dame Island in the middle of the St Lawrence River was created for the 1967 Expo 67 World's Fair. Once the expo and the ensuing 1976 Montreal Summer Olympics had left town, some clever people decided to make a race track out of the island's roads. And lo, the Circuit Ile Notre-Dame, as it then was, came to be.



When was its first Grand Prix?
With the Canadian Grand Prix having been in search of a permanent home for a number of years in the 1960s and



chicanes and the famous hairpin to get the anchors working hard. Out of the corners, though, the track is quick and flowing, while the most iconic piece of the circuit comes right at the end of the lap: the Wall of Champions, so-called after excursions into it from Damon Hill, Jacques Villeneuve and Michael

Schumacher during the 1999 Canadian Grand Prix weekend.

Why go?

The Montrealais really embrace their Grand Prix weekend, with the charming city turning into an F1-loving party town in the week leading up to the race. For the

Grand Prix itself, the leafy setting makes the Circuit Gilles-Villeneuve one of Formula 1's most laidback venues.

Where is the best place to watch?
It's got to be one of either Grandstand 15, 21 or 24, the three that surround the hairpin. It makes for a real amphitheatre vibe down there, as well as allowing you to see all the hairpin overtakes.

1970s, the Circuit Ile Notre-Dame first hosted the race in 1978. Fittingly, Gilles Villeneuve claimed his maiden win, at the track that would end up bearing his name.

What's the circuit like?

The fast, low-downforce circuit is one of the drivers' favourites. The track is quite stop-start, with lots of heavy-braking



France Grand Prix 2020
Race 28th June , 15.10 – 17.10
Round 10

Circuit Paul Ricard

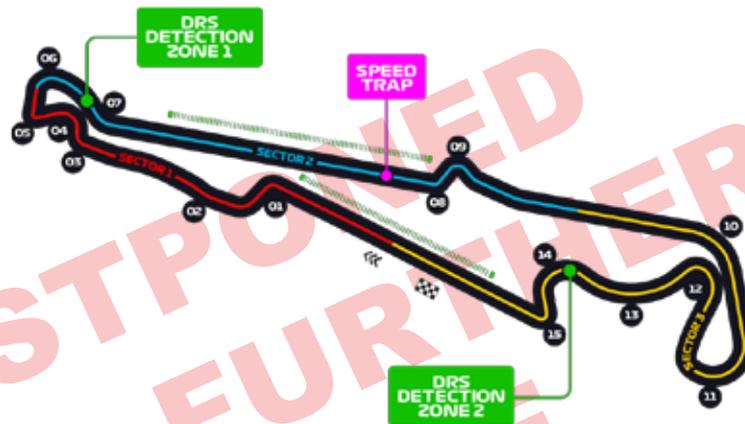
First Grand Prix 1971
Number of Laps 53
Circuit Length 5.842km
Race Distance 309.69 km
Lap Record
1:32.740 Sebastian Vettel (2019)

Le Castellet

When was the track built?
Work began on pastis magnate Paul Ricard's track in 1969, with French racers Jean-Pierre Beltoise and Henri Pescarolo acting as consultants on the layout. Racing began at the circuit a year later. **When was its first Grand Prix?**
Formula 1 hit the Circuit Paul Ricard in

1971, with Jackie Stewart winning the inaugural race in his Tyrrell 003.

What's the circuit like?



The Circuit Paul Ricard's even distribution of high, medium and low speed corners is a key reason why it's one of the most used test circuits in the world (the typically good weather is another). F1 drivers love the 290km/h right-hander at Signes and the 5g joyride of the following Beausset bend, while the circuit's 2018 return to the F1 calendar showed that the French Grand Prix track is a bit of an overtaking gem.

Why go?

Drive just 10km south of the circuit and you'll find yourself on the French Riviera, one of the most revered coastlines in the world thanks to its beautiful beaches, pretty harbourside towns, great food and, if you fancy it, incredible local wines. Apart from the racing action, that's why you go!

Where is the best place to watch?

The Chicane series of grandstands put you at the best overtaking point on the track (as Sebastian Vettel proved during his 2018 fightback from 17th to fifth), while if you want to be closer to the fun and friendly Paul Ricard paddock, bag seats in the Virage du Pont stands to watch cars making their way through the final corner before blasting away down the main straight.

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LOS AMIGOS DE MAZARRON FC JUNE 2020

At the time of writing there seems to be some light at the end of the tunnel with regard to the terrible outbreak of Covid-19 which has brought the world to a virtual standstill. Shops were beginning to open along with bars and restaurants albeit with reduced capacities and people were able to move about more freely whilst still needing to adhere to social distancing measures.

As expected the Spanish Football Federation announced that the regular season had ended for all football competitions at semi-professional and amateur level. However, plans were ratified for end of season play-offs between the top four teams in each division to decide promotion. Mazarron FC finished their regular season in fifth place but, as Real Murcia



Estadio Municipal Mazarron May 2020

“B” who finished in fourth place on the same number of points as Mazarron, cannot take part in the play-offs as their first team already plays in the Segunda B division, Mazarron have qualified for the play-offs.

In previous seasons, the top four teams in each league immediately entered a knock out competition on a national basis to determine promotion to the Segunda B. There are 18 regional leagues in Spain in the Tercera Division with 18 promotion places and the play-off competition involved games played over two legs. The champions of each division were drawn to play each other with the nine winning teams being promoted. The 54 teams finishing in second, third and fourth places were drawn to play each other with the winners progressing to a second round of games which included the nine league leaders who had been beaten in their play-off games. The winners of these games enter the final round of nine games to determine the other teams promoted to Segunda B.

This complicated process saw teams from the Murcia region often travelling to the north of Spain to take part in play-off games involving round trips of almost 2,000 miles. The Covid-19 outbreak has rendered a similar com-

petition this season totally unworkable so a new simplified formula has been agreed whereby the top four teams in each Tercera Division play each other on a neutral ground over one leg to determine promotion to Segunda B. In Mazarron's case they will play league leaders Lorca Deportiva with second placed Atletico Pulpileno playing third placed Mar Menor. The winner of these games will take part in the Play Off Final again over one leg to decide who is promoted to Segunda B.

It is proposed that the games are played behind closed doors at the Pinatar Arena in San Pedro de Pinatar as soon as the health authorities deem that it is safe to do so, probably in July.

Segunda B is composed of four league of 20 teams but there will be no relegation for the 2019/20 season so to accommodate the new promotion system a fifth Segunda B league will be formed in 2020/21 season. As the duration of next season is expected to be shorter because of Covid-19, there are proposals for all five of the Segunda B leagues to be split into two groups with ten teams in each group so that the initial phase of the season will involve each team playing only 18 games (nine at home and nine away).

At the end of the regular season, there will be a play-off system involving all the clubs, depending on league position, for promotion to Segunda B (2nd tier of Spanish football), places in a newly formed Segunda Elite League which will be the third tier and relegation from Segunda B to the Tercera. It sounds, and is, very complicated but what it means is that the Spanish football pyramid from the start of the 2021/22 season would be La Liga, Segunda Division, Segunda B Elite Divisions A & B, Segunda B as we now know it, Tercera Division, Preferente Autonómica, Primera Autonómica, Segundo Autonómica. Confused???

As a result of the Covid-19 outbreak all social events have had to be postponed including the Los Amigos de Mazarron FC Gala Week events which were due to take place at the end of March. It is hoped that the Race Night, Celebrity Golf Day and Gala Dinner can be rearranged when we return to normality as proceeds from these events are a great boost to the coffers of Mazarron Football Club. Tickets for all the events should be retained until such time as we are able to announce new details. We hope to be in a position in the next couple of months, as and when the situation improves sufficiently, to give more information as to a possible new date and how to claim a refund if you are unable to attend the revised dates.

It is still hoped that the trip to Calpe from Monday 12th to Wednesday 14th October will be able to go ahead if the situation has improved sufficiently. Bed and breakfast accommodation will be provided at the AR Roca & Esmeralda Spa Hotel with an excursion to Guadalest on the Tuesday and to the Chocolate Factory in Villajoyosa on the return journey on Wednesday. The cost of a twin room with balcony, terrace, private bathroom and free Wi-Fi is €125 per person which includes the coach and any excursions. There is already plenty of interest and places are limited so if you would like to join us please email pamada.1130@yahoo.co.uk as soon as possible.

Los Amigos de Mazarron FC lost one of its most popular and enthusiastic members with the death of Bill Haining on Wednesday 13th May after a short



Bill Haining

illness. Bill had been unable to get back to his home in Spain because of the lockdown and was with his family in Scotland when he suffered a cardiac arrest and died in hospital four days later. Bill will be very sadly missed by all at Los Amigos and by his family and many friends.

When the current restrictions are lifted Los Amigos de Mazarron FC hold weekly meetings throughout the football and new members or guests are very welcome. Social meetings take place every Thursday at the Club House, Camposol Club de Golf at 4 pm. Business meetings are held on the last Thursday of each month when only members are allowed to attend. Membership is €20 with numerous discounts available on most social events and coach travel to away games. Please email pamada.1130@yahoo.co.uk for a membership form.



DR.
PEDRO
SÁNCHEZ
ANGULO



Orthopedic Surgeon and
Traumatologist specialist

Dr. Pedro Sánchez Angulo

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

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

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

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

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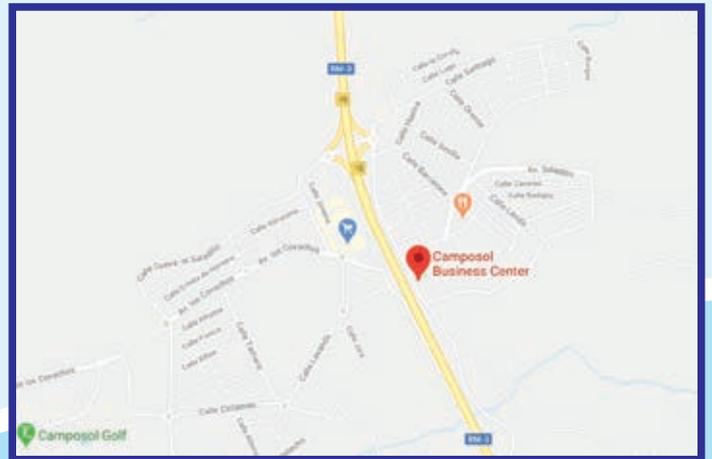
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They will be installing Ozone machines which are generally used in operating theatres.

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



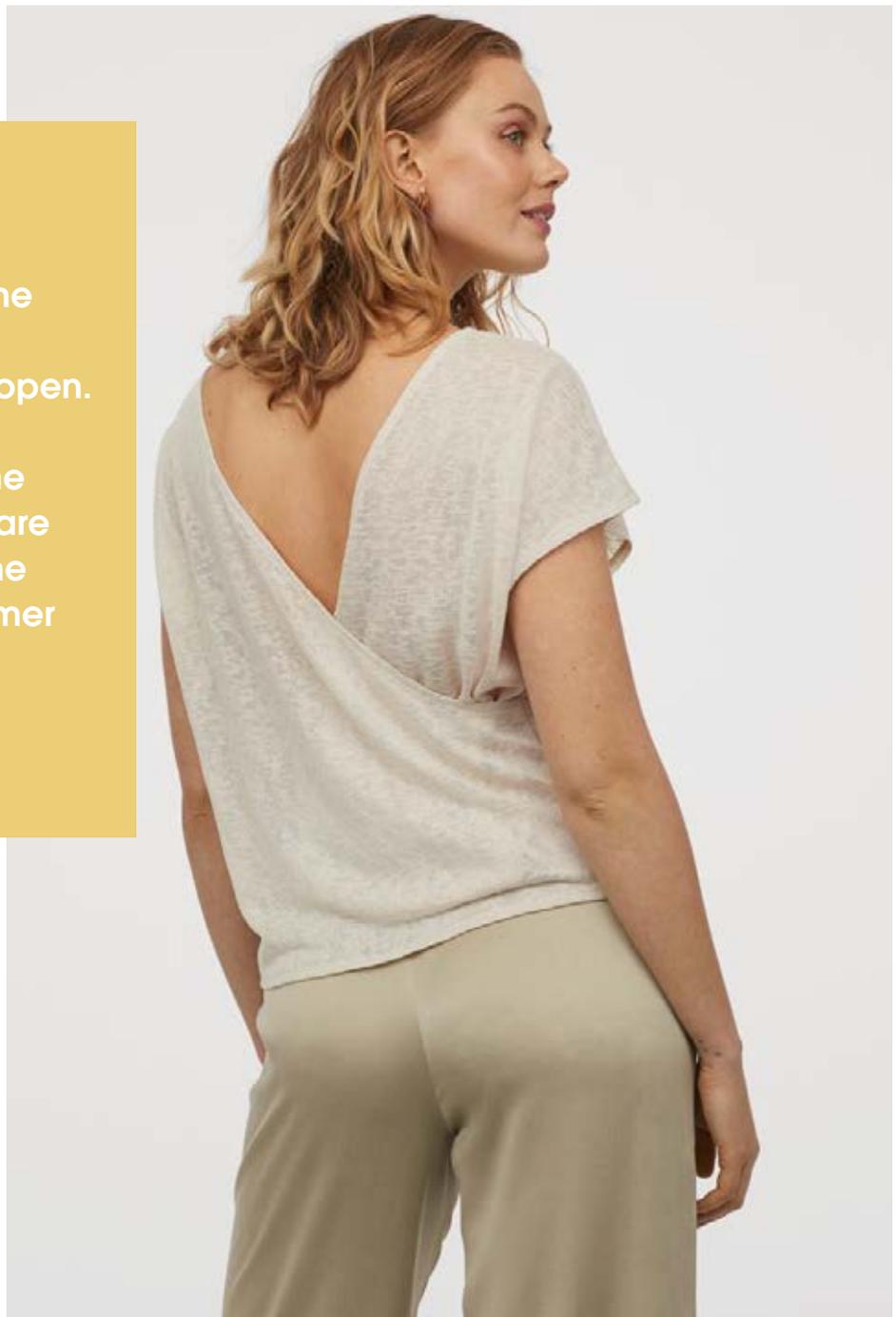
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THE NEW NEUTRALS: WHITE & BEIGE CLOTHES

This month shopping for clothes is an option with the shops now starting to reopen.

We look at the styles which are versatile in the warmer summer months.



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How to Get a Great Haircut and Keep It Looking Amazing

You know when it's time for a haircut - unless you don't: One friend's hair had gotten so long that her hairdresser snapped four inches off the bottom even before sending her for a shampoo, while another arrived for a cut only to be refused.

Was it really the cut? Or the amazing curl cream she'd put through the ends that morning? Or the shampoo and blow-dry she'd done the night before? Actually, it was the cut. It lasted for another four months! Though I do think amazing products - and a great blow-dryer - made it last longer. Once you've decided to go for it, though, the real decision-making begins: How much to cut? Should you colour? What style? And most important of all: Which stylist?

STEP 1: FIND THE ONE



Referrals are ideal - but further research is usually worth it. If you see someone with a style you're interested in, reach out and ask who their stylist

is. But then research: Check the stylist's website or social media to see if they are aligned with the things that are important to you: culture - sustainability, clean formulas - aesthetic, style, and ethics.

Never go to someone new for a drastic change. Let them do a trim and get to know you and your hair first. Perhaps most of all, find someone who loves their work. A relationship with your colourist or stylist can be so important...like a therapist almost! A colourist, can enhance someone's features by simply playing with light and contrast. They can make a person walk differently because they're more confident with a fresh hair color.

STEP 2: BRING PICTURES



Before you go to the salon, cut out or save pictures on your phone of both things you like and things you really dislike. It makes it easier to communicate with your colourist or stylist. A talented person can work with that photo to create a version that fits your face and lifestyle. That said, stay true to yourself. Embrace your personality. Wanting to look like someone you are not never works.

Pictures are essential. They help the stylist visualize your idea in a way that words cannot. Social media delivers a large library of styles, so you can get quick feedback and can better assess your stylist's abilities.

STEP 3: LISTEN FOR QUESTIONS
A stylist should really look at you - and listen to you. If you're not feeling this sort of attention, it's not the right match. They should ask you questions about your lifestyle, changes in your life, and the goal of the new haircut. It is recommended asking for the stylist's thoughts about your hair type to see their level of comfort and experience working with hair like yours. Is it curly or straight, thick or thin? How do you style it?

In hairdressing, to be a good listener is paramount. As a stylist they will probably have lots of ideas, but who cares right now? A good hairdresser will listen and observe the client first. A hairdresser should use their eyes to really look at the client. Looking at their height, their body language. Look at their proportion. Touching hair and finding out what type of texture it is.

STEP 4: DON'T WORRY ABOUT TECHNIQUE - FOCUS ON RESULTS

Whether the stylist you choose cuts your hair wet or dry or with scissors or with razors isn't really the point. I don't believe it makes a difference, as long as they are operating with a sharp blade and someone who knows how to wield it.

And listen to a stylist's wisdom on maintenance - they know. It's important to know how to protect the hair and color for the best result outside the salon. Like a doctor with prescriptions - which products to use at home and how often - but the hairdresser will see what works and what doesn't.

STEP 5: TRUST

Once you commit, commit. Trust your stylist. Sometimes they'll talk you out of what you want because they know it

won't work on your hair. They don't want you unhappy! Happiness - and amazing hair - is always the goal. A great hairstyle is when the volume, the shape of the hair, and the length all enhance your silhouette. It's a combination. It's how the hair moves, what volume, what color. There's so much intuition involved.





gram. I've been following Courtney Black (Instagram - courtneyblack) who shares free workout videos on Instagram. She does 3 workouts a day through a live feed that you can follow and she also has an app where you can sign up to gain extra workouts and healthy nutritional recipes. If you don't have any weights, try using tinned food or bottles of water!

Practice Meditation



At the start of lock down I found myself worrying about my health, my loved ones and my finances. A big change in your life can bring a lot of stress and anxiety. I found myself suffering from panic attacks and vivid dreams. My friend told me to meditate and since doing this I haven't felt as anxious. I downloaded Headspace which is an app that shows you how to meditate. Research shows Headspace can improve key components of mood, including happiness, and irritability. It focuses on your breathing and helps you to relax. Other meditation videos and podcasts are available on Spotify and YouTube.

I hope these tips may help you in some way. Nothing we can do can change the past, but everything we do can help change the future.

Keep social distancing, stay at home when possible and keep safe!



book by Vex King called 'Good vibes good life' (available on amazon). In this book it teaches you how to be the best version of yourself that you can be. It inspires you to practise self-care, manifest your goals and keep in a positive mind set which I feel most of us may need at the moment!

Take A Bath



Taking a bath can reduce pain and inflammation and also calm the nervous system, reducing the levels of stress and anxiety in the body and improving your mood. The steam from the hot water can also help to clear your sinuses allowing you to breathe a lot better. Team this up with your favourite bath bomb and you're good to go! I recommend Rituals 'fizzing bath Bomb' (available at www.rituals.com).

Home Work Outs

Exercise is proven to have a great impact on your mental and physical health. It can make you feel happier, is good for your muscles, bones and skin and can help you to lose weight or tone up. You can get access to free workout videos on YouTube or insta-

Self Care Through Lockdown

I feel it is important to look after ourselves throughout lockdown. Being stuck in the house all day without seeing our loved ones, can easily make us slip into a low state of mind. Here are a few tips that have helped me to keep a clear mind throughout the past few weeks.

Read A Book



If you've found yourself glued to Netflix for a few weeks you may notice you're sat in bed for hours on end and snacking on rubbish food (I know I've had a few days like this) and you will start to feel sluggish. For a break from this try reading a book. Reading a book helps your mental state and exercises the brain. I've been reading a

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Dawn Llewellyn-Price

Flaming June is here. Hopefully Spain has seen the last of any bad weather, the leaking roofs are repaired, and residents are getting into some semblance of life outside lockdown. Let's hope you're still able to edge further forward, and not revert to what went before. I use the words 'you' and 'residents' of course, because I'm not there physically, and it looks like it may be a long while before I return.

Dicing with the columns of news coming out of both Spanish and UK governments on travel restrictions mean many of us are going to be disappointed these coming months. Residents normally joyfully awaiting the annual arrival of family from the UK to splash and scream in swimming pools around the province will be holding

their breath. Those wishing from far across the Bay of Biscay to hear sounds of clanking metal chains pulling the ferry into dock, or the sound of airline announcements to 'prepare cabin for landing' as Murcia comes into view below, will possibly be in for huge sighs of sadness as realisation dawns that next time we see our second homes may be through a tangle of overgrown gates or rusted front door locks.

Yes, this has been an enormous shock for us all.

It's not the first time we've suffered a pandemic, the last over a century ago, therefore not really in our general thoughts despite warnings there would be another due now.

The Spanish Flu pandemic of 1918, despite the fact it started on a Kansas army base, gained that title purely because Spain was neutral in the war and therefore not subject to press restrictions, and began reporting deaths. The troops coming across the Atlantic sadly brought the virus with them into the trenches, and the heart of the continent. So Spain shouldered the blame.

There are many YouTube documentaries on those events which are a fascinating and insightful watch.

How do we get through the remain-

der of the year without these visits? Quiet times ahead as we contemplate our futures and edge back into society warily, at a distance. Spain will be quiet and may take you back to those decades before the tourist invasions, the unspoiled country of yesteryear and relatives that are long gone. Luckily I live on a beach front in Wales during winter, yet this summer (normally in Spain) will be spent viewless, behind scaffolding covered in white mesh, with blue polythene covered windows. Cosmetic building repairs run until October, our usual return date, so sod's law prevails as present Welsh rules mean no lounging on beaches. Our only seated sunshine means taking a folding chair to an empty car park space within our boundary. So very glamorous. My first summer in the UK in over fifteen years, to a soundtrack of seagulls, drills and the voices of workmen climbing the framework. Do I laugh or cry when I visualise our Spanish garden, sat with a glass of Cava around the pool?

You decide.

I can't.



Is Ensaladilla Rusa Really Russian?

Like in many countries across the globe this year, Spain witnessed a truly sad and unusual Easter: no celebrations and no feasts. But still the Spaniards kept the spirit, celebrating Easter at home, cooking festive dishes themselves. In Murcia region, one of the typical Easter meals is a salad called 'ensaladilla rusa' (which can be translated as Russian salad). Yet this appetizer is eaten not only for Easter -- almost all cafes in Cartagena serve marinera tapas with this salad. Ensaladilla rusa consists of boiled potatoes, boiled eggs, fresh cucumbers, tinned tuna, and mayonnaise.

Our guests often order ensaladilla rusa and wonder why we, Russians, don't serve it in Luces. The answer is simple: this is not a Russian dish. "How come?", the Spaniards ask with disappointment. Frankly speaking, I don't know any traditional Russian tuna recipe. But there is a dish that slightly resembles ensaladilla. It is the Olivier salad, which, in its turn, is familiar to every Russian.

The recipe of this salad was created in the middle of the 19th century, in Moscow. Its author was Lucien Olivier, a Frenchman, the chef of the then famous Hermitage restaurant. His father knew a special secret mayonnaise recipe (based on mustard and spices). Lucien first introduced this appetizer in his restaurant, and it was

named after him – the Olivier salad. Then the salad consisted of grouse, calf tongue, caviar, lobster, cucumbers, capers, boiled eggs and was dressed with the famous mayonnaise.

The Olivier salad has been on festive tables in Russia for two centuries now, but modern recipe includes more affordable ingredients: boiled eggs, potatoes, carrots, fresh white onions, pickles, and tinned peas. Grouse and calf tongue were replaced by sausages and ham. All ingredients should be diced, then salt and pepper are added, and all the mixture is dressed with mayonnaise.

We would love to serve such a salad in Luces, but as a gesture of respect, we serve other unparalleled dishes that have no links with Spanish cuisine.



Olivier salad



Marinera murciana with ensaladilla rusa

Cena en Cartagena ?

Luces

restaurante

Plaza del Rey

C/ Villamartín 13, Cartagena

968 080 647 / 675 336 701



Prawn cakes with cucumber peanut relish



Ingredients

3cm/1¼in piece ginger peeled and sliced
2 tbsp chopped coriander
2 small shallots, halved
½ red chilli, deseeded and diced
zest 1 lime
600g raw peeled prawns
1 tbsp fish sauce
1 tbsp vegetable oil
1 tbsp light brown soft sugar mixed with 1 tsp water

For the relish

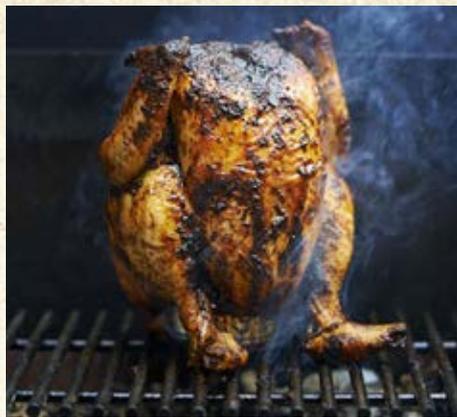
75g caster sugar
125ml rice vinegar
2 tbsp chilli flakes
3 tbsp finely diced cucumber
1 tbsp chopped roasted salted peanuts
1 small shallot finely diced

To serve
leaves of 2 Baby Gem lettuces
fresh mint

Method

- To make the relish, put the sugar and vinegar in a small saucepan with a pinch of salt. Bring to the boil and simmer for 5 mins until syrupy. Remove from the heat and cool completely. When cool, add the chilli flakes, cucumber, peanuts and shallot, and stir together. Set aside.
- Put the ginger, coriander, shallots, chilli, lime zest and half the prawns in a food processor and blitz until fine. Add the remaining prawns and the fish sauce and pulse again, this time keeping the mixture chunky. Season well with black pepper, then form into 18 flat cakes.
- Heat the grill to high. Brush both sides of the cakes with a tiny bit of vegetable oil and place on a baking sheet. Cook for 2 mins on one side, turn over and brush with the sugar water. Cook for another 2-3 mins or until opaque and slightly browned at the edges. Serve the cakes with the lettuce leaves, herbs and the cucumber relish.

Beer can chicken



Ingredients

1.8kg chicken
3 tbsp olive oil
440ml can of beer

For the rub

1 tbsp muscovado sugar
1 tbsp sweet smoked paprika
1 tsp cayenne pepper
2 tsp English mustard powder
2 tsp thyme
1½ tsp celery salt

Method

- Light a lidded barbecue. Let the flames die down and the coals turn ashen, then mound the coal up on one side. If using a small barbecue, you will have to remove the grills and place a sturdy roasting tin on the floor of the barbecue, next to the coals – this will give you space to close the lid once the chicken is in. If you have a large barbecue, the chicken can sit directly on the grills (or on a tray on the grills, so that it doesn't topple over.)
- To make the rub, mix all the ingredients together with a good grinding of black pepper. Drizzle the chicken with the oil, sprinkle over the rub and massage it into the skin, making sure you get into all the nooks and crannies, even inside the cavity.
- Use a can opener to take off the top of the can of beer. Pour out half the beer (tip into a glass to drink!) and leave the rest in the can, as it will keep the chicken moist while it cooks. Pop the chicken onto the can, legs down, so that it looks like it is sitting upright with the can in its cavity. Stand the chicken and can upright on the barbecue, either in the roasting tin or directly on the grill, on the side with no coals. Close the lid and cook for 1 hr 20 mins until the chicken is browned, the meat tender and the juices run clear. If the juices aren't clear, cook for a further 10 mins, then check again. (To cook in the oven, heat to 200C/180C fan/gas 6. Sit the chicken on a baking tray, place in the bottom of the oven, and follow the same cooking time.)
- Remove the chicken from the barbecue, cover lightly with foil and leave to rest for 20 mins before serving.

Peach Melba cheesecake



Ingredients

100g butter melted, plus a little extra for the tin
200g crunchy biscuit (we used Fox's butter biscuits)
600g soft cheese
100g icing sugar, plus extra to taste
2 tsp vanilla extract
300ml pot double cream
450g raspberry
3 really ripe peaches
peeled if you like, or 6 canned peach halves (juice saved), diced into raspberry-sized chunks

Method

- Line the base and sides of a 20cm loose-bottomed or springform tin with baking parchment – use smudges of butter to help the paper stay in place around the sides. Put the biscuits in a plastic food bag and crush to crumbs using a rolling pin, then mix thoroughly with the melted butter. Tip into the prepared tin and press down firmly to create an even base. Chill while you prepare the filling.
- Put the soft cheese, icing sugar and vanilla in a bowl, then beat with an electric mixer until smooth. Tip in the cream and continue beating until mixture is combined. Scatter over 100g of the raspberries and half of the peach chunks. Using a spatula, fold in with just a few folds – as you assemble the cheesecake they'll ripple through more.
- Spoon the cream mixture onto the biscuit base, working from the edges inwards. Smooth the top of the cheesecake down with the back of a deserts spoon or spatula. Leave to set in the fridge overnight.
- In a food processor, blitz 250g of the remaining raspberries, sieve, stir back in 1 tsp of the seeds, if you like, and sweeten to taste with icing sugar. Add enough water or canned peach juice to make it saucy and chill until serving.
- Bring the cheesecake to room temperature about 30 mins before serving. If using a loose-bottomed tin, unmould by placing on top of a can, then gradually pull down the sides of the tin. Slip the cheesecake onto a serving plate, removing the lining paper and base. Scatter the remaining raspberries and peach chunks over the cheesecake, dribble over some of the sauce and serve the rest alongside.

Recipes from Anna Del Conte's cookbook "Vegetables all'Italiana"



Anna Del Conte has been influential in raising the profile of Italian cooking in England. She has lived in the UK since 1949 and brought the recipes and ingredients of her homeland to the fore, with fans including Nigella Lawson and Jamie Oliver lauding her work. Her latest book takes on the humble vegetable and provides a multitude of enticing recipes to introduce a few more vegetarian (and vegan) dishes into your repertoire. Stuffed aubergine with bread and tomatoes

Aubergines are perfect for stuffing, because their flavour blends so well with other flavours

This classic dish of stuffed aubergine is based on the wonderful aubergines you can buy in the Vucceria and the Ballaro, the two great food markets of Palermo in Sicily. The aubergines available here are a far cry from those sold in the Sicilian markets, but cooked in this way, they make a very good dish of utter simplicity and succulent flavour.

Ingredients

4 aubergines

Sea salt

Vegetable oil for frying

2 shallots, finely chopped

4 tbsp extra virgin olive oil

225g/8oz canned plum tomatoes

1 slice white sourdough bread – about 40g/1½oz

1–2 garlic cloves, chopped

1 tbsp chopped flat leaf parsley

Small pinch chilli flakes

1 tbsp dried breadcrumbs

Method

Remove the ends of the aubergines and cut them in half lengthwise. (You can keep these on for the look of the dish or use the smaller bits for a ratatouille or a fritata.) Sprinkle the cut sides with salt and leave them to drain, cut side down, on a wooden board for about 1 hour. When the time is up, dry them thoroughly with kitchen paper.

Pour enough vegetable oil into a frying pan to come about 2cm/¾in up the side of the pan. Heat the oil and when hot, slide in the aubergine halves, skin side

down. Fry for 5 minutes and then turn the halves over and fry for about 2–3 minutes until the flesh begins to become golden. Lift the halves out with a fish slice and place them on kitchen paper, cut side down.

Heat the oven to 180°C
Fan/200°C/400°F/Gas Mark 6.

Now prepare the stuffing. Gently sauté the shallot with a pinch of salt in 1½ tbsp of the olive oil for about 5 minutes. While the shallot is frying, scoop out the flesh from the aubergine halves, leaving about 1.5cm of flesh all the way round. Chop the flesh, add to the pan and sauté for 5 minutes, mixing frequently. Lift the tomatoes out of their juice, roughly chop them and add to the pan. Continue cooking for about 10 minutes, stirring frequently.

Meanwhile, break up the bread into small pieces, place in a bowl and pour the tomato juice over. Leave for some 5 minutes and then mix in the garlic, parsley, chilli and about 1½ tbsp of the remaining oil. Add the cooked aubergine flesh mixture and stir well, using a fork, which will more easily break up all the bits of bread. Taste and add salt to your liking.

Brush a baking sheet with a little olive oil and add the aubergine halves. Fill the halves with the stuffing, sprinkle with the dried breadcrumbs and drizzle with the remaining oil. Place the tray in the oven and bake for about 30 minutes until a light crust has formed on the top of the stuffing. Serve hot, but not straight from the oven, or at room temperature.



Wine

of the
Month

Luzón Colección ROSADO

Wine Type

Rosé, early harvest

Grape varieties

100% Monastrell, from our trellised vineyards, which have an average age of 20 years, over 500 metres altitude and limestone soils.

Harvest

The harvest is done mechanically in the early morning, to ensure that the grapes are at their freshest.

Winemaking

The grapes are separated from the stalks immediately and, following a light pressing, the free-run juice is cold-settled and decanted prior to fermentation over 15 to 20 days at a controlled temperature of between 10 and 16°C in order to conserve the fullness of the fruit.

Tasting Notes

Salmon pink in colour, with expressive aromas reminiscent of red fruits (morello cherries) and flowers. On the palate this is a well-balanced wine, with refreshing acidity, medium body and a delicate texture with no rough edges. A sweet and refreshing finish, with persistent flavours reminiscent of cherry sweets and compotes.

Pairing

Fresh salads, seafood, light rice and pasta dishes, white meats and marinated red meats, baked fish, goats' cheese, camembert, brie and fresh fruit.

Storage and Consumption

The ideal temperature for drinking this wine is between 4 and 6°C. It is important to store this wine at a constant 16°C, avoiding temperature changes that could have a negative impact on quality.

Alcohol content: 13° vol.
750ml | Contains sulphites





An Inner Spiritual Journey From the Darkness, Into The Light.

As we live in this extraordinary time of our own evolution and that of our Planet and Universe, we are being asked, by the Higher Intelligences who guide us, to reflect on all that does not serve us now. To take a good look at ourselves and delve within our very Souls to see the Being of Light that we are.

During our lives we have accumulated a lot of baggage, bad habits, behaviour that no longer serve a purpose or causes us harm and to cut all those ties, that hold us back from making all experiences beneficial.

We cannot get away from the effects of the Coronavirus, in whatever way, it has affected us all. Not only on our own personal level, but worldwide too, as we have all been consciously connected.

I have heard from a lot of people during this time, who have had varied experiences.

Some have been through, what they say, is like a 'dark tunnel', feeling depression, anger, fear, loneliness, fatigue, lethargy and feeling general loss, in all aspects of their lives. They have lost family members and friends who have transitioned during this time and they have felt that they have been unable to say their Goodbyes. However, they have lit candles, relived their happy memories and sent out Prayers and Love to their Loved Ones. I would like to assure you that their transition would have been gentle and the Spirit World were waiting with open arms to welcome them home.

Some have said that they have found that isolation has made them feel grateful for every day, which has brought a feeling of safety to them. They have felt protected and finding solace in their own thoughts. They have reconnected with friends and family and have used the time to send out positive thoughts to all, for whatever reason. They have been able to de clutter their lives, whether

that be the wardrobe or their own beings. Reflecting on how life was before the Lock down and allowing all worries and fears to melt away, cutting all ties from the toxicity that was holding them back from living a fulfilling and loving life.

We have realised that Mother Earth was crying out to us to listen to her, to heal her, to help us to continue to thrive within her Love. Being forced to come through the dark nights and feeling elated that we have woken to a new day and giving thanks, to whoever is your God, that you are able to breath and feel excited to connect with our Soul and to those who mean the most to us.

Technology has played a massive part of this connection. I have been told that families speak more, cook together, watch television together, etc., daily. Grand Parents sharing recipes, reading bedtime stories to the 'little Ones' in the family. Ask yourself, when have we done this before on this scale? Some families had become disconnected and did not speak to each other for long periods of time or not at all.

In my previous Article, I mentioned that the purpose of our very existence here on Earth, is to learn to Love. Learning to Love ourselves, learning unconditional Love, learning how to send that Love out to others, to our Planet and Universe. Most importantly, to accept that Love from others and to feel its warm embrace around us. We have had a fabulous opportunity to expand our minds by learning new skills, hobbies, reading more, learning to share, to be quiet, enabling us to grow and evolve.

Our minds have either been our Teachers or our Torturers. We were given a choice on how we accepted to utilise this time. Whichever way you chose, whatever pathway at the crossroads you took, change came to you. It could be as simple as missing seeing people that you would have a coffee with in the morning and being grateful when the Lock Down was less restrictive, to be able to go out in to the World and meet people again. To have a genuine smile on our face to be grateful to be Alive.

We have passed through the Spring period of the Virus, where we have been able to plan and build dreams of what type of person we now want to be, how we want in our lives and what our lives will look like after the Lock Down.

The 'Plan' is unfolding and no surprise to Light Workers around the World, that the lifting of restrictions comes at the time of the Summer Solstice. After the Spring Equinox, the resurrection and

return of the Son or Sun to the Mother Goddess (Earth) is to be celebrated. We now enter the time of the Summer Solstice. The summer solstice symbolises the return or ascension to the Great Father Spirit and now all our hard labours are coming to fruition.

It is during this time that we can honour all the love, light and pleasure of our earthly existence. On the longest day of the year, the sun gazes directly into your being, filling you with the purest form of power and vitality. This seasonal shift sparks a light to the entire forest of your soul, sets it on fire, igniting your Soul and setting it in to action.

In the Northern Hemisphere, the summer solstice always occurs sometime between 20th June to 22nd June, with the sun passing through Cancer at 0°. This year, it will land on 21st June at 06.07 am EST.

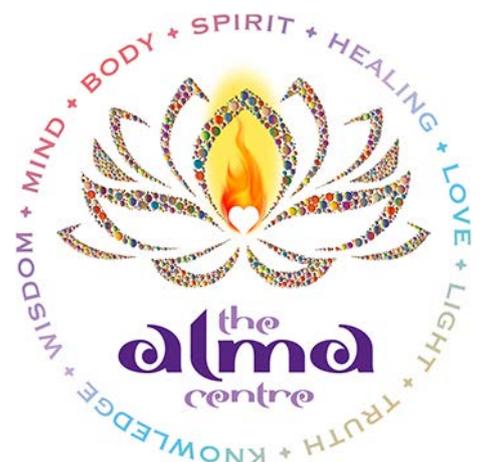
Now is the time to celebrate all things, the seeds you have planted, the development on yourself, starting projects and embarking on new beginnings. You have worked hard; you deserve success and now enjoy them.

Traditionally, there have always been Celebrations, Rituals, Gatherings of people to enjoy fun and laughter; so now is the time to accept your reward of happiness and feeling loved.

On the 21st of June, rise with the Sun, light a candle, take in all that is around you and fill your lungs with clarity. Think about everything in the world that you are grateful for. Think of your family, your friends, your favourite flowers, your favourite books, your favourite things and hang on to the beauty of the moment.

So, my friends, you have so much magic of the Universe surrounding you, be present in the moment, be who you want to be and live the life that you want to the fullest.

Namaste



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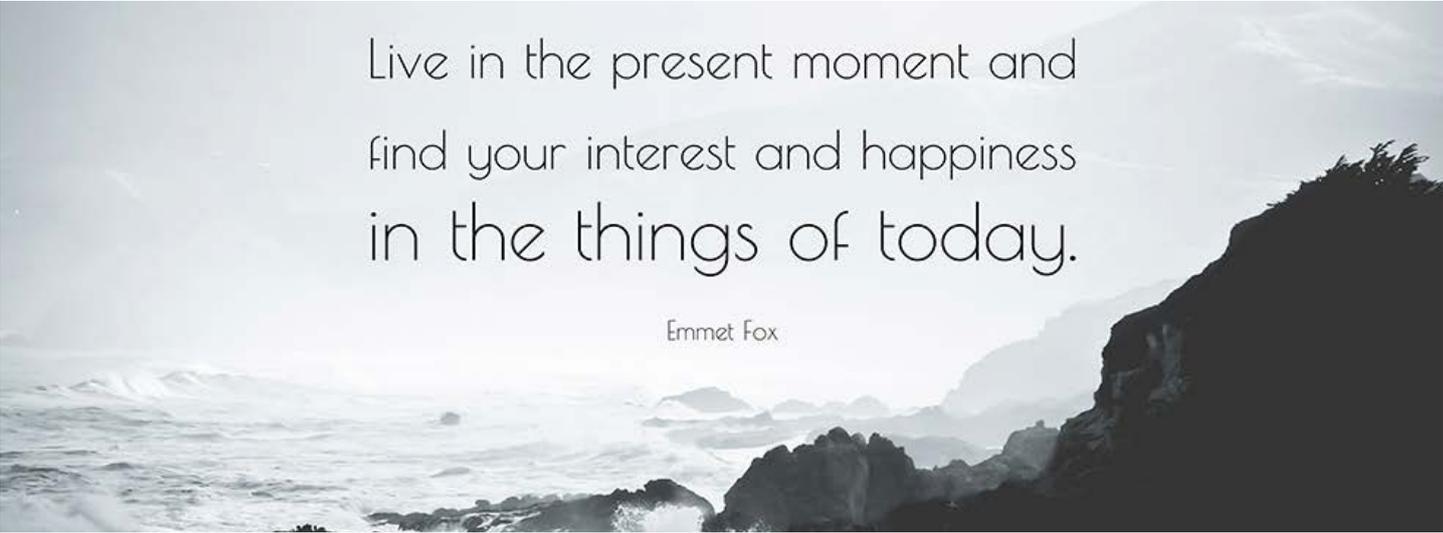
Skin Care is essential

There are so many products on the market to choose from at different prices. Who knows where to start? Find the best ones for your skin and pocket.

This month skin care is essential..... in this beautiful climate we all need to be aware of our skin type and how to take care of it. The benefits to healthy skin are not only physical but also a psychological boost. What's not to love !

Problem Skin Care Complexion Chart

Skin Type	Cleanse	Exfoliate	Mask	Tone	Nourish Crème	Protect Serum
Normal	All Skin Care Lines	All Skin Care Lines	All Skin Care Lines	All Skin Care Lines	All Skin Care Lines	All Skin Care Lines
Oily/Acne	<ul style="list-style-type: none"> • Acne Blemish • Colloidal Silver • Cucumber Lemon 	<ul style="list-style-type: none"> • Acne Blemish • Berry Enzyme • Cucumber Lemon • Pomegranate Green Tea 	<ul style="list-style-type: none"> • Acne Blemish • Calendula Chamomile • Dead Sea Mud 	<ul style="list-style-type: none"> • Acne Blemish • Cucumber Lemon • Pomegranate Green Tea 	<ul style="list-style-type: none"> • Acne Blemish • Colloidal Silver • Cucumber Lemon • Pomegranate Green Tea 	<ul style="list-style-type: none"> • Acne Blemish • Colloidal Silver • Cucumber Lemon • Herbal Skin Salve • Pomegranate Green Tea
Brown Spots Discoloration	<ul style="list-style-type: none"> • Yogurt Oatmeal Cleansing Cold Cream 	<ul style="list-style-type: none"> • Berry Enzyme • Yogurt Oatmeal Exfoliant 	<ul style="list-style-type: none"> • Yogurt Oatmeal Mask 	<ul style="list-style-type: none"> • Yogurt Oatmeal 	<ul style="list-style-type: none"> • Brown Spot Facial Cream 	<ul style="list-style-type: none"> • Yogurt Oatmeal Cold Cream
Psoriasis Eczema Dermatitis	<ul style="list-style-type: none"> • Psoriasis Eczema Dermatitis Body Wash & Shampoo • Psoriasis Eczema Dermatitis Bar Soap 	<ul style="list-style-type: none"> • Psoriasis Eczema Dermatitis Body Wash & Shampoo • Psoriasis Eczema Dermatitis Bar Soap • Sugar Scrub, Organic 	<ul style="list-style-type: none"> • Dead Sea Mud (body wrap) • Aloe Calendula • Calendula Chamomile 	<ul style="list-style-type: none"> • Aloe Calendula or Calendula Chamomile for face 	<ul style="list-style-type: none"> • Psoriasis Eczema Dermatitis cream • Whipped Cocoa & Shea Butter • Organic Shea Butter 	<ul style="list-style-type: none"> • Psoriasis Eczema Dermatitis cream • Whipped Cocoa & Shea Butter • Organic Shea Butter
Rosacea	<ul style="list-style-type: none"> • Rosacea Facial Cleanser 	<ul style="list-style-type: none"> • Berry Enzyme • Creamy Cranberry 	<ul style="list-style-type: none"> • Berry Enzyme Mask 	<ul style="list-style-type: none"> • Aloe Calendula • Calendula Chamomile 	<ul style="list-style-type: none"> • Rosacea Facial Cream 	<ul style="list-style-type: none"> • Roseacea Facial Cream
Extreme Dryness	<ul style="list-style-type: none"> • Acai Superior Age Defying • Aloe Calendula • Calendula Chamomile 	<ul style="list-style-type: none"> • Yogurt Oatmeal 	<ul style="list-style-type: none"> • Aloe Calendula • Calendula Chamomile • Yogurt Oatmeal 	<ul style="list-style-type: none"> • no suggested 	<ul style="list-style-type: none"> • Acai Superior Age Defying • Whipped Cocoa & Shea Butter • Organic Shea Butter 	<ul style="list-style-type: none"> • Acai Superior Age Defying • Whipped Cocoa & Shea Butter • Organic Shea Butter
Fungal Candida	<ul style="list-style-type: none"> • Fungal Candida Body Wash & Shampoo 	<ul style="list-style-type: none"> • Sugar Scrubs, organic 	<ul style="list-style-type: none"> • Dead Sea Mud 	<ul style="list-style-type: none"> • Dead Sea Mud 	<ul style="list-style-type: none"> • Fungal Candida Cream • Colloidal Silver cream 	<ul style="list-style-type: none"> • Fungal Candida Cream • Colloidal Silver cream



Live in the present moment and
find your interest and happiness
in the things of today.

Emmet Fox

How to Live in the Present Moment

It seems as though a wave of interest in mindfulness and meditation has swept over the world in recent years. Yoga remains a wildly popular form of exercise, with millions regularly practicing meditation. These ideas have roots in Eastern practices that have been around for over 2,000 years. So why is there more interest to live in the moment?

These exercises listed below are the stepping stones of living in the moment, and they feel more important now than ever due to rising rates of depression and anxiety. So what does it take to truly live in the moment and reap these benefits? Here are tips for incorporating this healthy habit into your daily life.

Observe Thoughts

People learn meditation and living in the present is good, but they also learn that the goal is to not have thoughts. A common misconception about what it means to be mindful. It's not about eliminating thoughts but acknowledging them and letting go.

Before you can embark on a journey toward living in the moment, you must understand what this really means and rid yourself of expectations. We're human and it's human nature to have thoughts. The goal is to observe your thoughts, and if it's something that's negative or judgmental - to even acknowledge the fact that you had that negative or judgmental thought - just the observation of it is the goal. And then you let it go.

This practice is ideal for anyone dealing with stress, anxiety, and even

physical pain. One of the biggest contributors to poor health - both physical and mental - is stress, so living in the present moment and practicing mindfulness helps reduce stress and helps reduce the feelings of pain.

Beyond the mental and physical benefits, this practice has an effect on the emotional side as well. You tend to have better relationships when you're living in the moment. You can work on this by paying attention and engaging in active listening when talking with a friend, family member or partner - instead of tuning out and thinking about a checklist of what you need to do later. It helps you feel more vibrant, more alive - it helps the relationship be more caring and loving.

Breathe

Every day, as often as possible, focus on taking deep breaths. As you breathe in, visualize that you're breathing in cleansing energy and positivity. As you breathe out, visualize breathing out toxins and negativity from the body. It's ideal to practice this kind of breathing for 15 to 20 minutes a day, but whenever you remember to do it, this mindful breathing can be beneficial and help bring you back into the present moment. It's kind of like a reset.

Flow

A concept called flow theory, basically, everyone has different things that get them in the flow, so you need to learn what yours is. You're in the flow when you lose track of time, you're not self-conscious, and you forget about self-awareness. Everyone can experience this through different activities. For some, it's going to the gym or being at work, for others,

it could be something as mundane as cleaning the house. It's whatever immerses you in the present moment. You're not focused on yourself and how you look or how you feel.

Unplug

In order to live in the moment, you have to put away your smartphone. Your smartphone needs to be put away when you're interacting with others. It takes you out of the present moment.

Additionally, technology causes people to live for their social media profile, instead of for the moment. One example of this is when the crowd at a concert is dotted with bright phone screens. Rather than being fully immersed in that moment and enjoying what they're hearing and paying attention to their senses, they're paying attention to what their smartphone is capturing and how that's gonna play out on social media - how many likes will they get or what image will it help create for them.

Disrupt

Retraining your brain as a practice of living in the moment, it's important to identify moments when you have negative thought patterns, like if you find yourself dwelling on something from the past. Once you recognize this, disrupt your negative thoughts instead of reinforcing them. Start recognizing what you're ruminating about, disrupt them, and replace it with something better. My go-to thought is walking along a beach, looking out at the sea, because I am always happy when I think of that moment. Pick a memory like this to disrupt negative thoughts with more enjoyable ones.

Feng Shui Your Home: 8 Ways To Attract Positive Energy



Position your sofa against a wall and ensure the hallway is kept clutter-free so that the energy can circulate.

What's the best way to bring positive energy into your home? Our homes should be places we love, where we enjoy waking up and coming back home to. If you want to breathe more life into your living space by creating a happy, healthy and welcoming environment, then there's no better place to start than with the principles of feng shui.

'Its principles maintain that we live in harmony with our environment,' says feng shui expert Priya Sher in collaboration with Nectar Life Hacks. 'Its aim is to achieve balance in your living and working space and maximise your potential for success in all areas of your life. Literally translated, feng shui means "wind water". Wind scatters energy and water holds energy. 'Homes are a reflection of their occupants. If any part is missing, neglected or has negative energy then this is reflected in the life of its occupant.'

1. Front Door

Priya explains: 'The front door should be in perfect condition as it represents wealth. To draw the energy to your front door place a beautiful plant and light either side of the door.'

Evergreens are ideal plants for your front door. Shrubs which stay green and have a good bulk all year round are key, so try box or yew, hebes or sarcococcas.

2. Hallway

Priya explains: 'The hall represents opportunities, therefore, ensure it's kept clutter free so that the energy can circulate; place coats and shoes inside a closed cupboard so they don't stagnate the energy. To activate the beneficial chi in the hall, place a beautiful mirror and fresh flowers. Fresh flowers instantly uplift the energy of a space.'

3. The Kitchen

Is a vital space as its energy represents nourishment and relationship harmony for the occupants. Ensure that you don't place the sink and cooker opposite each other as that can lead to arguments between couples, as it creates a water and fire crash. The colours in the kitchen are also an important consideration – avoid too much black and red as that also causes a fire and water crash.

'The position of the cooker is important for the nourishment of the occupants – ensure it is not positioned under a window or directly opposite the kitchen or front door.'

4. Living Room

Priya explains: 'Ensure that furniture for the living room is in proportion to the space. Do not block any doors with furniture and position the main sofa against a wall to provide the occupants with support. To activate wealth energy, place a lamp in the corner of the room (diagonally opposite the room door).'

5. Dining Room

The dining room or table is an important consideration in feng shui as it provides a space where you can concentrate mindfully on what you are eating. In feng shui we consider the dining space to relate with the spleen which relates to the element Earth, which in traditional Chinese medicine is concerned with digestion. To optimise the energy in this space, place a mirror on the wall to reflect the dining table and place fresh flowers on the table.

6. Bedroom

Priya explains: 'To encourage a restful sleep the bedrooms must be a light neutral colour and the beds must have a headboard and be positioned with the headboard against a solid wall. Ideally, the bed must not be in line with the bedroom door. Place bedside tables either side of the bed to provide support. Place curvy lamps and lightly fragranced candles on the bedside table to introduce some romantic energy.'

7. Bathroom

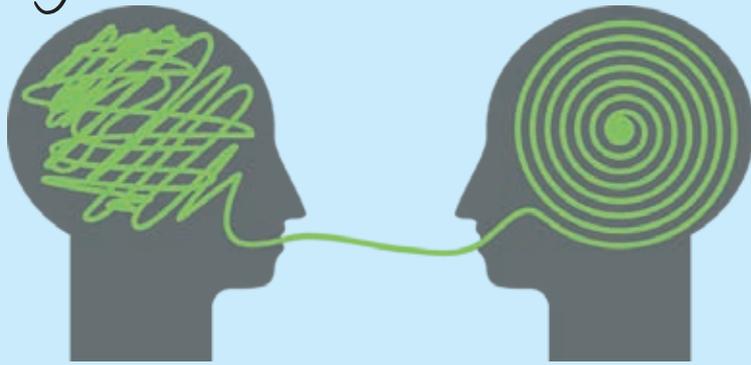
The bathroom must always be kept clean with the door closed and toilet lid down. This is the area where wealth may get drained (depending on calculations) so introduce some plants in here, as plants soak in water which slows the flow of wealth draining away.

8. Garden

Priya explains: 'The front garden represents your future so ensure it is always kept beautiful. Plant beautiful flowers and plants and always keep it tidy. The back garden represents both health and wealth for the occupants so ensure it is always kept in good condition. The boundaries, fences and walls must always be well maintained to provide support to the occupants.'

Debbie Shaw

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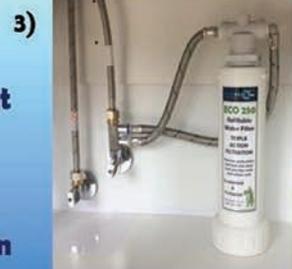
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LEARNING HOW TO BE CONFIDENT IN YOURSELF

Does it sometime seem like everyone around you is confident and sure of themselves? Chances are, they have doubts just like you. So what's the secret they've discovered about how to be confident? They know that confidence is not something you have, it's something you create. Being confident is nothing more than a belief in yourself. It's the feeling of certainty that you can accomplish whatever you set your mind to. Confidence comes from within, and you can find ways of being more confident at any time.

That's not to say learning how to be confident will solve all your problems. Everyone has bad days or moments that upset them. Being confident also doesn't mean you're completely sure of yourself at all times. Creating confidence is not about knowing it all; it's about trusting that no matter what happens in a particular situation, you'll be able to handle it and learn from the outcome.

WHY IS CONFIDENCE IMPORTANT?

Learning how to be confident is important in every part of your life, but there are some instances where it's crucial, especially at times where you feel like giving up. If you are a leader and in a position that requires being convincing and trustworthy, being confident is non-negotiable. No one will follow a leader who appears unsure of themselves. Lack of confidence can seriously impact your ability to put together a winning team and guide them to achieving your company goals. Even if you're not in a leadership role, confidence is vital to being a team player in many situations, whether you're in a sales position or need to present a confident face during frequent interactions with clients. Being confident helps you make instant connections and build relationships that will help you and your company succeed.

Confidence is important beyond the workplace, too. Learning how to be more confident can help you attract a partner you can build a healthy relationship with. It can also help you effectively handle conflict and seek out new opportunities that will foster your personal growth.

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If you want to learn how to be more confident, you must be willing to change your state. Your state is essentially your mood at any given time of day. Your mood is influenced by how you feel about yourself at that point in time. The good news is you can change your state at any time – no matter what's going on around you – as long as you know how to do it. Here are three principles of confidence that anyone can use to their advantage – and some real-life examples to help you apply them in any area of your life.

THE PRINCIPLES OF HOW TO BE MORE CONFIDENT

1. BODY LANGUAGE

Think about someone you know whom you consider extremely confident. When you first met them, you probably knew they were confident before they even started speaking. You knew they were self-assured because of the way they carried themselves and moved. They made eye contact, shook your hand firmly and stood up straight.

Want to know how to be confident? Just act like it! Physiology is key when learning how to be confident and mastering the body language of confidence can put you on the path to success.

2. POSITIVITY

Thinking positive can manifest itself in several ways. First, change your focus – because “Where focus goes, energy flows;”. Instead of getting hung up on all the ways something could go wrong, focus on all the ways it could go right. Think about how you're going to nail your presentation and how pleased your coworkers will be to hear it. What you focus on becomes your reality – and that includes what you focus on within your own mind. Replace negative words with positive ones and start seeing the bright side of situations. By changing your focus, internally and externally, you're changing your state. And by changing your state, you'll change your life.

3. A GROWTH MINDSET

What do you think being confident entails? You may have some idea that confidence only stems from prior suc-

cess – that you can only know how to be confident in yourself after you've become wildly successful. This sort of core belief severely limits you. Confidence doesn't come from your outward achievements – it comes from within. Being confident means that if you do fail, you can pick yourself back up and try again instead of throwing in the towel. Once you start taking actionable steps toward your goal of being confident, your beliefs will gradually start to solidify. It's time to adopt a growth mindset and start believing that you can learn how to be more confident.

HOW TO BE MORE CONFIDENT AT WORK

Learning how to be confident at work is essential for your success. Studies have even shown that those with higher self-confidence earn more than their peers with lower self-esteem. But how can you be more confident in the workplace?

1. CHANGE YOUR PHYSIOLOGY

Stand up straight. Square your shoulders and open up your chest. Breathe deeply. Maintain brisk, purposeful strides when you walk to cover more ground. Maintaining a posture like this makes you feel stronger and where your body goes, your mind follows. You can also observe others' physiology to learn more about them and gain an edge in negotiations. Certain signs, such as body angle and amount of physical space they take up, can clue you in on how a person perceives a situation – and how they can be persuaded.

2. TAKE PRIDE IN YOUR ACHIEVEMENTS

Confident people could make more money in the workplace for a simple reason: they take credit for their achievements – and they do it when it matters most. If you made a contribution that accomplished a goal for the company or led to a positive outcome, it isn't bragging to point it out to your manager or CEO – it's a fact. As long as you state it in a matter-of-fact way, it won't just make you look good – it will make you feel good, too.

3. USE GOAL VISUALIZATION

Positive visualization is a powerful tool to wield on the road to understanding how to be confident in yourself. Think of yourself succeeding and do your best to minimize any thoughts of failure. Remember that you get what you focus on and visualizing your goal will lead to an immediate spike in confidence.

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



Clare Tam-Im Photography

Loneliness in Lockdown

By Hayley Scott

For the first time in history we are being told to stay at home, in order to combat the virus that has been sweeping the globe since January. It's a strange and unforeseen turn of events, which sound more like a Netflix series as opposed to our current reality! It's unsurprising that most of us are left feeling woefully unprepared for such circumstances. This has resulted in many people experiencing loneliness, anxiety and undoubtedly suffering with more than a little cabin fever!

However this is our new, albeit temporary reality, and finding techniques to cope are just as important as the social distancing that we are all required to practise.

Now more than ever, it's a time to be kind. Not just to your friends, family, and neighbours, but also exercising kindness towards yourself. Acts of self kindness can take many forms and are not limited to taking long bubble baths with a glass of wine and your favourite book. Although highly recommended!

Firstly, don't make social media your

source of news. I cannot emphasise this enough! This is a place where the line between facts and opinions blur, leaving room for speculation, confusion, fear and anxiety. Alternatively, check a reliable and impartial news outlet. Once or twice a day to stay informed is fine, but anything more is unnecessary and can increase anxiety.

Instead use social media for its intended purpose, staying connected! We are lucky enough to live in a digital age, so for everyone who has access to a tablet or smart phone then making use of apps, such as Houseparty or Zoom, will enable you to digitally spend time with friends and family. Video calling can also provide some much needed face to face interaction, so avoid just sending messages or calling. There will undoubtedly be other people in your community that are feeling isolated, so look for a group of people locally to you that you can reach out to and connect with.

Why not host a digital dinner party? It may sound ridiculous at first but you'd be surprised how having something in the diary to break up the week can really help. You can enjoy a meal with the people you love and miss, plus it means if you sink a bot-

tle of wine during dinner, you're not technically drinking alone, right?!

Keeping your mind and body active can be challenging when you can't leave the house, but not impossible! YouTube has thousands of work out videos, all at various levels, that can be used inside the comfort of your own home. There are millions of games to download at the touch of a button. Online concerts and quizzes are being put together all the time and Audible have a 30 day free trial that gives you access to the world largest library of books.

Whilst this time can be seen as a great opportunity to do all those little things you previously lacked time for, like online courses, learning a new language or skill, don't feel pressured into productivity! You may find that the best use of your time right now is to practise a little self care. Longer lie ins, slower pace of life and simply taking some time for yourself are all equally good for the soul.

Whilst the current restrictions may have turned our lives upside down, staying at home really is for the greater good. Remind yourself that this is only temporary, you are not alone and as the Queen so beautifully said in her speech this week "We will be with our friends again; we will be with our families again; we will meet again"





Let the Light In

6 Small Home Updates That Will Help You Start Your Day on the Right Foot

Let's not sugarcoat things: Mornings can be rough. Maybe you hit the snooze button a few too many times and you're racing to get to work on time, perhaps you have to make breakfast, pack lunches, and get your kids ready for their day. Or to simply just get up and get out of bed. But no matter what your reasoning is, it's all too possible to wake up on the wrong side of the bed.

There are a lot of things you can do to make your mornings smoother. You can get a good night's sleep and create a realistic, awe-inspiring

morning routine, for starters. However, there are plenty of small tweaks you can apply to your home that will make your space conducive for getting up, getting ready, and getting out.

To help, we are sharing some home hacks for starting your foot on the right day. From the practical, to the well-appointed, to the tech-savvy, having a great morning has never been so easy.

Let the Light In

Open the blinds and let the light in. Natural light helps you wake up and feel energized. If you get up before the sun, try to mimic its light with sunshine colored smart bulbs

A Blank Slate

Wiping down countertops, washing dishes, and tidying up living areas are all tasks that can help make mornings go smoother. Look for decor pieces that are both functional and stylish to store your dish-cleaning necessities, a seagrass tote basket to toss throw blankets in, and a leather crafted tray to organize remotes, coasters, and magazines.

Automate Your Space

We are seeing a big movement in home automation and I'm loving smart lights that mimic your circadian rhythm. These little luxuries help you feel more rested when it is time to get moving!

Chic Cup of Joe

Set up a functional at-home coffee and tea station. Whether it's a dedicated space on your counter, a fully organized drawer of your favorite coffee flavours or tea tins, or a hidden cabinet holding your beloved coffee machine, a stylish and functional set up can brighten your morning.

Consider Your Closet



Make sure your bathroom or dressing area is well lit and organized to get yourself dressed and ready for the day. Add valet hooks in your closet or behind a door to select and hang your clothes for the day.

Pass on Surplus Pillows

Toss pillows have become extremely overused especially on beds. Start using one large toss pillow en lieu of multiple pillows. and this will reduce the bed-making time by five minutes.



Why Just 10 Minutes of Meditation Can Change Everything

Does your life move at a frantic pace? If it's anything like mine, every day feels like you're running a race, constantly chasing a deadline that, once reached, is quickly followed up by another (and another).

It seems like I have a never-ending to-do list that I'll probably never get to the end of, but man, does it feel good every time I tick something off. The speed at which we operate today is overwhelming; it can make us feel erratic and out of control at times, which only increases stress and lowers our overall productivity.

But there is a way to bring some calm and stability back into the mix: meditation.

Now, before you skip over and dismiss this practice as hocus pocus, consider the science behind it first. According to Headspace, research from 163 different studies suggested that mindfulness meditation practice had an "overall positive effect on improving anxiety and stress." One study led by the University of Massachusetts Medical School taught mindfulness to a group of people with clinical levels of anxiety and found that 90% experienced significant reductions in anxiety and depression. Former Buddhist monk and Headspace co-founder Andy Puddicombe says all it takes is 10 mindful minutes a day, no incense or uncomfortable positions needed.

Discover the health benefits you can reap from just 10 minutes of meditation a day.

It Helps You Sleep

It's a common scenario: Your body is exhausted from a long day at work, but your brain is too wired to sleep. As soon as your head hits the pillow, your brain starts churning with thoughts of your lengthy to-do list or that important meeting in the morning. Well, you're not alone. About 35% of adults in the U.S. complain about insomnia, which adds up to an estimated \$63 billion in lost work performance due to insomnia each year. But there is a remedy. A study by JAMA

Internal Medicine found that mindfulness meditation helped fight insomnia and improve sleep. Dr. Herbert Benson, director emeritus of the Harvard-affiliated Benson-Henry Institute for Mind-Body Medicine told Harvard Health Publications that mindfulness meditation helps to alleviate insomnia because it can "evoke the relaxation response." This elicits a "deep physiological shift in the body" that can ease many other stress-related ailments such as depression, pain, and high blood pressure.

It Alleviates Stress

Stress is something we all feel on varying levels but when left untreated it can have dire consequences on our health. A Forbes article states workplace stress may contribute to over 120,000 deaths each year. Anxiety about employment could potentially kill more people than diabetes, Alzheimer's, or the flu every year. But how do we eliminate stress and anxiety when according to Headspace "we're born worriers"? In fact, "scientists believe that our brains have evolved a 'negativity bias', meaning we're drawn to threats more than opportunities." So how do we flip the frown upside down and get our stress levels under control?

Simple, stop worrying and start meditating. A Mayo Clinic article says meditation is key to this and just a few minutes a day can "restore your calm and inner peace." A study published in The American Journal of Psychiatry found meditation-based programs were also highly effective in treating people with clinical levels of anxiety. They found 90% of people in the group experienced significant reductions in anxiety and depression. When it comes down to it, dedicating 10 minutes a day to meditate and truly switch off could save your life.

It Can Reduce Cardiovascular Disease

Given the increased levels of stress in our daily lives, it's no surprise that heart disease (which includes heart disease, stroke, and other cardiovascular diseases) is the number one cause of death for both men and women in many countries. The Heart Foundation website states cardiovascular diseases "claim more lives than all forms of cancer combined." According to a leading physician, scientist, and author, Dr. Robert Schneider the primary cause of this frightening statistic is stress, and his studies show that the best antidote for treatment and prevention of cardiovascular diseases is meditation, not medication.

"Research demonstrates that meditation cannot only reduce stress and cardiovascular disease; it also produces a wide spectrum of added benefits for physical and mental health," says Schneider. "There is now sufficient evidence to conclude that for prevention of heart disease and promotion of overall mind-body health, meditation deserves to be included in our modern, daily routine."

It Can Ease Chronic Pain

If you suffer from chronic pain, you'll also know how debilitating it can be, not just on your health but on your finances, too. But research shows the holistic practice of meditation can alleviate pain and reduce the need for expensive narcotics. A Wake Forest University study showed a "40% reduction in pain intensity ratings during meditation when compared with non-meditation." How does it work? The study found that by "activating and reinforcing some areas of the brain used in pain processing, meditation has the overall effect of helping to reduce pain intensity in patients." And you don't need to be a Zen master to reap the benefits. Study lead Fadel Zeidan said "it worked for beginners," too.

If you're keen to give meditation a try, read Dr. Danny Penman's book, *You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being, an Eight-Week Program*, which shows you how meditation can "turn down the 'volume' control on pain."

It Can Help Your Relationship

It seems that couples who meditate together stay together. Keeping the spark alive in your relationship could be as simple as practicing mindful meditation. One study of married couples found that their marital quality actually increased with meditation because it had a positive influence on how they identify and communicate their emotions; it also helped to control anger. Researchers at The University of Rochester found that "mindfulness may play an influential role in romantic relationship well-being." The study found that couples who meditate have greater relationship satisfaction and communicate better. Another University of Leuven study showed couples also have more empathy toward each other.

It Can Help Productivity

There are countless articles on how we can improve our productivity, but all of these hacks are pointless if we're stressed out, tired, or on the verge of burnout. Whether its in our personal life or business / work life, if you really want to increase effectiveness, then you or an employer should include mindfulness on their to-do list. According to a Forbes article, Aetna's health and wellness programs have introduced thousands of employees to mindfulness and gentle yoga practice with astounding results. After 10 weeks, self-reported stress rates were lowered, heart rate and cortisol levels went down, and employees experienced "improved sleep quality, reduced pain levels, and higher productivity." Even The New York Times wrote about the success of Aetna's programs. And if employee health and productivity aren't enough to convince a business to sign up for these mindfulness-based programs, then maybe the savings will, with reduced sick days on paid leave!



The PSYCHIC TAROT

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

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

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

This time, on turning the card over, it revealed the Material and Spiritual Prosperity card. It is a card we connect with Physical.

The number 6 Physical Card represents a peaceful, tranquil time when problems seem to actually disappear. A sudden bonus, pay raise, or even a promotion could be in the offering – it could be expected or arrive out of the blue! This card may also signify a group that has worked and strived toward the success of a common goal.

A time of prosperity, balance, and harmony in your physical and spiritual existence is showing you that the practice of giving and receiving will bring you true riches. Look into your life and see where you can spread spiritual and physical wealth.

Is there a person or a favourite charity that would welcome an act of kindness right now? Practice generosity, gratitude and compassion so that you continue to prosper in all areas of your life.



June 2020 by Marion Parmenter +34617925467
Facebook page Whispers from Spirit

This month I want to speak a little about a natal chart ... Obviously it is a chart for the day, time, town and country of your birth and the more exact the time the more accurate and reflective of you the chart will be.

There are 12 sections/houses representing areas of your life and 7 major planets as well as 3 Outer planets along with other important points and markers in the chart. The signs are also in order around the chart and as with the houses run anti clockwise. All of the aforementioned planets and points have relationships a bit like "actors" who are continuously moving at different speeds through the signs and sections/houses of the chart and having relationships with each other, as if "on stage". This is the tip of a very in-depth topic and I wanted to touch on it so that those of you whether believers in Astrology or not, can see how a monthly general forecast of the effects of the Sun alone can shine a very small spotlight on a vast potential. The Natal chart is something that can highlight your positive qualities and areas where the achievements and great strides could be made ... whilst also showing you where there are areas which need more work in order to move forward in your chosen direction. You may well say ... well I know where my failings are ... but ... as the saying goes ... "forewarned is forearmed". I am happy to do natal charts for yourself or for gifts with a difference at Christmas and for Birthdays ... just contact me on the above number or fb page for enquiries.

So what can your Sun signs show us in June ...



Aries ... This month you will want to socialize as much as you can and you will be so much more sensitive to the beauty around you. You could even find that communications of love and pleasant feelings will be highlighted this month. It is also a time when it would be good to focus on the day to day dealings with those around you and make sure they understand you and your thinking but you also need to listen to others. These casual day to day relationships that are so important in your life need a bit more in focus now. This could be tricky as your energy and thinking may be quite high. Try to introduce travel into your routine even if you travel using technology to break away from the mundane.



Taurus ... Generally, people who like nice things, you may need to watch the extravagances this month, as you feel the need to express your value to others through possessions ... so be guarded against showing off too much. We all have a different levels of need/value when it comes to possessions and it is fine to have yours but try to allow for others to be different and take care that you don't keep overshadowing them. Take time to reflect on the things you have and ask yourself if they serve you or you are caught up in "having stuff" as without it you become insecure. Having said all that, this is a time when financial investments could be fruitful for you for the next few months.



Gemini ... Time to look at yourself, recharge your batteries and look at what you need for further progress, not just for now but for the year ahead. You will have more "clout" at this time but take care that you are not being insensitive to others. This is a time that is all about you and you will have a great need to express yourself so and although you need to keep a sensitivity about you ... don't get sidetracked by taking on the worries of others as nothing will be served by ignoring your needs in favour of duty to them. Communication

may have been a bit frantic of late but now and for the month ahead it is calming. You will find socializing very enjoyable and will be able to calm troubled waters wherever there is friction.



Cancer ... You may find yourself being asked to help either a loved one or a charitable organisation to do with hospitals, underprivileged or similar group. However, if this happens you should only do so with a good heart and try not to remind all of what you are sacrificing ... in this situation it would be better to do nothing than play the martyr. Any psychological

or emotional difficulties now need to be dealt with as they come up ... the spiritual rewards will come later if you do this. You should be in a good state of mind, at least for the first half of this month and if you keep active with useful projects you will accomplish a lot. Try to keep your subconscious thoughts "in sink" with your conscious so that messages you send out to others about what you are thinking and feeling coincide with what is going on deep down. Get rid of old outworn patterns of behaviour that are no longer valid or serving you.



Leo ... Make sure you don't "lock up" your thoughts and opinions and become uncommunicative this month as it could be damaging for you. You may find that that you are able to get to hidden depths of your personality and this will be good for you in order to understand yourself a bit easier. It is a good time to work on your own as you will accomplish more. When you do communicate with others make sure you say everything, leaving no doubts in your mind and the minds of others, as if not there will be misunderstandings and a loss of confidence in you. All that said, groups of friends etc. are also important to you and deciding what role they play in your life and how important that is. Within these groups try to establish who you are without being overpowering and compare their values against your own to see if they mesh. Remember though ... that the groups you attract will also to some extent be a reflection of yourself.



Virgo ... Time to look at the



goals and ideals you have set yourself and whether they have been yours or whether they have been following someone else's. Have they served you and are they still appropriate ... are you going in the direction that you want. You may have been thrust into the limelight but this will bring a certain amount of power but also carry an equal amount of responsibility. You don't need to be super strong to succeed as the natural flow of energy is with you at this time. Just be aware of your strengths and weakness', know your capabilities and take care not to misrepresent yourself. You are inclined to send out very pleasant energy at the moment which will attract the same with circumstances and people who have influence helping you. If you have a good relationship with your life partner this should be a time when you can work together through any difficulties in your way.



Libra ... This month you will gain much through study in all its many forms. You can make the most trivial encounter a positive learning experience. Anything whether serious or for enjoyment will stimulate your mind and widen your perspective of the World. Interest in legal matters to do with your everyday life or business as well as spiritual, religious or metaphysical matters will be of great interest to you at this time. You may be attracted to the arts and/or music that is so very different to your normal thing and this may have a big impact on what you perceive is beautiful or entertaining. You may also find an attraction to people who are thought of as different ... maybe because they are foreign or have unconventional views or backgrounds but far from being unsettled by them it will bring about an easy and rewarding time.



Scorpio ... You may gain financially through banks, life partner or business partner or could even get support from a loan. Love relationships can become quite intense at this time and bring about deep inner change. You will also be eager to learn and see the bigger picture in order to see how the various departments of life go together to make up the whole. You may be interested in completely different lifestyles and conversations about as many different or abstract subjects as possible. You will be focused on your own psychological health and will have a need to experience feelings rather than intellect this month. There may also be a meeting with someone who adds to this need for soul searching and self inquiry which could bring about very strong force for change in your life.



Sagittarius ... How you react with one to one relationships, whether in work or personal will teach you a lot about yourself this month. On whatever level the relationship is you may do well to look at the needs of yourself and the other to determine the effects you have on the unit. For your own benefit you must be as beneficial for your partner as s/he is for you. If there are any unresolved issues within the relationship, now would be a good time to seek help be it from a counsellor, lawyer, psychologist etc. Anyone with an independent opinion in order to clarify yours. It is a good time for standing your ground, make feelings clear and come to a resolution as you will be well received now.



Capricorn ... All should be harmonious with work colleagues both management and those who work alongside you at this time, although it is time for clarity and sorting out any unresolved issues from the past. You will be fully aware that good interrelationships are needed for all to work smoothly. Your health should be good but there will be a need to control fatty or sweet food cravings as there may be a tendency to overindulge. Whether doing a job of work for yourself or someone else you need to focus on the best and most efficient way to get it done swiftly. The satisfaction you gain from this diligence now will mean so much more later, even if you have to strive to live up to the sense of duty to, or expectations of others. You may spend time being more concerned than usual about your health and hygiene and looking at ways to improve the function of your body and physical strength now.



Aquarius ... Now is the time for you to focus on doing what you want, when you want and how you want and woe betide anyone who tries to stop you. You will make some effort to meet your daily obligations but ... your free spirit is out of the bottle and wants to have some fun. If you have children then you will be more connected with them, and maybe getting more involved with them. However, make sure, you don't forget that you need to not just be yourself but to also know yourself ... don't just "act the part". Self discipline won't be your strong suit at this time but ... everyone needs a break now and then ... just don't get too carried away. This is a great time to just be you and allow others to experience that as well. Fun things such as Arts, dance, music are all things to compliment your lightness of being ... if you don't do these activities yourself, maybe go to see others who do.



Pisces ... This is a time for retreat to the place of quiet, secure and safety that is home maybe even with parents if you are able to. It is not that you want to cut off from public affairs because they are also integral to your home life balance. However, it is a peaceful time to be spent alone or even entertaining guests but in a gentle manner. It is a good time for decorating the home as well as you are in tune with your inner feelings so will do so in an understated subtle but light and elegant manner.

It is also time to look within and see if there are any unresolved issues carried from your early days of childhood and see if they are still affecting you now. If so get help to clear these conditionings that no longer serve you.

Activities

La Mariposa 96 631 00

Airconditioning

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

Airports

Alicante Airport Lost Property
966 919 223

Alcoholics Anonymous

Mazarrón 646 290 420

Bars, Restaurants & Cafes

The Blackbull 634 374 381
Cat's Bar 634 365 245
La Mariposa 968 631 008
Piccolo 968 131 515
Spice Villa 968 199 226

Beauty Care & Health

Heather Mobile 636 657 481

British Consulate

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

Builders

Cocielec Alcalá 603 304 121
CM Construction 659 159 948

Costa Calida Radio

868 110 383

Car Hire & Services

F&C Rental 968 199 156

Car Mechanics & Car Sales

Decklids
Ken Sherwood Mechanics
679 646 859

Carpentry

Cocielec Alcalá 603 304 121
Dave Davidson 634 330 706

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CHM 968 199 184 / 646 965 082

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FAST Non Emergency 634 309 899
PALS 968 422 228 / 626 460 465
Lions 696 827 525
Mabs 639 665 370
Making a Difference 634 357 137

Chiropodists

Nathalia 968 103 008

Coastguard

Sea Rescue 900 202 202
Cartagena 968 529 594
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Computer Design Services

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8.00am - 9.00pm
Lorca 968 46 07 61

Law Services

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

Mattresses

@Home 868 088 118 / 603 304 121

Medical Centres

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

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

Metalwork

Eriks 636 050 008

Pharmacy

Camposol 868 102 623

Police

Mazarron 968 591 496
Pto de Mazarron 968418181

Pool Cleaning, Maintenance & Repair

Camposol Properties 646 476 911

Post Offices

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

Printing & Design

Insignia Graphics 618 615 903

Property Sales and Rental Agents

2let2buy2sell 968 979 876
Mercers 968 199 188
Blue Med 968 595 684

Red Cross

968 590 140

Samaritans

Spain 902883535
This is NOT a Premium Rate Number

Social Security

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

Spanish Interpreters & Courses

Debbie Translations 677 353 136

Town Hall

Mazarron 968 590 012

Utilities

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

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

Aqualia Mazarron 968 592 266

IBERDROLA Pto De Mazarron 968
332 016

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

Iberswitch 966 265 089

Water Purification Services

Waterfiltersspain 677 353 136

Getting in touch with the committees and organisations

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

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

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

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

email: johnos1943@gmail.com.
Camposol Community Group D Sec-
tor

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

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

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

Telephone 634344589.

Email:
ageconcerncostacalida@gmail.com

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

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

LIONS Tel: 628001942

ANNOUNCEMENTS

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



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