

THE
Journal
June 2021



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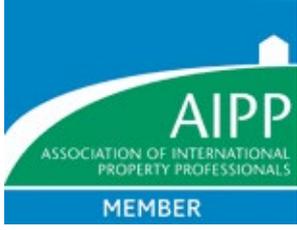
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THE Journal

June 2021



Dear Readers,



With the arrival of June, we welcome light in more ways than one. With the opening of borders and travel restrictions being lifted we seem to finally be seeing the light at the end of the tunnel. I think we are all looking forward to being able to see long awaited friends and family. Please have a look at our website where you will find our live flight trackers for Murcia International and Alicante Airports.

The-journal.es

June also brings us the summer solstice which you can find out about in our article on page 6 & 7. The official beginning of summer.

Plans for BBQ's and beach trips? You will also find the weather app on our website.

We would like to update our what's on guide to show as many events as possible so if you have an event, please contact us at The Journal to add it to our calendar.

We wish you a very light and bright summer and, on this note, I will leave you to read and enjoy.....

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D'Fusion

THE LONGEST DAY of the year Summer SOLSTICE

The June solstice

In the Northern Hemisphere, the June solstice (summer solstice) happens when the Sun reaches its highest and northernmost points in the sky. This event marks the start of summer in the northern half of the globe. In the Southern Hemisphere, it's the opposite: the June solstice marks the start of winter, when the Sun is at its lowest point in the sky.

When Is The Summer solstice?

In 2021, the June solstice happens on Sunday, June 20, at 11:32 P.M. EDT. This date marks the official beginning of summer in the Northern Hemi-

sphere, occurring when Earth arrives at the point in its orbit where the North Pole is at its maximum tilt (approx 23.5 degrees) toward the Sun, resulting in the longest day and shortest night of the calendar year. At the time of the June solstice, the Northern Hemisphere receives sunlight at the most direct angle of the year.

The word "solstice" comes from Latin solstitium—from sol (Sun) and stitium (still or stopped). Due to Earth's tilted axis, the Sun doesn't rise in the same place in the sky each morning; its position moves northward or southward in the sky as we travel around it through the year. The June solstice is significant because the Sun reaches its northernmost point in the sky at

this time, which makes it look the Sun's path has stopped moving for a brief period of time.

After the solstice, the Sun appears to reverse course and head back in the opposite direction. The motion referred to here is the apparent path of the Sun when one views its position in the sky at the same time each day, for example, at local noon. Over the year, its path forms a sort of flattened figure eight, called an analemma. Of course, the Sun itself is not moving (unless you consider its own orbit around the Milky Way galaxy); instead, this change in position in the sky that we on Earth notice is caused by the tilt of Earth's axis as it orbits the Sun, as well as Earth's elliptical, rather than circular, orbit.

Does the Solstice Always Occur on the Same Day?

The timing of the June solstice is not based on a specific calendar date or time; it all depends on when the Sun reaches its northernmost point from the equator. Therefore, the solstice won't always occur on the same day. Currently, it shifts between June 20, 21, and 22.

The Year's Longest Day

The Summer Solstice is the day with

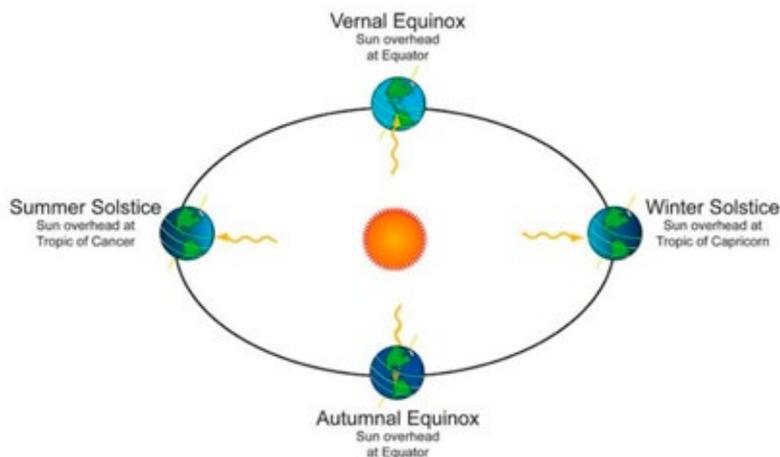


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the longest period of sunlight. Notice how the Sun appears highest in the sky at the solstice; its rays strike Earth at a more direct angle, causing the efficient warming we call summer. Because the Sun is highest in the sky on this day, you'll notice that your shadow (at local, or solar, noon, not clock-time noon) is the shortest that it will be all year. [Local noon is when the Sun crosses the local meridian (an imaginary line between the North and South poles) and is the highest in the sky for the day.]

For those who live in the Southern Hemisphere, this is the shortest day

of the year and marks the arrival of winter.

Frequently Asked Questions

Q: IS THE SUMMER SOLSTICE THE FIRST DAY OF SUMMER?

A: Yes and no... Technically, it depends on whether we're speaking about the meteorological or astronomical start of the season. Most meteorologists divide the year into four seasons based on the months and the temperature cycle, which allows them to compare and organize climate data

more easily. In this system, summer begins on June 1 and ends on August 31. Therefore, the summer solstice is not considered to be the first day of summer, meteorologically speaking.

Astronomically, however, the first day of summer is said to be when the Sun reaches its highest point in the sky, which occurs on the summer solstice (June 20–22). Therefore, the summer solstice is considered to be the first day of summer, astronomically speaking.

Have a solstice evening bonfire!

Many northern people also celebrate a solstice holiday known as Midsummer's Day on June 24, which is one of the four ancient quarter days of the year. The eve prior is called Midsummer's Eve, marking the shortest night of the year. A common way to celebrate is to have a bonfire party! After all, these northern people have emerged from some long, dark winters! In the Austrian state of Tyrol, torches and bonfires are lit up on mountainsides, which is a stunningly beautiful sight.

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Freedom at last!



Whether you are watching Spanish or UK television, asking “Alexa”, or simply researching information on line to try and make sense of the latest set of rules, restrictions and possible variants, it is still mind boggling! The information changes several times a day and depending on your chosen source of information, it never appears to be consistent. Add unchecked social media posts to the mix and the confusion simply explodes! People are falling out with life long friends because, “he said, she said”, has yet again, got totally out of control. We had 4 years of debate just on the Brexit topic, and now we add Corona virus and here we go again. Those with hidden agendas, will selectively share posts, others will stir the pot, the web has never been so active, and “photoshop” has never been manipulated so well but at least we appear to be heading towards freedom.

There have been mass vaccination rollouts of epic proportions, here in the Mazarrón area. It has been re-

ported back to us that on Tuesday the 11th May, nearly 4,000 queued for several hours to obtain theirs. On the whole we have been told that people were very tolerant, well behaved and fairly good humoured, and at least shade and water were provided to make the process a little less painful. This is all supposed to be bringing us “freedom” and a pathway to the “new normal”, whatever that means. Luckily for these people the temperature had



not soared into the high 30’s as it did on 16th May, in a freak heatwave. There is a definite optimistic feel in the

air though at last. Murcia as a region (at the time of going to print) had the lowest number of cases out of any province in Spain. The bars and restaurants are open again, both inside with restricted capacity, and outside with no restrictions at all. The most significant change, however is that the border restrictions between provinces have been removed at last.

It has been a constant source of annoyance to many of us living here, as we could not leave Murcia, but anyone from elsewhere in the EU could travel, apparently “Covid free”! Those driving camper vans seem to go “unchecked” and go wherever they wish to, but we could not go to Benidorm! The only “fly in the ointment now” is that there will be court ruling very soon that may change the border restrictions again, but for now we have no idea whether that will actually happen so watch out for further updates as detailed below.

As, The Journal is physically only produced once a month, it is not possible to be able to share the most up to



date information in the magazine for obvious reasons, but during a world-wide pandemic, and with every country enforcing their own restrictions, often in isolation, it is quite frankly impossible not only to understand it all, but also to disseminate the information to our readers.

It is for this reason that here at The Journal, all our investment over the last year has been on our new website. Not only do we have over 2000 monthly subscribers that receive the magazine on line already, but the website itself has been redeveloped at great expense to include some of the latest links needed to produce rapid updates on a daily basis.



This information is now being shared to our Facebook page too to keep the local community updated as frequently as we are able. We have added a handy “flight tracker” link to keep up to date with the latest flight details and you may also like to view our new property portal and mortgage calculator.

the-journal.es/

The increased traffic on our website has increased enormously over the last few months, and we can now see exactly how many readers have visited each of our articles, confirming exactly what they like to read. We have listed below (and linked to our website) the only official sources of information that we believe are to be accurate, and they are as follows;

www.borm.es The Official “Gazette” of the Region of Murcia. (BORM) is the official newspaper of the Autonomous Community of the Region of Murcia, through which publicity is given for its legal effectiveness and /or knowledge.

www.carm.es

The Administrative Contracting Portal is the tool that allows the consultation of information on the contractual processes that are managed in the scope of the Autonomous Community of the Region of Murcia.

It collects all the information regarding public contracting generated in this Autonomous Community.

www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do.

This is the main UK Government website for everything from personal tax to pension forecasts. The section added for covid-19 is updated daily so invaluable to anyone wishing to travel either to or from the U.K.

www.gov.uk/world/organisations/

british-embassy-madrid.

The British Embassy in Madrid maintains and develops relations between the UK and Spain.

www.mscbs.gob.es

The Ministerio De Sanidad. The Spanish Government Website, for health, social services, and consumer affairs.

www.mazarron.es

The comprehensive website for Mazarron Town Hall, available in English.

Just visit our website www.the-journal.es and use our easy-to-follow links.

the-journal.es/page/alicante-airport-flight-tracker

the-journal.es/page/corvera-airport-flight-tracker

At the time of going to print, we were very optimistic that by the time this magazine hits the streets on the 1st June, that the first tranche of visitors from the U.K. will have arrived.

We are led to believe that we will still all be wearing masks for some time yet, in enclosed public places, but finally, it has been confirmed that once laying on the beach, they can be removed.

This is great news for visiting tourists who were thinking twice about coming to Spain.

Spain is still currently on the amber list not the green list. Just keep checking the above sources to find out the current situation as it changes daily.

We have been approached by a few more businesses that changed hands during the first lockdown and would like to also tell us their story but sadly too late for this June edition.

We have, however included The Garden Boutique in this issue and will get to the rest as soon as we can.

If you are a local business and would like your story to be included in a future edition of The Journal, please email us at cathydistrictjournal@gmail.com, or if you are a Camposol business please email Camposolupdates@gmail.com.



Santuario Animalista Otteando el Horizonte. (Otto Animal Sanctuary).

Find us on the back service road near Camposol sector A

Contacts Juan and Yolanda.

Telephone number/WhatsApp 653 958 705

Registered Charity Number G02839298

Facebook Page: Santuario Animalista Otteando el Horizonte

YouTube: Otteando el horizonte Santuario Animalista

Mission Statement.

HELP US HELP YOU ... We rescue and help recuperate all kinds of animals that have been exploited, abused, mistreated and/or abandoned. Those considered "farm" and "exotic" will have their home in the Sanctuary to live happily and with dignity for the remainder of their lives. Those that are considered "domestic" are cared for until we find suitable adoptions; where we can be assured that they receive the warmth of a home they deserve. We organise activities to educate and make the population aware of being respectful to both animals and the environment.

Teaming

Make a difference: Register for teaming. Once registered join the group. Santuario Animalista Otteando El Horizonte.

Become a valuable team member. Your monthly euro donation collectively will help towards vet fees and everyday care. If we could get 1,000 teamers just think what we could do!

There are tax advantages if you team for us, as we claim a 75% tax reduction, so this really is our preferred option. We currently have 74 teamers which is a fantastic start, but we need more, much more.

Sponsoring

This provides one to one interaction for the sponsors of their chosen animals and gives some priority visiting to the Sanctuary.

It is a lovely way to spend quality time with your new friend whilst pampering, grooming and feeding a few treats and staying around an hour every visit. So, if your visit is once a week that is 4 hours each month that you get to spend, exclusively with your chosen furry friend.

Currently, those people who have chosen to partially sponsor an animal are donating into the charity's bank account an amount of €20 per month.

This covers a percentage of the total cost of their keep but it by no means covers it.

When you calculate that this is less than the cost of a menu del dia for 2, it is not a great amount and it really is helping to make a difference.

Please message 630 734 040 to make an appointment if you would like to visit the Sanctuary and choose who you want to be your special friend.

Animals still needing sponsors

Estrella or "Star" is Luna's daughter. She is a donkey rescued from gypsies.



Luna or "Moon" is Estrella's mothers. She is an old donkey, also rescued from gypsies.



Peggy The Pig. The first resident at the sanctuary, she arrived with mini pig, and she will sit for a carrot!



Skewbald Filly, Quimera – Rescued because the owner could not afford to feed her.w



Cartabón - is the oldest horse in the Sanctuary and was retired from "over work" now enjoying retirement.

Other animals

We also have in our sanctuary some chickens, a cockerel and 3 rabbits, hamsters, rats and doves, and 7 chin-chillas. We also care for dogs and cats both at the sanctuary and in foster homes. The list goes on!

Facilities

There is plenty of land for the animals, and pens are already in place with shaded areas where needed. There is mains water in place, and at great expense there are also now automatic water dispenser's delivering cool, fresh, unlimited drinking water. Horses can drink up to 80 litres per day in the height of the summer, so water and shade are essential. It is also dangerous to leave water out in buckets in very hot weather. The algae that quickly accumulates in the sun can be deadly. The plan is this will be available to all over time but it all takes time and costs money.

Future plans.

Our first priority when we get more money, is to build a proper brick building for the dogs, cats and other small animals. We would also like to add partitions to some of the pens as some animals would be better separated, such as the sheep and goats. We want invest in more shade, and would like to improve our exercise area too, and provide a secure facility so that members of the public can donate items. Watch our for future reports to see our progress.

Visiting.

Currently, as we are still under Covid 19 restrictions, it is only possible for the current sponsors to visit without a prior appointment. To make an appointment please call or message 630 734 040. There is a lovely British young man called Tyler, who is fluent in Spanish and is generally there on

Sundays to assist with any language issues. He is very knowledgeable about all the animals. We look forward to welcoming you all.

Volunteers

We will be looking for more volunteers in the future, to assist with cleaning pens, and generally assisting at the sanctuary but it is early days and we will say more about this in future articles, as Covid restrictions ease further.

Fund Raising

Our first official fund-raising event was held at The Diner during May and raised €525.00. This will enable us to renew our insurances which include public liability so that the general public can visit us. We hope to put on more fund-raising events in the future. Please keep an eye out for our events published in the local press, or visit our Facebook page for updates.

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5 Home trends

1. GLOBAL INFLUENCE – BY ANDREW MARTIN



Andrew Martin has been curating collections inspired by rare finds, blended eras and cultures since 1978.

Since the wake of the travel generation, the accessibility to and interest in foreign textiles has boomed. Now in British interiors you can see kilim stripes from Asia, geometric motifs from West Africa and embroidery from Mexico.

There are many people who have missed the freedom to go abroad in 2020, people are inspired by travel and wish to have permanent reminders of where they've been, or would like to go, and the global influence trend helps bring memories or aspirations from far flung places back into our homes.

'When using textiles and colours, limit the palette to two or three shades to avoid overwhelming the room. Balance large scale patterns, with smaller-scale prints, and keep some areas devoid of pattern altogether.'

2. PERFORMANCE FABRICS



World-renowned interior designer Penny Morrison creates dreamy, harmonious spaces by pairing unexpected patterns and color palettes together. 'People are waking up to the use of "performance" or "outdoor" fabrics,' she says. 'For example, a "performance" velvet or linen is ideal for a family room with children and dogs and not just for outdoor use.

'The best ones are easy to clean and are exceptionally durable so a great choice for upholstery. Now that more people are moving out to the country, or at least to somewhere in the city with a bit of outdoor space, there is much more demand for outdoor sitting spaces which can now be brightened up with patterned outdoor fabrics, umbrellas and cushions.'

3. FEEL GOOD COLOR COMBINATIONS



Printmaker Molly Mahon is based in Sussex in the UK, where she produces stunning fabrics, wallpapers and homewares using her signature block print designs in joyful colors. Inspired by nature and travels to India, Molly's pieces will lift your mood.

'The current focus is to create a warm and atmospheric environment as we are all at home more,' she says. 'This can be achieved with bright and joyful designs, so my trend prediction is all about embracing color and pattern to the max.

'Feel-good shades like rose pink, cherry, mustard yellow, midnight blue and grass green will all help to lift the mood. The Greencombe collection oozes nostalgia and hope for sunny spring days and new beginnings and its coordinating colour palette means you can layer different patterns together.

4. INFORMAL BOTANICALS

Interior designer Birdie Fortescue has a background in antique dealing which shows in her beautifully curated and designed collection of unique homewares and contemporary art.

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home with our families, we feel that the emphasis is on smaller, informal table settings rather than smart entertaining. We aren't socialising with friends, but making that little bit of effort can lift the spirits and make an ordinary meal-time a bit special. The spring/summer trend for botanicals lends itself perfectly to the current mood of creating inviting, cheerful and colorful tablescapes.

'For example, a tablecloth instantly creates the effect of warmth and homeliness – something which has been so important this last year. Then why not add a coordinating printed napkin and placemat? Layer the table from here with an eclectic mix of

crockery – your dinner service doesn't need to match; add a contrasting side plate or bowl to create interest.

'Focus on small arrangements of flowers; a quirky and informal look can be created using bud vases of different heights and tones filled with minimal stems, with perhaps a larger central looser arrangement linking with the smaller vases. For dinners, I would minimize the flowers and add an array of candlesticks in tonal colours, preferably in glass, with colored candles to finish the look.'

5. BOUCLÉ – BY JONATHAN ADLER

Potter, designer and author Jonathan Adler is the epitome of modern American glamor with his stunning luxe interior collections that span home accessories, furniture, lighting and textiles.

As you can imagine, Jonathan is always busy but we managed to catch him for a few minutes and asked him for his spring/summer textile trend prediction.

'I want to bouclé all day and then, just when I think I'm done, I'll also want to bouclé all night.

It's bouclé's moment and I couldn't be



“

Some old-fashioned things like **fresh air** and **sunshine** are hard to beat.

✕

LAURA INGALLS WILDER

”

Vicente Munitiz



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

Camposol Health Clinic incorporates the following working areas in surgery:

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

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

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

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

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

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

Dra. Maria Eugenia Felices Quesada

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

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

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



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

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

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

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

Dr. Francisco Pedreño Guerao.

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

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



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

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

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

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

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

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

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

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

Camposol HEALTH CLINIC



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

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

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



3 Surgeon Doctors
Dr. Antonio Murcia
Traumatologist Surgeon

Dr. Francisco Pedreño
Aesthetics Surgeon

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

Dr. Carlos Munitiz
General Surgeon

1 Psychologist
Dr. Fernando Lazaro

**TO MEET
OUR
TEAM**

camposolhealth.com/team



**SCAN
THE
CODE**

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



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

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.

camposolhealth.com



C/Madrid,19. 30875 Camposol sector A (Murcia)
Tel: 968 103 008 - info@camposolhealth.com
Monday - Friday | 9:00am - 6:00 pm

Our address



THE Journal

Increase the visibility of your properties for sale by listing them on The Journal's property portal

Introducing an inexpensive way to advertise your properties online and boost sales for both; real estate companies and private owners. The prices of listing a property for sale for an estate agent are different from those of a private property owner.

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

For private owners, listing starts at only 70€ + IVA for the first 3 months, which includes us putting it on the website for you, after this you can renew monthly for only 15€ + IVA / month, and you can cancel at any time, no strings attached, nor any complicated contracts, just a simple agreement form needs to be signed, that's all!

You will have to write us a detailed description of the property and take staged well lit pictures of all rooms of the property, the outside, and if possible the surroundings too, all of these can be sent to us via email, given in person on a flash drive or using online services such as Dropbox or Drive. We will do the rest!

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

We strongly advise you to get a keyholder in place if you are not living anywhere near the property so that if anybody wants to view the property, your keyholder can help out and show the property to anybody interested in seeing it.

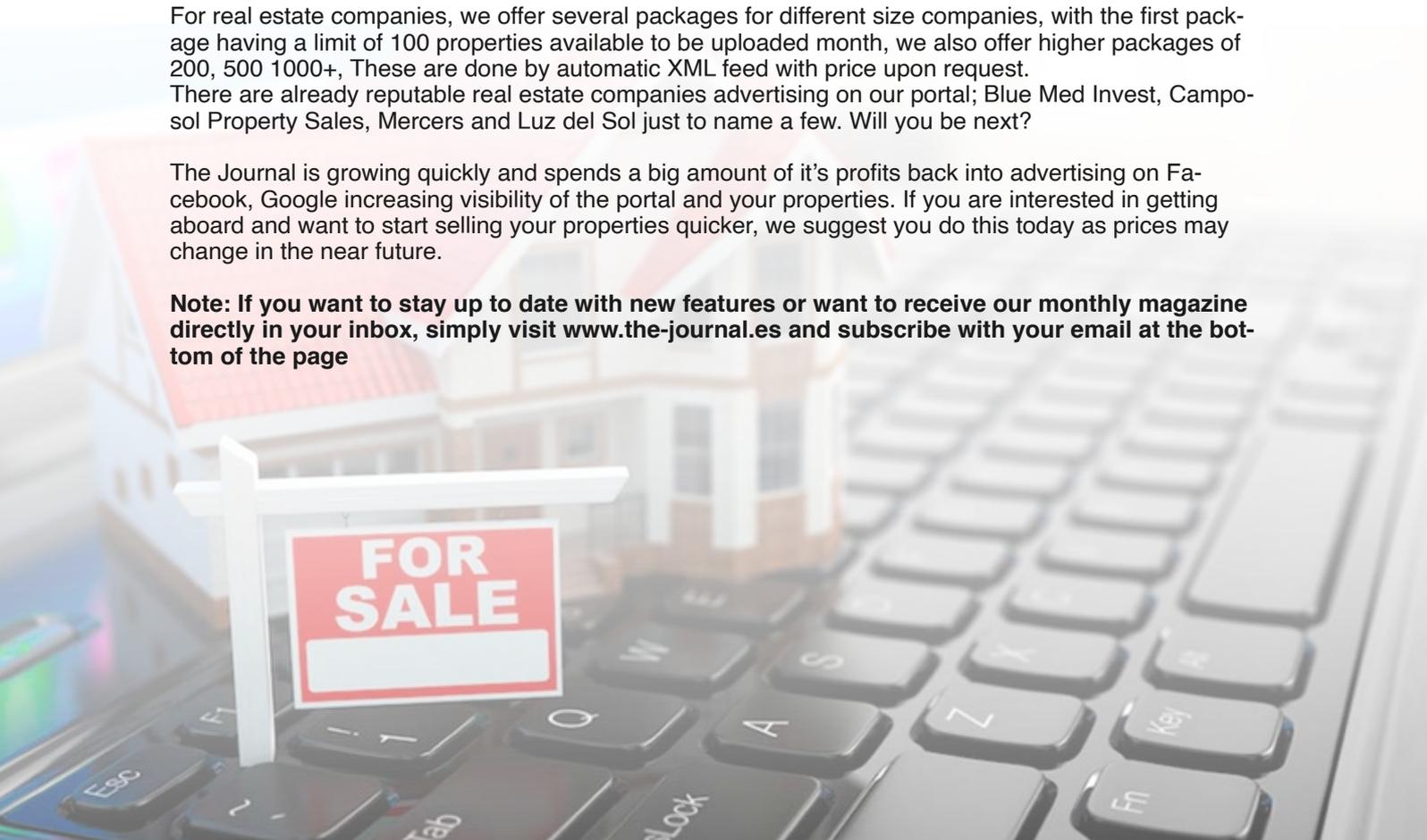
Are you ready to take control of the sale of your property? Send us an email at portal@the-journal.es with a "YES" to get started.

For real estate companies, we offer several packages for different size companies, with the first package having a limit of 100 properties available to be uploaded month, we also offer higher packages of 200, 500 1000+, These are done by automatic XML feed with price upon request.

There are already reputable real estate companies advertising on our portal; Blue Med Invest, Camposol Property Sales, Mercers and Luz del Sol just to name a few. Will you be next?

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

Note: If you want to stay up to date with new features or want to receive our monthly magazine directly in your inbox, simply visit www.the-journal.es and subscribe with your email at the bottom of the page



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Release Date
Friday, June 4, 2021

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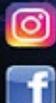
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Bea, Thomas, and the rabbits have created a makeshift family, but despite his best efforts, Peter can't seem to shake his mischievous reputation.

Adventuring out of the garden, Peter finds himself in a world where his mischief is appreciated, but when his family risks everything to come looking for him, Peter must figure out what kind of bunny he wants to be.

Release Date

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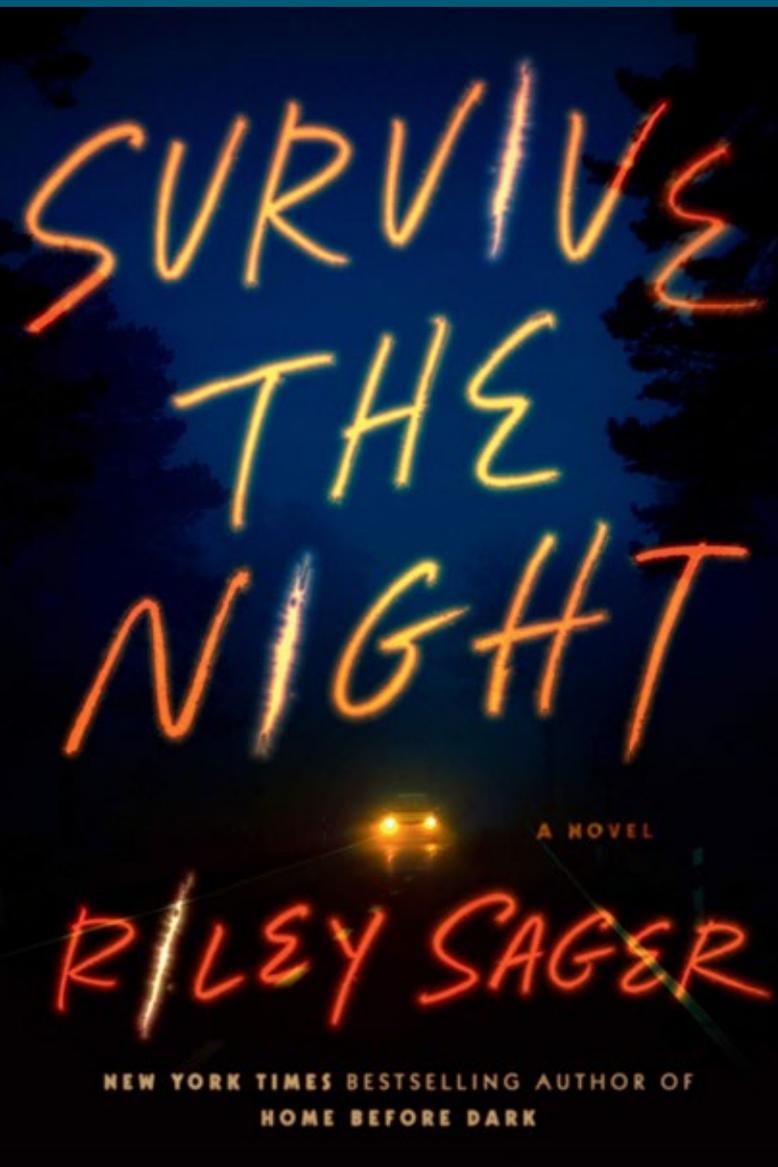
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Survive the Night

by Riley Sager

It's November 1991. George H. W. Bush is in the White House, Nirvana's in the tape deck, and movie-obsessed college student Charlie Jordan is in a car with a man who might be a serial killer.

Josh Baxter, the man behind the wheel, is a virtual stranger to Charlie. They met at the campus ride board, each looking to share the long drive home to Ohio. Both have good reasons for wanting to get away. For Charlie, it's guilt and grief over the murder of her best friend, who became the third victim of the man known as the Campus Killer. For Josh, it's to help care for his sick father. Or so he says. Like the Hitchcock heroine she's named after, Charlie has her doubts.

There's something suspicious about Josh, from the holes in his story about his father to how he doesn't seem to want Charlie to see inside the car's trunk. As they travel an empty highway in the dead of night, an increasingly worried Charlie begins to think she's sharing a car with the Campus Killer. Is Josh truly dangerous? Or is Charlie's suspicion merely a figment of her movie-fueled imagination?

What follows is a game of cat-and-mouse played out on night-shrouded roads and in neon-lit parking lots, during an age when the only call for help can be made on a pay phone and in a place where there's nowhere to run. In order to win, Charlie must do one thing—survive the night.

Release Date

June 2021.

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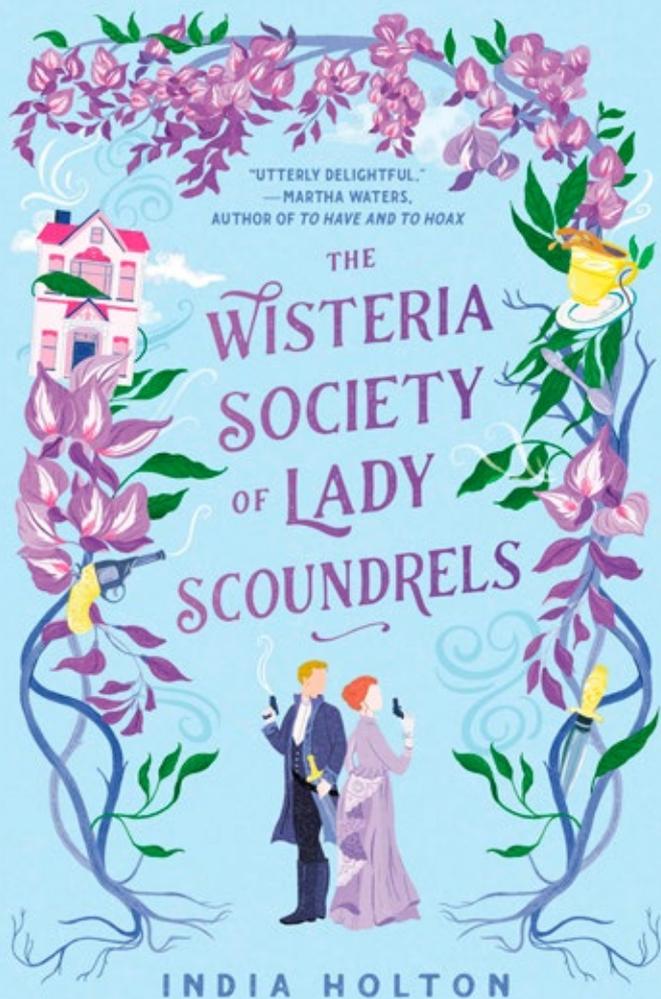


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The Wisteria Society of Lady Scoundrels by India Holton

A prim and proper lady thief must save her aunt from a crazed pirate and his dangerously charming henchman in this fantastical historical romance.

Cecilia Bassingwaite is the ideal Victorian lady. She's also a thief. Like the other members of the Wisteria Society crime sorority, she flies around England drinking tea, blackmailing friends, and acquiring treasure by interesting means. Sure, she has a dark and traumatic past and an overbearing aunt, but all things considered, it's a pleasant existence. Until the men show up.

Ned Lightbourne is a sometimes assassin who is smitten with Cecilia from the moment they meet. Unfortunately, that happens to be while he's under direct orders to kill her. His employer, Captain Morvath, who possesses a gothic abbey bristling with cannons and an unbridled hate for the world, intends to rid England of all its presumptuous women, starting with the Wisteria Society. Ned has plans of his own. But both men have made one grave mistake. Never underestimate a woman. When Morvath imperils the Wisteria Society, Cecilia is forced to team up with her handsome would-be assassin to save the women who raised her--hopefully proving, once and for all, that she's as much of a scoundrel as the rest of them.

Release Date

June 2021.

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Sir Elton Hercules John

CBE, is one of the most highly acclaimed and successful solo artists of all time.

Elton has achieved 1 diamond, 40 platinum or multi-platinum, and 23 gold albums, over 50 Top 40 hits, and he has sold more than 300 million records worldwide.

He holds the record for the biggest selling single of all time, Candle In The Wind 1997, which sold over 33 million copies.



Since launching his first tour in 1970, Elton has over 4,000 performances in more than 80 countries to his credit.

Elton is the most successful solo male in the history of the American charts and the third most successful artist overall, behind only Madonna and the Beatles.

He has logged 67 Hot 100 entries between 1970 and 2000, including nine No. 1s and 27 top 10s.

He achieved seven #1 albums in the three-and-a-half-year period from 1972 to 1975 — a period of concentrated success surpassed only by the Beatles.

Elton was born on March 25, 1947, in Pinner, Middlesex, England, and given the name Reginald Kenneth Dwight.

At the age of three he astonished his family by sitting at the piano and playing The Skater's Waltz by ear.

At the age of 11 he was awarded a scholarship as a Junior Exhibitor at the Royal Academy of Music and he attended the Academy on Saturday mornings for the next four years.

Besides his knighthood, Elton's landmark awards include Best British Male Artist BRIT Award, 1991; Songwriters Hall of Fame (with Bernie Taupin), 1992; Officer of Arts & Letters (France) 1993; induction into the Rock and Roll Hall of Fame, 1994; Polar Music Prize, 1995; MusiCares Person of the Year, 2000; Kennedy Center Honor, 2004; Billboard Magazine Legend of Live Award, 2006; Songwriters Hall of Fame Johnny Mercer Award (with Bernie Taupin), 2013; BRITs Icon Award, 2013; Rockefeller Foundation Lifetime Achievement Award, 2013 and the Harvard School of Public Health AIDS



Initiative Leadership Award, 2013. In 2002, he was awarded an honorary doctorate from the Royal Academy of Music and in 2004 he became a Fellow of the British Academy of Songwriters and Composers.

Elton has won 13 Ivor Novello Awards between 1973 and 2001, been nominated for a Grammy Award 11



times (winning in 1986, 1991, 1994, 1997 and 2000), and received the Grammy Legend Award in 2001. Three of his albums have been inducted into the Grammy Hall of Fame, including his 1970 eponymous album.

Elton has 4 Oscar Award nominations (winning in 1995 and 2020), and a Tony Award (with 4 nominations) for Best Original Score for Elton John and Tim Rice's *Aidain 2000*.

Alanis Nadine Morissette (born June 1, 1974)

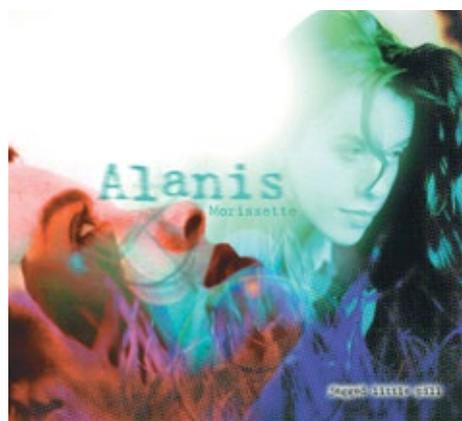


Is a Canadian-American singer, songwriter, musician, and actress. she moved to Holmby Hills, Los Angeles.

In 1995 and released *Jagged Little Pill*, which sold more than 33 million copies globally and is her most critically acclaimed work to date.

This was made into a rock musical of the same name in 2017, which earned 15 Tony Award nominations including Best Musical.

Morissette has sold more than 75 million records worldwide and has been dubbed the "Queen of Alt-Rock Angst" by Rolling Stone.



Maverick Records released *Jagged Little Pill* internationally in 1995. Her most famous album amongst a whole library of others.

The album was expected only to sell enough for Morissette to make a follow-up, but the situation improved

quickly when KROQ-FM, an influential Los Angeles modern rock radio station, began playing "You Oughta Know", the album's first single. [The song instantly gained attention for its scathing, explicit lyrics.

Morissette's popularity grew significantly in Canada, where the album was certified twelve times platinum.

Morissette's success with Jagged Little Pill (1995) was credited with opening doors for female singers such as Shakira, Meredith Brooks and, in the early 2000s, Pink, Michelle Branch, and fellow Canadian Avril Lavigne.

Following her tour, Morissette began practicing Iyengar Yoga for balance.

Morissette released the greatest hits album Alanis Morissette: The Collection in late 2005.

On November 20, 2011, Morissette appeared at the American Music Awards. When asked about the new album during a short interview, she said she had recorded 31 songs, and that the album would "likely be out next year, probably in summertime".



On March 16, 2018, Morissette performed a new song called "Ablaze" during her 2018 tour.

In October 2018, she revealed on so-

cial media that she had written 23 new songs, and hinted at a new album with hashtag "#alanismorissettenewrecord2019", after a six-year hiatus.

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FAST needs more volunteers to enable us to provide the valuable life saving service. It has been more than 12 months since we were responding in person. As regulations ease we may be able to resume our valuable service by responding in person.

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In preparation for our return we will need more responders. If you would like more information contact us on recruitment@fast2016.org

FAST NEW MEDICAL EMERGENCY NUMBER IS 868 487 015 FOR THE AREA OF CAMPOSOL AND SALADILLO. IF YOU ARE FEELING DOWN AND DEPRESSED AND NEED TO TALK TO SOMEONE IN CONFIDENCE YOU CAN CALL ONE OF OUR TRAINED MENTAL HEALTH FIRST AIDERS ON 634 308 362. THIS SERVICE IS AVAILABLE TO ENGLISH SPEAKERS IN THE MURCIA REGION

All training is free to the volunteers, in normal times there is a lively social scene, day trips and meals out. It is a good way to make friends and in return give something back to the community.

FAST emergency responders are still at the end of the phone for guidance and information on 868487015.

Due to the Covid-19 pandemic FAST are unable to attend patients who call us. Our phone system is available 24 hours a day 7 days a week to give advice, information, and support in a time of crisis. With the correct advice over the phone you could save a life. If someone collapses and is not breathing, open their airway by tilting the head back. This stops tongue from blocking the airway. Call 112 then FAST. Start CPR and do not stop until the emergency team arrive, or the casualty is responding.

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

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

Giving something back to our community is a very rewarding feeling. If you are interested just email us at recruitment@fast2016.org

Without more responders the service we deliver will be greatly reduced or cease to exist.

STAY SAFE
IN A MEDICAL EMERGENCY CALL 112 FIRST THEN CALL FAST ON 868 487 015
IF YOU OR SOMEONE YOU KNOW NEEDS TO SPEAK TO A TRAINED MENTAL HEALTH FIRST AIDER THEN CALL 634 308 362
More information can be found on our web page; fast2016.org
YOU ARE NOT ALONE. ALL WE DO IS FOR ALL OF YOU.



Our donkeys are in a happy place and that means I am in an incredibly happy place! Life is so good for them at The Sanctuary, they have space, grazing, playground, adventures and more in a natural environment. We can see the difference in them within just a few months, with their cheeky little personalities becoming more evident, our dream is slowly becoming a reality. We can't wait to welcome you to our little paradise which fingers crossed will happen be-



fore the end of the year. Our biggest stumbling blocks are the permissions of which there are many, we are still battling to get them in place and particularly to welcome our lovely supporters and friends.

With their big ears which help keep them cool they can hear up to 60 miles away in the right environment, how incredible are they?!

We had a little puppy brought into the Roldan shop last month, just a few weeks old and covered in ticks, fleas and all those other gruesome things. Well, he is now called Blaze and has a home in Scotland and will keep their dog Leo company who came from AAR last September. An update on Joe who was thrown out of a van in April, the horrible wound on his neck is healing up nicely. He is around 4 years old, great on the lead and with other dogs, another little fella who would make a wonderful companion and he is ready to be rehomed. Over the years we have helped many different species of animals and last month we helped

home an enormous family of hamsters! Watch out when buying from a pet shop because very often these animals are already pregnant and then you end up with a menagerie. Our House of Henrietta (HOH) online sales are doing really well, and we have some beautiful items for sale. New and quality second-hand clothing, accessories, shoes and more at great prices. Every cent goes towards the upkeep of the animals and the development of The Sanctuary. It is a great way of grabbing yourself a bargain. Our items are advertised on various local Facebook selling groups or just pop across to our House of Henrietta Apparel Donkey Sanctuary page and take a look. You can collect from Camposol on a Monday or from either of our shops in Mazarron and Roldan, we can also post out with costs met by the buyer.



Our Mazarron shop is now open on Saturdays, so why not pop in, and see us after you have been to the market in the square in Mazarron. The majority of our clothes are only 1€, we have an abundance of summer clothing so come on in and fill a bag! Along with furniture, bric-a-brac, books, cds, dvds and household items it's a little Aladdin's Cave!

It is great to be back on Camposol on Mondays and to catch up with so many supporters and friends we haven't seen for a long time. Kevin or I are always very happy to receive your donations and one of us will be there every Monday 11.30-1.30pm, car park B. Alternatively, they can be dropped off at either shop in Roldan or Mazarron 10.30-1.30pm. Think that's it for now. Andrea x

AGE
Concern
Costa Calida

VE DAY CELEBRATION SATURDAY 8th MAY at the Maypu Restaurante in Puerto de Mazarrón was a great success, with a delicious choice of food from the barbecue and super service. Thanks to everyone who came along and joined in the party. As well as a great afternoon we also raised €269 to help towards Age Concern Funds. In addition, we were delighted to receive a cheque for the grand sum of €2,000 from the local charity MAKING A DIFFERENCE. This is much needed help towards our funds during this pandemic. Thank you to Christine Burgess who presented the cheque to us at the lunch and grateful thanks to all at Making a Difference. You can see photos on our Facebook site. We don't have any information yet about our next lunch so until life gets back to normal for us all please check in to our Facebook site Age Concern Costa Calida for news of future events and updates.

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

Can you help: We are always looking for volunteers to help either in our office for a couple of mornings a week or to assist with arranging our monthly lunches with the local restaurants or simply to give a helping hand to our clients, perhaps a drive to a hospital appointment or to get their shopping from the local supermarket or pharmacy? If you would like to volunteer for any of the above and meet our friendly team, please give Isabel Stewart a call on 634 344 589 or send an email to ageconcerncostacalida@gmail.com and we'll get back to you.

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

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



It looks like Summer is finally here and we can put away the shoes and jeans and get out the shorts and flip flops. Unfortunately the beautiful sunshine does not mean our work with abandoned animals stops or gets any easier. May saw a new cooperation between FMA and a group dedicated to improving the lives of dogs in puppy farms. Working with the breeders is the first step to a better life for these dogs, who very often suffer physical and mental problems due to their incarceration. Filidelphia, Spencer and Chanel are three such dogs and our now under our wing. We hope that this is just the start of an ongoing relationship.

Although many of our dogs get snapped up and end up in wonderful homes both here and in the UK, Germany, Sweden, Italy and Holland, to name but a few, there are always some who seem to be left behind with little or no interest at all. We are still trying to bring Cash into the FMA family who at the moment spends most of his time alone at home. He has epilepsy but this is controlled by medication, and he is otherwise healthy. Another dog left behind is Josh who has spent far too long in kennels now and needs a family to call his own. Surrendered into the Perrera many months ago but now out and under our wing, his story is a little complex but you can read all about him on our Facebook page. You can find both Josh and Cash in our adoption album along with other dogs looking

for new homes. We also mustn't forget our gorgeous feline



friends looking for homes too, Cuca, Toby and Lottie. If you are interested in adopting a cat please let us know. All three are gorgeous and deserve new homes. Fund raising events continued at pace with our volunteers working tirelessly at musical events and markets. We cannot thank them enough for giving up their Fridays and Saturdays to support the charity. Please keep following our Facebook page so you are the first to know what's happening where and when. We mustn't forget the 100 club that continues to be a popular watch on a Friday at 8. Remember you've got to be in it to win it!



Please contact the team at FMA for more information about us and our work.
Friends of Mazarrón Animals.
Email: fma.murcia@gmail.com
Phone: +34 711032574

<https://www.facebook.com/Friends-of-Mazarrón-Animals-504985486541402/>



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

And a special thanks goes to the members of the Mazarrón Bowls Club who donated 500€ at their annual Mabs Bowls competition

So how do your donations help in a practical way?

All money raised helps us to provide:

- Drivers – to take patients to and from hospitals
- Translators to ensure the diagnosis is fully understood

- Home carers to provide additional care when needed
- Respite and Hospice care
- Medical equipment on loan to patients
- 1-2-1 counsellors

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

- being diagnosed with cancer.
- affected by a spouse or partner having cancer.
- bereavement due to cancer.
- no respite from spouse or partner with cancer.

In April we assisted with:
91 Appointments; 81 Translations; 37 Drives to hospital and 3 loans of equipment
The year to date figures to the end of April:
413 Appointments; 384 Translations; 132 Drives to hospital and 30 loans of equipment
We are here to help and we are only a phone call away.

Our Respite Home

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

Our shop in Totana

We rely on donations from you. Any clothes, bric-a-brac, furniture and larger items etc. donated by you are sold in our shop in Totana at Avenida Juan Carlos I. Take the first exit at the first roundabout coming into Totana from the RM3. All hygiene rules followed; masks must be worn, everyone must sanitise on entry, only 8 customers are allowed in the shop at any one time. Larger items go into 72 hour quarantine, smaller items are sanitised. All clothes sold are washed if necessary and all are ironed and sanitised before display.

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

Can you spare a few hours a week?

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

Help us to Help you

We have donation 'boxes' for the collection of clothes, bric a brac etc. in Alley Palais bar on Sector B commercial centre, The Club House on sector C and our Respite Home. Furniture and larger items we are grateful to collect

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

If you can help

Phone 634 313 478 to arrange collection.

If you need help

Phone our Helpline 620 62 24 10

For more information

<http://www.mabscancerfoundation.com>

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Install a modern gas water heater and save hundreds of euros per year on your electricity bill!

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

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

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

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



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

An average new installation of a modern gas water heater can be completed in less than half a day, and based on the cost saving on your current electric monthly bill, the "payback" on your investment can be as little as 6 months.

Camposol Heating and Maintenance S.L. have been installing these systems for over 16 years and are legally registered for gas installations with the Industry of Energy and Mining as is the law, here in Murcia.

For more information and an obligation free quotation please contact our office on 968 199 184
WhatsApp us on 646 965 082 Or email us on camposolheating@gmail.com.

GAS SAFETY CERTIFICATE ISSUED WITH EVERY INSTALLATION

Meaning of colors in flowers



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 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. 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 it. Audition 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.

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 ever-



green shrub, grows in partial or full sun with generous watering. The fragrance comes out at night, heavy and sweet.

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.

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

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

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

Camposol 'C' Green Fingers Gardening and Social Group

GARDENING



THE ORIGINAL FULL-BODY WORKOUT

Very heavy showers and high winds, with warm periods in-between, have really helped our new plants to flourish but it has also meant our Volunteers have had to weed extensively and water each week in all areas. This month they have also planted and moved donated plants, dead-headed our many roses and moved the frame for a sign.

The Maintenance Team continued the regular rota of cleaning, weeding and also spraying the streets plus the gravelled verges and planted areas with pet-friendly weedkiller. Please remember, every Euro of each member's monthly payment is used to sweep, weed and spray the whole of Lower 'C', although we may only reach your road every few weeks. If you're not a member of our scheme and see our teams working, please consider joining our Scheme or contributing a little to our bucket; many thanks to all who have donated during these tough times.

Further information is available on our chalkboards and Facebook or from John our Chairman on 634 325 427 or visit our Facebook groups or the website: www.greenfingerscamposol.com

Garden Boutique

Many of you will know Juani Hernandez, who started her horticultural career back in 2003, at The Garden centre Jardilar 2003, located in El Saladillo. She gained a wealth of experience there designing gardens, terraces and even swimming pools. She was also heavily involved in both



gardening advice and garden maintenance, including some complex landscaping project. Juani continued with this profession until 2015, but was forced to take a break for a while as she was going through a difficult divorce.

For a little while Juani worked in other sectors including a perfume shop, but her greatest desire was to return to the gardening sector, which she has a real passion for. Juani also loves to meet people from other nationalities. Her English is actually very good, but she will say otherwise! She is and has been a very good friend to many resi-



dents on Camposol and the surrounding area. Like, so many people here, as a result of the pandemic, Juani found herself



unemployed. After a very difficult year and some real "soul searching" she decided to start up another business, focusing on her passion, which is all things "horticultural". The Garden Boutique can be found on the main road between Mazarrón and The



Puerto De Mazarrón, next to "Tanatorio Blaya".

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

Please do pop in just to say "hello", they will be delighted to see you. There is also an extensive, well thought out range of wall art, clocks and general art to discover.

Some of their wall art is also suitable for outdoors and is weather proof, you will not be disappointed.



Contact:

Juani 669 565 402  

David 678 021 310  

Email: Gardenboutique93@gmail.com

Los palacios



Well slowly but surely we seem to be moving forward towards a more “normal” situation. With the end of the state of alarm and an ease on the socialising restrictions, albeit with some limits, we can now meet up to have a meal with friends. There is still some way to go yet until there is worldwide travel allowed but hopefully the situation will improve soon so we can visit our families in other countries.

I am pleased to say that the distribution of vaccines has now speeded up. I think the majority of Camposol residents have now been vaccinated which is good news.

We might have had to queue !!! but have to say that the Mazarron Health Workers did an excellent job in dealing with so many people in one



day. On the 17th April the Memorial Garden was used for the Memorial Service for Prince Philip who died on the 9th April.

This area is a focal point for people to gather when they wish to hold a service of remembrance and we are grateful to Bob and Dave who maintain this area and keep it looking nice.

Our volunteers continue to go out regularly, maintaining the area which includes trimming the trees, weeding, mowing, emptying the bins



in the memorial garden, clearing up litter generally and keeping the post room clean and tidy. Tony has re-fitted the light on the steps leading down to the post room.

In addition to our normal weekly routine we have a “blitz” on certain areas throughout the year, and in May this was done at the bottom end of Peoples Park.

This additional work is done on a Sunday morning when our volunteers join together to concentrate on one area that needs special attention.

Our bucket collection is held outside Tells on a Thursday morning and we appreciate any contributions. Our library is open every Friday from 10 am to 12.30 pm.

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

We thank you all for your continued support.

Most people would probably think it a bit odd if



they saw somebody go into a baker's shop and ask for a set of spanners or visit a bar expecting to get their car serviced. That just sounds silly, doesn't it? We know we should go to the right place for certain things but not everybody understands that concept apparently. Specifically, those people who insist on dumping recycling and green garden material in the domestic waste bins.

Where possible, volunteers do try to move the right stuff into the right bins particularly as filling the green bins with, for example, cardboard boxes, means that other residents might have



to leave their domestic rubbish on the ground as it won't go in the container. This will encourage flies and rats which nobody wants near their property. Cleaning up like this is not a job for volunteers so please, dispose of rubbish correctly.

At this time of the year, B Clean is already busy battling the ever-present weeds. So far, the volunteers have been working on the dual carriageway, around the footbridge and other primary locations as required. It looks as if it will be

quite a fight this year as the earlier wet weather seems to have given the weeds an extra boost and they are popping up all over the place.

The oleanders have been trimmed but there will be less flowers this year as the work took longer due to the lack of volunteers. Consequently, many buds were lost leading to a reduction in blossom along the roadways. The current turn out of just 4 people is nowhere near enough to cope with all the work needed to maintain what is probably the busiest of the sectors used by virtually all of Camposol's residents and many of its visitors.

The committee is often contacted with various requests for work to be done but these ideas often come from residents in areas where there is very little apparent support for the group or indication that local residents will be involved in the project.

Consequently, we have no choice but to concentrate on the main jobs as we have very limited funds and even more limited manpower. If more people were to assist the general maintenance work and a bit more cash donated in the bucket collection we could purchase additional equipment and materials.

B Clean is a charity which, like every other charity, needs financial support. It doesn't come from the council, it all comes from members' subscriptions and donations. We get somewhere around 40 to 60 euros in the bucket collections each week and Colin Thackwell's marathon cycling efforts in recent months have boosted that to around 80 euros. Please remember that all donated money goes to running B Clean. Nobody claims expenses for using their personal equipment, vehicles etc.

There are over 800 houses on B sector, so, as a very rough average, weekly donations are equivalent to less than 10 cents per property. Although a tiny amount of cash, if we got the equivalent of just 20 cents a property, it would bring in excess of 150 euros per week thus ensuring that we would not have to drain the group's finances for routine maintenance such as palm cutting.

Bearing in mind that B sector has a very popular commercial sector used by residents and visitors from all over Camposol and the immediate locality, one might expect that some of those passing through the sector would donate too. Who knows how much that could generate? Whatever it might be, it must be much more than the income we are working with at present. Needless to say, if we had more than the current 60+ members of B Clean throughout the 800+ houses, subscriptions income could help significantly.

This may seem like a moan but, if B Clean is to maintain and improve B sector, we really need funds and more people to continue looking after the area so, if you can assist in either, or both capacities, it would be really appreciated.

To get involved, please contact us on “bclean-gardening@gmail.com” or our Facebook page “B Clean Community Gardening”. You will be most welcome.

Powers in Spain and the UK

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

It can be easy to carry on from day to day

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

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

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

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

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

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

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

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

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

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Camposol, Mazarron
MURCIA 30875

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

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

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

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

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



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For new clients that put their property on the market with us we are pleased to offer you a 10€ Reeves Butchers voucher, let us know you saw our ad in The Journal to collect yours.

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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

1

- Camposol D Gardening Team 9-11am
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm
- Camposol & Mazarron Bridge Club at 9.30am in Trevi Bar

2

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

3

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

JOKES

What did the air conditioning unit say to its owner? I'm your biggest fan.

My company is better at making sun cream than our competitors, but I don't like to rub it in.

X Factor: The original Roman sun cream.

I stayed up all night wondering where the sun went. Then it dawned on me.

A friend met his girlfriend at a local summer village festival. It was fete.

What did the pig say on the warm summer's day? I'm bacon.

Friend went for a job at a sun cream factory but didn't get it. He's going to reapply.

What do you call a Frenchman wearing summer beach sandals? Phillipe Phloppe.

Where do sharks go for their summer holidays? Finland.

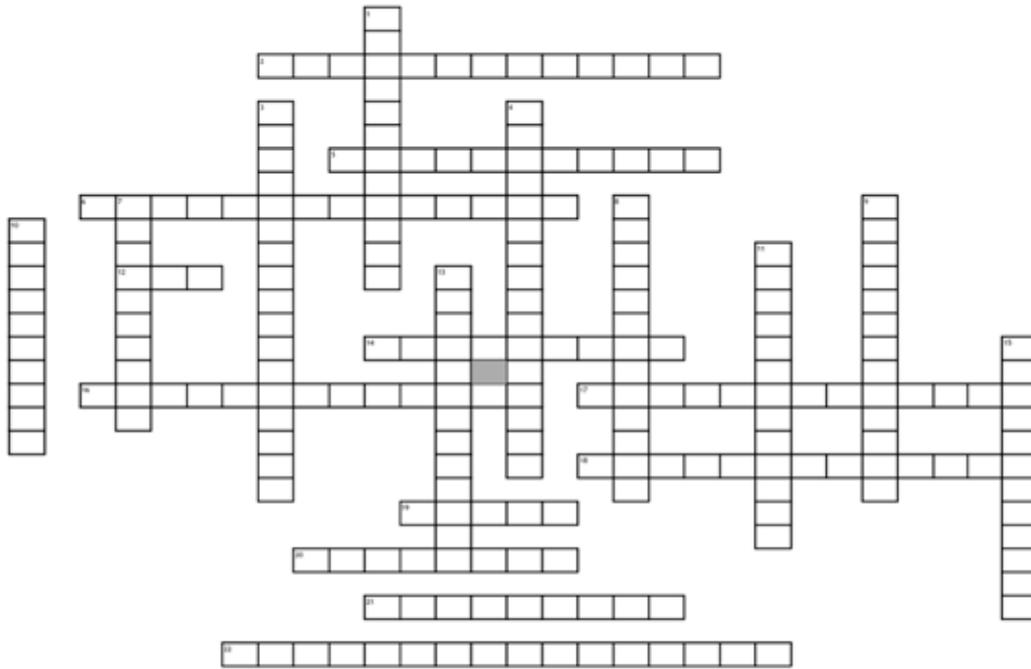
Why do robots have summer holidays? To recharge their batteries.

Owls prefer to mate in the summer than in the winter when it rains. It's too wet to woo.

Two psychics meet on the street. One says "lovely weather at the moment". The other says, "yes, reminds me of the summer of 2021".

What's the best letter to have in summer? Iced T.

June Monthly Puzzle Flag Facts



Across

- 2. Who planted the first flag on the moon?
- 5. asdfjads;lfj
- 6. adsf;lkjadslkf
- 12. How many flags are planted on the moon?
- 14. asdjhf;lkjfds
- 16. adsjf;laksj
- 17. adfsja;ksjd
- 18. ajhfd;lka
- 19. havigjaikdsjf
- 20. haifhkdasf
- 21. Never fly the flag upside down except to signal an _____.
- 22. adsjflakjfd

Down

- 1. adsjfalikfd
- 3. adsfj;lajdf;lka
- 4. ;lajkdsf;lajkafds
- 7. adsjf;lk
- 8. ajf;lka;lfds
- 9. asdjf;lakjdsf
- 10. Who was president when Hawaii became a state?
- 11. jas;lfjsa;lkdjf
- 13. lkajdsflk
- 15. ajfs;lksajdf

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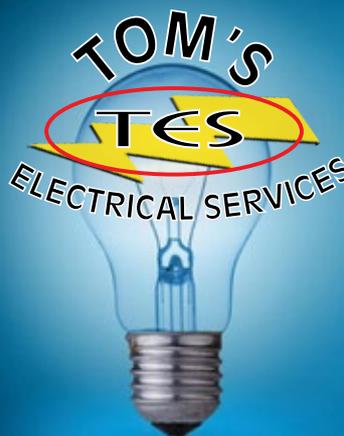
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Your morning coffee is a necessity, but you don't want it to take up inconvenient space on your desk. Enter the Portable Drink Clip Desk Cupholder.

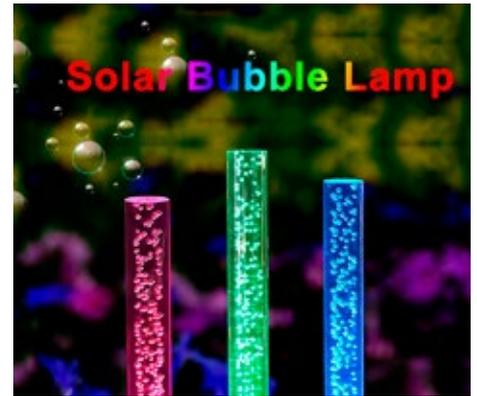


This convenient clip-on cupholder instantly gives you an out-of-the-way spot for your drink. By giving you a cupholder that's off the side of your desk, this table cupholder gives you extra room on your workspace. Whether it's your cup of joe first thing in the morning or water throughout the day, you'll be able to enjoy it easily. It's pretty foolproof, too, as you simply snap the sturdy clip on the edge of your table or desk. There's a hole in the top where your cup sits, and the bottom is solid so your cup doesn't fall through. It might not be able to handle your Venti cup, but this portable drink holder supports most smaller cup sizes.

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Smart car facts your customers will love

1. The concept for the Smart car started in the early 1970's.smart car facts



Mercedes-Benz engineer Johann Tomforde began to explore city car concepts and designs. He created the first concept sketch, but it wasn't until the 1990's that Mercedes assembled a team to start the design process. They studied how to make the vehicles efficient based on how people would use them in and around the city, and how they could improve their overall driving experience. They were all about innovation and driver experience from the very beginning.

2. The "timing" is right for Smart cars

The Smart brand was officially born when successful Swiss watchmaker Swatch and established German automaker Mercedes Benz joined forces. Daimler-Benz agreed to manufacture the vehicles, helping the watchmaker get into the auto business. Their microcar name, Smart, is an acronym for "Swatch Mercedes Art."

3. Smart cars have been around longer than you realize.

The first Smart brand microcar was in production by 1994, but not made for sale in the United States until 2008. The United States was the 37th country to sell Smart cars and sold just under 25,000 units their first year of sales.

4. These cars have city smarts.

Since microcars were created to be city vehicles, the small size was a huge part of the design. The original Smart car sketch measures 8.8 feet long, and the current models manufactured measure in at 101.6" which is just under 8.5 feet in length. They are also very narrow measuring in at 65.5" wide which is just under 5.5 feet.

5. Smart keeps it simple.

The Smart car brand offers limited vehicle models, two of which are named after their passenger capabilities;

The Fortwo, the Forfour, and the Brabus. They come in a coupe or a cabriolet body style and have different tiers such as pure, passion, prime, or proxy. Their Proxy model is the highest option level you can get, and their most expensive Twofor model is still under \$30,000 making them very affordable for such a trendy car. Unfortunately, the only models available in the U.S currently are the Fortwos.

6. The Smart car takes a cue from the VW Beetle.

The Smart car is a rear-engine, rear wheel drive car, and the package level and price have an impact on horsepower; the higher the cost, the more power you will have available. If you get the newly released fully electric version, it will come with a three-phase synchronous motor that has 80hp and goes a top speed of 81mph for a full range of 58 miles.

7. Smart is tougher than it looks.smart car facts

Microcars have to have excellent safety features in place, and the Tridion Safety Cell frame is Smart car's claim to fame. They once had a commercial featuring a large SUV placed on top of the frame in the middle of the street. While consumers were shocked to see how sturdy the Smart car frame was, the brand was later accused of photoshopping their commercials. Smart fought back with this youtube behind the scenes video to show that their Tridion Safety Cell frames are in fact that tough:

George Russell hoping for multi-year deal with next F1 contract

George Russell wants his next Formula 1 contract to be a multi-year deal to have consistency that will enable him to "grow and progress".

The 23-year-old Briton's three-year deal with Williams expires at the end of 2021, making Russell a free agent as he looks to secure his F1 future for 2022 and beyond.

Russell has been heavily linked with a Mercedes seat thanks to his regular starring performances for Williams and is set to go head-to-head with Valtteri Bottas for a drive with the reigning world champions, assuming seven-time world champion Hamilton continues in F1. Speaking about his future ahead of this weekend's Monaco Grand Prix, Russell stressed he is targeting a multi-year contract regardless of where he ends up in 2022.

"I definitely think in the position I am currently being a free agent as such going into next year is a good position to be in," Russell said.

"I think stability and longevity is important. I think it's so clear with people moving around recently how difficult it is to jump in and adapt to a new team.



"Wherever I find myself next year, I'd like it to be for a couple of years, because it's so important to have that consistency to be able to grow and progress."

Nakagami knew it was 'going to be tough' to keep P3, Marquez best of season



Takaaki Nakagami's quest for a first MotoGP podium continues after dropping from third to seventh at Le Mans. LCR team-mate Alex Marquez claims his best result of the season so far, as the top Honda rider, in sixth. When Marc Marquez fell from the lead of Sunday's French MotoGP at Le Mans, it promoted fellow Honda rider Takaaki Nakagami to third place. But the LCR rider knew he had a tough task on his hands to keep hold of a potential first premier-class podium, with all the RC213V riders lacking rear grip in the rain.

"After I changed the bike in the flag-to-flag I was P4, and after Marc crashed I was P3, but I saw that there were 17 laps to go and I was thinking it's going to be tough," Nakagami said.

"I tried to do my best, but I knew that a podium was difficult, because in the wet condition we don't have the pace to fight for the podium.

"Dry conditions we have pace, and I'm really comfortable on the bike. Wet conditions, I have no feeling from the rear grip, especially from braking to turn in.

"The exit of the corner is good, but braking into the apex is where we struggle to find rear grip. As you can see [in warm-up], Pol and Marc had exactly same crash at Turn 3, and I had the same moment in many laps.

"So I think all together the Honda family need to understand what happened in the wet conditions, and we need to find a solution for the future.

Position	Entrant	F1 Points Tables	Points
1	Mercedes-AMG Petronas Formula One Team		141
2	Red Bull Racing		112
3	McLaren F1 Team		65
4	Scuderia Ferrari Mission Winnow		60
5	Alpine F1 Team		15
6	Scuderia AlphaTauri		10
7	Aston Martin Cognizant Formula One Team		5
8	Uralkali Haas F1 Team		0
9	Williams Racing		0
10	Alfa Romeo Racing Orlen		0

2021 F1 World Championship Constructors' Standings

Position	Position	Entrant	Points
1	1	Lewis Hamilton/Mercedes	94
2	2	Max Verstappen/Red Bull	80
3	3	Valtteri Bottas/Mercedes	47
4	4	Lando Norris/McLaren	41
5	5	Charles Leclerc/Ferrari	40
6	6	Sergio Perez/Red Bull	32
7	7	Daniel Ricciardo/McLaren	24
8	8	Carlos Sainz/Ferrari	20
9	9	Esteban Ocon/Alpine	10
10	10	Pierre Gasly/AlphaTauri	8
11	11	Lance Stroll/Aston Martin	5
12	12	Fernando Alonso/Alpine	5
13	13	Yuki Tsunoda/AlphaTauri	2
14	14	Kimi Raikkonen/Alfa Romeo	0
15	15	Nicholas Latifi/Williams	0
16	16	Antonio Giovinazzi/Alfa Romeo	0
17	17	Sebastian Vettel/Aston Martin	0
18	18	Mick Schumacher/Haas	0
19	19	Nikita Mazepin/Haas	0
20	20	George Russell/Williams	0

2021 F1 World Championship Drivers' Standings

Position	Position	Entrant	MotoGP Points Tables	Points
1	1	Fabio Quartararo/Monster Yamaha		80
2	2	Francesco Bagnaia/Ducati Team		79
3	3	Johann Zarco/Pramac Ducati		68
4	4	Jack Miller/Ducati Team		64
5	5	Maverick Vinales/Monster Yamaha		56
6	6	Joan Mir/Suzuki Ecstar		49
7	7	Alex Espargaro/Aprilia Gresini		35
8	8	Franco Morbidelli/Petronas Yamaha		33
9	9	Takaaki Nakagami/LCR Honda Idemitsu		28
10	10	Poli Espargaro/Repsol Honda		25
11	11	Brad Binder/Red Bull KTM		24
12	12	Alex Rins/Suzuki Ecstar		23
13	13	Enea Bastianini/Lévitone Ducati		20
14	14	Alex Marquez/LCR Honda Castrol		18
15	15	Jorge Martin/Pramac Ducati		17
16	16	Marc Marquez/Repsol Honda		16
17	17	Daniilo Petrucci/KTM Tech3		16
18	18	Stefan Bradl/Repsol Honda		11
19	19	Valentino Rossi/Petronas Yamaha		9
20	20	Miguel Oliveira/Red Bull KTM		9
21	21	Luca Marini/Sly 1746 Avintia Ducati		9
22	22	Eor Lencona/KTM Tech3		8
23	23	Lorenzo Savadori/Aprilia Gresini		2
24	24	Tito Rabat/Pramac Ducati		1

2021

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

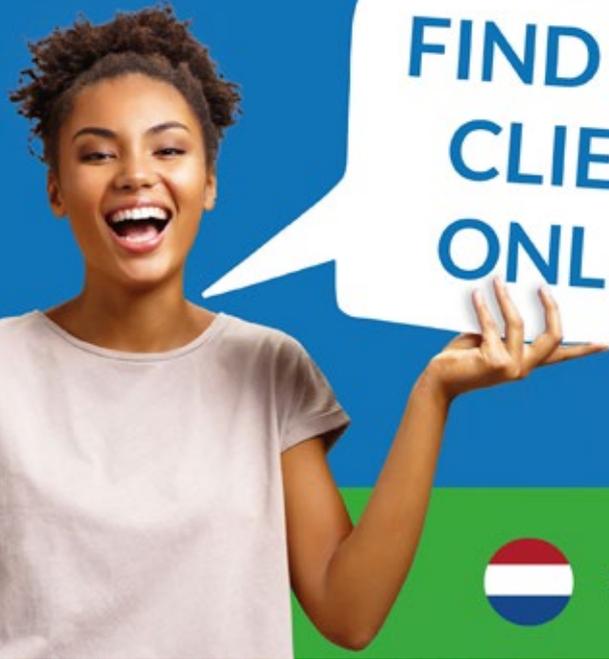
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2021 MotoGP™ CALENDAR

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

* Evening Race

** Subject to the Homologation



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Dawn Llewellyn-Price

I wish I could say ‘See you on the 6th!’ but typically our ferry was cancelled the day after the UK government permitted travel again, and we’d finally printed our tickets. Forty-five minutes waiting on the phone, and we managed to rebook for the following week. Different ship, different route. All this is in the hands of the gods of Mount Olympus, sitting there pushing us pawns around the gigantic chessboard of our lives, slapping their thighs gleefully with every move, togas swinging in the backdraught. I’m wondering what Zeus will do with the Spanish government’s Knight? Two squares forward and one to the side? They may have ended the state of alarm, but we ‘tourists’ are none the wiser. Our ferry was booked last July, long before it all went covid-shaped once again.

When the UK’s list of green countries awaiting us with open arms was announced, we sat studying the atlas out of curiosity, tears of laughter running down our faces. Aside from a couple of realistic possibles, the others needed a magnifying

glass to be found, mostly uninhabited, and miles from anywhere. Tristan de Cunha. Only accessible by ship, no accommodation, and via a red country. The Sandwich Islands and South Georgia. Great if you like penguins and are a scientist. Others on the list won’t even allow outsiders in. We’re happily prepared for a ten day quarantine on returning from Spain, still on the amber list, as we did last year.

Will Spain allow us back in before our ship sails? Or will we need another re-booking?

We must wait for the veil of Isis to lift, and hope it will be a cheery ‘Si!’ sooner than later.



There are so many of us eagerly waiting our return; obviously those with second homes, and those who are desperate to jump on a plane and visit their relatives and friends living in Murcia and other regions. I’m sure I can speak for them all in saying;

‘We miss you all, lots!’ We particularly miss a plate of Galician octopus amid a tidal wave of tapas spilling over a condensation covered tabletop. We’ve missed the joys of travel!



We did manage a walrus hunt.

No, we didn’t illegally board a survey vessel and head up to the ice floes. We drove an hour to see Wales’ Wally the Walrus, now in residence on Tenby lifeboat slipway, and having to be coaxed back into the water by the coxswain each time there’s an emergency ‘shout’ for fear of killing him. I kid you not. How he got there is anyone’s guess, but falling asleep on a melting iceberg seems a popular choice, although he probably just enjoys distance swimming. There’s even a beer named after him and he spends his days lounging on his ‘Wally Holiday’ while tourists take photos.

I’m hoping that will soon be me; flopped on a lounger at the water’s edge, dipping in and out of the waves, and gulping down massive amounts of crustaceans.





Los Amigos De Mazarrón F.C

LATEST NEWS FROM LOS AMIGOS DE MAZARRON FC

Mazarron FC's season ended in a disappointing fashion when they failed to progress to the second and final stage of the Play-Offs. Having qualified to play in the group for teams that finished in 4th, 5th and 6th places in the two groups they lost



four of their first five play-off games and, with just one game remaining, looked destined to finish bottom of their group. This means that they will continue to play in the Tercera Division next season.

Mazarron missed a number of chances to win some of their games, coming back from 2-0 down against UD Los Garres only to lose in added time. A 2-1 home win against a strong UCAM Murcia "B" side raised hopes but the following week Mazarron were defeated 2-1 at CD Bullense in a game they should have won easily and which saw their Manager "Kenney" sent off after an unsavoury touchline incident.

In the return game at home to Los Garres, Mazarron totally dominated play but somehow conspired to lose the game 2-1 after missing chance after chance.

With further progression now almost impossible, Mazarron took the lead in the away game at UCAM Murcia and led with 20 minutes remaining but totally fell to pieces and conceded four goals in the closing stages.

It was a disappointing season and the new squad never reached the heights of the previous year which saw Mazarron reach the Play Off Semi Final. Goalscoring was



hard to come by with Chiky Ardil top scoring with seven goals and Omar next with just five at the time of writing. These two along with goalkeeper Emilio, right back Josema, central defender Simpara and local lad Diego were the pick of the players. It will be interesting to see who will remain for next season.

By contrast the Mazarron ladies team, Mazarron Feminas, are having a fantastic first season. At the time of writing they are unbeaten and nine points clear of the second placed team at the top of the league. They have a record of P13 W12 D1 L0 F63 A10 Pts 37. Their leading scorers are Cindy with 17, Almudena with 16 and Miriam with 15.

A number of Los Amigos supporters had a meal at La Sienna restaurant at the final home game of the season against CD Bullense. Then members and friends went to the Bar and Restaurant Velasco in Mazarron on 18th May for an end of season meal. Numbers were limited to 30 because of Covid-19 regulations and a coach was provided so that members could enjoy a drink or two in typical Los Amigos fashion!!

As restrictions are gradually being lifted Los Amigos are arranging a QUIZ NIGHT at THE DINER on 1st June - 6.00pm start

The cost is just 6€ per head and everyone is welcome so please invite your friends.

It will start at 6.00pm with food to be served from 6.15pm

The food choices are:

Scampi and Chips
Steak Pie with Chips and gravy
Quiche and Salad
Southern Fried Chicken with Salad and Coleslaw
Vegetable & Bean Enchilada with Chips

It will be a table top quiz so plenty of time to relax and enjoy a drink throughout the night.

The table size is a maximum of 6 - inside or outside.

To book please respond to this email (social4losamigos@gmail.com) please do not send to Barbara as you have in the past.

Please state the number of people - with the names and food choices.

Who you wish to sit with for your quiz team

If you wish to sit inside or outside (numbers are limited but I will do my best)

Los Amigos membership renewals have been deferred since the start of the coronavirus crisis, but renewals will now be accepted from the 1st August coming.

Membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner. Our Thursday

weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but will be resumed as soon as it is possible. Please email stevebarrow01@gmail.com for a membership form.

It is planned to hold the postponed Annual General Meeting of Los Amigos de Mazarron FC in Mid June. This has been delayed for almost 12 months because of the Covid-19 crisis. The venue and numbers able to attend will depend on the latest restrictions but the exact date, venue and time will be announced on our Facebook page fb.me/mazarron2016 and Los



Amigos members will be notified by email. Business will include the adoption of the annual accounts and the appointment of President and Vice President and re-election of officers to the Executive Committee. Only current Los Amigos members will be allowed to attend.

The twice postponed Golf Day and 11th Gala Dinner has been arranged for March next year. The Celebrity Golf Competition will be on Monday 28th March 2022 at the Camposol Club de Golf.

The Gala Dinner, once again sponsored by the Mazarron Entertainments Group, will be held the following night, Tuesday



29th March at the Hotel la Cumbre, Puerto de Mazarron.

Master of Ceremonies Gary Marshall, comedian Lea Roberts and ex-footballer John Beresford have all confirmed that they will be available again. Musical entertainment will again be provided by the fabulous Woody.

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

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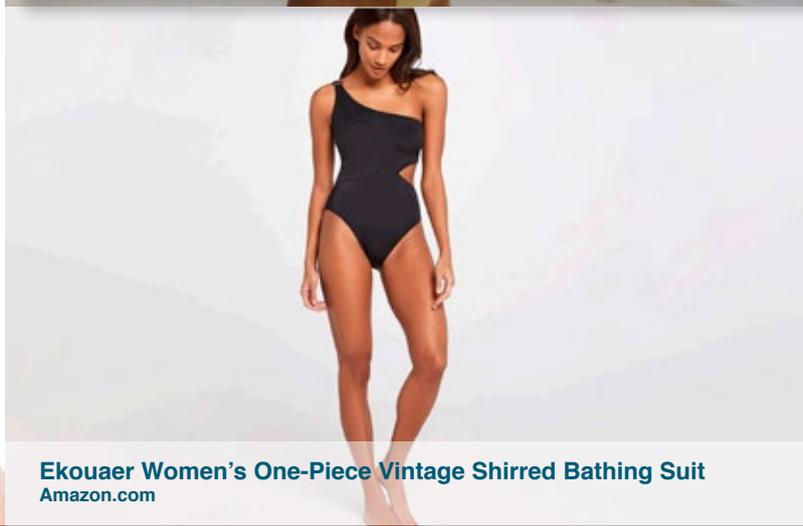
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Ekouaer Women's One-Piece Vintage Shirred Bathing Suit Amazon.com



ZAFUL Women's High Cut Two-Piece Bathing Suit
Amazon.com



Trina Turk Women's Off Shoulder Ruffle Bandeau One-Piece Swimsuit - Ebay.com



SweatyRocks Women's Spaghetti Strap Criss-Cross Back Ribbed Swimsuit - Shein.es



SweatyRocks Women's Criss-Cross Open Back Leopard One Piece - Ebay.comm



Achieving the “No Makeup” Makeup Look

1. Skin First



This look is all about glowing, natural skin. Easiest way to get that? Actually, have glowy, natural skin. While not everyone has the amazing youthful glow, we know how to fake it! Before embarking on this no makeup- makeup journey, indulge in some skin prep. Using a hydrating face mask before applying makeup makes sure the skin is already supple and moisturized.

2. Prime!

When you're going for a minimal look, a primer is the easiest way to get a smooth base. You can cater your product choices to what kind of look you're going for or your skin type. A pore filling primer will smooth and fill



any pores without clogging them the way a thick foundation might. An illuminating primer will add that “lit from within” glow and make you look extra hydrated.

3. Go light on the coverage



Steer clear of thick, full coverage foundations for this look. Tinted moisturizers, BB and CC creams give your skin some extra hydration and still allow some of your freckles, redness, and imperfections to shine through.

Apply with a buffing foundation brush to cover more, or with a sponge to keep the dewiness.

4. Use a lightweight concealer for blemishes



If you're still not used to letting your blemishes or dark circles go uncovered, use a lightweight, hydrating concealer.

Blend with your fingers – the warmth of your skin makes the product melt right in!

5. Cream everything



Creams make everything just blend and sink right in, and it tends to look more natural than powders. After applying your foundation and concealer, blend a cream bronzer with a damp sponge. Set lightly with a powder bronzer if you're worried about everything lasting all day or keep all the glowy goodness by locking in with a setting spray.

6. Dew is your friend



Adding a nice dewiness to the tops of the cheekbones can go a long way in making your face look natural but still glowy.

Rather than going for a traditional shimmery highlighter, opt for a cream with a clear base.

This basically looks just like sweat (sounds gross, but trust us!) or a natural dew to the skin.

The texture of the product will also blend right in with all the other cream

products on the face.

7. Fake the flush



There's something about a natural, blushed look to the skin that is so gorgeous and unpolished.

Get that look the easy way by adding a little bit of a cream blush to the apples of the cheeks, up onto the temples, and right on the bridge of the nose.

8. Brush Up Brows

The best part of this look? Bushy, unruly brows are both accepted and ENCOURAGED.

Enhance the beauty of your natural brows by simply using a brow gel with fibers and brushing them up and into place.

9. Light Mascara or Skip It

The skin is the star of the show with this look, so it's okay to go light on the lashes. I know I haven't worn brown mascara since middle school, but unless you have super dark lashes naturally (so jealous!), it just lightly opens your eyes without looking too heavy.

Curl your lashes and apply a brown mascara to the top and bottom lashes, or really go for the natural look and skip mascara altogether. Rock those natural lashes! You could always have an eyelash lift.

10. Popsicle Lips

Ah — popsicles. Now I'm hungry! Anyhow, you know the look after you eat a popsicle, where your lips just have a natural tint? Luckily, there are products that give you that same look without the sticky hands. Hack your way to this look by applying any lipstick and blotting off the excess with a tissue.

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Beetroot cured salmon with cucumber and apple salad

INGREDIENTS

- 250g cooked and peeled beetroot
- 175g coarse sea salt
- 1/2 cup (110g) caster sugar
- 3 tsp caraway seeds, crushed
- 3 tsp white peppercorns, crushed
- 1kg salmon fillet (skin on), pin-boned
- Mixed salad micro rocket, to serve

CUCUMBER AND APPLE SALAD

- 2 green apples, cut into batons
- 1 small red onion, sliced into rings
- 1 telegraph cucumber, thinly sliced
- 2 tbs apple cider vinegar
- 1 tbs extra virgin olive oil
- 2 tsp horseradish paste
- 1 tsp caster sugar
- 1/4 bunch dill, fronds picked

METHOD

1. To make the curing mixture, whiz the beetroot, salt, sugar, caraway seeds and pepper in a food processor until smooth.

2. Spread half the curing mixture over the base of a glass or ceramic dish large enough to hold salmon. Add the salmon, skin-side down, and cover with remaining curing mixture. Cover with plastic wrap, then rest a smaller tray or chopping board on top of the salmon and weigh down with a few cans. Chill for 2 days to cure.

3. For the salad, place all ingredients in a bowl and toss to combine. 0%renuration 1:57

4. When ready to serve, remove salmon from dish, rinse under cold water and pat dry with paper towel. Using a sharp knife, thinly slice salmon on an angle, using the knife to release salmon from the skin.

5. Arrange salmon on a platter and serve with salad and micro rocket.

Vegan Pad Thai with tofu and Basil

INGREDIENTS

For the Pad Thai

- 4 ounces brown rice noodles (you can get stir-fry type noodles or Pad Thai noodles – and usually that's half a box)
- 1 zucchini
- 1 red pepper
- half a yellow onion
- 2 carrots
- 2 tablespoons oil
- 1 egg, beaten
- 1/2 cup peanuts, chopped
- 1/2 cup fresh herbs like cilantro, green onions, and basil, chopped

FOR THE SAUCE:

- 3 tablespoons fish sauce or vegan fish sauce substitute
- 3 tablespoons brown sugar (or sub another sweetener)
- 3 tablespoons chicken or vegetable broth
- 2 tablespoons white vinegar

- 1 tablespoon soy sauce
- 1 teaspoon chili paste

INSTRUCTIONS

1. Place the uncooked noodles in a bowl of cold water to soak. Spiralize the zucchini, red pepper, and onion into noodle-like shapes. Cut the carrots into very small pieces (or spiralize them, too, if they're big enough).

2. Shake up the sauce ingredients in a jar.

3. Heat a tablespoon of oil over medium high heat. Add the veggies – stir fry with tongs for 2-3 minutes or until tender-crisp (if they are not spiralized, they might need longer).

Be careful not to overcook them – they'll get soggy and heavy. Transfer to a dish and set aside.

4. Add another tablespoon of oil to the pan. Drain the noodles – they should be softened by now. Add the noodles



to the hot pan and stir fry for a minute, using tongs to toss. Add the sauce and stir fry for another minute or two, until the sauce is starting to thicken and stick to the noodles.

Push the noodles aside to make a little room for the egg – pour the beaten egg into the pan and let it sit for 30 seconds or so.

Toss everything around with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky.

5. Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs and serve immediately.

Roasted Pork Loin Stuffed with Prosciutto and Broccoli Rabe

ue slicing lengthwise from right to left, unrolling loin as you slice, to form a 3/4-inch-thick rectangle. Season with remaining 3/4 teaspoon salt.



Ingredients

- 1 bunch broccoli rabe, trimmed
- 3 tablespoons olive oil, divided
- 1 teaspoon kosher salt, divided
- 1/8 teaspoon crushed red pepper
- 3 garlic cloves, minced
- 1 (2-lb.) pork loin, trimmed
- 4 ounces very thinly sliced prosciutto
- 2 cups unsalted chicken stock
- 1/4 cup dry white wine
- 1 1/2 teaspoons Marmite
- 2 tablespoons salted butter

Step 1

Cook rabe in boiling water 3 minutes; plunge into an ice bath for 1 minute. Drain well. Wrap rabe in paper towels; squeeze dry. Chop rabe into 1 1/2-inch pieces. Place in bowl with 1 tablespoon oil, 1/4 teaspoon salt, pepper, and garlic; stir well.

Step 2

Preheat oven to 325°F.

Step 3

Cut into pork loin lengthwise from right to left, 3/4 inch from bottom, keeping knife parallel with cutting board; do not cut through the other side. Contin-

Step 4

Arrange prosciutto in layers to cover inside of loin. Spread rabe mixture on top, leaving a 1-inch border. Roll pork up left to right. Tie with twine in surgeon's knots at 2-inch intervals.

Step 5

Combine stock, wine, and Marmite in a roasting pan. Place pan over medium heat; cook until Marmite dissolves, stirring. Set a roasting rack in pan.

Step 6

Heat a large skillet over medium-high. Add remaining 2 tablespoons oil. Place loin in pan; cook 12 minutes or until browned. Place loin on rack; cover loosely with foil. Roast at 325°F for 50 minutes or until meat registers 150°F. Remove pork from pan; let pork stand 20 minutes. Swirl butter into pan juices until butter melts. Cut pork into 3/4-inch slices; serve with jus.

The Ultimate Chocolate Cake

Ingredients

- Baking spray with flour
- 1 cup semisweet chocolate chips
- 3/4 cup hot brewed coffee
- 3/4 cup vegetable oil

- 3/4 cup sour cream
- 4 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour (about 8 1/2 ounces)
- 2 cups granulated sugar
- 1/4 cup cocoa powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- Chocolate-Cream Cheese Frosting

Directions

1. Preheat oven to 350°F. Lightly coat 3 (9-inch) round cake pans with baking spray.

2. Combine chocolate chips and hot coffee in a medium bowl; let stand 2 minutes. Stir until chocolate is melted, about 1 minute. Whisk in oil, sour cream, eggs, and vanilla until smooth.

3. Stir together flour, sugar, cocoa, salt, baking soda, and baking powder in a large bowl. Stir in wet ingredients. Divide batter evenly among prepared pans (about 2 cups per pan).

4. Bake in preheated oven until a wooden pick inserted in center comes out clean, 20 to 25 minutes. Let cool in pans 10 minutes. Invert cake layers



onto wire racks, and let cool completely, about 1 hour.

5. Spread frosting between layers and on top of cake. Spread a thin layer of frosting on sides of cake, smoothing with a spatula. Chill cake 30 minutes. Spread an additional layer of frosting on top and sides of cake.



Hello everyone,

This month I thought we could learn a little more about one of the greatest Mediums that we have known in our lifetime, Medium Gordon Higginson.

Gordon Higginson was known as one of the best Mediums of all time. He was an excellent public speaker and teacher. One of his most popular sayings, when discussing life and its trials, was 'to spiritualise' every situation. Meaning to take a step back and look at a situation or problem with the eyes of spirit and understand what the bigger picture was and to learn from it.

He was multi-talented as a Medium; he was an excellent Evidential Mental Medium, Trance Control, Physical Medium, Philosophical Medium and Spiritual Healer. A true giant due to his accomplishments, influence, and dedication to a life of service for the Spirit World.

Gordon's Mother, Fanny Higginson, was told by Spirit at the age of 14 years old at Longton Spiritualist Church, that she would develop as a Medium herself and that it was pre-ordained that she would have a son and he would also develop as a Medium and become especially important within the movement.

Fanny Higginson was careful to supervise Gordon and permitted him to sit in her Development Circle from the tender age of 3 years old, however, he was not permitted to give messages from the Spirit world until he was 10 years old. He went on to give his first public demonstration on his 12th birthday and was known as 'the boy wonder'.

Both were committed to Longton Spiritualist Church for a combined term of almost 100 year of service.

He was lucky enough to be aware of the great names within the Mediumship world, Estelle Roberts, Bertha Harris (battling Bertha, a name given for her dogged determination to have spiritualism recognised officially), Helen Hughes, Nan MacKenzie, to name a few. He described Estelle Roberts as The Perfect Medium, although, his talents were equally high and paral-

leled hers.

Gordon was initially trained to be a Platform Medium, having elocution lessons to be able to work publicly, which he demonstrated for another 63 years. He was well sought after and gave hundreds of demonstrations a year to large audiences. He was a Master of his craft, known for his accurate evidence, which would include names, addresses and telephone numbers. He worked all around the UK in Spiritualist Churches and venues, one of the biggest being the Royal Albert Hall. Through the development of technology, some of his demonstrations were videoed and still are available in the public domain today. When watching the videos, you can experience the charisma and style of the man, when giving his addresses of love from the spirit world.

He did not stop at demonstrating mental mediumship. He became a fine Trance Medium, allowing many to publicly witness his Guides Choo Chow, Cuckoo, Light and Paddy, who would offer words of wisdom, evidence and even predictions. As a physical medium he produced a wide range of phenomena including materialisations, transfiguration, independent voice and apports. He was known to regularly sit with groups of 90 people in the Library at Arthur Findlay College in Stansted, London. He believed that various types of mediumship should be shared with the public and the word of spirit to be heard. Gordon is one of few mediums who would publicly demonstrate in front of audiences of 300 people. Sadly, he did receive injuries from the inappropriate actions of a few sitters. Although his Trance demonstrations were of high evidential value, it was one area that he felt needed improvement, due to the lack of 'sitting time'.

His talents did not stop there, working



together with his Healing Guide, Doctor John, Gordon was able to perform spiritual healing, being able to diagnose various ailments. It was known that when he was at Longton Spiritualist Church, his spiritual home venue, queues would form around the building of people and animals, wishing to

receive healing during these sessions. He was President of the Church from the age of 28 years old, until his passing, some 47 later.

Although Gordon was reluctant to take over the Presidency of the Spiritualist National Union (SNU), after an encounter with a spirit messenger who informed him that he had to take up the challenge, he did take over and saved the SNU from financial difficulties, thus saving Stansted Hall (Arthur Findlay College) for future generations of Mediums wanting to develop their gifts. He served the SNU for 23 years and officiated at namings, weddings and funerals.

Gordon Higginson was accepted as one of the best teachers and was in demand across the UK. He taught his first class at Arthur Findlay College in 1965 and continued to teach for 28 years, being the Principal from 1979-1993. Stansted Hall has become a well-known place for those who wish to be with like-minded people and wishing to develop the many facets of mediumship. Stansted Hall is affectionately known amongst us as Hogworts for mediums.

Gordon was extremely dedicated to his work with Spirit, he travelled extensively and devoted all his time to helping others and prove that the Soul does not die, bringing comfort to those in their time of need. After suffering a couple of strokes, he continued to work right up to the day before his transition in January 1993.

He has left behind a fabulous legacy; he was a true ambassador for the spirit world. For those following in his footsteps, he has shown us that this pathway is not an easy one, determination, resilience, understanding and dedication are needed. Many still talk of the times that they shared with him, with warmth and affection for a man known for his charisma and commitment.

Gordon Higginson will always be known as 'The Spiritual Giant' of his time. His teachings continue to be shared today and handed down by those who were lucky enough to be able to walk with him. He set high standards and did not compromise when working for spirit and was a tough task master to students. He maintained the professionalism in the craft of demonstrating and development.

It is known that he still continues to work with groups, circles and developing mediums, continuing his service from the spirit side of life.

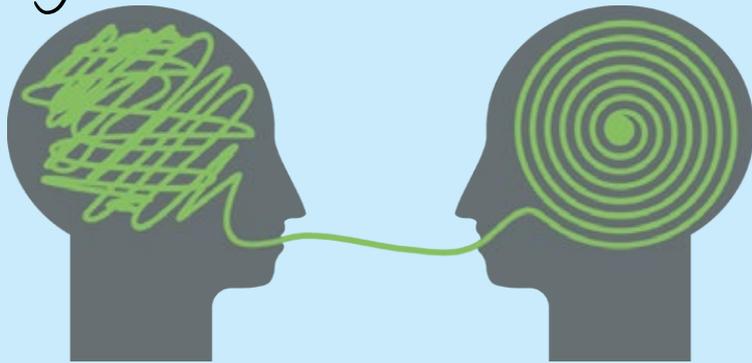
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the hospital
- Communication of essential medical
facts / information from the
hospital



PREPARE FOR SUMMER: 10 WAYS TO PREPARE YOUR MIND, BODY AND SOUL

#1 A Mantra

The first and only rule for having a 'beach body' is to have a body and head to the beach. Let's make this our mantra. Being beautiful is all about feeling beautiful, and we do not need to stick to unrealistic stereotypes.

#2 Begin to Unwind

The days are longer, happier and a little lazier. This laziness can be a good thing and at certain points, in the day we can indulge in it. A sense of tranquility, balanced control and peacefulness can allow the mind to stop racing, calm down and focus. Whenever you feel overwhelmed, take the time to breathe deeply (sounds clichéd but it's proven to work!).

#3 Keep Up Your Exercise Routine

When it comes to preparing the body for summer, there are two alternatives. One is simply maintaining your year-round exercise routine. The other is to use this routine as your basis and add something new for a bit of added variety.

#4 Something New

Good weather makes us feel more inspired, creative and daring. It's a good idea to track your progress when starting a new activity or challenge, so you are encouraged as you start to reach your goals. Be it reaching a new personal best in running, or surprising ourselves by overcoming our fears and trying a new activity (like an Aerial Fusion, inversion-therapy Yoga

swing!), this is a great way to stay motivated and focused.

#5 Tackle Insecurities

It's the perfect time to include exercises and activities that can help us feel good about ourselves and a little less self-conscious when the time comes to put on a bathing suit. Focusing on what we consider 'trouble areas' can increase our sense of accomplishment and calm feelings of anxiety stemming from not addressing our problems head-on.

#6 Get the Tan

For some, the best thing about summer is the natural golden glow of skin and hair. But more important than getting our daily dose of Vitamin D or a healthy tan, is making sure we keep safe. Read our article on essentials to protect the skin and warning signs by Dr Thordis Berger. If you'd like to kickstart your days at the beach with a nice tan, remember that sunbeds and tanning machines are not a healthy option, but you can always opt for a spray tan, done professionally in a salon or at home. If you are trying it at home, remember that dryer areas of our skin (knees and elbows for instance) will absorb more product and are at higher risk of turning orange. Moisturize well before you apply the tanning product to reduce this effect. Remember to wash your hands thoroughly afterwards.

#7 Summer Beauty

Skin and hair get a lot of abuse during the summer months – they have a tendency to dry out and become course from sun exposure and salt water damage. Indulge in your own DIY Spa for hair and skin and have fun creating amazing products from the natural products in your pantry. (link to ebook beauty or link to article

summer beauty treatments)

#8 Summer Diet

During warmer days, our need to stay hydrated naturally increases. Drinking plenty of water is important, so make hydration more delicious with flavoured water that you can create yourself at home (link to flavoured water article). There are plenty of foods with a high water content that can be easily included in our diet. From watermelon to cucumber, fresh and delicious seasonal produce offers us countless benefits.

#9 Make Changes

When seasons change so should we. It's the perfect time to adapt not only what we wear, but also our surroundings and the areas we spend most of our time in. Mark a day in your diary to create a wardrobe inventory, giving away what is just taking up space and hasn't been used in the past year; this is a good rule of thumb to decide what should stay and what should go. Create a mental image of what you want to achieve, envisage the perfect end result, and if the object doesn't fit the vision, then it's time to give it away.

#10 Live in the Present – and Relive It

Summertime usually means vacations. We spend all year craving a little extra time to spend with our loved ones. Don't just photograph and 'selfie' your way through summer this year. Get a box for all your memories



and save the amazing moments you'll want to remember later. You can bring home a shell you got at the beach, a movie ticket stump or even the cork from a great bottle of wine you shared with friends. It can all go right into your box of memories and precious moments.



June 1-June 29

An Annual LGBT Pride Celebration
Every year, during the month of June, the LGBT community celebrates in a number of different ways.

June 1-June 30

SANDS (Stillbirth and neonatal death charity) Awareness Month 2021 is in June, and is an annual event run by SANDS

June 1-June 7

Volunteers Week is celebrated between 1st and 7th June every year.



June 1

The World Conference for the Well-being of Children in Geneva, Switzerland, proclaimed June 1 to be International Children's Day in 1925.

June 1

World Hypoparathyroidism Awareness Day 2021

June 4

June 4 is National Cheese Day.

June 4

Hug Your Cat Day

June 5

World Environment Day is held on June 5th every year.



June 5

The Association for Butterflies is a non-profit organisation dedicated to the welfare of butterflies through conservation, research, education, and support to professionals

June 6

National Cancer Survivors Day

June 7-June 13

Growing for Wellbeing Week will take place on the 7th - 13th June 2021. Set up by gardening therapy organisation

June 7-June 13

Educating the Public About the Benefits of Aromatherapy

June 7-June 13

Child Safety Week is run by Child Accident Prevention Trust to raise awareness of the risks of child accidents.

June 7

Tourettes Awareness Day

June 7-June 13



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

Tel +34 646 290 420

aamazarron@gmail.com
Iglesia San Antonio de Padua
Calle Antonio Saura 198
Canada de Gallego

Please Contact Us Before Travelling To Any Meetings

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face.

June 8

National Best Friends Day World Oceans Day 2021

June 8

World Oceans Day

TM (Transverse Myelitis) Awareness Day 2021

June 12-June 18

Drowning Prevention Week Campaign

June 13

Fight against dementia Diabetes Awareness Week 2021

June 14-June 20

Diabetes Week.

June 14-June 19

Rare Chromosome Disorder Awareness Week

June 14-June 18

BNF Healthy Eating Week

June 14-June 18

Loneliness Awareness Week

June 15-June 20

Men's Health Week.

June 15-June 20

Cervical Screening Awareness Week

June 15



Prostate cancer awareness

June 18

Autistic Pride Day

June 20

Father's Day is a celebration honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. Many countries celebrate



June 21

World Humanist Day Children's Hospice Week 2021

June 22-June 27



Awareness of Lung Conditions

June 23

International Widows Day World Female Ranger Day 2021

June 27

National PTSD Awareness Day

World Elder Abuse Awareness Day

June 15

National beer day

June 15-June 20

Learning Disability Week 2020

June 15

International Working Animal Day

June 16-June 23

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BRIAN TRACY



How to have your own DIY wellness retreat at home

Set aside a weekend to nurture yourself, spring clean your goals and re-ignite your passions and plans, says Siobhan Mason

Woman meditating at home

There are times when we all need to take a step back from our lives to recharge our energy, replenish our motivation and re-evaluate our goals. A wellness retreat is the ideal place to do this, but we can't always afford a luxury weekend away. Luckily, there are many things we can do to create one for ourselves at home. It might involve getting others out of the house and a bit of tidying up beforehand, but with a little forward planning we can reap the rewards of a weekend 'away' at a fraction of the cost.

This is an ideal time to look back on the year so far and ensure that your everyday life and your priorities are still a reflection of what you want them to be. Read on for our simple tips on getting your home retreat-ready and our favourite rituals and activities to help you make the most of your weekend...

1 Clear any clutter

There's nothing more distracting than seeing crumbs, toys or lost socks under the sofa when we finally make the time to lie on our mat for a workout or meditation. "You're not going to be able to retreat if your physical space is cluttered, if there's laundry hanging about or dishes on the side of the sink," says wellness coach Juls Abernethy, who runs women's retreats year-round (thebodyretreat.co.uk). "Clear the decks as much as possible in the room you'll spend the most amount of time in. Add candles or incense and keep the light low in the evenings to help relax you."

2 Pick a meditation

Starting each day of your retreat with a meditation will help clear your mind and set your intentions. There are also lots of excellent meditation apps to guide you. Insight Timer is free; it offers meditations along themes including motivation, manifestation, mindfulness, gratitude, guided imagery, nature sounds and yoga nidra (ideal to help you sleep). Other great apps include Buddhify (only £1.99 on android with an easy-to-navigate wheel), Headspace and Calm (both of which have some free meditations and a monthly or annual cost for more.) Download your app of choice and explore it ahead of your retreat weekend to see which voice and meditation style appeal most, then choose your meditations in advance.

3 Minimise distractions

"When we go away on a retreat, we naturally leave distractions and interactions behind," says Juls. "To remove these, put your phone on 'do not disturb'. Check the news and social media on Friday night at 6 o'clock and decide not to check back in until Sunday night. Don't buy a newspaper or go on social media, and just allow everything to wind down." This won't be an entirely screen-free weekend. As much as technology can stress us out, it also has its pluses, including access to great yoga teachers, meditations and workouts online. By turning off notifications and temporarily removing the most tempting apps, we can still use our screens for their more mindful offerings.

4 Create a home spa

Use essential oils to create an authentic retreat feel. Jo Kellett, Tisserand Aromatherapy's well-being collective essential oil expert, suggests blending 2 drops of Frankincense, 2 drops of Atlas Cedarwood and 4 drops of Sweet Orange essential oils in an oil burner. "Frankincense has the ability to calm and deepen the breath. Atlas Cedarwood has gentle uplifting qualities that also make you feel strong and secure while Sweet Orange has a pleasant, aroma that gently uplifts the spirits and aids relaxation," she explains.

Woman holding a scented candle
Unsplash/Rebecca Peterson-Hall

5 Wind down at bedtime

A bedtime ritual will help you settle in for a good night's sleep. Try some or all of the following: light an aromatherapy candle (many people find lavender relaxing) and take a soak in a warm bath (add Epsom salts to relax muscles); practice a few gentle yoga poses (check out our yoga for sleep poses); drink a cup of herbal tea (chamomile and valerian are known to aid sleep, we love Pukka's Night Time blend); read a few chapters of a good book (discover the benefits of mindful reading) or listen to a bedtime story (try the Calm app's sleep stories).

6 Get physical

Make time over the weekend for physical activity. As well as being good for your physical health, focusing on your body gives your brain a chance to slow down and for goals to settle in your subconscious. You might like to go for a brisk walk, a swim or a run, or choose a workout at home. Fitness Blender has a range of online cardio, strengthening and stretching workouts and OMstars features over 1,000 yoga classes from teachers around the world. Be guided by your fitness level and ability, however a cardio workout followed by stretching or yoga is a great, rounded combination.

7 Prepare some nourishing food

Cooking mindfully could be part of your retreat or, if you prefer, you might like to prepare some nourishing dishes in advance. Depending on the weather outside, vegetable soups and salads are simple to make, will keep hunger at bay and are full of goodness.

8 Make the most of where you live

Spending time in nature has been shown to lower blood pressure and the production of the stress hormone cortisol, so make time outdoors (combined with exercise if you like) a part of your weekend. Spend time in the garden, a local park, wood, lake or beach. Take advantage of whatever green space you have on your doorstep. Mindful forest bathing can have real benefits for your mental health too.

9 Write a letter

A creative way to clarify your goals is to write a letter to someone close to you, dated a year from now. It's the letter you would want to write if everything had gone the way you wanted it to. Write about the year – in great detail and with great gratitude – as if it's already happened. You can include how harmonious your interactions with your family, your boss and your neighbours have been. You can write about your adventurous holiday and your outstanding progress at work. Be specific and be excited. This process really helps to cement in your mind where you want your life to be and ensures all of your upcoming decisions will help get you there.

10 Prepare a homemade herbal tea



Set aside time each day for a soothing tea-making ritual, then sit and drink your tea mindfully, savouring each sip. Rachel de Thample, author of *Tonics and Teas* (Octopus, £9.99), suggests a rosy ginger tea. "Rose is a lovely medicine for your heart in terms of calming your emotions," she says, "while the ginger and star anise are great digestive soothers." To make a 250ml (8.5oz) serving: peel and roughly chop a 3cm (1.25in) piece of fresh ginger, add a tablespoon of rose petals or buds and one star anise and place into a teapot. Pour over 250ml (8.5oz) of freshly boiled water, steep for 10 minutes, then strain into a mug.

11 Release muscle tension

"Self-massage can relieve muscle tension and reduce pain by getting good blood flow to overstrained areas," says sports massage therapist Laura Morris. "A common place for tension to occur is between the neck and shoulder. To release this, have your hand on the shoulder you wish to massage and turn the head to the opposite side to stretch the muscle. Then, use medium-firm pressure to help release the muscle. Repeat on the other side." Laura also recommends using a tennis ball to roll into the upper and lower back muscles and the gluteal muscles (the ones that make up our buttocks). The ball needs to be between your muscles and a surface, such as a mat or the wall. "Roll for 90 seconds or until you feel a release of tension," says Laura. "And since massage helps to release toxins back into the blood stream, be sure to drink lots of water after."

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Samaritans in Spain

Our big and exciting news is that we have a new Patron for Samaritans in Spain, Stevie Spit BEM, has agreed to become our new Patron, watch this space next month for a feature on him and hopefully some news about forthcoming events.

2021 continues its trend of donations with €170 being received from The Owl Multi Faith Healing Ministry.

The organisation is a group of Ministers, Healers and Friends with mixed religious and spiritual beliefs, currently based in Spain but with a branch on the Costa Blanca.

Their ministers are available for wedding blessings, burial services, cremation and christenings; in addition, they run a 7-week Healer Taster Course, anybody interested in contacting them can do so by email on lencox@hotmail.co.uk.

Due to a Board of Trustees reshuffle we are actively looking to recruit at least TWO further TRUSTEES. If you would like more details of this then please contact secretary.spainsams@gmail.com at the very earliest opportunity, we are hoping to interview at the end of May 21, ideally in person but via Skype/Zoom if necessary.

If you being a Trustee isn't your thing, but you would like to volunteer to become either a Listener, Fund Raiser or a Shop volunteer please visit our website, www.samaritansinspain.com, for further information.

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

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

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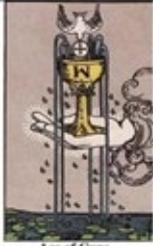
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 <p>Ace of Cups Water-Emotion-Potential Upright – Creativity, compassion, love, overwhelming emotion Reversed – Blocked or repressed emotions</p>	 <p>Two of Cups Water-Emotion-Duality Upright – Attraction, partnership, relationships, unified love Reversed – Break-up, imbalance in a relationship, lack of harmony</p>	 <p>Three of Cups Water-Emotion-Communication Upright – Celebration, community, creativity, friendship, Reversed – An affair, stifled creativity</p>	 <p>Four of Cups Water-Emotion-Stability Upright – Apathy, contemplation, meditation, re-evaluation Reversed – Being aloof, boredom, missed opportunity</p>	 <p>Five of Cups Water-Emotion-Adversity Upright – Bereavement, despair, disappointment, loss, regret, Reversed – Acceptance, forgiveness, moving on</p>	 <p>Six of Cups Water-Emotion-Growth Upright – Childhood memories, innocence, nostalgia, reunion, Reversed – Naivety, stuck in the past, unrealistic</p>	 <p>Seven of Cups Water-Emotion-Faith Upright – Choices, fantasy, illusion, imagination, wishful thinking Reversed – Diversionary tactics, illusion, temptation</p>
 <p>Eight of Cups Water-Emotion-Change Upright – Abandonment, disappointment, escapism, withdrawal Reversed – Aimless drifting, hopelessness, walking away</p>	 <p>Nine of Cups Water-Emotion-Fruition Upright – Comfort, happiness, satisfaction, wishes fulfilled, Reversed – Dissatisfaction, greed, materialism</p>	 <p>Ten of Cups Water-Emotion-Completion Upright – Alignment, happiness, harmony, marriage Reversed – Broken home or marriage, misalignment of values</p>	 <p>Page of Cups Water-Emotion-Messages Upright – A messenger, creative beginnings, synchronicity Reversed – Creative block, emotional immaturity</p>	 <p>Knight of Cups Water-Emotion-Motion Upright – Charm, imagination, romance, Reversed – Jealousy, moodiness, unrealistic</p>	 <p>Queen of Cups Water-Emotion-Influence Upright – Calm, compassionate, emotional security, intuitive, Reversed – Co-dependency, emotional</p>	 <p>King of Cups Water-Emotion-Authority Upright – Emotional balance and control, generosity Reversed – Emotional manipulation, moodiness, volatility</p>

History of The Tarot



Playing cards first entered Europe in the late 14th century, most likely from Egypt. The first records date to 1367 in Berne and they appear to have spread very rapidly across the whole of Europe. Little is known about the appearance and number of these cards; the only significant information being provided by a text by John of Rheinfelden in 1377 from Freiburg im Breisgau, who, in addition to other versions describes the basic pack as containing the still-current 4 suits of 13 cards, the courts usually being the King, Ober and Unter (“marshals”), although Dames and Queens were already known by then.

One early pattern of playing cards that evolved was one with the suits of Batons or Clubs, Coins, Swords, and Cups. These suits are still used in traditional Italian, Spanish and Portuguese playing card decks, but have

also been adapted in packs used specifically for tarot divination cards that first appeared in the late 18th century.

The first documented tarot packs were recorded between 1440 and 1450 in Milan, Ferrara, Florence and Bologna when additional trump cards with allegorical illustrations were added to the common four-suit pack. These new decks were called *carte da trionfi*, triumph cards, and the additional cards known simply as *trionfi*, which became “trumps” in English.

The oldest surviving tarot cards are the 15 or so Visconti-Sforza tarot decks painted in the mid-15th century for the rulers of the Duchy of Milan. He described a 60-card deck with 16 cards having images of the Roman gods and suits depicting four kinds of birds. The 16 cards were regarded as “trumps”

In Florence, an expanded deck called *Minchiate* was used. This deck of 97 cards includes astrological symbols and the four elements, as well as traditional tarot motifs.

Because the earliest tarot cards were hand-painted, the number of the decks produced is thought to have been small. It was only after the invention of the printing press that mass production of cards became possible. The expansion of tarot outside of Italy, first to France and Switzerland, occurred during the Italian Wars. The most important tarot pattern used in these two

countries was the Tarot of Marseilles of Milanese origin

What's the difference between the Major Arcana and the Minor Arcana cards?

Let's talk about the structure of the deck and the meanings of its cards. Any magical practice — tarot, astrology, or spell work — is based on the Hermetic axiom “as above, so below.” In other words, the macrocosm of the cosmos is reflected in the microcosm of individual experience. Accordingly, the entire universe exists within a tarot



deck, with each card representing a person, place, or event. These symbols are depicted in both the Major Arcana cards, which speak to greater secrets, and the Minor Arcana cards, which speak to lesser secrets.

Horoscopes April 2021



Aries

Married people should take care to avoid all conflicts for a happy life. Health will be wonderful with no serious health problems. Business people will have a prosperous time. Professional will face some hardships in their careers. The family environment will be problematic.



Leo

Love life will be exceptional and marital life will be very much romantic with scope for pregnancy. Health prospects are excellent. Family atmosphere will be quite harmonious. Career professionals can expect to have fabulous growth. Business people will be minting money.



Sagittarius

Married life can be made harmonious with good communication. Single persons should keep aside their suspicions while forming love relationships. Health will be problematic, while family affairs will be cordial. Career prospects are advantageous for professional growth.



Taurus

Conjugal harmony can be expected during the second half of the month. Children will do well in their activities, and family relationships will be delightful. Finances will be zooming, while career prospects are not encouraging. Health will not pose any problems.



Virgo

Married life will be full of social engagements and love will be something distinctive. Health will not create any problems. Family affairs require some serious attention. Professions will prosper in their careers, Business people will have a profitable time.



Capricorn

Married life will face hurdles and can be made cordial through compromises. Single persons will find love in social gatherings. Health prospects are fabulous, but family affairs are disturbing. Businessmen and professionals will have to toil it out. Students will do well in their studies.



Gemini

Single persons should be careful before getting entangled in love affairs. Finances and career predictions are not very beneficial for business people and professionals. Health will be wonderful without any hiccups. Travel engagements will rake in good profits.



Aquarius

Married life will be harmonious in spite of your cranky ways and with some patience. The academic progress of children will be satisfactory. Health prospects are encouraging. Career growth will be hindered by astral influences. Educational prospects are very much beneficial.



Cancer

Marital bliss will be enjoyable, provided you shed your seriousness. Single persons should go by their sixth sense in selecting love partners. The family atmosphere will be full of conflicts. Health problems may affect your activities. Travel activities are beneficial moneywise.



Libra

The love life of married people will be highly innovative and exciting. It will be love at first sight for single persons. No serious illnesses are likely on the health front. Business people can safely put money into new ventures. Students will excel in their academic careers.



Pisces

Married life will be harmonious in spite of your cranky ways and with some patience. The academic progress of children will be satisfactory. Health prospects are encouraging. Career growth will be hindered by astral influences. Educational prospects are very much beneficial.



Scorpio

Scorpio people should not spoil their love lives by indulging in too many social activities. Single persons will attract love with their charisma. Health and family relationships present a delightful picture. Professionals can expect good career growth.

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

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Mazarrón	968 590 012
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Although we make every endeavour to keep all information current, we rely upon the organisations to keep us up to date with any changes.

Local Community Groups

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

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

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

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

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Facebook: camposol D community Donations.
We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.30am and 12am with our donation buckets. Please consider a regular payment no matter how small. You may contribute via Paypal, bank transfer, or even a regular direct debit. This is especially popular with non resident holiday home owners.
Paypal, enter sectordphone@gmail.com as the recipient.

Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit.
Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

Bus Timetables

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