

THE  
Journal  
March 2020



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# THE Journal

March 2020



Dear Readers,

The almond blossom has graced our landscapes giving promise of warmer times to come this spring.

Thank you all for your feedback on the new look Journal. It is your comments that help steer the development of The Journal into THE local magazine for our community.

New this month we welcome our new mystery diner and wine of the month sections.

To our website we have added Alicante and Murcia International flight trackers.

We have “live” currency rates and a new “listen live” button for Costa Calida International Radio so you can listen where ever you are.

This month also sees the launch of our property portal. Estate agents as well as personal sellers can advertise their properties with in the website. The-journal.es

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

P.S. Please keep your eye out for Bobby Tunes. He is in there somewhere....

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Spanish farmers stage fresh demonstrations in protest at low prices for their products

Hundreds of tractors blocked streets and freeways in Valencia and Córdoba on Friday, with producers calling for changes to the practices of major distribution chains

Spanish farmers staged a fresh demonstration on Friday in protest at the low prices of their produce, cutting off roads with their tractors in a number of parts of the country in a repeat of industrial action they have been taking since the end of January.

In Valencia, hundreds of farmers' vehicles blocked the eastern Mediterranean city's center, along a route that ended at the doors of the central government's

delegation there. There were also tractor protests in the province of Córdoba, where 5,000 vehicles blocked the freeway to Málaga.

Meanwhile, the Spanish government was today holding meetings with union representatives and bosses from leading supermarket chain Mercadona. The distribution sector is being blamed by farmers for slashing prices and using loss-leading strategies, as well as other similar methods that are having a negative effect on producers' revenues.

The Friday protest in Valencia attracted 800 tractors, and was called by the main agrarian organizations. They are calling on the government to take measures to en-

sure that the prices they receive for their products at least cover their production costs. The farmers were planning to hand over their demands at the government delegation.

Wearing yellow jackets, protester Miguel Ángel Rosa explained to fellow farmer José Piles the problems he faced. "When this Casio gets to the store," he said, pointing to his watch, "the production costs are already incorporated. But we, on the other hand, are the first who have to shell out, the last to get paid, and we don't even make back what we have spent." The pair are both 60 years old and started to work in the countryside at age 14. They produce oranges, persimmon and vegetables.

"The machinery is expensive, fuel is expensive, the plant-protection products are expensive..."

#### SPANISH FARMERS MIGUEL AND JOSÉ

"The machinery is expensive, fuel is expensive, the plant-protection products are expensive..." they explain. The recent rise in the minimum wage has not, however, affected them, because in Valencia wage rates were already high. But other political decisions do have an effect. "Europe is letting fruit in from Egypt, South Africa and the Southern Cone when the season is just beginning here," they complain.

"They have very low salaries and they also use plant-protection products that are banned here.

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They have sold us out from all sides.” At the mostly male march, there were also small groups of women. One of them, with an orange jacket and a megaphone, was María Yúfera, 47. She is in charge of quality control at the Carlet cooperative, which has nearly a thousand members and employs 1,400 during the harvest season. “We have a salary, unlike the producers,” she said. “But all of us, whether we work in the office, load up boxes, select the fruit or put on labels, depend on the countryside. If the countryside falls into ruin, we will be right behind.”

Meanwhile, Agriculture Minister Luis Planas is continuing meeting with the supermarkets, having already sat down with representatives from distribution chains Carrefour and Lidl. Planas said this week that he would like to see Brussels impose regulations so that any agricultural product that is imported into the European Union comply with the same phytosanitary controls observed within the bloc. “It’s a legitimate demand from the sector that I support, and we are not closing the door on anyone,” he said.

English version by Simon Hunter.

## Canary Islands sandstorm



A vast sandstorm from the Sahara has shrouded Spain’s Canary Islands, disrupting travel plans for tourists flying in and out.

Airport operator Aena cancelled, suspended or diverted all flights to and from the islands at the weekend, citing low visibility.

But on Sunday operations resumed at all airports except Tenerife South.

The regional government has issued an alert, advising people to stay indoors and avoid travel.

Spain’s national weather service forecast winds of up to 120km/h (75mph) in the Canaries until Monday.

Strong winds have carried a dense cloud of sand from the Saharan desert, some 500km (300 miles) across the Atlantic Ocean.

The sandstorm is visible from space, with satellite images showing it engulfing the islands, off the coast of north-west Africa.

Ferry services and efforts to tackle wildfires on Gran Canaria island have also been hampered by the winds. Spanish Transport Minister José Luis Ábalos thanked neighbouring countries for their “solidarity”.

The Canary Islands, which include Tenerife, Fuerteventura, Gran Canaria, Lanzarote and La Palma, are popular with European tourists in search of winter sun. Saharan winds have also caused disruption in other parts of West Africa. Earlier this month, Nigeria’s aviation ministry warned that poor visibility could disrupt flights from the commercial capital Lagos until the end of February.



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## Dawn Llewellyn-Price

Like all good things, it started at a chir-inguito on a Mazarrón beach, heading towards the witching hour, accompanied by the sounds of a band tuning up on the sand nearby.

'We've got one spare ticket for Madonna, why don't you come?' asked a friend.

'Hhm, might just do that, where's the concert?'

I expected to hear Madrid in September.

'Lisbon. In January.'

Difficult, as I would be in the UK, while my travelling companions would be in Spain. Thoughts of snow covered motorways and cold, lone travel almost put me off, but I finally succumbed and the Whatsapp

group 'Madonna, baby' was born.

Like many of us, I'd been a huge fan in the early days, but that had petered out through the decades, casting aside fingerless gloves and multiple necklaces.

With assurances she was still absolutely fabulous, excitement mounted. She's still a mega star after all.

My nearest flight was early morning from Gatwick. Just like a prayer, there's a Mega-bus. That overnight boneshaker of a beast that ferries the Sleepless in Swansea to their desired location for relatively low cost. In January, a hat, gloves and duvet type coat were a bonus onboard, although falling asleep and almost missing the Heathrow changeover might have found me waking up back in Wales.

The tale of the metatarsal must be mentioned here. Whacking your little toe into the sofa base just days before travel meant a hasty try-on session of every shoe and boot in the bottom of the wardrobe. Only one pair didn't inflict pain; a very blingy and very old pair of lightweight trainers, bought in a sale in Madrid, covered in crystals and scuff marks.

Luckily, although I'm sure he wouldn't agree, one of my fellow ticket holders had recently broken an ankle and was still on crutches, so taxis meant a relatively easy way of sightseeing.

The other bonus was getting into the

concert first as incapacitated hopalongs.

All fans had their phones locked into magnetic cases, and what a joy to see people in conversation pre concert instead of praying to the techno-god.

Madonna took the stage late, and with the venue being a theatre, all of us extremely tired through early hours travelling without a siesta, and no air-con (it affects her voice) we struggled to stay awake during the lengthy wait.

The concert was unexpectedly fabulous, and considering the amount of pain she was suffering, a triumph of entertainment, theatrical, political, digital, simply 'wow'. Sadly she has cancelled some further concerts on medical advice, but this 'Madame X' tour plays only to small crowds, so you really are in close proximity to a superstar.

So we took a 'Holiday' in Lisbon, discovered Fado music, which featured heavily in her set, and our injuries survived a bumpy Tuk Tuk tour of the capitol of the Portuguese Custard Tart, the Pastel de Nata.

We sampled white port and giant croquetas.

I returned a Material Girl once more.

To a finally confirmed broken toe.

Dawn Llewellyn-Price

# LIFESTYLE

March Trend  
Texture



You have probably heard the term 'adding texture to a space' but what does this actually mean? After decorating my new living room the space still felt flat and a bit plain so by adding layers of texture in forms of cushions, rugs and throws you can get that finished look that we all love right now. Using simple tricks can really help your home feel more complete and it's as simple as changing over the cushion covers of existing cushions on a sofa or just investing in a chunky rug to contrast with a smooth floor.

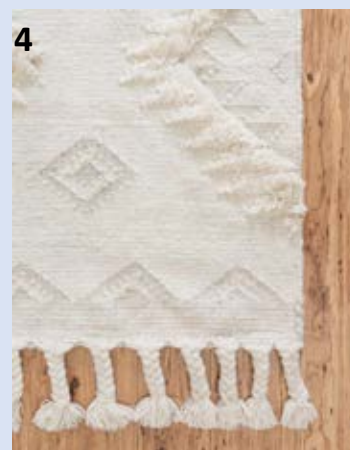
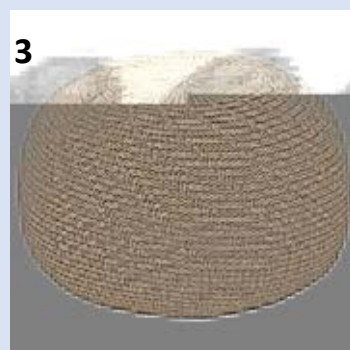
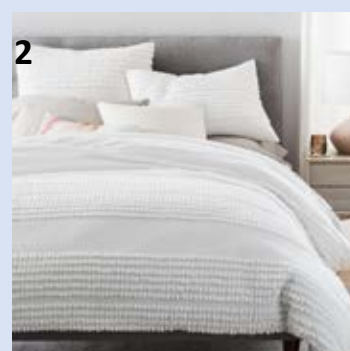
## 'Don't be afraid to mix and match'

Mixing textures can increase the depth of the room and don't be afraid to mix and match or to stick to one colour palette and use texture to bring the space to life. See below for all the items I have fallen in love with this month on my Wish list.

1- Black and White Cotton Cushion cover with Tassels 30 x 50cm Maisons du Monde £9 2- Candlewicj Duvet Cover + Pillowcases westelm.co.uk £23.30 - £111.20  
3- Sandared Pouffe Beige 45cm IKEA £50 4- Arizona Rug, White irugs.co.uk 3'3 x 5' £159

## Wish list Textured items

This month's wish list !





# WELLNESS

## Restorative Yoga



### What you will need



Domyos Organic cotton Yoga Bolster Cushion – Mottled Grey, decathlon.com £24.99



Yoga Studio Recycled Full chip foam blocks, Yoga Studio £10 for 2x



Yoga Blanket – Wool, Elina Pilates UK £16.74

**This month** take time out for yourself and look into Restorative Yoga. Restorative yoga helps provide that physical and mental balance to prevent stress and anxiety, through the use of props that allow you to hold poses longer, giving you all the benefits of deep, passive stretching. By supporting the body with props and blankets your muscles are able to fully relax and deepen the passive stretch. In restorative yoga poses are held longer and this allows the body and mind to slow down and open up creating calm and also allowing the body to start to self heal. Give it a try and feel the difference in your daily life.



## CONVERT YOUR SWIMMING POOL IN SPAIN INTO A HEALTH SPA WITH SALT WATER CHLORINATION

Salt Water Chlorination, through salt electrolysis, one of a new range of increasingly popular technologies that remove the need to add chlorine tablets to your pool in Spain. Chlorine tablets can affect your skin and leave a chalky residue behind as well as sting your eyes and turn your hair green if the chemical balance isn't correctly maintained. Did you know, however as chlorine is naturally a gas and the chemicals added to these tablets to keep chlorine in a solid form including cyanuric acid and bleach, can also be the cause of eczema and other skin conditions?

### Benefits of salt water swimming pools

The purifying, detoxifying and calming effects of saltwater pools support the immune, nervous, and lymphatic systems. Studies have shown that salt water pools are incredibly beneficial for people suffering from anxiety and/or depression as they are able to induce our bodies natural relaxation process. Salt water is able to naturally relieve the aches and pains within our muscles so is a great solution for Arthritis sufferers as well as relieving stress and as an antimicrobial salt also blocks unwanted germs which means you are far less likely to catch that summer cold. A salt water chlorine generator makes it easier to maintain constant, proper chlorine levels in your pool in Spain, avoiding high chlorine levels that can commonly occur in traditionally chlorinated pools causing eyes to dry out and become irritated.

### How salt water chlorination works

A salt water pool or jacuzzi simply uses added salt and a chlorine generator (electrolysis) instead of direct addition of chlorine.

The saline concentration is very low, less than that found in a tear of the human eye and 8x less than the salt concentration of seawater. A simple process using electrolysis separates oxygen, hydrogen and all other components that are present in our waters as salts, and other minerals. The dissolved salt is transformed into sodium hypochlorite (NaClO) which, dissolved in water, is a potent disinfectant: in addition, the cell

will automatically generate a free chlorine (Cl<sub>2</sub>) that does not degrade; avoiding unwanted and toxic chloramines, which are destroyed during the process. This chlorine, which will become salt again, will be able to eradicate the algae, bacteria and pathogenic microorganisms that we could find in the water of our pools.

Fortunately, converting your pool to Salt Water Chlorination is an easy process and in the long run will also cost you less to maintain, plus you won't need to store dangerous chemicals at your home.

You will need to have a salt water chlorination electrolysis device installed by your pool professional in Spain.

## Mother's Day UK



Mother's Day gives people the chance to celebrate their mothers. but the changing date means people are often caught out. Unlike Christmas, Valentine's Day and Halloween, Mothering Sunday falls on different dates in different countries every year.

The UK will celebrate Mother's Day in 2020 on Sunday, March 22.

Each year, it takes place on the fourth Sunday in the Christian festival of Lent.

### When is Mother's Day 2020?

This year, Mother's Day will fall on Sunday, March 22 - the fourth Sunday in Lent.

It also falls exactly three weeks before Easter Sunday, which is on April 12 this year.

### What are the origins of Mother's Day?

The origins of Mothering Sunday in the UK begin in the Middle Ages, when children who had left their families to work in domestic service were allowed to go back to their home church - or "mother church" as it was known.

At first, the "mothering" aspect of the day had no link to maternal parents, as it does today.

The journey home also morphed into a spring occasion for families to reunite.

The custom then developed for children to pick flowers on the way home as a gift to their mothers.

The date also became a celebration as the fasting rules of Lent were relaxed to allow revellers a long-awaited feast.

So it also became known as Refreshment Sunday, Simnel Sunday - after the simnel cakes traditionally baked on the day - and Pudding Pie Sunday to some.

### How did "Mothering Sunday" become "Mother's Day"?

The American festival of Mother's Day, which is held later in the year and has no religious connotations, drifted across the Atlantic.

So soon Mothering Sunday became more popularly known as Mother's Day in the UK

### When is Father's Day?



The most popular date for Father's Day is the third Sunday in June. This date was first observed in the USA and has since been adopted by many countries. In Spain, Italy and Portugal, Father's Day is celebrated on 19 March, which is the Feast of St. Joseph who is the patron saint of fathers. In Germany, Father's Day is celebrated on the same date as Ascension Day.

Across Scandinavia, the tradition of a Father's Day was adopted in the 1930's. Originally the American date was used, but in 1949 the Nordic countries decided to move it to the second Sunday in November. This was partly to place it half a year away from Mother's Day but also it was chosen to increase sales in an otherwise quiet trading period before Christmas. The only country who didn't fall in line was Denmark. They forgot to inform the public and press about the date change, so Father's Day remained on the same day as their other early June holiday, Constitution Day.

In Taiwan, Father's Day is celebrated on 8 August as the Chinese for eight is 'ba', while a colloquial word for father is 'ba-ba' - so the eighth day of the eighth month sounds similar to 'daddy'. This was also the date for Father's day in China, but the date was moved to the third Sunday in June.



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## How Much does it Cost For a Ton of Logs?

There is no question that the winter months are upon us! When out walking in the evening's one can smell the unmistakable smell of wood smoke coming from houses all around. It seems that most people are aware of the advantages of using a log burner in the winter months, but how many of us are aware about the cost versus quality aspect when purchasing firewood?

We recently asked Manolo the owner of El Pareton Firewood what we should consider when ordering firewood. And he had this to say: "The most common question that we get asked when the phone rings is "How much is a ton of logs?" It's a crazy question really. A bit like phoning a used car garage and asking how much a car is! We supply all different types and

sizes of firewood, each type having its own unique qualities. Therefore the price can vary depending on the customer's needs." He said. "All our firewood is correctly stored throughout the winter to ensure that it loses around 20% of its humidity, making it ideal for burning. We are one of the only businesses in the area that has a custom facility dedicated to this, therefore we know that when we sell a ton of logs to a customer, not only will they get wood that will burn properly, they also get an actual ton. Some companies sell green wood from recently cut down trees, it has the extra humidity therefore is heavier and does not burn correctly.

Firewood from El Pareton is sourced from a variety of locations in Murcia and in neighbouring provinces. When fruit trees have reached the end of their useful life for fruit production they are removed and new trees planted. The wood is then purchased directly by Manolo and put into storage. "We use all types of wood, but mainly Orange, Lemon, Almond, Olive and Pine. Each one burns differently. Our olive wood comes from Andalucia, and we only sell branches of olive, not the olive root. Burning the roots can be difficult and messy as they are nearly always covered in soil. Pine wood is a lovely wood

to watch burn as the dried sap sparks and produces a beautiful effect, but it is better to use it in a glass front log burner rather than open fire. Our Almond wood is very dense and is a hard, long burning wood, but needs to be mixed with other wood to burn well."

Manolo tells us that when each person calls to place an order, they are asked about the size, type and location of the log burner as this enables him to recommend the correct type of wood. "Normally we recommend a mix of the different types of wood to ensure that our customers get the best value. It's not a simple question of "how much is a ton of logs!" No one else holds a larger stock of log in this area than us. We provide a professional service."

So it seems when it comes to stocking up on firewood this winter, there is much more to consider than simply how much a ton of logs costs. It seems that even when sending your money up in smoke, like most things in life, you only get what you pay for!

For advice and prices on firewood, call 696 973 171  
or email: [oficina.mvv@aol.es](mailto:oficina.mvv@aol.es)



**DOCTOR**  
Dr. Prisca Henriquez Adames.  
Bachelor of Medicine and Surgery at the University of Santo Domingo.  
Masters in Bioetica at San Antonio University of Murcia 2013.  
General Practitioner for the National Health Service of Spain at Santa Lucia Hospital in Cartagena since 2014.



**DOCTOR**  
Dr. Diana Navas Carrillo.  
Bachelor of Medicine and Surgery at the University of Murcia.  
Specialist in General and Digestive Surgery. Masters in Professional Development. PhD course at the University of Murcia. Extra Training Hospital of Amsterdam (Free University Amsterdam). Surgeon at National Health Hospital Lorenzo Guirao.



**NURSE**  
Maria Sanchez Garre  
Degree in nursing by UCAM University in Murcia.  
Certificate in radiodiagnosis & Xray operator.  
Master in prevention of occupational hazards.  
Surgical Theater nurse at Mesa del Castillo Hospital, Virgen de la Caridad Hospital & La Vega Hospital for the Camposol Health Clinic  
Working in emergencies for the National Health System.



**PHYSIOTHERAPIST**  
Jose Andrez Sanchez Del Alamo.  
Diploma in Physiotherapy in the Catholic University San Antonio, Murcia  
Specialist in Sports Injuries.  
Club Physiotherapist for Club Deportivo Minera  
Master of Osteopathy from the School of Osteopath in Madrid



**DOCTOR**  
Dr John Carlo Justin Adan  
Graduated with a doctorate in Medicine and Surgery at the Medical University of Carlos 1st of Camaguey, Cuba in 2003.  
General Practitioner for the national Health Service of Spain since 2011 and a member of the A&E support Department since then.



**DOCTOR**  
Dr. Fernando Marrero Camacho.  
Graduate in Psychology at the University of Catalunya, Barcelona.  
Specialist in Clinical Psychology. Research in Schizophrenia, Borderline and Bipolar disorder at Mental Health Rehabilitation Unit of CARTAGENA, MURCIA. Specialist in Forensic Psychology. Forensic psychologist at Murcia Psychological Society (COP)  
Languages spoken: English, French and Spanish

The Camposol Health Clinic, located at the Business Centre, Sector A has launched a new membership scheme, under which any person, can join as a Camposol Health Clinic member. Membership status provides magnificent advantages to those patients who wish to utilise the benefits of our private clinic. For a small monthly fee members will receive:

#### UNLIMITED ACCESS TO GP SERVICES

The member may refer to Camposol Health Clinic GP for consultation as often as the associated patient may require, without any extra charge, just by making an appointment.

#### UNLIMITED ACCESS TO NURSE SERVICES

The member may refer to Camposol Health Clinic nurse for consultation as often as the associated patient may require, without any additional charge, just by making an appointment. Members will receive nursing treatment with 50% discount.

#### Access to PHYSIOTHERAPY Services

Members may access Physiotherapy treatment at Camposol Health Clinic under preferential discounts and rates.

#### FREE ACCESS SERVICES :

##### PHYSIOTHERAPY CONSULTATION

##### GP PRIMARY HEALTH CARE... INCLUDED

##### NURSE CONSULTATION... INCLUDED

##### Membership services :

VACCINATION € 5,00

INJECTIONS € 5,00

SIMPLE TREATMENT ( Blood Pressure and Glucose ) € 6,00

Dressings , EARWAX PLUGS , SUTURES € 8,00

ECG € 10,00

PHYSIOTHERAPY € 20,00

KINESIOTAPE € 3,00

DRY NEEDLING € 3,00

FUNCTIONAL BANDAGE € 5,00

BLOOD TEST as per type.

Camposol Health Clinic, has two types of Membership fees :

INDIVIDUALS: Only € 16 per month

COUPLES: Only € 27 per month

CHILDREN UNDER 12: Only 6€ per month

(In conjunction with adult membership)

To sign up for the membership scheme, simply bring a copy of your N.I.E (or passport for non residents) and your bank details to the Camposol Business Centre on Sector A.

For more detailed information please call 968 103 008  
or directly at the reception of the Business Centre, Sector A.





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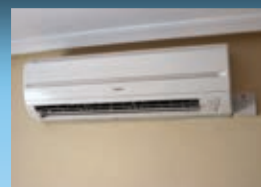
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March 2020

Marion Parmenter 0034 617925467

Hello again! I am a Spiritual Medium and Healer and have an eagerness to share the Astrology I studied many years ago in everyday easy to understand language. This type of Sun Sign Astrology is pretty general, but can shed light on a complex subject so that we can understand a little about what is happening and how we are affected by the planetary movements. Each month I will try to drip a little info into this small space to spur you on and share my understanding.

So, as we begin March you may well have been feeling the Planet Mercury's retrograde effects (apparent backward motion) which started to build up and affect people around the first week of February. The retrograde starts 17th Feb. and will affect us all to some degree or another for approx. 6 weeks in total finishing towards the 3rd week of March when Mercury is direct on 10th March and then picks up speed. It rules Gemini and Virgo so has a strong effect usually with those born in these signs. However, this major movement by a smaller faster planet rules all forms of communication from the nervous system to short journeys so you can't really escape it. He also rules computers, keys, cars and machinery and transport in general, letters, emails calls and the signing of important documents and making deals, which should be avoided if possible. Obviously, business has to continue, so be warned, read, re read and read again ... cross T's and dot I's and maybe have a plan b. Appointments need to be checked and watch how you speak to people especially if there is a need to sort a difficulty. It's a good time to do anything which you can put "Re" in front of such as review, revision, redo and reflect. As the old saying goes "Forewarned is forearmed".

So, onto March 2020.



## Aries

An energetic but challenging time for you so think carefully to avoid disputes/arguments as you are apt to be a bit angry or irritable at this time. You won't want to compromise but that may be what you need to do. So, stand strong with the big stuff and maybe give way to the little things that are not so important to avoid problems further down the line.



## Taurus

At some point this month your physical energy levels should be high and you will need to balance the physical and mental work you do taking care not to overdo it or take risks ... this should give you the ability to achieve much. Your confidence should also be high but again be careful you don't let your ego get out of hand, stand up for yourself by all means but watch you don't get into unnecessary arguments.



## Gemini

Watch out for someone who will unintentionally challenge you and may also be working at crossed purposes to what you are doing. You may not see it as unintentional and that could cause problems. Try to make your point and then leave it at that, let it go and keep your communications as clear and light as possible. If you have ongoing projects you will be keen to finish them and start to reap rewards or see the consequences.



## Cancer

You may find that your energy and zest for life is high at this time and if you haven't made new strides in your desired direction now is a good time to "go for it". Time to socialize and ask for favours if needed as all face to face meeting should go well for

you and will be enjoyable as you will make a good impression on others. The only "fly in the ointment" may be your ego as it could be challenged causing you to be a bit tetchy or at worst angry especially with your nearest and dearest. Try to keep control of the ego and not stifle what riles you but think it through and ask what is really important.



## Leo

A good time for you socially and romantically with a need to indulge in pastimes and people you enjoy as you won't want to put much energy into that which you have to work at. New friends will be found in the environment of groups and social situations and you may also create a good impression on those in authority such a boss or employer creating an opportunity for advancement.



## Virgo

You need to have a sense of culmination with something but be aware that the eagerness of this could make those in a superior position take an opposing standpoint which may make things very uncomfortable for you. If you have prepared well, you'll get through the difficulties and succeed ... if you haven't and you meet failure, hard



though it may seem ... head up and start again. It was an experiment that failed but you will have gained enormously in experience ready for next time. Don't be tempted to withdraw and feel defeated, equally don't expect negotiations to reach a satisfactory conclusion ... discuss by all means but wait until later in the month when Mercury goes direct to reach that point.



## Libra

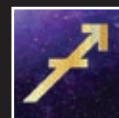
Come on you, an energetic time, when you can accomplish much, although you may be tested and asked to prove yourself and ideas. Think before you speak and act, as you won't want to give, but that is what you may need to do! Just make a stand on what is vital and ease back on the little things to get what you want. Making creative compromises now will be good for your future. It will be good for you to review any paperwork, communications etc. that has built up but with Mercury retrograde be careful and double check things.



## Scorpio

Your energy on all levels and your confidence should be good this month and you will be able to stand up for yourself should the need arise.

You may get the chance of new opportunities in your job which could later lead to promotion or salary increase. Working on your own or in a group should be beneficial to all. A time of knowing what you want and how to get it, take every chance that presents itself. Any negotiations, bartering and disagreements could go your way as you can present yourself and your ideas well but, take care that communications are clearly understood by the other party with Mercury's weak placement this month.



## Sagittarius

Be aware that there may be something that you have been working towards building or a there is a new element of your personality that has come to the fore that will be challenged by someone. Although they may seem to be deliberately working against you or are at cross-purposes, they actually have the same motives as you and you need to try to understand this. It's as if this is being tested before it comes out into the open. Know that whatever happens now will most likely bear fruit in the not too distant future. Now is also a good time for getting a clear idea of your own thinking and communicating those thoughts but, take note that Mercury being weak this month means you need to make sure others understand you.



## Capricorn

This month should be a time to review all your endeavors and plans for the year to see what still needs sorting. You should be full of energy which will see you get physical jobs "done n dusted" in no time and even if you have done a lot of mental work you will still feel the need to let off steam. However, this surge needs to be controlled and you need to take care so that you don't suffer by overdoing it and causing an accident, injury or an argument. Used wisely, this energy should help you get more done than you normally would. Health should feel particularly good now. Although, also a good time for discussion and forthright talks, with the Mercury retrograde be careful that others don't misunderstand you. Take care how you put things, especially topics of a delicate nature.



## Aquarius

Mercury retrograde may affect all those born at the end of the sign as it enters in reverse at the beginning of the month so communicate carefully and check all types of communications to try to avoid mistakes and awkward situations. It is a time to look at yourself and get your mindset straight ... give it an ITV so to speak. If you have felt a little ignored just do as mentioned a continue working on your own as this will soon pass. Also take care and use this time to do the same with your finances and what we call moveable valuables. Best to just review these rather than do anything rash until late in the month if possible. Even if Mercury is not too important in your natal chart it affects everyone so keep your head down until it passes.



## Pisces

This is a time when you could be so wrapped up in your own thoughts that you don't notice "the other point of view"! Although a good time to express yourself and your ideas, Mercury as I have emphasized is "Not on your side" and others may misunderstand your subjective point of view. However, communication with men or someone in a higher, more influential position to you is highlighted at this time. You may feel restless and need to get out and about and will learn much more from local travel than at any other time. Once Mercury turns direct picks up speed around the middle of the month you can get going with new ideas and/or beginnings unique to you and let everyone know about them with a gentle confidence and enthusiastic energy.



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QUEEN

Queen formed in 1971 and in 1973 signed their first recording contract for EMI. That year they released their first album, *Queen*. The same year saw their first major UK tour, and in 1974 they released *Queen II* as well as making their first UK headlining tour. They made their first US tour, and in November released *Sheer Heart Attack* which was a hit on both sides of the Atlantic. 1975 saw their new release, *A Night At The Opera*, and the single *Bohemian Rhapsody*. At 5' 55" it should have been too long for successful radio play but it became one of the greatest singles of all time, staying at No. 1 in the UK chart for nine weeks. The video, directed by Bruce Gowers, is credited with being the first genuine promotional video. The song has regularly featured in all major pop polls and was recently named again as the best single of all time. The success of *A Night At The Opera* was equally stunning, giving the band their first platinum album. 1978's *Jazz*, included another huge hit single in *Bicycle Race* and Queen toured the US and Canada. They spent much of 1979 touring in Europe and Japan, as well as releasing their first live album, *Live Killers*. They were also approached to write the score for a forthcoming feature film, *Flash Gordon*. Before that they released *The Game* in 1980 which went five times platinum in Canada alone! Another *One Bites The Dust* became the band's biggest selling American single. Later that year the soundtrack for *Flash Gordon* was released and by the end of the year Queen had sold over 45,000,000 albums worldwide. In 1981 they toured the Far East and were the first band to make a stadium tour of South America. They played to 131,000 people in Sao Paulo, the largest paying audience for any band anywhere in the world. 1984 saw *The Works* and the single *Radio Ga Ga* became a worldwide hit, reaching No. 1 in 19 countries. Another huge hit

was *I Want To Break Free*, featuring one of their most famous videos, all dressed in drag. In 1985 they were the headlining act at Rock in Rio, the biggest festival to be held anywhere in the world. They again made history that year with the show-stealing performance at Live Aid from Wembley Stadium, which proved to be a turning point for the band, *One Vision* being the first post Live Aid release. 1986 saw their 14th album, *A Kind Of Magic*, which was the soundtrack to the Russel Mulcahy film, *Highlander*. The title track became another worldwide smash and the album entered the UK charts at No. 1; later in the year the 2nd live album, *Live Magic*, went into the charts at No. 3. Between 1988 and 1991 Queen released three more albums, *The Miracle* in 1989 and in 1991 *Innuendo* and *Greatest Hits II*. All three entered the UK charts at No. 1, as did the single *Innuendo*. On 23rd November 1991 Freddie Mercury announced to the world that he had AIDS and the next day he died peacefully at his home, surrounded by family and friends. He remains the most high profile loss from the disease in the entertainment world and the news shocked fans throughout the world. As a tribute *Bohemian Rhapsody / These Are The Days Of Our Lives* was released as a double A-sided single to raise funds for the Terence Higgins Trust. It entered the UK chart at No. 1, where it stayed for five weeks, raising over £1,000,000 for the charity and Queen became the first band to have the same single top the UK charts twice. In December of that year Queen had 10 albums in the UK Top 100. In 1992 Freddie was awarded posthumously the BRIT's "Outstanding Contribution to British Music" and *Days Of Our Lives* won Best Single. On 20th April many of the world's top stars joined Brian, Roger and John on stage at Wembley for an emotional tribute to Freddie. In 1995 the tracks that Queen had begun in 1991 were completed by Brian, Roger and John and the long-awaited *Made In*

Heaven was released worldwide. It was the end of an era. Since then the phenomenon of Queen has remained, however, with continuing sales for their recorded output on CD and video. A ballet of their music by famous French choreographer Maurice Bejart was premiered at the National Theatre in Paris in 1997 and in May 2002 the hit musical *We Will Rock You* opened to sell-out audiences in London's West End and continues to play to packed houses and standing ovations every night. Queen's first DVD *Greatest Video Hits Vol. I* was released at the end of October 2002, and yet another piece of Queen product entered the UK charts at number 1. October 2002 also saw Queen receive their own star on the Hollywood Walk of Fame, Los Angeles, joining The Beatles as only one of a handful of non-US bands to receive the much coveted honour. Last year, 2004 they were inducted into the Rock and Roll Walk of Fame, and in the UK were voted by the public into the first UK Music Hall of Fame.

Brian and Roger continue to be ambassadors for the Mercury Phoenix Trust, the HIV/AIDS charity set up following the death of Freddie in 1991. To date the charity has helped over 800 projects worldwide and raised over \$16 million in the fight against the disease. Brian and Roger took Queen back onto the touring circuit for the first time since 1986 in 2005 and 2008, joined by former Free/Bad Company singer, songwriter and musician Paul Rodgers playing concerts across the UK and throughout Europe. Since 2012 Queen have enjoyed a fruitful collaboration with US singer/songwriter Adam Lambert and have toured extensively across North and South America, Europe, the UK, Asia and Australia and New Zealand.





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#### Check your breasts

Thanks to growing awareness, many women are now checking their breasts, seeking treatment sooner, and more are surviving breast cancer. Men get breast cancer too, but we know that many women and particularly men are still not making regular checks, so read on and start today!

#### 8 common signs to check for – women and men

1. Any unusual change in the shape or size of one of your breasts
2. If one breast has changed and become lower than the other.
3. Changes in skin colour or a rash around the nipple.
4. A nipple that has become pulled in or changed its position or shape (retraction of the nipples is normal in some women).
5. Puckering or dimpling of the skin.
6. A lump or thickening within the breast or armpit.
7. Discharge from one nipple or both.
8. Constant pain in one part of the breast.

The earlier breast cancer is detected, the greater the chance of successful treatment and cure. Remember 9 out of 10 breast lumps are not cancerous!  
When to check your breasts

Examine your breasts once a month, for women preferably immediately after the end of your period. For women who do not have periods and for men, check yourself on the same day each month. If you have any doubts, please consult your doctor.

How to check

Begin by facing a mirror or lying down... but see the guided instruction from Breast Cancer Now here

One for the boys

Men Get Breast Cancer Too! Did you know that 350 men a year in the UK are diagnosed with breast cancer? As with women, it usually affects older men in the 60 – 70 age bracket, but it can be found in men of any age. The diagnosis of breast cancer in men, as well as the treatment, is very similar to that for women.

#### Did you know?

- 38% of breast cancers in the UK could be prevented by improved diet, physical activity and body weight. \*
- 12% could be prevented by physical activity alone. \*

\*Based on current statistics provided by The World Cancer Research Fund.

Fact

• 1 in 8 women in the UK will experience some form of breast cancer during their lifetime. The statistics are very similar across the Western World.

• Whilst more women are being successfully treated and surviving pri-

mary breast cancer, a lot more research is still needed into secondary breast cancer in women.

- A man can have an increased risk of breast cancer, if a number of close female relatives have been affected by breast cancer, particularly at a young age. Men can inherit the BRCA1 and BRCA2 genes, which also cause breast cancer in women

- Many men are diagnosed with breast cancer relatively late because they didn't realise breast cancer could affect them too.

Source

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# March 2020

## “What’s on”

Sunday	Monday	Tuesday	Wednesday
<b>1</b> Bar Salud Entertainment Disco fun with DJ Woz from 7pm.  Puerto de Mazarron Market Day St Nicholas Ecumenicla & Well-spring Victory Church Service  San Jose El Saladillo March 1 @ 4:30 pm - 11:30 pm Catholic Mass in English.	<b>2</b> Mazarron Bay Bridge Club Hotel Playa Grande  Age Concern Drop in Centre March 2 @ 10:00 am - 1:00 pm  Forget me Not Jumble Sale & Respite Care 10:30 am - 1:30 pm	<b>3</b> Perrera Dog Walking Age Concern Drop in Centre Book Swap  FAST Volunteers Wanted  Friends and Buddies Meeting	<b>4</b> Bar Salud Entertainment Rock and Roll Bingo from 7pm, followed by karaoke  Petanque Tournament March 4 @ 1:30 pm - 3:30 pm To the side of Mariano's.  The Beacon of Light March 4 @ 7:00 pm - 11:30 pm Weekly meeting, Canadas Del Romero.
<b>8</b> Puerto de Mazarron Market Day 8:00 am - 5:00 pm  St Nicholas Ecumenicla Church Service 10:30 am - 5:00 pm	<b>9</b> Mazarron Bay Bridge Club 9:30 am - 5:00 pm Hotel Playa Grande, Puerto de Mazarron  Forget me Not Jumble Sale & Respite Care	<b>10</b> Alhama Market Day 8:00 am - 5:00 pm  Perrera Dog Walking 9:00 am - 11:00 am  Friends and Buddies Meeting 7:30 pm - 11:30 pm	<b>11</b> The Beacon of Light 7:00 pm - 11:30 pm  MABS Craft Group 11:30 am - 5:00 pm  Camposol C Gardening Group 9:00 am - 5:00 pm
<b>15</b> Puerto de Mazarron Market Day 8:00 am - 5:00 pm  St Nicholas Ecumenicla Church Service 10:30 am - 5:00 pm  Wellspring Victory Church Service March 15 @ 11:00 am - 5:00	<b>16</b> Mazarron Bay Bridge Club 9:30 am - 5:00 pm Hotel Playa Grande, Puerto de Mazarron  Age Concern Drop in Centre 10:00 am - 1:00 pm	<b>17</b> Alhama Market Day 8:00 am - 5:00 pm  Camposol B Clean Working Party 8:30 am - 5:00 pm  Camposol D Clean 8:30 am - 5:00 pm	<b>18</b> Totana Market Day 8:00 am - 5:00 pm  Camposol C Gardening Group 9:00 am - 5:00 pm  Local Councillor Silvana  MABS Craft Group 11:30 am - 5:00 pm
<b>22</b> Puerto de Mazarron Market Day 8:00 am - 5:00 pm  St Nicholas Ecumenicla Church Service 10:30 am - 5:00 pm  Wellspring Victory Church Service	<b>23</b> Mazarron Bay Bridge Club 9:30 am - 5:00 pm Hotel Playa Grande, Puerto de Mazarron  Forget me Not Jumble Sale & Respite Care	<b>24</b> Alhama Market Day 8:00 am - 5:00 pm  Camposol B Clean Working Party 8:30 am - 5:00 pm  Camposol D Clean 8:30 am - 5:00 pm	<b>25</b> Totana Market Day 8:00 am - 5:00 pm  Camposol C Gardening Group 9:00 am - 5:00 pm  Local Councillor Silvana  MABS Craft Group
<b>29</b> Puerto de Mazarron Market Day 8:00 am - 5:00 pm  St Nicholas Ecumenicla Church Service 10:30 am - 5:00 pm	<b>30</b> Mazarron Bay Bridge Club Hotel Playa Grande  Age Concern Drop in Centre March 2 @ 10:00 am - 1:00 pm  Forget me Not Jumble Sale & Respite Care 10:30 am - 1:30 pm	<b>31</b> Alhama Market Day 8:00 am - 5:00 pm  Camposol B Clean Working Party 8:30 am - 5:00 pm  Camposol D Clean 8:30 am - 5:00 pm	<b>1</b>



Thursday	Friday	Saturday
<b>5</b> Age Concern Drop in Centre 10:00 am - 1:00 pm  Los Amigos de Mazarron FC Meeting 4:00 pm - 5:00 pm  Mazarron AA Group 5:30 pm - 7:30 pm meeting room adjacent to Canada de Gallego Church.	<b>6</b> Mazarron Bahia Lions 9:00 am - 5:00 pm Table top sale, donations and booking and collecting of tickets etc. Located on Camposol B.  Los Palacios Garden Group Book Stall. 10:00 am - 12:30 pm Camposol A	<b>7</b> Mazarron Market Day 8:00 am - 5:00 pm  Fuente Alamo Market Day  Harlequin Rock Choir Rehearsals 1:00 pm - 5:00 pm
<b>12</b> Age Concern Drop in Centre 10:00 am - 1:00 pm Calle Valencia 12, Camposol,  Los Amigos de Mazarron FC Meeting 4:00 pm - 5:00 pm Meeting held on Camposol C.	<b>13</b> Camposol B Clean Working Party 8:30 am - 5:00 pm Taking care of our community.  Camposol D Clean 8:30 am - 5:00 pm	<b>14</b> Mazarron Market Day 8:00 am - 5:00 pm  Fuente Alamo Market Day 8:00 am - 5:00 pm  Harlequin Rock Choir Rehearsals 1:00 pm - 5:00 pm
<b>19</b> Age Concern Drop in Centre 10:00 am - 1:00 pm Calle Valencia 12, Camposol,  Los Amigos de Mazarron FC Meeting 4:00 pm - 5:00 pm Meeting held on Camposol C.	<b>20</b> Camposol B Clean Working Party 8:30 am - 5:00 pm Taking care of our community.  Camposol D Clean 8:30 am - 5:00 pm	<b>21</b> Friends of Mazarron Animals Fund-raiser March 21  Keeng Queen Tribute performing at Marianos. Book a ticket from FMA to avoid disappointment. fma.murcia@gmail.com
<b>26</b> Age Concern Drop in Centre 10:00 am - 1:00 pm Calle Valencia 12, Camposol,  Los Amigos de Mazarron FC Meeting 4:00 pm - 5:00 pm Meeting held on Camposol C.	<b>27</b> Camposol B Clean Working Party 8:30 am - 5:00 pm Taking care of our community.  Camposol D Clean 8:30 am - 5:00 pm	<b>28</b> Mazarron Market Day 8:00 am - 5:00 pm  Fuente Alamo Market Day 8:00 am - 5:00 pm  Harlequin Rock Choir Rehearsals 1:00 pm - 5:00 pm
<b>2</b>	<b>3</b>	<b>4</b>

Please check with the venues or organisers in case there have been changes to the events.

For more information please check the websites of either The Journal or the Costa Calida Radio

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**Camposol sector A (Now known as Los Palacios) began life as early as 1996. The builder known as Grupo Masa began a project which simply grew and grew becoming what Camposol is today.**

In the early days sector A was the only part of Camposol to exist, and consists of approximately 800 dwellings. There is a good mixture of many different nationalities living here too. There is not a bad view anywhere on this sector. Mountain views exist from all angles and as the area is maturing with some trees now 20 years old it is looking very established and attractive. Jacaranda trees dominate the lower car park area in the spring



with their beautiful, mauve flowers.

Sector A is now separated from the rest of the Camposol development

as it is divided by the Auto via RM3. Originally this divide was a single track road that then became an underpass and was eventually replaced with the new motorway.

Los Palacios as it is now referred to has a number of business services on offer which include many shops, bars and restaurants. There is even a British style butchers, an internet and phone provider a Spanish ferreteria, (hardware store) and 2 hair dressers/barbers. There is also a formal post office servicing this sector, delivering mail to a secure mail box building.

This sector of Camposol also boasts a state-run medical centre, open to all Camposol Spanish residents, a pharmacy and a business centre. The business centre has facilities for private medical and dental services, a national insurance company and there is also a clinic offering semi permanent make up via cosmetic tattoo procedures.

This sector is not short on volunteer groups either. There is a slimming club, a gardening group, and a "trap, neuter and return" group for keeping the population down as there are so many.

If you are looking for places to eat then there is also a good selection of Spanish, British and Indian food available. Come and visit us on sector A and see for yourselves.

## Camposol Character



My name is Alen Babana and I was born in Bagdad, Iraq in 1985. I lived there with my father Sargon, my mother Margaret, and my sister Lana until I was 5 years old at which time the whole family decided to move to The USA. We were living fairly well with a good income due to the country's good economy despite the 8 year war against Iran, but after that we knew it was a question of time before something bigger happened. There was so much political uncertainty in the region in 1990, and as it happened, just 2 weeks after we had left Iraq, Saddam Hussein declared war on Kuwait so our timing was perfect.

The only bit of good news at this time was that financially, the markets were in our favour as \$3.5 US Dollars was equal to 1 Iraqi Dinar so at least we left Iraq with some good money to invest in a business.

It was not possible to travel directly to the USA from Iraq without all the necessary visas and other documentation so we decided to settle in Spain on a temporary basis as we were in for a long wait, and we never left!

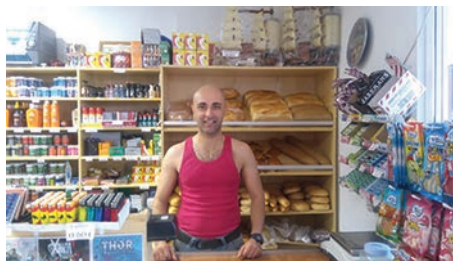
We arrived in Madrid in 1990 and set up our first business. This was the first in a series of shops that we opened in Spain. Our first shop was actually a gift shop that also sold a wide range of stationery. The shop was successful, and we ran it for 3 years before realising we actually wanted to be in a more coastal area so decided to sell up and move. By this time all thoughts of moving to the USA had disappeared, we all loved Spain and wanted to stay.



Our next move was to Los Alcaz res in 1994 which is in the Murcia region where we opened another similar shop called the "Bazar Mar Menor" which was located in the Oasis development just by the junction of the AP7. This business was again successful but after 3 years there, we decided to try another location, this time Benidorm!

The Benidorm shop was much more of a gift shop and again, it was successful but there was fierce competition so we decided to look around again for another location. It was during this time that we discovered quite by accident that the building developer "Grupo Masa" had started another development with similar properties to those in The Oasis urbanisation in Los Alcaz res. This new development was a few kilometres from the Spanish working town of Mazarr n known as Camposol.

We loved the location and quickly decided Camposol was for us, and In April 2000, we opened a small supermarket on sector A which today is called "Alens Shop". We are a small, hard working family that offers a big selection of British Food, National and Euro millions Lottery, newspapers, fresh bread and household goods. We try to offer a unique service with long opening hours. As there is no longer a bank on sector A we also now can offer "cash back". This is very popular as there are no bank charges involved which there are if using a generic ATM. We also



work around family "shifts" to maximise our opening hours which are currently Monday-Friday, Sundays and bank holidays 8am until 2pm, and then from 4pm until 7pm. On Saturdays we are open from 8 until 2pm.

On a more personal note there are a few things that I would like to share although many of you will already know me well. My official language is "Aramaic" which is from the "Assyrian" people who originally populated the area known today as Iraq 4 millennia before Christ until the rise of Islam in the 7th century a.d..

I also am fluent in Spanish, English, and Arabic.

I am a devout Christian. I am a person who loves absolutely every person as we are all made in the Image of God and I try to put in practice all the teachings of Jesus Christ about love towards the neighbour and even towards the enemy. I believe that no human has the objective morality to judge another human, and that God is the ultimate Judge who will put each one of us in their place at

the time of His second coming. I love to keep fit, go walking, workout in my home gymnasium.... and one of my biggest passions is astronomy. The universe fascinates me so much.

In the music I am a big fan of Michael Jackson, Pink Floyd and The Eagles. I love spicy food. In my spare time I am the drummer of a local Country and Rock Band call "Rufus y los bandidos" and enjoy playing in local gigs.

Many of you will already know that I went to a wedding in Milan on 15th February 2016. This is a day I will never forget as it was here I met my beautiful wife Simona. It was simply love at first sight. I knew she was the lady for me. Simona is Italian but with "Coptic Egyptian" parents. I travelled every month back and forth to Italy to see her, only having social media and phone calls to keep the relationship alive until finally her parents came to visit and our wedding arrangements were made. Living together before marriage with our beliefs was not an option. We were married in April 2018 and are delighted to announce the birth of our first child Ivan, who arrived on 6th February 2019.

I look forward to seeing you all in the shop and out and about on Camposol.

Saludos!

Alen.

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## Summer vegetable & quail's egg tart



### Ingredients

- 300g ciabatta bread mix
- 3 tbsp rapeseed oil plus extra to serve
- 140g frozen peas, defrosted
- 85g full-fat cream cheese
- 140g soured cream
- 1 large egg
- 3 shallots
- ¼ tsp golden caster sugar
- 400g (unpodded weight) broad beans
- 6-8 baby leek
- 8 asparagus
- 6-8 quail's eggs
- small handful pea shoots, to serve

### Method

1. Tip the bread mix into a large bowl and add the oil and 175ml lukewarm water. Knead for 5-10 mins until you have a smooth, elastic dough, then cover with cling film and leave to rise until doubled in size.
2. Whizz the peas and cream cheese together in a blender or food processor until smooth, then stir in the soured cream, egg, shallots and sugar with some seasoning. Bring a medium pan of water to the boil. Add the broad beans for 30 secs, then lift them out with a slotted spoon into a bowl of cold water. Gently squeeze the bright green beans out of their thick skins and discard the skins. Meanwhile, add the leeks to the boiling water for 1 min 30 secs, then add the asparagus and boil for 1 min more. Drain well.
3. Heat oven to 200C/180C fan/gas 6. Roll the dough out on a large baking sheet to a rectangle 14 x 40cm, pressing down the centre to create a thicker 'crust' around the edge. Spread the pea cream in the middle of the tart and bake for 20 mins. Scatter over the leeks, asparagus and broad beans, then carefully crack over the eggs – you can arrange the veg to create little pockets if it helps. Drizzle with rapeseed oil and bake for another 5-7 mins. Scatter a few pea shoots over and serve straightaway, cut into thin slices

## Pesce spada steccato e grigliato (Griddled garlic & mint studded swordfish)



### Ingredients

- 4 swordfish or tuna steaks, 2cm<sup>3</sup>/<sub>4</sub>in thick
- 200ml dry white wine
- 2 tbsp white wine vinegar
- 2 garlic cloves
- fresh mint
- 2 tbsp extra-virgin olive oil, plus extra for serving
- a little fresh oregano or finely chopped flatleaf parsley, to serve
- 2 lemons
- preferably organic, quartered

### Method

1. Wash the fish steaks and pat dry with kitchen towels. Rub with pepper on both sides, but do not salt as it would draw out the juices. Marinate for an hour in the wine and vinegar.
2. Meanwhile, peel the garlic cloves, cut in half and remove any green shoots in the centre that can taste bitter. Cut each half in four, so you end up with 16 slivers.
3. Heat a heavy ridged griddle pan on the hob. Remove the fish from the marinade, pat dry and make 4 well distributed small incisions in each steak with a sharp knife. Wrap a mint leaf round a garlic sliver and insert one into each of the incisions.
4. Brush one side of each fish steak with olive oil, place oiled side down on the griddle, turn down the heat and cook for 3 minutes. Brush the second side with oil while it is on the griddle, then turn the fish over. Turn the heat up for one minute only, then turn it down again and cook the second side for another minute or two. When the fish is cooked it should be moist inside, with white flesh that flakes easily.
5. Take the fish off the heat and season both sides, drizzle with olive oil, scatter with the herbs and serve with the lemons to squeeze over.

## Black Forest cake in a glass



### Ingredients Servings:-6+

- 5 eggs
- 150 g sugar (divided)
- 100 g all purpose flour
- 50 g cornstarch
- 50 g cocoa powder
- 50 g vegetable oil
- 2 cl cherry brandy (divided)
- 150 ml cherry juice
- 250 g cherries
- 300 ml cream
- 150 g powdered sugar
- mint leaves for serving
- chocolate shavings for serving

### Method

- Preheat oven to 180°C/350°F. In a stand mixer, beat together eggs and half of sugar until frothy.
- In a large bowl, mix together the flour, cornstarch, and cocoa powder and sift into the eggs. Beat to combine.
- In a steady stream, slowly add oil to batter and continue to beat for approx. 1 – 2 min. until well mixed.
- Pour the batter into a round baking form and bake in a preheated oven at 180°C (350°F) for approx. 15 – 20 min. until an inserted toothpick comes out clean.
- In a saucepan over medium heat, caramelize the rest of the sugar. Deglaze with half of the cherry brandy and all of the cherry juice. Reduce to a simmer and allow to cook for approx. 6 – 8 min.
- When the cherry sauce is reduced by half, add cherries. Continue to simmer for approx. 5 – 6 min.
- Beat cream until almost stiff. Then add the powdered sugar and continue to beat for approx. 1 min. until combined and stiff. Fold in remaining cherry brandy.
- Release cake. Using a cookie cutter, cut out individual cake rounds.
- In a serving glass, layer the cake, cherry sauce, and whipped cream. Repeat. Garnish with mint and chocolate shavings. Enjoy!

New  
Recipes





## PALENQUE

♥ BRASAS

After a while pondering on where to go to eat, the decision was made to go back to an old favourite El Palenque in Puerto de Mazarrón.

Greeted by friendly staff, we were quickly seated in the spacious dining area and drinks ordered. The décor is rustic but clean.

After a few minutes consulting the menu, we chose a few starters, garlic bread (which is more pizza like than most will be used to) and a classic salad. The garlic bread was very tasty (maybe a little more garlic for me next time please) and the salad fresh and well presented.

The place had a good buzz about it, not noisy, but full of life.

We opted for the Paradilla mixta for the main course (mixed grill) which is more than enough for 2 and again presentation was superb. The meat was cooked exactly how we asked and the seasoning perfect! Another mention for the staff, attentive but not overbearing and always polite. Good effort guys! Another plus for me is being able to see the meals freshly cooked in the kitchen area.

Once the mains were finished, the table was quickly cleared and deserts offered ..... a little overindulgence meant we unfortunately turned these down ... maybe next time!

Overall El Palenque is a beautiful little restaurant, prices are keen, food excellent and the atmosphere superb and all just a 5 minute walk

from the marina.

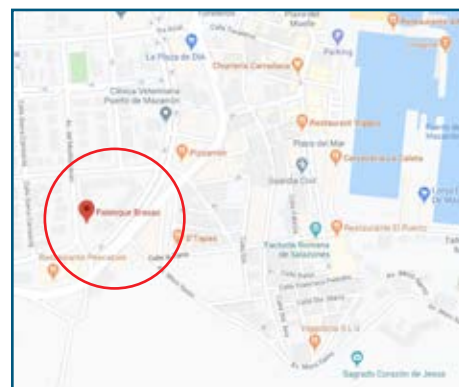
We will be going back and soon!

### CONTACT DETAILS

**Restaurante Palenque Brasas**

**Av. del Mediterráneo, 62, 30860  
Puerto de Mazarrón, Murcia**

**968 15 30 86**



## ALTOS DE LUZON

*luzón*  
BODEGAS

### TYPE

Red aged wine.

### GRAPE VARIETALS

50 % Monastrell, 25% Tempranillo y 25% Cabernet Sauvignon.

### HARVESTING

Grapes are harvested by hand in 10/15 Kg boxes, from 50 years old low yield vineyards from the property at 650 meter of altitude from the sea level. They are carefully transported to the winery where they go through the selection tables in order to choose the best ones prior to the maceration and vinification.

### WINE MAKING

The fermentation takes place from 8 to 10 days period not exceeding a temperature of 28/30 °C. The juice macerates in contact with the skins from 10 to 15 days.

### AGING

12 months in American and French new oak barrels.

### TASTING NOTES

Cherry color with an intense garnet background. On the nose powerful and intense. Aromas of ripe fruit (blackberry, plum,...), spices, cocoa hints, vanilla and high-roast from new oak barrels. Tasty, amiable and generous on the palate. Chocolate tones, mature tannins, good acidity with silky texture and good balance.

### FOOD PAIRING

Steak with mushrooms, hare, partridge, roasted shoulder of kid, lamb, smoked meats, casseroles, rice dish with meat. Fish such as hake, salmon, cod and bluefin tuna. Smoked, blue and cured cheeses.

### CONSERVATION AND CONSUMPTION

The proper serving temperature of this wine must be between 16° C and 18° C. In their conservation it is important that the temperature is constant at around 17 ° C, avoiding temperature changes that adversely affect the quality.

**Alcohol:** 14,7° vol.  
750 ml. | Contains Sulphites.



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## Happy March everyone,

I would like to thank you all for the interest that you have shown in this page and for your wonderful comments and continued support.

For those that have known me for many years, will know that I used to be a dedicated Gym Bunny, oh yes! I have spent many hours Spinning, doing Body Pump, Cycling and generally anything that made me burn calories and sweat a lot. Because that's the way you stay fit, right? I suffered 12 years with an Arthritic Hip problem, that just got worse and ended up with me only being able to walk a few agonising paces with a stick. I really didn't like it and felt quite embarrassed, as I was only in my 40's, leading me to give up all exercise and become a bit of a couch potato and be quite negative about myself. It really was a downward spiral, however, the wonderful Health Service here in Spain helped me with a Hip Replacement 3 years ago. The Surgeon said that I could walk, walk, then walk some more, but none of the other exercise that I used to do.

I was talking to a friend of mine, Clare Wells, recently sharing how I was feeling and being a woman of a certain age; that I had lost my confidence with exercising. Well, she has opened my eyes to activity that I had never thought of before! My life is very busy and by the time this issue is out, I will have started with some sessions of Pilates. Clare is very passionate about helping people with their Health & Fitness and is proving a font of



**Corina Talbot**

It has always been a passion of mine to assist others to reach their Goals, whether they be on a physical or mental level. I was drawn to Pilates as a way of Healing, connecting with the Mind and Body.

Due to the concentration required, the Mind is focused and this will allow the Body to heal from inside and out.

There are many Health Benefits to Pilates, whilst not necessarily obvious due to its 'slow' nature. Pilates can enhance the 'Flexibility & Strength' of the whole body.



In the 1920's, JOSEPH PILATES from Germany, introduced his method in America, to help injured Athletes and Dancers to return to exercise and fitness safely. The results were obvious and flowed in to the main stream of exercise suitable for all.

Pilates can be Aerobic and Non Aerobic, however, before the word aerobic causes panic, let me explain the meaning of Aerobic Activity. It does not have to mean

jumping around, causing breathlessness, Aerobic means promoting the circulation of the oxygen through the Blood, which will increase the rate of breathing. Any increase in breathing, translates into Aerobic Activity.

It is always advisable to seek Medical Advice before embarking on any new exercise programme.

So, back to Pilates – Lengthening & Stretching all the major Muscle Groups. Pilates can help you get strong and lean, in a controlled and balanced way. Each movement requires concentration to find your 'centre point' to control your body. No muscle is worked to the point of exhaustion.

There are many benefits of continuing with a regular Pilates routine, which will include improved flexibility, strength, enhanced muscular control, improved stability of the Spine, better posture, an increase in lung capacity, body awareness, improved concentration, stress management and yes, relaxation.

Naturally, we want to see changes overnight, however, in reality there is no miracle! Although, you can expect to see results relatively quickly.

To quote Joseph Pilates 'in 10 sessions

you will feel better and in 20 sessions you'll look better'.

Pilates is a great way to get fit and stay in shape, no matter of your age or fitness level, particularly good after any absence of exercise and Surgeries of any type. You can go to a Class or be in the comfort of your own home. So, why not give it a try!

**Clare Wells**

**cwhealthandfitness46@gmail.com**

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**9<sup>th</sup> Victoria Armstrong (Ireland)**

**16<sup>th</sup> Anna-Marie Blyth  
& Annette Ryder – Spirit Art**

**23<sup>rd</sup> Michael Ivers**

**30<sup>th</sup> David Cole (UK)**

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## Humanists of Murcia, January 2020 Walk.

Thirty-one walkers turned up at Restaurante La Venta, some later than others!

The walk took place just West of San



Juan de Los Terreros. It began with the New "Chair" Jon, welcoming back John and Rhian, who together with Richard Ward, started The Evolutionists of Almeria & Murcia. This changed to become "The Humanists of Murcia when Richard departed for The Sierra Nevada.

The start of the walk was quite civilised, along a paved "paseo" and went on to "Barriada El Pozo Del Esparto". It then turned inland, up a few hills and down a rambla before making a loop back to the coast.

Despite the recent rains the tracks were mainly dry and the flowers were creeping out from their Winter hibernation. Everyone made their way to the Restaurant "Lucero Playa", where a long table had been set out for the 30 diners.

It was a good mean on a nice sunny day. Thanks to Mike and Mike for arranging the walk, and maybe next time the water will flow from the fountain!

Join us for walks, discussion groups, gardening group, games evenings and lots of lunches. For more information Telephone 669 338 885 or email [humanistsofmurcia@gmail.com](mailto:humanistsofmurcia@gmail.com) or visit our website [www.humanistsofmurcia.com](http://www.humanistsofmurcia.com).

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## Skin Focus



Working as a makeup artist for 8 years, I have realised that the key to a flawless and healthy complexion is to take good care of your skin. Sticking to a daily skin care routine is essential for a youthful and glowing base. Neglecting your skin can have a huge impact on your appearance and more importantly your health. In order to keep your skin looking and feeling it's best, I have listed below my daily skin care routine and some of the best products to help revive and repair your skin.

My skin care routine - suitable for all skin types



Exfoliate - Removes dead skin cells from the skins outermost surface. Exfoliation brings newer, healthier skin cells to the surface to make the skin appear brighter. (Mario Badescu almond & honey face scrub £13.50)

Cleanse - Removes makeup, dead skin cells, oil, dirt and other types of pollutants from the face. This helps to unclog pores and prevents skin conditions such as acne. (Liz Earle cleanse & polish hot cloth cleaner £27)

Tone - Designed to extra cleanse the skin and shrink the appearance of open pores. (Elemis soothing apricot toner £22.50)

Moisturise - Restores moisture to the skin, keeping it hydrated in order to make it softer and smoother. (Kiehls ultra facial moisturise SPF 30 £27)

**Top tip - using a daily moisturiser and foundation that contains an SPF will add extra protection to your skin from the suns UV rays.**

My favourite foundations containing SPF

Mac studio fix fluid SPF 15 £27 - full coverage

Nars velvet matte foundation SPF 30 £30 - light coverage

Clarins cushion foundation SPF 50 £31 - light to medium coverage

Georgio Armani power fabric foundation SPF 25 £42 - full coverage

Estée Lauder perfectionist youth infusing foundation SPF 25 £41 - medium to full coverage

## Sun damaged skin

It's important to protect ourselves from the sun. Sun damage can lead to premature ageing and serious health complications. If you already suffer with sun damaged skin you can visit your local skin care specialist who can offer treatments such as microdermabrasion and chemical peels to help get your skin back on track. There are also a variety of creams and serums that can help repair your skin. A high end favourite is Cult 51 night cream £125. Although this is a little pricey it is clinically proven to deliver 51 anti-ageing benefits such as increasing skin hydration up to 120% in 12 hours ([www.cult51.com](http://www.cult51.com)). A cheaper alternative is Clarins booster repair serum £25.95 which can be added to your moisturiser and foundation ([www.allbeauty.com](http://www.allbeauty.com))



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## March In The Garden

The time has come to prepare the plants and trees in our garden for the arrival of spring, "which with climate change seems to be with us."

To prepare our plants and trees, we must finish the pruning work, which we had left in prevention of any possible frost, especially our citrus fruits: orange, mandarin, lemon, etc., we must clear the branches so they can air and insects such as aphids and mealybugs cannot easily nest inside.

It is also advisable to spray them with paraffin oil to eliminate eggs that may have stuck on the branches. On the other hand, it would be convenient to pay them to strengthen and begin to grow strong and vigorous. There are many fertilizer formulas, but the two most advisable are: "special citrus granulated fertilizer" that works very well and is very easy to apply or put "earthworm humus" on the ground to improve the quality of this and that the roots grow more easily.

Another of the plants that we would have to pay attention to are our rose bushes, of course, they should already be pruned. It is also advisable to spray with paraffin oil, to avoid pests in early summer.

On the other hand, we have to pay attention to our climbers, such as bougainvillea, bignonias, etc., which we must prune and clear, in order to help them in their beginning of growth and avoid having to constantly clean dried leaves

and flowers. We also get a feeling of luminosity and spaciousness that with the sunny days we usually have at this time of year, they are very much appreciated. If you have any questions you can stop by the Garden Center or send your question to our email: [calidagarden@gmail.com](mailto:calidagarden@gmail.com) and we will be happy to answer it.

Greetings and enjoy the sun in your garden.

Antonio Martinez

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

This month our Maintenance Team have been weeding, spraying and sweeping the streets each Monday, also clearing & tidying the roundabouts as part of the continuous programme covering C sector North – It is tough work, so if you are nearby when our lads are working in your road and would like to offer them a drink, that would be very welcome, both on cold mornings and as the weather gets warmer! They pick up dog poo from the gravel verges on their way round, too - an unpleasant task; Please clear up after your dogs to prevent flies and infection spreading, thank you.

Many thanks to each Volunteer for turning out this month on some of the coldest mornings we have had for years, we've even had thick fog! During the month they have weeded extensively, cleared mud from the roads

after more heavy rain, collected donated planters, planted plants and cacti, filled potholes, painted and pruned trees – phew! We welcome anyone who would like to join our slowly growing band of Wednesday morning volunteers, either on a regular or occasional basis (always rewarded with a free breakfast!). Please contact us if you can spare a bit of time and energy, or just turn up at 9am at the Welcome Wall and help improve our area while enjoying the fresh air (very fresh at the moment!) and making new friends in the process. Lower 'C' looks nicer every year because of all this hard labour, but also because of the donations you generously give, either regularly to our scheme or just in the buckets; a huge thank you.

Save the date for our Street Party & BBQ on 28th June with DJ Carl Thomas. Please check chalkboards and Facebook groups for any more information.



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# STRAIGHT DOWN THE MIDDLE



## GOLF SOCIETY

Venue: Golf Cancelled

Date: January 21st



The January outing to Condado was cancelled due to the unexpected passing of Geoff Sharp on 15th January. Geoff had been a member of Straight Down the Middle for many years acting as secretary and handicap secretary for many years. He will be missed by all that knew him.

It was proposed at the recent AGM that we have a Geoff Sharp Memorial Cup golf day later this year. The details of this event will be announced later in the year.

The AGM was well attended and we held a minutes silence as a mark of respect for our recently departed member Geoff. A report on the AGM will be issued at a later date.

The next golf match will have been held at La Marina near Mojaca on January 26th. We are always pleased to welcome new members and guests so don't hesitate to get your friends along to play.

If you are interested in joining our golf society then please contact Jim Niblo on [jamesni8lo@outlook.com](mailto:jamesni8lo@outlook.com)

Ian Stewart



### LOS AMIGOS DE MAZARRON FC LATEST NEWS

After their win away to CD Plus Ultra in the first game of the New Year, Mazarron FC suffered a run of poor results with



*New Signing Miguel Ruiz*

only one win and two draws in their next five games. This saw them drop out of the playoff positions and, at the time, of writing they were in fifth position three points behind Atletico Pulpileno in fourth,

The dreadful state of the pitch at the Estadio Municipal did not help matters as the bare and bumpy surface was not conducive to good football. Only two points were gained from three home games before the Club took the decision that maintenance work was needed

to repair the pitch and home games were transferred to the Sports Complex on the road from Mazarron town to the Port starting with the game against CFD Minera on 16th February.

There were a number of changes in personnel in January which may have contributed to the poor results with new players taking time to settle in. Striker Musoni who had made a good impression during his stay at the Club left to



*Man of the Match Nacho*

joint frontrunners Lorca Deportiva and second choice keeper Francisco Anduagar left for CAP Ciudad de Murcia. Into their places came striker Borja Mir, left back Miguel Ruiz and goalkeeper Jose Martinez.

Despite the disappointing results, the Mazarron defence continued its impressive work with Nacho outstanding at the heart of it and Josema giving 100% performances in every game at right back. Only three goals were conceded in eight games, all of them against the top two teams in the league. Goals, however, were still hard to come by with only six scored in those same eight games.

Mazarron's home games are normally played on Sundays with varying kick off times. Kick off times are not normally known until the Tuesday before the day of the game. The ex-pat supporters Club, Los Amigos de Mazarron FC organise a supporters' coach to most away games and coach tickets can be booked at the weekly Los Amigos meetings. Coach prices are €10 for members with non-members paying €12.

For longer journeys a stop will sometimes be made en route for refreshments. Full details of all games, dates and kick off times are advertised in the local media, on [www.mazarronfc.es](http://www.mazarronfc.es), on our own Los Amigos de Mazarron FC Facebook page, [fb.me/mazarron2016](https://fb.me/mazarron2016), and will be shown on posters at various points throughout Camposol and Mazarron.

Forthcoming fixtures are:-

Sunday 1st March  
CARTAGENA FC UCAM HOME

Sunday 8th March  
UD Los Garres Away

Sunday 15th March  
LORCA FC HOME



Sunday 22nd March  
AGUILAS FC HOME

Sunday 29th March  
Huerca-Overa Away

Sunday 5th April  
OLIMPICO DE TOTANA HOME

Admission prices at home games is €8 with juveniles aged 14-17 charged €5 and juveniles under the age of 14 admitted free of charge.

Two more social events were added to the Los Amigos calendar with a Quiz Night at the Diner, Camposol B on Tuesday 25th November and a return to the "Lamb Chop" at Totana on 25th April for the excellent suckling pig or lamb chop meal with the usual copious amounts of alcohol thrown in!!

March sees the major Los Amigos fund raising activities in support of Mazarron Football Club starting with a Race Night and Cabaret Evening at the Club House, Camposol Club de Golf on Saturday 28th March. Doors open at 6.30 pm with the first of eight exciting races at 7 pm. The evening is sponsored for the second year running by Camposol Property Sales and an English style buffet supper will be served after the fourth race.

The night will be rounded off with music and dancing to the sounds of local vocalist Sharna Knight. Tickets are €8 for Los Amigos members and their partners and €10 for non-members which includes the buffet supper, Race Card and entry into a Prize Draw. They are on sale at the weekly Los Amigos meetings at the Club House Camposol (Thursdays 4 pm) or email pamada.1130@yahoo.co.uk.

Monday 30th March sees the annual Los Amigos de Mazarron FC Celebrity Golf Day at Camposol Club. The event, in the form of a Texas Scramble competition will feature ex-footballers John Beresford, Tony Currie, Peter Reeves, and comedians Lea Roberts and Gary Marshall.

The Golf Day is again kindly sponsored by Tramway Financial Management a company formed by Angela and Andy Skinner to provide peace of mind for Expats living abroad. Angela is a familiar figure in the area and has worked with Shirley Fisher Legal & Financial Services, in the offices they share at the Camposol Business Centre for many years.

Anyone requiring information on their investments and who would like to make an appointment during the

Gala Week from Monday 30th March through to Wednesday 1 April can, in the first instance, contact Shirley Fisher, UK Lawyer & Commissioner for Oaths at Camposol Business Centre on Sector A - Tel 968 103 008, Mobile 634 053 976 or email shirleyfisherlegalservices@gmail.com

The Gala events conclude with the 11th Gala Evening and Dinner at the Hotel la Cumbre, Puerto de Mazarron on Tuesday 31st March 2020 sponsored by the Mazarron Entertainments Group. Guest Speaker is former Newcastle United defender John Beresford with comedy provided by Lea Roberts and Gary Marshall. There will be music and dancing to the fabulous sounds of Woody at the end of the evening. The evening will again feature an auction of Football Memorabilia which will include, among many other items, England shirts signed by Dele Alli and Alex Oxlade-Chamberlain and a replica 1994 Manchester United FA Cup Final shirt signed by Steve Bruce.

180 tickets have already been sold for one of the most prestigious events on the Costa Calida calendar. The cost is €50 (€45 for Los Amigos members) which includes a five course meal with local beer, house wine and soft drinks included during the serving of dinner. Dress is collar and tie and tickets can be purchased at the weekly Los Amigos meetings at the Club House, Camposol (Thursdays 4 pm) or you can ring Barbara on 651 816 358 or Keith on 677 389 464 or email pamada.1130@yahoo.co.uk

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

### Chris Kirkland

Former goalkeeper Chris Kirkland, 37, had to leave Bury football club before the 2016/17 season began when his battle with depression reached crisis point. He shares his story:

"Injuries had a massive impact on me. I'd fight my way back in but there was always just setback after setback. When



Chris Kirkland

I signed for Bury in 2016 my depression and anxiety was at its worst. But I didn't tell anyone at the club what was going on."

"I couldn't wait to go to sleep at night, but I didn't want to wake up again in the morning. I eventually got to that place where I knew it was bad enough that I had to do something about it."

"We went to Portugal in pre-season and I didn't want to go out there. We stayed in these villas, where I was on the top floor, and I just broke down. I rang Leona and said: 'Look, I can't do this anymore. I need to get help and I need to get home'."

"I flew back the next day, and when Dave Flitcroft [Bury's Manager] and the team got back I went to see him and said: 'I'm in a bad way here... I'm struggling. I need some time'. And he gave me two weeks, he was brilliant."

"I rang Professional Football Association (PFA) and as soon as I made that call, I had a huge weight off my shoulders. I should have talked to the club and rang the PFA sooner and told them I was struggling. It was a big taboo subject, so I didn't tell them how I was feeling because I didn't really understand it myself. No one used to talk about mental health, especially not in sport, so it's great to be able to share my story to encourage other men to seek help when they're struggling to cope and finding life tough."

If you need someone to talk to then ring Samaritans in Spain on Freephone 900 525 100. Mon to Sat 10 until 10. Sunday 10 until 6.  
OR Email pat@samaritansinspain.com  
OR Book a WhatsApp Call on 634 325 906

## Aston Martin shaves the roof off the Vantage to create the 190mph Roadster - but adds £12,000 on to the asking price



**Aston Martin launches all-new £127,000 Vantage Roadster to 2020 model range. Despite having the top chopped off it weighs just 60kg more than the Coupe. It's not only heavier on the scales but also the bank balance - a £12,100 premium. Fabric roof has the 'fastest full operating cycle' of any automatic convertible car.**

If driving with the top down at speeds of up to 190mph is the exciting wind-in-the-hair sensation you are seeking, Aston Martin's new £127,000 Vantage Roadster may be for you.

Though driving at that speed is legal only on a German Autobahn or a track – and would lose you your licence, though not your hair, on any UK road – the roof will nevertheless open and close anywhere in under seven seconds and at speeds of up to 30mph.

The new Vantage Roadster is launched today as a convertible which Aston

Martin says combines 'uncompromising performance with pure emotion', with first deliveries from autumn this year. However, it will come at a serious premium over the coupe model... Powered by a 4.0-litre 510 horsepower V8 engine twin-turbo linked to a slick eight-speed ZF automatic gearbox and riding on 20-inch wheels, it will accelerate from rest to 60mph in just 3.7 seconds and up to a top speed of 190mph with the roof raised. That's just 0.2 seconds slower than the Coupe with a top speed of 195mph.

The firm's engineering boss said it would

give owners precise, agile and expressive handling, 'stonking straight-line performance', plus the added bonus of 'driving a great-sounding sports car with the roof down'.

But it's a thirsty beast averaging just 24.4 miles to the gallon with hefty CO2 emissions of 262g/km.

Depending on their mood or activity, drivers have a choice of specially tuned Sport, Sport+ and Track chassis modes which offer them the ability to progressively increase the car's overall responsiveness and excitement.

Despite the extra engineering required to keep a convertible stiff and safe on the road, the new Vantage Roadster weighs 1628kg, just 60kg more than the Coupe, thanks in part to the lighter folding roof mechanism and revisions throughout to the chassis and exterior.

However, a manual seven-speed gearbox now offered as an option on the Coupe, won't be available with the Roadster. With a starting price from £126,960, the Vantage Roadster joins its Coupe sibling, which was launched in 2018 and costs from £114,850 – but with a premium of more than £12,000.

That's an 11 per cent hike.

Aston Martin argues that the difference



**Despite the extra engineering required to keep a convertible stiff and safe on the road, the new Vantage Roadster weighs 1628kg, just 60kg more than the Coupe**



in price is because the cheapest Coupe uses a manual gearbox, which isn't available for the Roadster.

However, even when you compare like-for-like transmissions, there's still a £6,000 gulf in price.

And buyers should expect to pay much more if they intend on adding bespoke sport and luxury extras such as sports-plus seats and carbon-fibre interiors - because none of this comes cheap.

The taut and tailored black fabric roof has a compact powered Z-fold mechanism which means it can be lowered in 6.7 seconds or raised in 6.8 seconds.

Aston Martin says: 'The roof of the Vantage Roadster has the fastest full operating cycle of any automatic automotive convertible system.' The low 'stack-height' of the roof means the Roadster can maintain its low and 'seamless' profile and aerodynamic integrity, says Aston Martin. It also has minimal impact on the Roadster's luggage space which has a boot capacity of 200 litres - or enough to stow a full-sized golf bag plus accessories.

Built at Gaydon in Warwickshire, the

launch coincides with a new range of options introduced across the Vantage range. To celebrate the 70th anniversary of the Vantage nameplate, this includes the firm's traditional horizontal 'vane' grille as an option as an alternative to the track-inspired shark-like 'hunter' mesh grille which has featured on the coupe since launch.

It shares the same hi-tech electronic braking, stability and handling support as the coupe - such as Dynamic Stability Control - but also benefits from some bespoke tuning as well as roll-over safety hoops.

Aston Martin said: 'The heartbeat of Aston Martin's sports car range just got that little bit faster. This convertible model amplifies the emotional appeal of a model renowned for delivering a compelling blend of potent performance, outstanding dynamics and everyday usability.'

'Vantage Roadster retains the strong dynamic ability and sporting character achieved in the Coupe with no compromise to feel or refinement'.

Aston Martin president and chief

executive officer Dr Andy Palmer said: 'Open-top Aston Martins are always firm favourites with our customers, so it's very exciting to introduce the Vantage Roadster.'

'For many, driving with the roof down is the true definition of the sports car experience as it truly brings your senses to life.'

'Vantage has always delivered the pursuit of thrills, but in Roadster form that adrenaline rush is set to go to the next level.'

The firm's chief engineer Matt Becker added: 'Convertible sports cars are often seen as compromised when compared to their coupe equivalents, but the Vantage Roadster remains absolutely dedicated true to its mission of delivering precise, agile and expressive handling dynamics combined with stonking straight-line performance.'

And of course, there's the added dimension of driving a great-sounding sports car with the roof down'.

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## TRAMWAY TAKES TO THE FAIRWAY AGAIN IN SUPPORT OF LOS AMIGOS DE MAZARRON FC

Tramway Financial Management will once again be sponsoring the Annual Golf Day organised for Los Amigos de Mazarron FC.

It takes place on Monday 30 March at Camposol Club de Golf and will follow the regular format of 18 holes Texas Scramble competition on a shotgun start with further prizes for nearest the pin and longest drive.

As well as becoming a firm favourite with local golfers, it has also attracted many sporting legends over the years. So far confirmed for 2020 are ex-footballers John Beresford, Tony Currie, Peter Reeves, comedian Lea Roberts and the ever-popular compere and comedian Gary Marshall.

Angela Skinner, managing director of Tramway Financial Management, said: "We have sponsored the Annual Golf Day for a number of years and it is always a most enjoyable few days, with something for everyone, whether you are a golfer or not.

"The Gala Ball on the Tuesday night is a regular in many expats' diaries and we look forward to meeting up with friends, old and new, in March."

Angela is a familiar figure in the area and has worked with Shirley Fisher Legal & Financial Services, in the offices they share at the Camposol Business Centre for many years. She said "Following our successful sponsorship last year, we had no hesitation in continuing to support this fun event. We made so many friends and we are looking forward to seeing them and meeting new ones during the course of the tournament."

Tramway Financial Management Ltd exists to provide peace of mind to UK expats living abroad. Angela has over 30 years' experience in the financial services industry, specialising in recent years in products and services that are of particular help to those living and working abroad. Tramway works with introducers and businesses like Shirley Fisher Legal & Financial Services throughout Spain but particularly on the Costas from Barcelona to Gibraltar. Anyone requiring information on their investments and who would like to make an appointment during the Gala Week from Monday 30th March through to Wednesday 1 April can, in the first instance, contact Shirley Fisher, UK Lawyer & Commissioner for Oaths at Camposol Business Centre on Sector A - Tel 968 103 008, Mobile 634 053 976 or email [shirleyfisherlegalservices@gmail.com](mailto:shirleyfisherlegalservices@gmail.com) Tramway Financial Management Ltd is one of the very few FCA-regulated financial adviser firms operating in Spain. You

can find out more at [www.tramwayfm.com](http://www.tramwayfm.com) or by calling head office on 0044 1789 773932.

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If you have to call for an ambulance, call 112 and the operator will ask a series of questions so they can prioritise your call. You can ask for an operator to speak in your language if you do not speak Spanish. Then call FAST on 968970626.

If you are faced with a medical emergency would you know what to do? Just opening the airway by tilting the head back can allow someone to start breathing again. Applying direct pressure to an open bleeding wound may stop serious blood loss.

Our aim is to give 24/7 cover to the people on Camposol and Saladillo, we can also give advice over the phone to people on Condado and the Country Club. We are always looking for new recruits to join our team of First Responders. The most common thing we do as responders is to bring comfort and reassurance to the casualty and their family. Don't be afraid to join because it is not all blood and misery. Come along to the Cultural Centre on a Tuesday morning for a chat.

We have had calls recently to attend people who live on their own or are here for a short time on their own. If you are on your own it is a good idea to make sure your neighbours are aware of you. Maybe give a neighbour a spare key. If you are taken ill and taken to the hospital you will need money to get a taxi back to

Camposol unless a neighbour or friend can give you a lift. It is also important to carry your identification with you. You will need either your medical card, EHIC card or travel insurance.

If you are here on your own but have family in another country, give them the FAST number. If your family cannot reach you and are worried about your condition they can call FAST to check on you.

Over the last few months we have had generous donations from the following groups, Fuente Old Guard Golfers, the C gardening Group (Green Fingers). We also had the privilege to attend the Wedding Anniversary of Sue and Dave Thomas where they donated money to FAST instead of their guests buying presents. Thank you to all those who have donated to FAST in the past and in the future! We can only provide the service as long as the funds keep coming in.

The FAST nurses collect on Monday morning on the dual carriageway approaching the B commercial centre. The nurses are available to give advice on hair styles and

makeup. On these cold mornings we have taken to wearing warm tights. We just need to know how to keep them up. Should we wear braces on our tights?

When the FAST responders arrive, they will ask a series of questions, directed at the casualty or the partner. It may seem to delay treatment but it is important to know if the casualty is allergic to anything, what medication they are on, are they being treated for a medical condition. So please be patient when the responder is asking questions.

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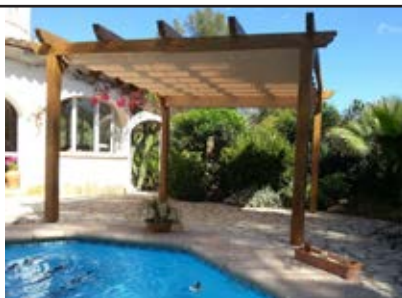
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## Getting in touch with the committees and organisations

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

Friday morning bookstall outside the post room on A.

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

Helen White 968 199 506 is the pro tem organiser.

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

email: johnos1943@gmail.com.

Camposol Community Group D Sector

The group meets monthly on the first Monday at 4PM at The Clubhouse.

President - Ken De Angelo, Vice

President - Gordon Cockburn, Sec-

retary - Patrick Steer, Treasurer - Jo

Steer, Membership secretary - Carol

De Angelo, Social secretary - Laurie

Lewis.

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

Age Concern no longer meet at The Cultural Centre. We are now open

Monday to Friday 10am -1pm at our

drop in centre, Calle Valencia 12,

Camposol A.

Telephone 634344589.

Email:

ageconcerncostacalida@gmail.com

Camposolers The registered group

site for residents of Camposol, the

proprietor is Reg Rogers who can be

contacted by e-mailing

regrogers@hotmail.com. Apply to

Reg for membership. NB there is an

underline dash between reg and rogers!!!!!!

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

LIONS Tel: 628001942

## ANNOUNCEMENTS

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

## Last months Sudokus solutions

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

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





**Andrea's Animal Rescue**  
 & The Henrietta Foundation  
**Tel 690 906 565**  
**www.andreasanimalrescue.com**



Charity no. 9.980/1<sup>a</sup>

Some things just don't happen overnight and most of our equine rescues are long term if not permanent projects. St Ledger came to us about 2 years ago not in great condition, with a broken bone in her foot and a very poor overall condition, now she is happy, healthy and enjoying life. This girl would make a great companion horse and with the right loving treatment may even be good for a little light riding. Unusually she came passported and micro-chipped so she can travel. Search for St Ledger on our FB page and you will see many photos and video of her and how beautiful and happy she is. If you are



interested in giving her a home then please contact me via FB or phone/WhatsApp me on 690606565.

Another of our rather beautiful horse rescues is the rather dashing Landers. He came to us about 6 months ago not in the best of condition, but just look at him now via our FB page. He is looking rather gorgeous as well as being super happy! Way to go Landers and St Ledger you beauties.



One of the ways you can help any of our rescues is by becoming a sponsor. Your money is put to good use by going towards any farrier, vets, livery and upkeep costs. All you have to do is make a monthly payment and you can choose which animal you would like. In exchange for that you will get 6 monthly updates, photos and newsletters to keep you up to date with what is happening at AAR and how your animal is progressing. This makes a great gift for an animal lover and the satisfaction of knowing that all your money goes towards the upkeep of your chosen animal.

It is important for us to get our charity and the work it does spread near and far. One of the ways this can be done is by sharing as many of our FB posts as you can. With over 80 equines in our care it is very important we shout our work from the rooftops. We are so very proud of what we have achieved over the past 12 years and what there is to look forward to with The Henrietta Sanctuary opening at La Paca. This is where all our donkeys are going to live and eventually as we complete more phases dogs and other animals too. Therefore, we need to be known in as many places as possible. We rely totally on public support and funding, much of which is through our 2 shops in Mazarron Town and Roldan, fundraising events and support of local businesses we still need more, and this is a small way in which you can help us. Please share, share, share!



Oh my, we have a diva donkey on our hands! Our beautiful Bombom is growing and finding her feet. She is doing remarkably well to say her mother has never taken any interest in her and has been hand reared. I think we should have called her Beyonce! as she struts around the yard! She is nearly 6 months old and now go longer without needing feeding, which is a great relief for my Kevin, who has been her surrogate! I still have in my care Paco and Rupert, they are both stunning boys who are very well behaved. They are of a medium size and waiting so patiently for a forever home. They are ready to go with all the necessary paperwork in place, including their passports so they can travel. Please come and see us in one of our shops either in Roldan (10.30am-230pm) or in Mazarron Town (10am-2pm) opposite the Medical Centre where any donations can be dropped off or on Mondays between 11.30am-1.30pm, Car Park, Camposol B, where I will be in my usual spot. Andrea x

## AGE COSTA CALIDA Concern Future Events

### MARCH FORTHCOMING EVENTS

Wednesday 4th March – Come and meet our members and volunteers for a chat and a cup of coffee or tea at our Coffee Morning at the Drop in Centre 11am to 1pm.

Friday 6th March and Friday 20th – March Our popular fortnightly Chair Exercising, 10.30am to 11.00am at our Drop in Centre. Half an hour of gentle but effective exercises to music, guided by Doris through some muscle exercise and gentle stretching which you can continue in your own home. Free to our over 50 age group, so why not come for a coffee and a chat and give this a try.

Friday 13th March - our next TABLE TOP SALE outside Mercer's office (sector B) 9.00am to 12.45pm, come along and check out our bargains. We are always pleased to have your support by bringing your bric-a-brac and any other useful items.

Wednesday 18th March – Afternoon Tea at the Drop in Centre, 2pm to 4pm. Please come for tea or coffee, delicious home-made cakes and pastries, lots of friendly company and fun activities. Only €2.00.

Friday 20th March – Chair Exercises, see above.

Wednesday 25th March – Welcome Group Ladies Night with the customary Fashion Show with our Age Concern models. Fun evening with free Bingo and Raffle, numerous stalls, live music and dancing to Byron G. Doors open 7.30pm. Tickets available from the Welcome Group €5.00. Tel: 697960590

Wednesday 1st April - Menú del Día. As the Welcome Group Ladies night is on the last Wednesday of March we have moved the date of our monthly Menú del Día at Boca Pizza in Puerto de Mazarrón. (No, not an April Fools' Joke!) Tickets available from the Drop in Centre €11.00.

### DATE FOR YOUR DIARIES

Monday 16th March - Friday 20th March – 2020 VALENCIA FAL-LAS. We have a couple of rooms available for this fabulous festival to 'Welcome in the Spring' covering 4 nights & 5 days at the Expo Hotel. €360 B&B per person based on 2 sharing includes coach. This is the main holiday week of the year for Valencia. Please phone Pat Firth on 665 491 077 for more information and a full programme of events for this highlight of the Valencia year.

Drop in Centre  
 Calle Valencia 12, Camposol A  
 Tel: 634 344 589

OPENING HOURS: Monday, Tuesday & Thursday  
 10am to 1pm

Enquiries - 634 344 589 (10am – 4pm Mon – Fri)  
 Events - 634 336 484 (10am – 4pm Mon – Fri)  
 Equipment Loan - 634 306 927 (10am – 4pm Mon – Fri)

## Sudokus

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

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

Answers to last months page 44

### Short Spring Jokes

When do monkeys fall from the sky?  
During Ape-ril showers!

Can February March?  
No, but April May!

Why is everyone so tired on April 1?  
Because they've just finished a long, 31 day March!

What season is it when you are on a trampoline?  
Spring-time!

What flowers grow on faces? T  
ulips (Two-lips)!

Why are trees very forgiving?  
Because in the Fall they "Let It Go" and in the Spring  
they "turn over a new leaf".

Why is the letter A like a flower?  
A bee (B) comes after it!

When do people start using their trampoline?  
Spring-Time

What do you get when you pour hot water down a rabbit  
hole?  
A hot cross bunny

What did the tree say to spring?  
What a re-leaf.

What do you call a girl with a frog on her head?  
Lily!

## Spring Word Search

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



APRIL  
BASEBALL  
BLOOM  
BUNNY  
BUTTERFLY  
CHICK  
EASTER  
EGGS

FLOWERS  
GREEN  
GROW  
HATCH  
JUNE  
MARCH  
MAY  
NEST

PASSOVER  
PUDDLE  
RAINBOW  
RAINCOAT  
SEEDS  
SHOWERS  
SPRING  
UMBRELLA







**COMING  
SOON!**

# What to look out for next month

With April we look forward to features on Easter and St. Georges Day. As well as many more exciting new developments to look forward to.....

## @Home

sofás - colchones - muebles

El secreto  
de un buen  
descanso



Búscanos en Facebook  
[www.homefurniturespain.com](http://www.homefurniturespain.com)

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Cat's Bar  
CHM  
Business Centre  
Anotherworld  
Mercers  
Alley Palais  
Euronics  
Just Fabulous  
QualityPiccalo  
Best Wishes  
BlackBull  
Yorkshire Linen  
Furniture Plus

Corral Alcaraz  
Blue med  
Nash Warren  
Irene Wood  
Ken Sherwood  
Janes Salon  
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The Food Co  
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Isla Plana Farmacia



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