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Journal
March 2021



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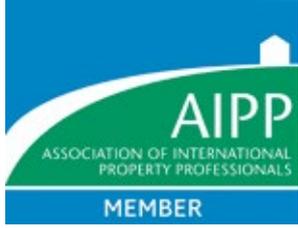
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THE Journal

February 2021



Dear Readers,

I think we can all safely say that at last spring is definitely here. Longer days, warmer weather and the countryside springing into life.



With the arrival of spring along also comes Mother's Day in the UK as well as Father's Day here in Spain. An opportunity to spoil and show our appreciation. To find out more please see our articles with some background and reminder dates.

I would like to thank you for your ideas and suggestions for the vehicle section. We have some great ideas in development all based on what you, the readers would like to see. Please watch this space....

We also have a fantastic article based on Camposol News demonstrating just what a fantastic community we have. We would like to invite all of the community whether you are a business, volunteer group, charity, organisation or individual to send in any news or updates to be included for the following months.

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

MU 597-2020



Note to all advertisers, and contributors:

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

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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 in second Sunday 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 Fa-

ther'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. When is Mother's Day 2021 and why do we celebrate Mothering Sunday

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every year. The UK will celebrate Mother's Day in 2021 on Sunday, March 14.

Each year, it takes place on the fourth Sunday in the Christian festival of Lent. When is Mother's Day 2021?

This year, Mother's Day will fall on Sunday, March 14 - the fourth Sunday in Lent.

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 Mother's Day 2021 and why do we celebrate Mothering Sunday

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

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

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Camposol News - What an amazing community!

In just under 2 weeks' time, it will be a whole year since the news arrived that we were all dreading (and not quite believing) until it had actually happened. It was Friday the 13th of March 2020. FULL LOCKDOWN!

Despite enormous challenges and difficulties, Camposol continues to be the most fantastic community and as usual, has "pulled together" in so many different ways it is almost impossible to document.

We have spoken to some local Camposol businesses in different sectors, as well as charities, and volunteer groups to see just how they have coped. The positive stories just keep on coming! Not all businesses have suffered financially either. Talking to a number of business owners in the last few weeks, some pool cleaners and some key holding service providers have reported that they have seen a slight upturn in business. Never before have owners been absent for so long and some have had to employ services where they had previously, never needed to. Businesses such as Estate Agents are still doing fairly well in most areas, as buyers are moving forward, some even selecting and purchasing properties via, live web links etc as they cannot currently travel.

The private health sector has also been very busy as so many "state run" medical centres have been closed or became very difficult to access. Camposol Health Clinic is a great example of this, offering essential medical services when no one else could assist.

For many businesses in the hospitality sector, it has been very, very challenging trying to adhere to constantly changing regulations but they have all come through. At the time of going to print, there is a very positive feel that we are really starting to "come out the other side" of all of this, with Spring, only just around the corner.

Camposol is in a fairly good position compared to other areas as there are still thousands of residents here, and they have really made an effort to support the local businesses. Driving round the backstreets of some local towns and villages shows a very different story. We have never seen so many "for sale" and "for rent" notices on business premises. In some instances, those without any outside space have not opened since last March. So far, we are not aware of a single Camposol business that has been forced to close which is an amazing achievement and the community should be very proud to have helped make this happen.

Local bars and restaurants all, without exception, had to revolutionise their businesses over night and had

to amend their offerings to cope with takeaway only services during lockdown, and then strict social distancing and restricted terrace occupancy when restrictions eased a little.

From one week to the next, new challenges had to be faced and they have all coped admirably and produced some amazing food.

Here are a few examples of just how businesses have coped with the current situation. We spoke to the owners of the following businesses and this is what they had to say.

The Diner, Sector B Camposol.

The Table Top Quiz at The Diner started back in June 2020 and despite capacity restrictions the figure raised for various charities was a whopping €8,422.25! Each charity provided the raffle prizes which were supplied by community donations as well as local businesses in and around Camposol.

Huge thanks also go to The Hotel La Mariposa who have supported us throughout, despite them facing their own challenges. A further €2,000 + was raised for the young family who tragically lost their young son Alvaro.

The local community were devastated by this terrible event. The Diner was

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TOTAL RAISED 8.422,25														

asked to raise funds to help the family in their time of need, and due to the fantastic support from local business and their regular quizzers they were able to hold an auction last August. January 2021 however, has been difficult as yet again, they were halted with closure.

Their loyal, regular quiz fans, have helped raise thousands in revenue to help maintain local groups and charities, which include everything from cancer care, medical care, war veterans, age vulnerable and the welfare of the local animals that are cruelly neglected.

In addition to the above, The Diner was also quick to adapt and have had a wonderful range of takeaway hot and cold food on offer, the entire time and at very reasonable prices. Sue Pipe at The Diner would like to say thank you to the Camposol Community, "you are amazing".

Camposol Heating & Maintenance SL. (CHM)

CHM, were not forced to close during either the full lockdown or during any subsequent restrictions due to the diverse nature of the business. Many callouts they cover are for no heating or hot water which during the winter months is considered "essential".

They also cover an increasing amount of mains water leaks and need to be able to respond rapidly.

As a result of this, they were free to trade, however most of their suppliers were not working so they could not buy any supplies. Thankfully, CHM always ensure they carry a reasonable amount of stock, which includes, oil boilers and gas and electric water heaters, or it could have been a very different story.

Thankfully, as they have been trading here for over 16 years, and have a large, loyal and diverse customer base, they have managed to "tick over" without incurring huge financial losses. Needless to say, however, apart from being offered an enormous overdraft from the bank, there was no financial help offered whatsoever.

CHM would like to say an enormous thank you to their loyal customers. It

has been a difficult and trying year, but we are still here! Kevin and Teresa Hicks would like to thank their customers for their continued support and look forward to things getting back to normal over the remainder of this year and the next.

Luz Del Sol

Most businesses have been badly affected by the Coronavirus outbreak, some more than others. One that has suffered greatly is the property market. In recent years, there has been a surge in property purchases, agents readily moving property on to new owners of many nationalities.

March 2020, saw a drastic reduction in sales, with potential buyers unable to travel, struggle to get travel insurance and have to quarantine on return to their native countries.

This brought about a necessary change in the way agents promoted and sold properties and reassuringly many working together in order to complete any possible sales.

Virtual tours and videos sent via media tools such as WhatsApp, have become "the norm" enabling potential buyers' greater visibility, giving many the assurance they need to purchase a property while not able to view in person.

While this may not be the best approach, it does give another dimension and looks set to continue for a long time to come and there has been a steady increase in sales in the region.

As said earlier, many agents are working much more closely and helping each other where possible and this is a big positive for buyers and sellers alike, long may it continue.

T J Electricals

TJ Electricals (Euronics Camposol) would like to say a huge thank you to their loyal customers for their continued support during this difficult time.

They have been lucky enough to be able to continue trading, even when they couldn't open the doors, they could take orders by telephone, email, etc and were still able to deliver, as

many of their items are considered essential items.

There are a lot of manufacturers of electrical items that are still not fully operational and also a lot of components for items are not available.

This has resulted in severe shortages and unavailability of some makes and


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models of various different electrical appliances.

Coupled with the fact that a lot of their customers don't actually live in the area full time but have holiday homes here and have been unable to travel.

The current situation has had a huge impact on their business, but they are doing their very best to survive and are muddling through the best that they can with your continued support.

The owners of T J Electricals would like to thank everybody for bearing with them during these strange times.

The Salon

The Salon has been trading on Camposol for over 16 years and as a result has a large, loyal and regular customer base.

It is for this reason, that businesses such as The Salon are still trading and will survive in the long term. The



diversification of services that they offer has meant that they have always been busy, despite going through a painful, full lockdown for over 3 months.

The backlog that was growing rapidly over March, April and May, resulted in over 15 pages of appointments to fit in, once The Salon re-opened.

Adapting the Salon to the new rules was also a monumental task. Screens had to be erected in between each hair section to ensure social distancing, and when the capacity was restricted to only 75%, they had to “block out” certain seating to ensure they were in line with the ever-changing restrictions.

After every client, everything is sanitized, i.e., every chair, table and nail bar station.

The reception area has 1.5 metre “taped off” so clients are reminded to keep apart. Clients are politely reminded to both sanitize their hands, and to wear a mask as they enter.

We apologise for the fact that there are currently no complimentary magazines or drinks on offer as usual, but it is not currently permitted.

Clearly, like any business it is noticeably quieter than usual; many holiday home owners have been unable to return as have the many of the tourists who love to visit The Salon when they are here on holiday.

The summer remained steady, and the Christmas period also made up for some of the quieter moments. Melissa would like to thank all her customers for their continued loyalty and is very optimistic about the future.

CM Constructions

CM constructions has worked throughout the lockdown period over the last year and up to and including the present restrictions today. Luckily, they were only closed last year for the 2 weeks of strict full lockdown.

As they are usually booked up with work well in advance, they managed to juggle things around and work on empty holiday properties to avoid and

lower any risks of COVID infections.

CM Constructions are forever grateful for the loyal and continued support of previous customers and also friends/neighbours they have thankfully kept them ticking over. They are now into their 20th year of working in the Camposol/ Mazarron areas.

Hopefully now with the vaccinations being rolled out things will soon get back to some sort of normality.

Cat's Bar

This past year has been very hard for everyone and all of us have had to make changes which sometimes have made it hard.

Sara from Cat's Bar gave birth to her baby during lockdown and had to go back to work 2 weeks after giving birth as it was the only way her business would survive! Cat's Bar is a wonderful example of how friends, family and the community can pull together when really needed.

Sara and her mother did all the cooking and served the takeaways as they knew the staff also needed money so were transferred onto the ERTE scheme so ensure they at least had an income.

Cat's Bar offered some delicious old favourites, both on the terrace (when allowed) and as a takeaway option. Some of their old favourites such as steak and ale pie, liver and onions, minced beef and dumplings etc proved to be very popular and excellent value for money.

Sara will be forever grateful for all the support their customers old and new have shown them.

Other News – Camposol gets a football pitch

After 17 years of campaigning, with 5 “false starts”, countless hours of campaigning, the children of Camposol finally get their football pitch!

As far back as 2003, Tracie Smith Rowley approached the “Masa” site manager “Miguel”, to see if there was any possibility of allocating a piece of land for a football pitch, as there were no facilities whatsoever for children on Camposol. As a gesture of goodwill, Miguel did allow temporary use of a piece of land on sector C4, but it was not official and was soon closed down following complaints from local resi-

dents and it was some time before the project was resurrected as there were changes in Council administration, and there was a recession on the way.

Around 2010, almost 7 years later, a parents meeting was held and subsequent fund-raising committee was formed. This became known as “Camposol Kids” or “Jovenes De Camposol”.



This was well supported for a good couple of years but as the children grew up, and people gradually moved away, it became a campaign of 1, i.e., Tracie!

Further attempts were made to secure a site for the children, but all efforts were thwarted, as either the land was not suitable, residents were not happy or some identified possible sites had already been sold off as Masa assets.



It was not until the current Mayor, Gaspar Miras came to power, that it became clear that it was a priority for the children of Camposol to finally have somewhere to play. Suddenly all barriers previously faced seemed to disappear and the project was not

only approved but also funded by the Council. Representatives from the town hall, consulted both Tracie and Silvana, (our Councillor for Foreign Residents) at every stage of the process, and were incredibly helpful which was such a refreshing change.

Tracie was even consulted on the most suitable surface for the football pitch.

The money that was raised (approximately €4,000) is still sitting securely in the bank and will be used at a later date to add more facilities such as new sports equipment, secure storage, seating etc. All to be agreed between both Tracie and The Council. The facility cannot currently be used due to Covid 19 restrictions, but it is hopeful that come the Spring, we can finally watch a match! The new sports area runs along Calle Nogales on D sector.

The only last thing to add to this really is ironically the son of Tracie Smith Rowley, young Callum who was only 5 at the start of all this, is now going to be a father himself.

At least the “kids of the Camposol kids” will have somewhere to play at last!

Noah's Arc

Like most charities, Noah's Arc have also been “hit” quite hard with all the restrictions, but thankfully their loyal

helpers ensure that they just keep on going! They are in desperate need of donations to be able to continue with what they do. Their van can pick up large items, please call the shop on their NEW number. 711016236.

As one of the longest and most established animal charities in the region, Noah's Arc have suffered quite badly over the past year.

Apart from donations to the shop, and shop takings they have lost income. Less people have been out and about, so their shop has seen far fewer visitors than usual, which has also resulted in fewer donations.

The popular Friday stall and their famous cake stall has also had to be put on hold until the current restrictions are over.

Noah's Arc as an organisation remain, totally committed to the cause, and their loyal helpers are ensuring, that they will “get through this”! A huge thank you this month goes to Marley's Dog Park, who have offered Noah's Arc the following.

For every visitor to the dog park, (cost is €10.00), they will donate €2.50 to Noah's Arc for a whole week. A big thank you to them as “every lithelps”

The following dogs are in need of their “forever” home, can you be that special person?



MO who is approximately 4 years old and through no fault of his own was returned to Noah's Arc when his adopters went back to the U.K leaving him behind.



WIDGET was rescued from the El Saladillo area in Mazarron. He weighs about 7 kilos, has been castrated and is “up to date” with his injections and is in good health. He walks well on his lead and puts himself to bed at night! Widget is also totally house trained.



SCOOBY DOO is 5 years old, and simply loves to play. His favourites are squeaky toys. He is well behaved and sits on command. All these lovely animals are neutered and fully vaccinated.

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Children's Play Ground



The fund raising for this new proposed park started back in 2008, over 12 years ago and was the initiative of Julie Townsend who many of you will know.

The first event was an open day which was held at The Calida Hair & Beauty Academy which raised the princely sum of 2000€.

The fundraisers decided to split the



proceeds and 1000€ went into the children's playground fund and the other 1000€ went directly to MABS, the local cancer charity.

Since then, the team have run numerous fund-raising events which included the Compusurf "land train" In a very similar theme to the football pitch, the new mayor Gaspar Miras has ensured that the project was also funded by the town hall and consulted

both Julie and Silvana at every step of the process.

The original funds raised by the people of Camposol are also held in a se-



cure" Leo's" bank account and the money will be used to improve the play area still further by adding further benches and shade to the area. If you have a Camposol business or are involved in a Camposol volunteer group or charity and would like to tell your story over the last year please let



us know.
You can email us before 15th March on
Camposolupdates@gmail.com

and we will do our best to include it in the next few editions of The Journal.

Fast

Over the last year FAST have been manning the phones 24/7 since the pandemic stopped us responding in person. We have given advice over the phone to more than one hundred callers.

One in particular, a lady called FAST to say her husband appeared to be having an allergic reaction and she wanted some advice.

The responder diagnosed the man's condition after some questioning as a stroke. An ambulance was called and he was taken to hospital. Four days later he was home.

The people of Camposol in the main have followed the restrictions to the letter.

People have been careful when out and about and wearing their masks etc. The businesses have played their part, policing their clientele at times, and they have had a very difficult time.

They have followed the rules set out by the authorities. The people of Camposol have been looking out for each other. Helping with shopping and collecting medication from the pharmacy.

During the first lockdown many businesses did carry out some home deliveries, from Alen's Supermarket to the Ferreteria.

This was a lifeline to those who needed food and paint.

We can now truly appreciate the little things in life, such as sitting on the terrace with a coffee.

When we can meet friends again, we will certainly appreciate their company.

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Interior Design Trends You don't have to use them all. Or like any of them.

Trends in home decor are like trends in fashion. Just because the kids are wearing crop tops and 90s-inspired athleisure doesn't mean you have to run out and grab a bright red FILA tracksuit if you're more of a J. Crew gal. Some trends will speak to your personal style and work in your home, and others won't. Take the ones you like and work them into your space to give it a fresh update.

The second one is: Instead of taking trends literally, look at them as a way to get you thinking about your space.

**kitchen decor trends for 2021
Bye-bye upper cabinets.**



Until about 2018, upper cabinets in the kitchen just seemed like a given. You had a lower set of cabinets, and then an upper set.

Then, Instagram and Pinterest started swapping out upper cabinets for open shelving. And in 2021, you don't need any shelving at all. Just wall space that you can use for art or windows or anything that isn't storage.

Primitive kitchen tools.

You've already probably noticed the abun-



dance of rustic-looking bread boards, and wooden spoons and bowls strewn about countertops and open shelving all over the internet. Antique and primitive kitchen tools are actually a major trend that is only going to get bigger in 2021 as people embrace different ways to accessorize the kitchen.

Dark green kitchen cabinets.

Color has been creeping back into kitchens little by little over the last few



years. It started with contrasting islands in all white-kitchens, or gray cabinets in lieu of white, and now cabinets are being drenched in saturated colors. While moody blues have been a big hit and will remain popular in 2020, the most of the moment shade is a dark green, a la this kitchen from House & Home. (And do you notice the little assemblage of primitive cutting boards?..)

wood-toned kitchen cabinet



The other big kitchen cabinet design trend is the re-introduction of wood tones. Wood tones were a big no-no in the 2010s because we had PTSD from the bad wood cabinets of the early 2000s, but in the 2020s, they're ba-aack. Except, the glazed, oak-y cabinets of 2005 are actually still out (and should be forever). They've been replaced with rough-hewn, rich, natural looking woods like in the photo above by California based Taylor + Taylor interior design. Wood grain cabinets are especially gorgeous paired with white marble counters and aged brass or bronze hardware.

Black countertops.

Keeping in line with the moodier kitchen designs, black stone countertops are also poised to become a big trend next year.



You've probably already seen them popping up around Instagram, and I expect that to continue for the next few years.

The luxury range

Luxury ranges have always been a coveted item among professional chefs and gourmands, but now they're a bona fide



style statement, too. If you've got a whole lotta money to spend on your stove, a La Cornue or Lacanche range is a must-have.

Plaster range hoods

Plaster or plaster-look range hoods emerged as a big trend in 2020, part of a turn toward more organic design forms all around the home, but particularly in the kitchen.

Oversized organic pottery.

Again, this one's super-specific, but it's



also everywhere. Big vessels and planters



that look like they were handmade 100 years ago? So hip for 2021, and the answer to the tripod-style planters that were on-trend a few years back.

West coast cool.

Also known as The Studio McGee look.



This style, which mixes earthy neutrals with shades of green and blue, the rusticity of farmhouse style, and fresh traditional furnishings is the new farmhouse.

Mauve



Mauve hasn't been this hot since your mom was a bridesmaid. Pale purply-pink is another hue that got its start in fashion and has crossed over into home decor.



Silver accents

Brass has been the it metal over the last decade, but shiny silver-toned metals are making a comeback. I think it's because they pair beautifully and add nice contrast to all of the warmer-toned colors coming on the scene.

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

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

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

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

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

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

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

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

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

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

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Dr. Juan Antonio Conesa



3 Surgeon Doctors
Dr. Antonio Murcia
Traumatologist Surgeon

Dr. Francisco Pedreño
Aesthetics Surgeon

Dra. Diana Navas
General Surgeon

Dra. Gresl Almonte,
Aesthetics Doctor.

1 Psychologist
Dr. Fernando Lazaro

TO MEET
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3 Nurses

Dra. María Sánchez
Chief Nurse.

Dra. Laura Conesa

Dra. Noelia Carrion



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

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.

camposolhealth.com



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

Our address



Bobs Trails - Águilas routes

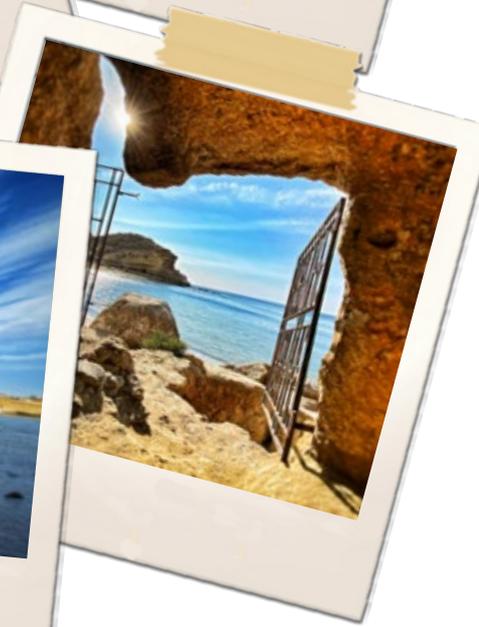
This delightful coastal walk goes from the southern end of Águilas to Cuatro Calas.

Park at the very end of the Águilas Prom by Paradise beach bar located on Playa de la Canada del Negro.

Then follow the coastal path across the beach walking away from Águilas.

You will pass numerous beaches and walk along some until you reach Cuatro Calas and the final beach of Playa de Los Cocedores where you will find numerous sand caves.

After exploring these - walk up the cliff at the southern side of the bay for quiet stunning views before returning the same way you came, return journey is approx 2.15hrs, the walk can easily be extended by an hour if you start the walk in Águilas and walk the Prom.



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Food Club

Food Club revolves around three longtime girlfriends from elementary school who are coming into their prime and finding a new lease on life after participating in a cooking course in Italy.

Marie (Olesen) is abandoned by her husband on Christmas Eve, leading her identity as part of a happy family to crumble; while Berling (Ekblad) is the eternal bachelorette who lives the sweet life but has a complicated relationship with her daughter; and Vanja (Lehfeldt) lives with the memories of her late hus-

band and has difficulty moving on.

Release Date
September 7, 2020

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Raya and the Last Dragon

“Raya and the Last Dragon” takes us on an exciting, epic journey to the fantasy world of Kumandra, where humans and dragons lived together long ago in harmony.

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Now, 500 years later, that same evil has returned and it's up to a lone warrior, Raya, to track down

the legendary last dragon to restore the fractured land and its divided people.

However, along her journey, she'll learn that it'll take more than a dragon to save the world—it's going to take trust and teamwork as well.

Release Date

March 2021.





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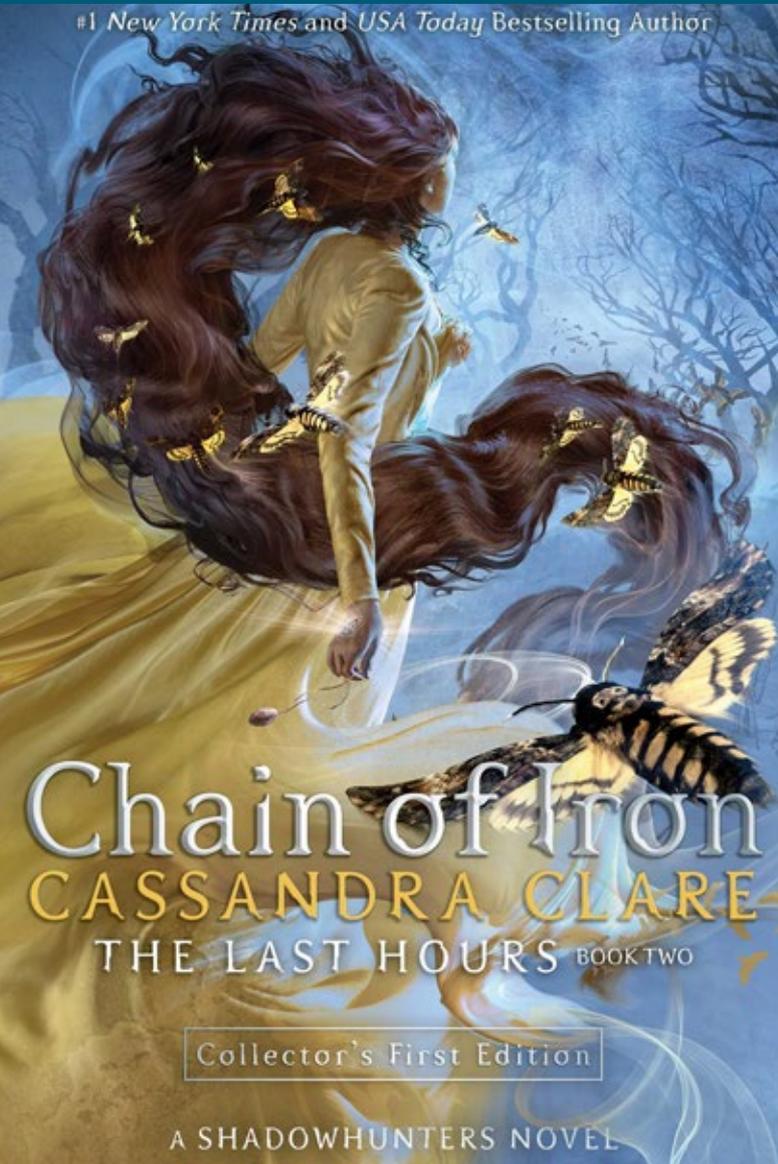

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Chain of Iron

By Cassandra Clare

The Shadowhunters must catch a killer in Edwardian London in this dangerous and romantic sequel to the #1 New York Times bestselling novel Chain of Gold, from New York Times and USA TODAY bestselling author Cassandra Clare. Chain of Iron is a Shadowhunters novel.

Cordelia Carstairs seems to have everything she ever wanted. She's engaged to marry James Herondale, the boy she has loved since childhood.

She has a new life in London with her best friend Lucie Herondale and James's charming companions, the Merry Thieves. She is about to be reunited with her beloved father. And she bears the sword Cortana, a legendary hero's blade.

But the truth is far grimmer. James and Cordelia's marriage is a lie, arranged to save Cordelia's reputation. James is in love with the mysterious Grace Blackthorn whose brother, Jesse, died years ago in a terrible accident.

Cortana burns Cordelia's hand when she touches it, while her father has grown bitter and angry. And a serial murderer is targeting the Shadowhunters of London, killing under cover of darkness, then vanishing without a trace.

Release Date

2 March 2021.

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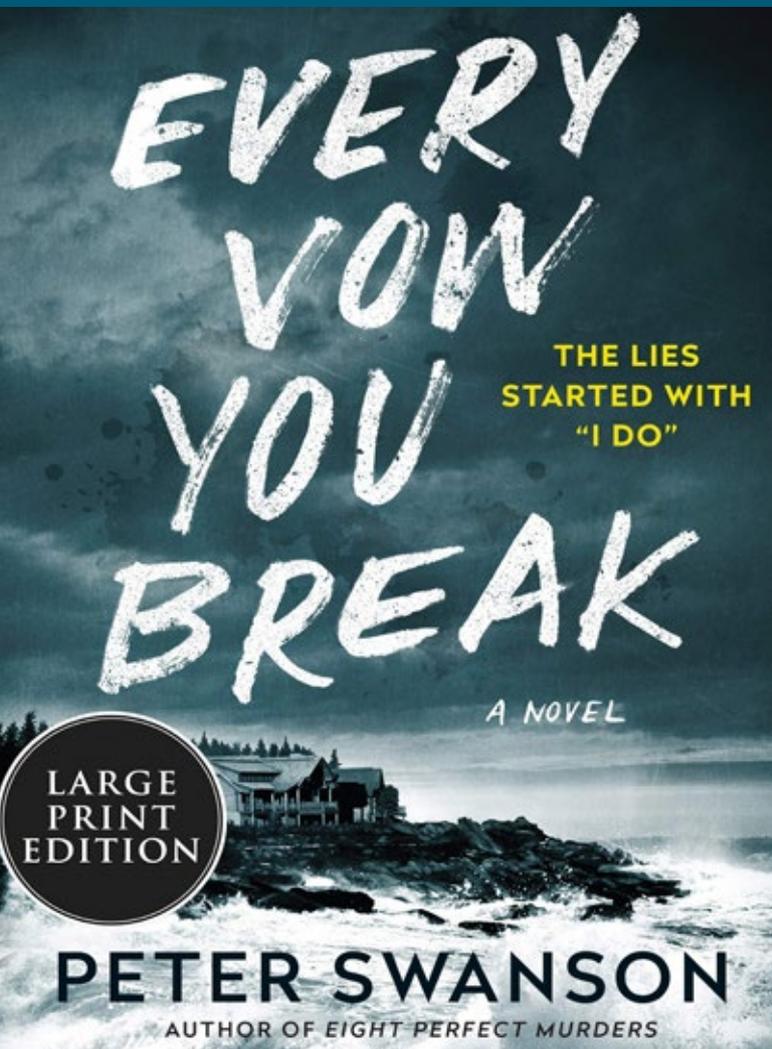


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Every Vow You Break

By Lynda Rutledge

A bride's dream honeymoon becomes a nightmare when a man with whom she's had a regrettable one-night stand shows up in this electrifying psychological thriller from the acclaimed author of *Eight Perfect Murders*.

Abigail Baskin never thought she'd fall in love with a millionaire. Then she met Bruce Lamb. He's a good guy, stable, level-headed, kind—a refreshing twist from her previous relationships.

But right before the wedding, Abigail has a drunken one-night stand on her bachelorette weekend. She puts the incident—and the sexy guy who wouldn't give her his real name—out of her mind, and now believes she wants to be with Bruce for the rest of her life.

Then the mysterious stranger suddenly appears—and Abigail's future life and happiness are turned upside down. He insists that their passionate night was the beginning of something much, much more. Something special. Something real—and he's tracked her down to prove it.

Release Date

23 March 2021.



My name is Ana Palomares and I am a Technical Architect and Interior Designer.

In 2013 I went to live in the United Kingdom in search of new opportunities and in order to develop my profession. After a lot of effort and hard work in 2015 I received my first job offer as a Technical Architect, for an architecture studio in England.

After several years practicing my profession in the UK I decided to return to Spain and start a new adventure: create my own studio.

My mission is to create current and comfortable space to enjoy and share good moments with family and friends. I work within the reach of all budgets.

I know that whether you want home improvements, remodelling of your business, or just a simple change of furniture, it can become a difficult issue when trying to decide on the design. I CAN HELP! I can offer design ideas and concepts and full project management.

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IMAGINE DRAGONS

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Imagine Dragons

Imagine Dragons is an American pop rock band from Las Vegas, Nevada. In 2008, lead singer Dan Reynolds met middle school drummer Andrew Tolman at Brigham Young University where they were both students. Reynolds and Tolman added Andrew Beck, Dave Lemke, and Aurora Florence to play guitar, bass, and piano respectively for their band.

Dan Reynolds cites Arcade Fire, Nirvana, Muse, The Beatles, Paul Simon, Coldplay, Linkin Park, Harry Nilsson, and U2 as some of his and the band's artistic influences. In terms of success, Reynolds credits bands like Foster the People and Mumford & Sons for bringing alternative pop music to a new level of commercial success in recent years.

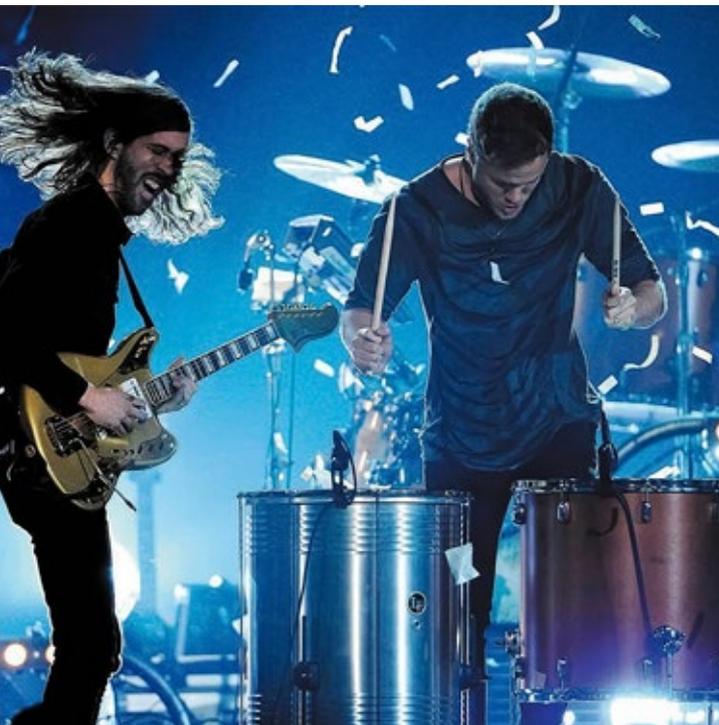
This was the track that launched one

of the biggest British and International groups of all time and to date is instantly recognizable.

The five-piece released an extended play titled *Speak to Me* that year, but Beck and Florence departed from the band's line-up later that year. In 2009, Tolman recruited long-time high school friend Wayne Sermon, who had graduated from Berklee College of Music to play guitar. Tolman later recruited his wife, Brittany Tolman, to sing back-up and play keys, and the band began to play shows together again. Lemke left the band later on, leading Sermon to recruit another Berklee music student, Ben McKee, to join the band as their bassist and complete the line-up.

They got their first big break when Train's front man Pat Monahan fell sick just prior to the Bite of Las Vegas Festival 2009. Imagine Dragons were called to fill in and performed to a crowd of more than 26,000 people.

In 2013, along with the family of Tyler Robinson, Imagine Dragons started a charity called the Tyler Robinson Foundation, helping young people battling cancer. Beginning in 2014, the first annual Tyler Robinson Foundation Gala was held in Las Vegas. Imagine Dragons performed for "Playing It Forward" (S1 E2) to raise \$100k for school music programs. The band partnered with mtvU to help choose four Fulbright-mtvU Fellowship recipients. They partnered



with Do the Write Thing: National Campaign to Stop Violence for a fundraising event.

Imagine Dragons performed as part of Amnesty International's "Bringing Human Rights Home" concert in Brooklyn on February 5, 2014. In 2015, Imagine Dragons released the track "I Was Me" for the One4 project with all proceeds going to the UN Refugee Agency to support fleeing refugees, particularly in the Middle East. Imagine Dragons also released cover track "I Love You All The Time" to benefit the victims of the terrorist attacks in Paris. In 2017, the band helped organize the annual LoveLoud Festival which aims to raise awareness about LGBTQ youth and benefit LGBTQ organizations such as the Trevor Project.



Aretha Franklin

The queen of soul. Aretha Louise Franklin was born in Memphis Tennessee on 25 March 1942 and then moved to Detroit Michigan. Aretha found her stage at the Bethel Baptist church as a young gospel singer where her father C.L. Franklin was a minister.

She started on her music career at the age of 18. She originally signed for Columbia records but her career did not immediately come to fruition. She then signed with Atlantic records in 1966. While she was with Atlantic, she sang the iconic songs I never loved a man the way I loved you, you



make me feel like a natural woman, chain of fools and think. Her most iconic song which represented her was Respect.

She also was an actress and ap-



peared as Mrs Murphy in the blues brothers movie alongside John Belushi and Dan Aykroyd. When making Blues Brothers 2000 they again cast Aretha in the same role of Mrs Murphy.

She received honorary degrees from both Harvard university and New York university. She was also awarded

honours doctorates in music from Yale, Princeton and Pennsylvania university.

In 2015 the then US President Barak Obama invited her to perform at the White House as he was one of her

greatest fans. Barak was quoted as saying " nobody embodies more fully the connection between the African American spiritual, the blues, r and b and rock and roll. The way that hardship and sorrow were transformed into something full of beauty and hope. American history wells up in her voice when Aretha sings. That is why when she sits down at a pi-

ano and sings a natural woman, she moves me to tears."

Aretha from her time growing up in the home of an American preacher was involved in the struggle with civil and women's rights. She made financial contribution for both groups covering the payroll and performing at benefits and protests.

Her health was not of the best as she had weight issues, alcohol issues for many years. She lost weight using crash dieting and managed to maintain the weight loss until the early 90's.

She was also a former chain smoker which she later attributed her voice sound to. Unfortunately, we lost her august 13 2018. She was under hospice care surrounded by friends and family including Stevie Wonder, Jesse Jackson and her ex-husband Glynn Turman who was with her on her death bed. She was only 76.

A memorial service was held at the Bethel Baptist church on 19 august. Among those who came to tribute Ariana Grande, l'il Kim, Gladys knight, Smokey Robinson.

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Facebook Friends of Mazarrón Animals

February is now out of the way, and as we welcome the fabulous spring weather we know that summer and hopefully an improvement in all of our lives is on it's way. Being able to return to our monthly markets, musical events and other fund raising activities is on the horizon but unfortunately still a long way off. We've resurrected the online market after a month off due to restrictions, and although we cannot deliver at the moment all items can be reserved for collection. Please join by putting Friends of Mazarrón Animals market in the Facebook search box.

A new initiative that we are hoping to roll out when allowed is a pop up boutique. We will bring our clothes market to you and your friends anywhere in your house or garden, patio or solarium. You and your friends can browse through our new and nearly new items in the comfort of your own home, with a nice glass of vino or cup of tea. Keep following our page for more information. The 100 club continues to be a massive success and with only a few numbers remaining you'll have to be quick to snap up what's left.

February the first was the Day of the Galgo, which FMA supported by dedicating all their posts for the day to this often mistreated breed. To us and many other organisations their plight is felt for the whole year but in February more than ever we needed to show our support for this most elegant



and gentle dog. It is on February the first that the hunting season in Spain comes to an end. Unfortunately for many Galgos this marks the end of their lives, often in the most cruel and heartless ways. Fortunately there is a slight beam of light in the darkness as gradually more hunters are willing to work with us, small steps but steps nevertheless.

We must as ever say a huge thank you to everyone who supports us, we literally could not survive without you. We've had loads of success stories last month, tinged with a few tears too. Keep following our page and please contact us if you would like to get involved. Ways of donating, however small, can be found below. Thank you.

Andrea's Animal Rescue
& The Henrietta Foundation
Tel 690 906 565
www.andreasanimalrescue.com
Charity no. 9.980/14

We knew it was not going to be an easy job having an animal rescue charity and this past month has presented quite a few challenges. Yes, we are up for a challenge, after all its what makes the world go round! So where do I start? So, our first little surprise was at the end of January when our donkey Maria produced her baby who we named Eno. We found him cold and with his sack still attached and yet again the mother not interested in him, she would not let him get near her for the important first milk. We sorted them out and knew we had to get them to the hospital in Alicante as soon as possible for Eno to have his first milk which contains essential antibodies for his survival. In order for him to have this they had to sedate Maria and express her milk and fit Eno with a feeding tube. They carried out essential tests and fortunately he seemed to be very healthy just missing a loving mama! Some moth-

ers warm to them enough for them to at least feed but not Maria, she wasn't having him anywhere near her ... such a shame!
The hospital worked wonders and trained him how to drink out of a bowl, I don't know how long it takes him to finish up a bowl, but we are talking seconds! He is doing well, and mama now will tolerate him, she's not kicking him anymore, but doesn't want anything to do with feeding him. He is such a cute little guy and in all my years of working with donkeys and horses I don't ever think I have seen a baby donkey with such HUGE ears. Eno your Moma may not love you but we do, my heart is bursting, he's just gorgeous.



So here we go again !!! blow me down another of our donkeys we took in back in November who we suspected was pregnant after the vet checked her over said maybe in about 10 days she would deliver, she didn't actually look that big to us probably because all our are ermmmm tubby.

December came and went so did January, hmmm we were thinking either phantom pregnancy or the vet was wrong(unlikely!) Into the second week in February Kev went up to the stables to start sorting out the morning feeds and WOW GOOD MORNING!!

Foal number two! Again, there were problems and we had to get mother and baby up to the hospital in Alicante as she had NO MILK OMG and then hours later one of our donkeys at the Sanctuary was obviously in some trouble, so we called out the vet and he said those words, he needs to go to hospital.

Our hearts sank, when is this going to end? Gypsyboy couldn't stand up but was wanting to eat so colic was sort of ruled out, our mobile vet thought liver and kidney problems! but at the hospital all these tests came back clear, ultrasound, X-rays were also all clear, He was very weak and being given intravenous fluids, further test showed Anemia, and we are keeping

our fingers crossed this can be sorted .
 However, all of these visits to Alicante come at a massive cost so if you would like to help us cover some of the costs donations can be made via Paypal to andreasanimalrescue-



murcia@hotmail.com we also have UK and Spanish bank accounts. Please contact me on 690906565 via WhatsApp for further details.

I want to give a shout out to one of our supporters David Vaulks oh and not forgetting Dillon the dog who was an especially important part of a sponsored litter picking incentive who raised a fanfare worthy 573.93€.

Our little chap Lucas who had his tail mutilated is going to England to live with David, Jane and of course Dillon. I know he has fallen on his feet here and deserves nothing less. We are still not clear as to whether



we can resume our regular collection point on Camposol, however, we can collect larger items by prior arrangement and smaller donations can be taken to either of our shops in Roldan or Mazarron between the hours of 10.30-1.30pm.

When we can recommence on Camposol B it will be announced on our Facebook page. Huge thanks as always to the experts at Hospital San Vincent in Alicante,

we love seeing you guys but not quite this often!
 That's it for now , take care and stay safe .



Although all our normal monthly activities at our Drop in Centre have been put on hold we are still here for advice and information, shopping and medicine collection, so give us a call if you need help. All our phone lines as listed below will be manned as usual. If you would like an in-person chat with one of our team the Drop in Centre will be open on Tuesdays between 10am and 1pm by appointment only. Telephone 634 344 589 if you would like an appointment and please remember masks are compulsory.

NEW YEAR'S DAY SPONSORED SWIM: A big thank you and WELL DONE to all who participated in and supported our New Year's Day Swim in the Puerto this year.

There was an excellent turn-out with some unusual and humorous costumes. Many thanks for all those donations, sponsorship money is still being collected and we have received over €2,850 so far with more to come.

We would also like to pass on our grateful thanks to the Red Cross and the Guardia Civil for their invaluable support over the past 20 years without which this popular annual event could not take place.

TAKE THAT TRIBUTE, Zambuca Restaurante: Sadly we had to postpone this event to a later date at the last minute due to a change in Corona Virus restrictions. This will now be rescheduled as a "Delayed Valentine's Event" just as soon as we are able to do so and all tickets already purchased will be honoured at that time.

Watch this space and we'll let you know the new date when we have one.

WOULD YOU LIKE TO HELP: We are looking for volunteers to help our senior citizens in a variety of ways in these unusual times. If you would like to join our team please give Isabel Stewart a call on 634 344 589 or send us an email to ageconcerncosta-calida@gmail.com and we'll get back to you.

Enquiries - 634 344 589
Volunteer Coordinator - 634 312 516

Lifeline Puerto de Mazarron Area – 634 325 408
Equipment Loan - 634 306 927
(Lines Open 10am - 4pm Mon - Fri)

Samaritans in Spain

Our listening and shop volunteers continue to work tirelessly over this



very strange and trying period and many thanks go to them all for their dedication.

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

On a bright note, 2021 has continued to see some unexpected donations being received. In the photograph below are Lynne and Debbie from the Causeway Tavern in Torre De La Horadada handing in a carload of donations to Samaritans in Spain, gratefully received by Les. They have been donated by their customers as part of 12 days of caring over the festive season.

(Pic: Lynne, Les & Debbie outside the Samaritans Shop in Punta Prima)

Another wonderful donation of €200 has been received from the Cam-poverde Church in the Community, the donation was handed over by Jamie and Maggie on Thurs 4th Feb 21 at the Punta Prima shop and was gratefully received by Les Holloway on behalf of Samaritans in Spain.

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

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

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

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

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



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

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

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

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

March Gardens

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 elimi-

nate 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 and we will be happy to answer it.

Greetings and enjoy the sun in your garden.

Antonio Martinez



Green Fingers Gardening Group



The past 12 months have also been extremely difficult for Green Fingers, the C sector gardening group.

Their experiences will echo so many

of the others; having to carefully monitor the constant changing of regulations each week, ensuring that all the health and safety guidance was adhered to.

Some weeks they were not permitted to work in groups of more than 6 people, and some weeks they couldn't work at all.

This of course had an on-going effect upon our donations, which

meant that funds became almost non-existent as the regulations became more stringent.

Virtually, their only income has been from two raffles at quiz nights run by

Sue Pipe at The Diner - she selected various organisations each week to benefit from these, and they were very grateful.

The other effect was that the plants and communal areas were not maintained or watered, so each time the regulations were relaxed it took an enormous effort from their volunteers to catch up with all the weed growth and debris which had collected in the streets!

The wonderful people of Camposol have come together over the past year to support each other, the volunteer groups, charities and the struggling businesses, as they always do, and it has made such a difference to what otherwise would be a depressing time for most.

The Camposol community spirit here is second to none.

Chairman: John Osborne, tel. 634 325 427.

Facebook: Green Fingers Camposol Camposol C Sector Group.

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Los Palacios



We seem to be on a bit of a roller coaster at the present. After submitting the last article referring to our bucket collections and library the situation changed overnight with further lockdowns and restrictions.

During this time however our volunteers did not sit idle but went out individually working on the roads and park areas.

The roses in the memorial park have all been cut back, thanks to Joan and Maggie; Jock and Brian have been out sweeping and cleaning the roads to keep the area looking nice and tidy. Tony has been out clearing up the possession caterpillars, and now that two people can meet up our palm

troopers are back out again trimming the trees.

During this time the Council have been busy on Camposol and on A we now have a new play area for the children.

This is situated opposite the Medical Centre.

All of Camposol use the Medical Centre and I am sure you will agree our volunteers do keep this area looking very nice.

The play area is a lovely addition and as well providing a facility for our local children it will be nice for when we have family visiting with young children (whenever that will be! . Hopefully in the not too distant future).

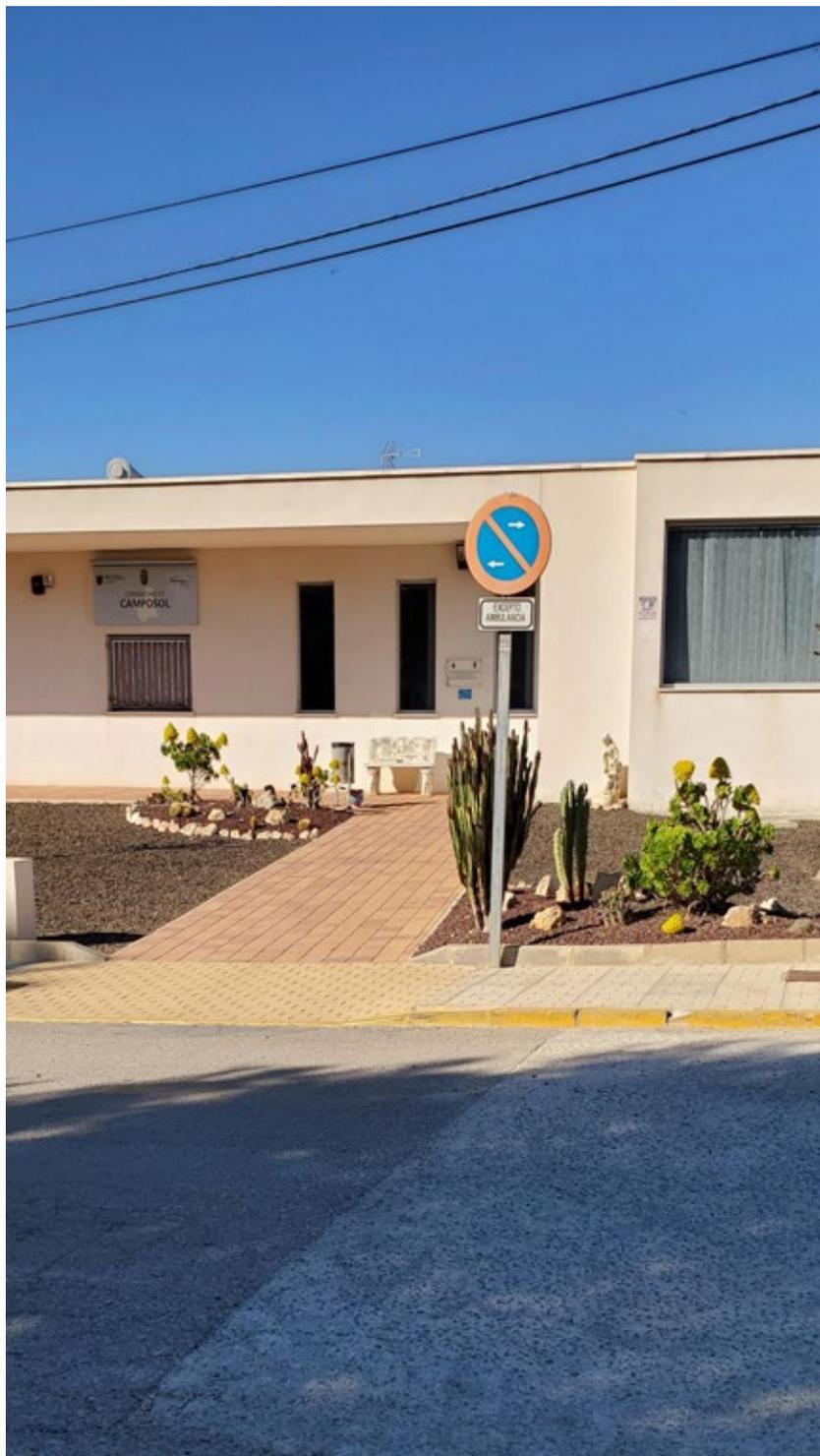
At the time of writing we have the bars open again, albeit only on the terraces at present. It is nice to see people sitting outside again having a coffee and hopefully things will continue for our local bars who have had a very difficult time over the past year. We also have permission to open our library on a Friday again which we are very pleased about. Hopefully this will still be the case. Our opening times are from 10.30 to 12.30. So if you are now getting low on reading material pay us a visit and look through our large selection of books.

We are always looking for new recruits so if you have a few hours to spare why not join our group.

You do not have to be a gardener, we are a Community Group as well so there are other ways you could help.

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

Let us hope that the situation continues to improve and we thank you all for your continued support.



Powers in Spain and the UK

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

It can be easy to carry on from day to day

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

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

Notary here in Spain whilst they have mental capacity – it is termed preventative power as will take effect even if the Donor has lost mental capacity at a later stage. It's also interesting to know that this form of Power is customary to be granted by anyone of any age, for those who are in business or not, as the case may be, so that in any circumstance that the Power is required to be used, there will be no difficulty with dealing with those affairs of the Donor.

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

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

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

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

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

Shirley Fisher

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Camposol, Mazarrón
MURCIA 30875

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

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

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

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

It's interesting to know that a good deal of worry and expense can be avoided if the Donor signs Power before a

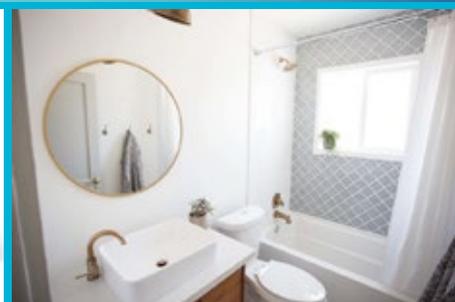


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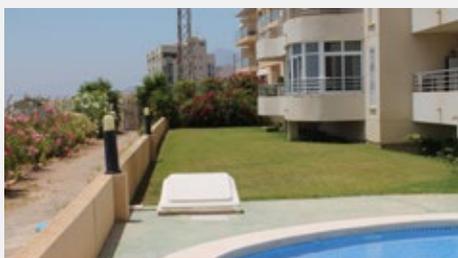
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Ref 3014 169,000€



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MONDAY

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

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TUESDAY

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

- Camposol B Clean Working Party 8:30am - 5pm
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WEDNESDAY

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

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- The Beacon of Light - Canadas Del Romero, 7pm

THURSDAY

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

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Mother Jokes

What did the baby corn say to the mama corn? A: "Where's Popcorn?"

Why is a computer so smart? A: Because it listens to its motherboard.

What do you call a mom who can't draw? A: Tracy.

Why did the cookie cry? A: Because his mother was a wafer so long!

What are the three quickest ways of spreading a rumour (or gossip)? A: The internet, Telephone, Tell your mom.

What do you call a small mom? A: minimum. Q: What did the mama tomato say to the baby tomato? A: catch up!

Why don't mothers wear watches? A: There's a clock on the stove.

Why did the baby strawberry cry? A: Because his mom was in a jam!

What did the baby Egyptian say when he got lost? A: I want my mummy.

What did the momma say to the foal? A: Its pasture your bedtime

What book do moms like the most? A: "Their husbands' checkbook!"

What did mommy spider say to baby spider? A: You spend too much time on the web.

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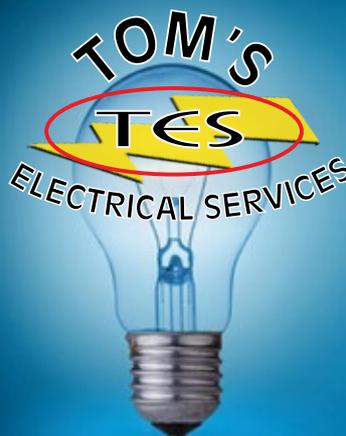
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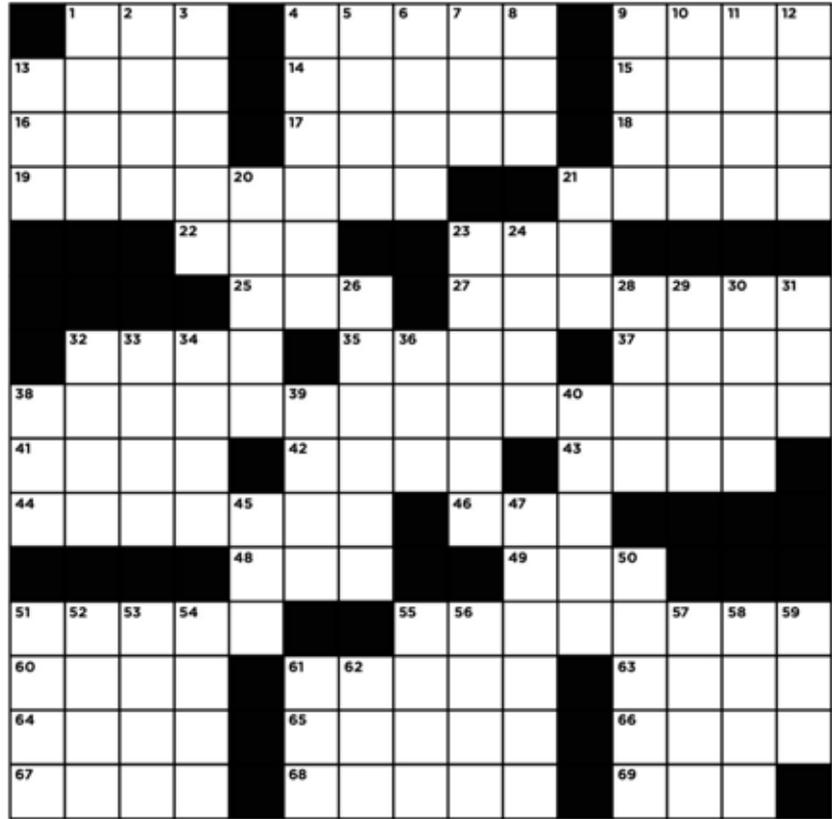
Mother-s day corssword puzzle

ACROSS

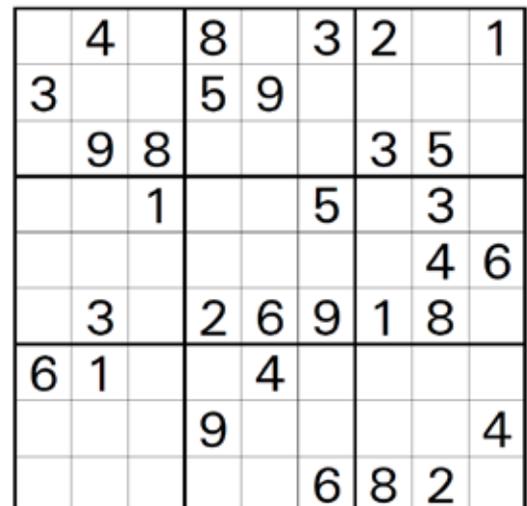
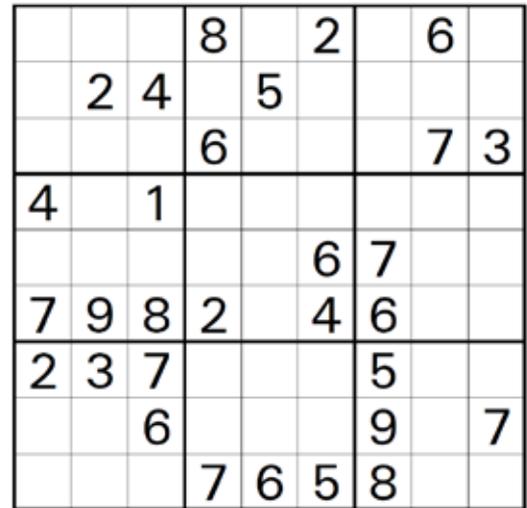
- 1 Plastic compound
- 4 Teddy Lupin's mom
- 9 Delicate decoration
- 13 Christmas refrain
- 14 To no ____
- 15 Thing
- 16 ____ bowl (Trendy breakfast)
- 17 Sweet's opposite
- 18 Crazy en España
- 19 Draco's mom
- 21 Uses a keyboard
- 22 The first mom
- 23 Channel that merged with the WB to make the CW
- 25 Bullfighting yell
- 27 Dudley's mom
- 32 Wild swine
- 35 Haha, in online slang
- 37 What cut wood has been
- 38 What you'll hear on May 13
- 41 Itinerary info, for short
- 42 Largest city in Peru
- 43 Slices of history
- 44 Cough mucouses
- 46 Deets about your bodily functions, for example
- 48 Employ, as "The Force"
- 49 Product of chicken moms
- 51 Ron's mom
- 55 Rose and Hugo Weasley's mom
- 60 An apple ____ keeps the doctor away
- 61 Rental car company
- 63 Secrecy docs
- 64 Titanic character with an overbearing mom
- 65 Stood
- 66 Where moms breastfeed from, informally
- 67 Creative endeavors
- 68 Opposite of emaciated
- 69 Sure

DOWN

- 1 ____ burger (Veggie option)
- 2 Common item in a still life
- 3 Neville's mom
- 4 Curtain decoration
- 5 Female reproductive cell, pluralized twice
- 6 Simba's girlfriend
- 7 Depression-era American Girl
- 8 Devious
- 9 Harry's mom
- 10 Above
- 11 Cecilia nickname
- 12 Fans of Fall Out Boy and Good Charlotte
- 13 Grandmother
- 20 Wedding dress color
- 21 Drama TV channel
- 23 "How's it going?," informally and switched
- 24 Legendary footballer
- 26 Plaza Hotel girl
- 28 Back in the ____
- 29 None
- 30 "____ sleeping!" - someone you accidentally woke up
- 31 Whichever
- 32 Town in Southwest England
- 33 October birthstone
- 34 Recess in a church
- 36 Cash machine
- 38 A B C disease, for short
- 39 Pyramid schemes, for short
- 40 Period of royal ruling, as written by someone who made a typo
- 45 Dude
- 47 Voldemort's mom
- 50 Albus Severus's mom
- 51 Matilda actress
- 52 What someone who never showers has
- 53 Z's position
- 54 Caustic soaps
- 55 Love's opposite
- 56 Ostrich relatives
- 57 Garfield's friend
- 58 Wine mom's destination
- 59 Supergirl's symbol
- 61 A long time ____ in a galaxy far, far away....
- 62 Toss



Sudokus



Answers to last months page 62

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History of the Ford Lotus Cortina

Lotus Cortina is the commonly used term for the Ford Cortina Lotus, a high-performance sports saloon, which was produced in the United Kingdom from 1963 to 1970 by Ford in collaboration with Lotus cars.

The original version, which was based on the Ford Cortina Mk 1, was promoted by Ford as the "Consul Cortina developed by Lotus", with "Consul" later being dropped from the name. The Mk 2 was based on the Ford Cortina Mk 2 and was marketed by Ford as the "Cortina Lotus".

There were 3,306 Mark 1 and 4,093 Mark 2 Lotus Cortinas produced.

Mk 2

Ford wanted to change a few things for the Mk2, the Mk1 had done all and more than they could expect in competition, but the public linked its competition wins with Lotus and its bad points with Ford.

Ford still wanted to build a Mk2 Lotus and compete with it, but Lotus were moving from Cheshunt to Hethel so it was a bad time for them to build another model.

Ford were also concerned with the unreliability of the Lotus built cars. So a decision was made at Ford that; to continue with its competi-



tion drive and make the car more cost effective they would make the car at Dagenham themselves, alongside the other Cortinas.

So the Mk2 had to be much easier to build than the Mk1 so it could be made alongside Mk2 GT production, just with a different engine and suspension.

The Mk2 took a while to appear, first appearing in 1967.

The main difference was the choice of colours and the lack of a stripe, although most had them fitted at Ford dealers at extra cost.

The only cosmetic changes made were a black front grille, 5.5J x 13

steel wheels and Lotus badges on rear wings and by the rear number plate.

The badge on the front grille was an option at first.

Unlike the Mk1, the Mk2 was also made in left hand drive from the start of production.

The Mk2 Cortina Lotus also gained an improved and more powerful (109 bhp (81 kW; 111 PS)) engine, which was formerly supplied as the special equipment engine option on Lotus Elan and the Cortina Lotus Mk1.

The gearbox ratios remained 2000E ones but the car now used the Mk2 GT remote-control gear

Lotus Cortina Mk1: what to look for

Charmingly described in The Motor as 'a good compromise for a keen driver who has to remember that the family must sit somewhere', the Lotus Cortina is still an exhilarating drive, with torquey, lively acceleration, firm handling, adequate brakes, excellent visibility and, in Aeroflow form, good ventilation.

Bodywork

See image on the right





change.

The car also had a different final drive of 3.77:1 rather than 3.9:1.

The Mk2 was a wider car than the Mk1, so although they looked the same, the steel wheels had a different offset so as not to upset the tracking, and radial tyres were now standard.

Another attraction was the larger fuel tank. The spare wheel could then be mounted in its wheel well, but the battery remained in the boot to aid weight distribution.

The only real difference to the engine bay was the air cleaner mounted on top of the engine.

The interior was almost identical to a GT.



The Mk2 did exactly what Ford wanted, it was far more reliable whilst still quick enough to be used in competition, until it was replaced by the Escort Twin Cam.

The car did receive a few updates, but none as ur-

gent as the Mk1's.

Only a few months after production started, the Lotus badge on the rear panel was cancelled and a new TWIN CAM badge was fitted under the Cortina script on the boot lid. Despite the badge changes, Ford UK continued to market the model as the "Cortina Lotus"

The new combined clock and centre console were fitted.

In late 1968 the entire Mk2 range received some cos-



metic changes; for the Lotus, this meant that the 4 dials on top of the dash were brought down and made part of the dash.

An internal bonnet release and a more conventional mounting for the handbrake were also phased in.

A new single-rail gearshift mechanism was used. The car stayed in production until 1970.

The Cortina Lotus was marketed in Europe as the Cortina Twin Cam in 1969/70.

Two 4-door versions were supplied to the Mid-Anglia Constabulary for evaluation as use as a fast patrol and pursuit car by British Police forces. The trial never went beyond the two vehicles, which are both still in existence.

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Dawn Llewellyn-Price

Time 'marches' on, and here we are, already in the month of Ides and daffodils.

'Oh I do miss daffodils!' a friend mentioned under my Facebook pic of two bunches for a couple of quid in M&S, flowering beautifully on a grey, end of February day.

I did wonder why, as there should be dancing daffodils in Spain during the spring months. The Daffodil Society said so.

The Ides, unfortunately, lurk everywhere, and the sooner we scurry past March 15th without further incident and hope that unlike Ceasar, brutally murdered on that very day, we can head for those warmer days with as much spring in our step as we can

muster, in what's turning into another year of worries for the whole world. It's endless, isn't it? Dragging us all down.

The sofa is now an old pal instead of an evening acquaintance. I know every scratch in the leather and have taken to sitting at different points throughout the day, like the cat who chooses sleeping places according to the hour.

In the media playground, good news speeds down the slide no sooner than it's been given, dashing its knees on the gravel, as the ups and downs of the Covid see-saw continue, one endless merry go round that we're all just desperate to step off and happily skip home to our mothers for jam sandwiches.

There may still be hope of some normality this year for at least one March tradition. The Fallas of Valencia, that almost historic and hugely popular festival of burning painted figures throughout the city may well go ahead later in the summer months. I spoke to the famously named Joaquin Sorolla (doubtless adorned on him by the clever tourist office) who advised me it was still very much in the plans for 2021.

The nearest I've been is the Fallas museum, as our only full visit to date

was during autumn on a bus full of Brits. What a fabulous city it is. Getting lost in the historic centre, ordering paella in a side street, riding the buses, and catching sight of the space age quarter feeling like I'd stepped onto Moonbase or Buzz Lightyear's strange planet. Walking among those incredible buildings, where people rolled on the water features in zorbing balls and visiting the aquarium where penguins and Belugas played in freezing arctic temperatures while snow fell from the ceilings was truly memorable, whatever your take on animal captivity. With classical music soothing any ruffled feathers, they seemed totally happy.

The Bio-park is also a must-visit, via the hop on hop off bus. Acres of open spaces filled with lions and tigers and bears as you follow the yellow brick road around the beautiful open enclosures, watch the gorillas with their babies and have lunch by the lake which is more Kenya safari lodge than Spanish cafeteria.

Pure escapism. If you've never been it really should be scribbled onto your list. In these uncertain times, the sooner the better.



Los Amigos De Mazarrón F.C

LATEST NEWS FROM LOS AMIGOS DE MAZARRÓN FC

Mazarrón's up and down form continued from mid-January to mid-February. A run of four successive defeats saw the writing on the wall for Manager Sergio. Although the run was ended with a 1-0 home win against FC La Union Atletico, Sergio was sacked and long serving Juan Andreo took the reins for the away game at Mar Menor on 7th February.

Although the game was narrowly lost, 2-1 but



Mazarrón gave a much-improved performance and had it not been for two dreadful misses by the normally reliable Chiky Ardil, the game would have been won. President Ruben moved quickly to appoint a new Manager, Roberto Carlos better known as "Kenny" who was on the coaching staff of the Mazarrón junior teams a few years ago.

Kenny's first game in charge was against Lorca FC on Valentine's Day and his enthusiasm was there for all to see. Mazarrón had nearly all the play but had again struggled to score despite Chiky Ardil's fifth minute opener. The game changed in the 79th minute when Mazarrón youngster Jose Oliver was introduced as a substitute for his first appearance of the season.

He made an immediate impact scoring with virtually his first touch and then scoring his second and Mazarrón's third goal with a



header in injury time. The win moved Mazarrón up to the important position of sixth in the group of eleven teams. However, teams below have games in hand on Mazarrón so, with five games to go before the mid-season break, there is still all to play for.

Because of the coronavirus pandemic, the League this year is being played in a different format. The 22 teams have been divided into two groups of eleven playing each other at home and away. After the end of these 20 games for each team, the top six teams in each group will combine to play each other on a home and away basis to determine the promotion place(s), a total of 22 games for each team. The bottom five teams in each group will also combine to play each other home and away to determine the relegation places.

Although a limited number of spectators were allowed back in for a couple of home games with season ticket holders guaranteed priority and with strict safety protocols in place, the Covid situation worsened in mid-January and the games then reverted to being played behind closed doors. The situation is reviewed on a weekly basis and as the end of February approached there was some hope that things were improving and that spectators may be soon be allowed back into the games.

When supporters are allowed back in, they will need to register at the entrance to the ground at least 30 minutes prior to kick off time and avoid crowding.

ID should be shown, passport or driving licence, and supporters must leave one seat free either side of them.

Remain seated at all times and refrain from using the toilet facilities unless absolutely necessary. Use the hand sanitisers provided and masks must be worn at all times.

Your temperature will be taken (maximum 37.5C).

No eating or drinking of any kind except for water and no smoking. Keep a safe distance of at least 1.5 metres at all times.

With regard to away travel, the current regulations do not allow travel to away grounds. When away travel is again permitted, we will ask Los Amigos members who wish to travel to away games to contact Barbara by email on pamada.1130@yahoo.co.uk on the Thursday before the away game.

The names will be passed to the Mazarrón FC President who will contact the President of the other club to see if he can organise the necessary tickets. This procedure should guarantee admission and save a wasted journey.

Obviously, some grounds with very small capacities may not be able to accommodate visiting supporters but we will keep our members fully informed. If tickets are available travel will be in private cars until coach travel becomes feasible.

Mazarrón'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.

28th February - Home
RACING MURCIA FC

7th March - No Game

14th March - Away
C D Minera

21st March - Home
CAP CIUDAD DE MURCIA

28th March - Away
Huerca-Overa CF

Now that remedial works have been completed at the Estadio Municipal, home games are again being played there after an absence of 98 days.

Full details of all games, dates, venue and kick off times are advertised in the local media, on www.mazarronfc.com or our own Los Amigos de Mazarrón FC Facebook page, fb.me/mazarron2016. Mazarrón Hoy have kindly streamed the games so far this season



live on their Facebook page at a cost of 2.99 euros to allow supporters to watch their favourite team in action. Los Amigos membership renewals (usually 1st August) have been deferred until the end of March 2021.

If anybody, who is not a current member, wishes to join before this date their membership will expire on 31st March 2022 which will now be the same for everybody.

Membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner. Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but will be resumed as soon as it is possible. A new date for the postponed AGM will be announced soon.

Because of the current situation in both the UK and Spain, the Golf Day at Camposol Club de Golf and the Gala Dinner at the Hotel la Cumbre which were scheduled to be taking place on Monday 12th and Tuesday 13th April respectively have been postponed.

It is hoped to re-arrange these events later in the year and tickets will be re-issued to those who have already purchased them. Anyone wishing to have a refund can do so when the current regulations allow by emailing salterkb@hotmail.com.



Sorbet Pastel Tones

Another trend that has continued to dominate this year has been pastel tones.

These sorbet-inspired colors are the

perfect option for summer and they suit a wide variety of skin tones.

Choose from a boiler suit in cool mint green or an oversized trench coat in soft lavender – better yet, try them both simultaneously.

Suits and separates in the soft and buttery hues elevate your overall aesthetic and will remain one of the chicest styles for seasons to come.





Yellow Bags

This season yellow bags have taken over the runways and the streets.

This trend is easy to replicate and it

is timeless – choose a small clutch to spice up an outfit or find a mustard tote for your daily needs.

There are so many shades to choose from that suit your taste, and they look incredible when paired with other

vibrant hues or a monochromatic ensemble.

Opt for an amber structured handbag with an all-white get-up, or a sleek canary baguette for a night out.



Pop Blue Accessories

Why blend in when you were born to stand out? Add a pop of blue to your monochrome outfit to update your go-to outfits. The beauty behind this trend

is the unlimited amount of options you can try throughout the season – from a duck egg blue handbag from Dior to a chic Marine Serre bucket hat, you can try it all. When styling these items, opt for all black or grey outfits. The

bright hue will stand out amongst the deeper shades. Mix and match your accessories and discover a new favorite way to rock your key pieces.

This Sunburn Relief Plan From Dermatologists Is Here To Save Your Skin

Sunburns are an absolute pain (literally). A sunburn is essentially unprotected skin that is injured by ultraviolet radiation.

These are charged molecules that are physically injuring our cells, our proteins, and our fats.

Too much UV exposure causes inflammation, redness, and sometimes a lot of discomfort (you know that itchy, tingling feeling you experience after a sunburn).

Of course, if you can prevent sunburns altogether, that's ideal - because a sunburn (even a suntan) increases your risk of developing skin cancer.

But hey, sometimes you forget to reapply before - or maybe you've purposely skipped out on our SPF to ensure proof of a well-deserved holiday (tisk, tisk).

No matter the reason for the burn, you're going to want some quick and easy methods of relief, especially considering that a sunburn can last anywhere between a few days and several weeks.

There are no magic overnight sunburn fixes (sorry!) - but there are a few



things you can do to fast-track your healing.

You want to focus on products that restore moisture back to your skin (think: lotions and creams) and relieve peeling or itching (think: ice packs or OTC pain relievers).

For legit recommendations, follow this dermatologist-recommended treatment plan for fast sunburn relief.

Your skin will thank you.

1 Take a cold shower

When your skin is on fire, the last

thing you want to do is expose it to hot water.

Taking hot showers can strip your skin of essential oils, which can dry it out even further and make it more sensitive.

Rinsing off with cool water, on the other hand, provides immediate relief. If the direct stream of water feels too intense on your skin, try a bath at room temperature.

2 Avoid using soap on the affected area

The reason sunburned skin feels so tight is because it's desecrated, dry, because you're losing water from the skin so readily.

That's why it's so important not to use soap on the sunburnt area. Soaps, even mild ones can be very drying — and you don't need any more of that.

3 Grab a moisturizer with colloidal oatmeal

What you really want to focus on is bringing moisture back to the skin.

While your skin is still wet from the shower, apply a moisturizing lotion to provide instant sun relief.

A great product to use would be one that contains colloidal oatmeal, and the ingredient is common in many





topical products designed for helping with eczema.

Collodial oatmeal has both inflammatory properties as well as barrier repair properties.

Both of which are perfect for sunburns. You're knocking down the inflammation and signaling to the skin to repair itself.

Aveeno, is recommended but any moisturizer with collodial oatmeal in the ingredients list will do the job.

4 Soothe with aloe vera

Aloe vera can help speed healing of first- and second-degree burns, research shows.

Lotions with aloe vera in them will provide a soothing and cooling feeling to the affected area.

But make sure to apply this lotion when your skin is still wet from the shower to ensure moisture is locked in.

Do this several times throughout the day, for several days, until your burn has healed.

5 Try some topical hydrocortisone

This is probably the only topical steroid you can get over the counter.

So if you're looking for some itch relief ASAP, hydrocortisone 1 percent is what you want.

The cream will reduce swelling, relieve pain, and help prevent you from scratching. Sounds perfect, right?

6 Take a diluted bleach bath

This sunburn trick called the diluted bleach bath. All you need is a quartercup of Clorox bleach in a 40 gallon tub of water.

When you put bleach into water, especially normal water that's a little on the acidic side, it forms hypochlorous acid (HOCl) acid, which actually our immune system uses to fight infections.

But at very low concentrations it can be anti-inflammatory and antimicrobial.

So not only will it soothe your sunburned skin, it will help protect you against developing a worse infection, too.

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availability of more than 90%.

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Compared to liposomes the micelles from the MyCell Enhanced™ technology have a much higher stability with regards to temperature, pH and mechanical stress.

Beside this, the molecules used for encapsulation in these liposomal systems mostly are synthetic or synthetically modified compounds (like polysorbates), which are derived from the petrochemical industry and have carcinogenic concerns.

The molecule the MyCell Enhanced™ technology uses is 100% natural and non-allergenic.

Having the active compound, like CBD oil, encapsulated with the MyCell Enhanced™ technology so it can easily pass the mucous membrane and be absorbed in the bloodstream is just the beginning, but to work the active compound has to be delivered into the cell.

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Vegetarian Skillet Stuffed Shells



Ingredients

- 18 jumbo pasta shells (about 6 oz.)
- 1 1/2 tsp. kosher salt, divided, plus more
- 2 Tbsp. extra-virgin olive oil
- 1/2 lb. crimini mushrooms, thinly sliced
- 1 tsp. freshly ground black pepper
- 1/2 cup dry white wine or vermouth
- 5 oz. baby spinach
- 6 garlic cloves, thinly sliced
- 2 Tbsp. unsalted butter
- 3 cups marinara sauce
- 1/2 tsp. crushed red pepper flakes
- 2 cups whole-milk ricotta
- 3 oz. finely grated Parmesan (about 1 cup), plus more for serving
- 3 Tbsp. finely chopped oregano, divided

Preparation

Cook shells in a large pot of boiling salted water, stirring occasionally, until very al dente, about 9 minutes; drain. Run under cold water to stop the cooking; drain again.

Meanwhile, heat oil in a large skillet over high. Add mushrooms and cook, stirring occasionally, until they release juices, then are dry again and nicely browned, 5–6 minutes; season with black pepper and 1 tsp. salt.

Reduce heat to medium, add wine, and cook, stirring, until reduced by half, 1–2 minutes. Add spinach, cover, and cook until beginning to wilt, 1–2 minutes.

Uncover and continue to cook, stirring occasionally, until spinach is completely wilted and most of the liquid is evaporated, 2–4 minutes more. Transfer mushroom mixture to a large bowl; reserve skillet.

Cook garlic and butter in reserved skillet over medium-high heat, stirring occasionally, until garlic is fragrant and beginning to brown, 2–3 minutes. Add marinara sauce and red pepper and bring to a simmer over low heat. Cook, stirring occasionally, until warmed through, 6–8 minutes.

While sauce cooks, add ricotta, 3 oz. Parmesan, 2 Tbsp. oregano, and remaining 1/2 tsp. salt to mushroom mixture and stir to combine. Spoon about 2 Tbsp. ricotta mixture into each shell. The shell should be filled to capacity but not overstuffed.

Nestle stuffed shells into hot sauce in skillet. Cover and cook over medium heat until shells are warmed through, 4–6 minutes.

Remove from heat and let sit 5 minutes. Sprinkle with Parmesan and remaining 1 Tbsp. oregano.

Bacon Wrapped Grilled Asparagus

- Asparagus
- Smoked Bacon



- Large Free Range Eggs
- Loose Spinach
- Rye Bread
- Fresh Basil Oil

This asparagus dish is not only delicious, but very versatile – making a superb addition to your lunch menu as a light main, or as a starter for your a la carte dinner menu. To create this dish, cut asparagus stems down to make them all the same size and grill until soft.

Once soft, wrap with cooked bacon and serve on thick sliced toasted sourdough bread – top with wilted spinach and a free range poached egg, finish with a drizzle of fresh basil oil.

Mint chocolate chip no bake



cheesecake

- 8- 10 Oreo Cookies, crushed into crumbs
- 1 cup heavy cream
- 8 ounces softened cream cheese
- 1 cup powdered sugar
- 1/2 teaspoon peppermint extract
- 1/2 teaspoon vanilla extract
- 2-4 drops green food coloring
- 1 cup mini chocolate chips
- 1/2 cup chopped Andes Mints
- For Garnish: Sweetened whipped cream, fresh mint, Andes Mints and Oreo Cookies ~ optional

Crush a few Oreo Cookies. Easily process cookies in a food processor or add to a zip top baggie and crush with a meat mallet until you have crumbs.

Mix cream cheese, powdered sugar, peppermint extract, vanilla extract and green food coloring. Fold in whipped cream. Add chopped Andes Mints and mini chocolate chips.

To make into parfaits: Alternate layers of cookie crumbs and cheesecake filling. Top with whipped cream. Chill until ready to serve.

- To make into a pie: Mix cookie crumbs with melted butter and press into a pie plate. Top with cheesecake mixture and additional whipped cream. Chill until ready to serve.

Leg Of Lamb Recipe

Ingredients

- 1 Leg of lamb
- 10 ml Chilli flakes, dried
- 5 ml Coriander, ground
- 2 Garlic cloves
- 5 cm Ginger, fresh
- 1 Lemon, Juice and zest of
- 5 ml Madras curry paste
- 15 ml Tomato ketchup
- 5 ml Black pepper, freshly ground
- 60 ml Brown sugar
- 2 pinches Saffron threads
- 10 ml Salt
- 60 ml Olive oil
- 120 g Greek yogurt

Lamb is such an underrated meat. There are so many excellent cuts of lamb out there, such as shoulder of lamb, saddle of lamb, lamb shank and lamb rack.

As you can see, this Indian roast lamb has the shank. Once you take the gorgeous piece of meat out of the fridge, you'll need to pierce it a couple of times all over.

This step is important, because when you are ready with your marinade mix, you'll pour it over and it will absorb all the flavours.

The marinating process takes time. After at least 8 hours – overnight works best – your lamb will be ready.

Before you roast your Indian lamb in the oven, bring it to room temperature. This will help it roast to perfection. It'll take a total of 3 hours to roast.

The Marinade

One of the most important parts of this recipe is the marinade. It's made up of 13 different ingredients, all working together in harmony to bring an incredible taste to the roast leg of lamb.

Take the time to go through the list above and be sure to have the ingredients before you start cooking this recipe. Each component is really important and brings its own dimension to create an incredible final taste.

You'll need to give the marinade plenty of time to do its thing – around 8 hours in total or overnight. Giving the marinade time allows the lamb to absorb all the



flavours. You'll end up with a fantastically succulent leg of lamb that falls off the bone.

When you apply it to the lamb leg, make sure you completely cover all the surfaces of the leg. This way, when it's in the oven, you'll get an even flavour throughout.

Do You Need To Marinate Lamb?

There is some debate whether marinating the lamb is a good idea. The point of a marinade is to break down tough fibers in any type of meat. Still, lamb is already quite a tender meat, depending on how you cook it.

For this reason, many people believe that using a marinade will make the lamb slightly tougher.

Don't worry! This marinade will not make the lamb chewy.

In fact, it will help to keep the juices from escaping when the whole surface of the leg is covered. This leads to a perfectly moist, tender lamb that'll melt in your mouth.

If you're not a fan of marinades and generally prefer the umami flavour of the meat, no problem. Simply season your

leg of lamb with salt, pepper, rosemary and garlic. Sometimes, simplicity is key.

How Long Does A 1kg Leg Of Lamb Take?

When cooking a whole leg of lamb low and slow, it can be difficult to know when it's cooked. The first rule with this recipe is to leave the lamb in the oven until you see a beautiful golden crust on top.

This is the crust that prevents the juices from escaping, which in turn keeps the meat nice and tender.

The total cooking time in the oven depends on how you like your lamb on the inside. If you like it pink – so rare to medium rare, you should cook your leg of lamb for about 25–30 mins per kg.

If you prefer your lamb leg well done, roast it for 35–40 mins per kilo.

For me, Indian roast lamb should be pink in the middle. This way, you'll get the most juicy, tender and delicious meat.

If you prefer it well-done, be careful. If you overcook the meat you run the risk of killing the taste and destroying the integrity of this expensive cut.



Hello everyone,

How wonderful to feel the vibration of the season of Spring!

You can feel the presence of new energy all around us as Mother Nature awakens and new life begins.

You may think that it is a little strange for a Medium to be talking about new life, when most of the time I am connecting on a different vibration where the Spirit continues to live and thrive.

I am often asked this question – Where is the Spirit World?

Some people will say that there is only this life and then you die! Sounds a bit harsh to me and very limiting. When the journey of the Soul is infinite. I much prefer to use the words Transition or Pass, because we do not die, we simply shed this physical body and move to another realm of vibration, where we definitely continue to grow and have experiences.

Those in the Spirit World have shared with me proof of this and I have a knowing, not a belief. I will try and explain in a way that is understandable.

When people talk about the Spirit World/Realm, they usually look up, I have done the same in the past. What are we looking at, one theory maybe is that there are other Beings who live within our Galaxy and beyond, but that is a whole other discussion for another time. Maybe people are looking up, at what they believe is Heaven and that is where we go, if we are lucky and have been good in this life. There is no good or bad, be reassured that we all transition into the Realm of Spirit.

So, don't worry that you may be going to Hell, the closest to Hell that you will get is living this earthly life, because we are all here to follow our Life Plan, to experience as much as we can. Earth is the biggest school ground for these experiences.

There is a whole Universe of existence all around us. But back to the Spirit Realm. When we transition, we return to our true selves, that is energy. Everything is energy and that energy has a vibration. You don't have to be a Medium to pick up on different vibrations, however, a Medium has spent time developing the ability to connect with various forms and levels of vibration.

I know that the Spirit Realm is all around us, all co-existing at the same time as ourselves. Living in a Realm of Love, as the physical body is dense and experiences emotions of fear, greed, ego, etc. the Soul is pure loving energy.

For example, you will have felt that shudder and we say 'oh someone just walked over my grave', this is Spirit vibration connecting with yours. The hairs stand up on your arms or body for no reason, Spirit vibration.

We have all had experiences of feeling someone is behind you, smelling your Grandad's pipe smoke or smelling the perfume that your Mother used to wear. These are all examples of those who have transitioned coming close within your own energy field and wanting you to take notice that they are there and wanting to say hello, that they are still walking with us and looking after us. We are in constant interaction all the time.

Imagine you have a radio, there is Long Wave, Short Wave, FM, etc., there are many channels and many different shows. Some Talk shows, some Music, some Current Affairs, the list is endless. The channels are so like the different Realms of existence, there are many different levels of vibration. You can unintentionally connect to them too. I remember when I was a Radio Operator in the Police Service, we often had the French Fishermen break through on our channels, taking us by surprise. This is similar to the undeveloped person connecting with an infinite Soul.

Any Medium will tell you that they have been 'connecting' since childhood, a bit like an untrained puppy, all random, natural and at times unexpected. As we mature, we become more curious, wanting a better understanding and want to know more about how to connect with control, purpose and awareness. If you are curious, it would be good advice to seek out someone who can help you develop this connection or to find a development circle with an experienced Medium to tutor you.

Another example of when we feel this contact is when we are in despair and pain, even those who have no belief structure in their lives, don't believe in God or a Divine Creator, will pray and pray hard, they may even seek out a church and pray. For me prayer is an Intention.

We will ask, 'please help me or please let so and so be ok'. I have been told so many times by people that at these times they have felt a presence close to them, felt a loved one, smelt them, been touched or felt a feeling of calm come over them and they just knew that they would receive help and that everything would be ok.

Spirit walk beside us always. They look out for us, love us, want the best for us and try their hardest to help us when we ask.

The biggest fear that people have told me that they have, is to transition alone. Well again, I know that this never happens, we are always met and assisted with our transition with warmth and love.

Look at it this way, can you imagine when your Soul is born into this earthly life, your family being happy that a new baby has come and that it is a time to celebrate and support that baby to grow, with love and care. That is, exactly the same for the Spirit World, they watch the birth of their beloved soul, knowing that they are going to a life of experience, which some of it will be painful indeed.

They watch over us and guide us always and when we transition, our Soul is rebirthed back, a huge celebration. You will be met by your friends, loved ones and family, who will be there waiting for you to arrive, they will help you heal and then you can tell them all the stories that you have.

You can fill in any gaps that they may have missed, they will commiserate with your pains and celebrate your successes.

And oh, how you will all laugh at the shenanigans that you got up to!

Have a great month.

Namaste my friends,

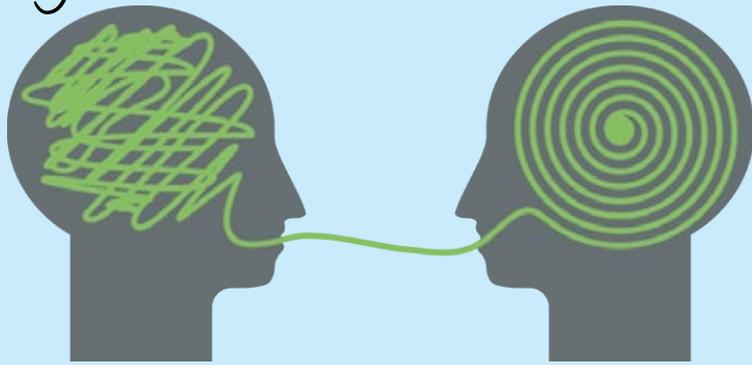
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9 Tips for More Energy, Better Mood With Age

With aging comes wisdom, perspective, and yes, changes that may sap your energy. Even if you're not dancing quite as fast as you once did, there are ways you can keep that bounce in your step.

Focus on:

- Diet
- Exercise
- Sleep

Manage Your Menu

If you've been eating the same things for a while, take a fresh look at what's on your plate. The right types of food can raise your energy and make you feel better.

As you age, your body's ability to turn food into energy slows down. As a result, many put on weight. Still, you can help yourself stay fit and energetic.

Sugar levels play a big role. Some experts say "low-glycemic" foods, like beans, non-starchy veggies, nuts, and whole-grain products, can help keep your blood sugar in balance.

"High-glycemic" foods, like white rice, white bread, and sugar-sweetened drinks, can cause fast

spikes in your blood sugar. You may feel a brief energy jolt, but when the dip comes, you may feel more drained than before.

Quantity Matters, Too

Too few calories can leave your body starved for energy. Too many can make you gain weight, which can make you feel sluggish. How much you should eat each day depends on several things, especially how active you are. Talk to your doctor or a dietitian about how many calories you need.

Get Moving

You may notice you're working out less than you were when you were younger. Perhaps training for 5Ks has given way to after-dinner strolls.

The more active you are, the more energetic you'll feel. Exercise and physical activity are great ways to help your mood, too. If you have issues that stop you from doing the things you once enjoyed, feel free to get creative.

If arthritis in your knees keeps you from running or playing basketball, swimming or cycling might work for you.

You shouldn't stop moving as you get older. Just move in a different way. Look for fitness programs at local senior centers or find a

partner so you can motivate each other. If you have trouble finding time to be active, maybe a workout first thing in the morning, before you do anything else, can do the trick. Just make sure you eat some breakfast first.

Talk to your doctor before you begin a new routine.

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Just Ask!

Just Ask is our new section within the magazine in which you are free to ask questions for some help and guidance.



Question

I feel I've been totally conned by my girlfriend. I met her online in 2013, and for the first six months we just talked. She was friendly and funny, and I really looked forward to her calls each night. We finally arranged to go away for the weekend and as soon as we saw each other, it was fantastic – like we'd known each other for ages. The sex was great, too, and we were both really sad when the weekend was over.

But since then things have never been the same. We still speak, but only meet up when she wants me to buy her things. It's like there are two sides to her – I now get the feeling she doesn't like my clothes or my opinions, and I often feel I just annoy her. Where did I go wrong?

Answer

I suspect she thoroughly enjoyed the flirting and the thrill of the chase, but as soon as you met, the spell was broken. Your girlfriend now sees that you're a normal person, not a fantasy figure. But you have every right to dress and speak as you please – don't feel you have to change to meet her expectations.

I hate the idea of this woman crushing your confidence and leaving you confused and upset, so I suggest you give yourself a good, long break from this relationship in order to clear your mind and think about yourself and your needs. Tell her today that you need some space, and don't allow yourself to be anyone's fool.

"This man is lying to my daughter"

Question

How do I make my daughter see that her boyfriend obviously has another woman? She says she trusts him, but he's never around.

I've never known a person to "work" as much as he does. Whether it's Christmas Day or Easter Sunday, it seems as if his firm can't cope without him.

He's always disappearing for days on end, and even when he's with her he's often in the garden on his phone. This behaviour is so suspicious, but she just puts up with it.

Answer

Clearly, your daughter is so desperate to cling on to her boyfriend that she'll turn the other cheek or fall for any line he throws her.

I suspect that in her heart, she knows that he's playing games. But if she's not willing to admit the truth to herself or give up on him yet, you have to step back.

I understand that it's upsetting to watch her making mistakes, but it's her choice to live this way – even if you have to pick up the pieces later on.



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According to Studies Being Kind Can Help Your Age More Gracefully

Some studies on the topic of kindness have shown that people who are kind to others have a lower risk of developing anxiety and depression which is a remarkable thing.

In addition to this, kindness has been shown to slow down the aging process as well, helping you age with grace. Can you imagine that a simple act of kindness can actually have so many benefits for your health? And the best thing is that it won't cost you a penny, all you need to do is open the door for someone or help them load their shopping and you'll make someone's day.

But the benefits don't end there, it's not just the person you're being kind to that benefits from this act, you too will feel better for being kind to them.

Can you imagine what a different world we'd have if people would just be kinder to each other? Kindness is actually contagious and it can spur others into action as well, motivating them to be kinder as well.

But what does being kind really mean? It's not about the big things, it's about being friendly, considerate, compassionate and generous to the people around you, even to complete strangers.

It's a sentiment that should come from a selfless place and not because you expect them to return the favour.

You should do it because you want the world to be a happier place and it's quite simple to adopt this mindset if you really think about it.

If every person was to perform one simple act of kindness a day, the world would be such a harmonious place, can you imagine it?

Even if you're not used to being kind or you don't know where to start, you'll get the hang of it quite easily. Start by opening the door for someone, smiling at everyone as you pass them by, give someone a compliment, donate to a charity or pick up the rubbish on your street and over time it will come naturally to you.



Kindness Has Numerous Health Benefits And Slows Down Aging

Being kind to others can significantly improve your physical, mental and emotional health and if that wasn't enough, it can also help you slow down aging.

It can help you lower your blood pressure, it boosts the feel good hormones, it boosts happiness, reduces pain and eliminates feelings of anxiety and depression. But how does it slow down aging?

A University in America conducted a randomised controlled trial which revealed that people who engage in loving-kindness meditation actually age slower.

The trial included 142 adults which were divided into 3 groups: people who did loving-kindness meditation, people who took mindfulness meditation classes and a control group.

All three groups participated in a 6-week workshop and at the end of the study the scientists measured their telomeres (the protective caps of chromosomes which as we age wear down and shorten thus preventing more damage).

Why are these telomeres important for the aging process? Well, because according to studies, the shorter the telomeres the higher the risk of some common health problems, the longer

they are the higher the life-span.

The trial revealed that the people who were involved in the loving-kindness meditation lost the least telomeres length, followed by the mindfulness meditation group and the control group lost the most telomere length.

They added that the loving-kindness meditation may act as a buffer for telomere attrition which in turn can help you slow down the aging process.

There are so many benefits to being kind that include improving your mental health, lowering the stress levels, lowering anxiety and now it seems that it slows down aging.

This is just the tip of the iceberg as scientists are just now starting to study the whole scope of benefits of kindness and its effects on the aging process but the initial results seem promising.

Regardless of everything, a simple act of kindness doesn't cost a thing, so why don't we try and do it more often?

Drop us an email to info@the-journal.es or call Costa Calida Radio on 603 304 121 and tell us about an act of kindness you have received.



Clare Tam-Im Photograph

“Karma!” By Hayley Scott

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

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

Yes or even, let's be honest, a little satisfaction when we feel wronged.

But if we subscribe to this line of thought, how far should we take it?

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

However, I would like to argue that beyond obvious cause and effect, there is a much bigger picture to consider. One that involves stepping outside of ourselves, practising acceptance and ultimately relinquishing and taking control in equal measures.

Confused?! Well here's the thing, in

reality, you can't control the actions of others.

You can't control an enormous array of circumstances that you're potentially met with on any given day. (Oh hello rain on your wedding day!) And you're not responsible for how other people treat you.

So to view other people's actions, or external circumstances, as some form of bad karma on your part would cause unnecessary and misplaced suffering.

By stepping outside of our own immediate thoughts and feelings, and by accepting that we are not responsible for everything, we are giving ourselves permission to not bear the burden of things beyond our control.

This act in itself is a form taking con-

trol, and is much kinder to the soul! Accepting this reality doesn't mean that it's time to throw our arms in the air and admit defeat.

There's also no need to hold onto frustration or anger. Because however hard it may feel at the time, you are 100% responsible for how you treat yourself and how you respond to any negative behaviour or situations you're faced with.

This is something that can often take a great deal of practice and is often easier said than done.

Trust me, I know! With multiple businesses, a wonderfully chaotic blended family of 5 and all the complications of modern life to boot, I have had to take many a deep breath and shift my focus from frustration or upset to one of acceptance and action. I'm not ashamed to say I'm still learning!

So the next time you're faced with behaviour or circumstances that are less than favourable, join me in taking a deep breath and accept that some things are beyond your control.

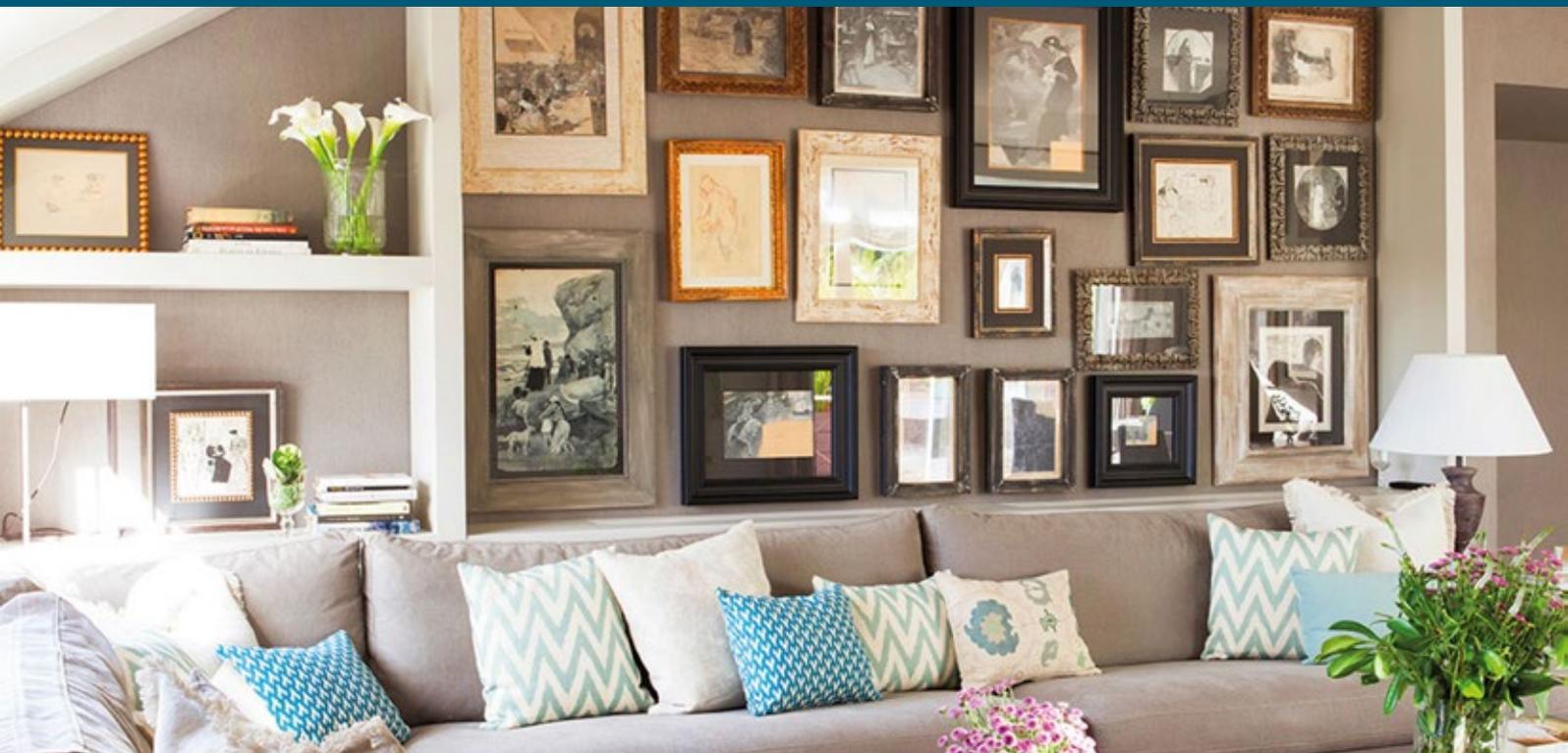
Instead of becoming angry or disheartened, ask yourself the following questions.... How do I want to respond to this? What can I do, now I have this new information? After all, you're not the victim of bad Karma, you're simply a human being navigating through the ever changing rhythms of life.

Hayley Scott Summers

Instagram: @hayleyscottsummers

Website: HayleyScottSummers.com





Why we should be displaying more to boost our mood

A leading psychologist reveals how photos in our homes can positively boost our happiness, and now is the perfect time to embrace the positivity of photos in the home.

Recent research shows the positive benefits of looking through photos has on our mood and wellbeing.

Supporting this a leading behavioural psychologist, explains that we should pause to look back on our photos to boost happiness and lower stress levels. A task that could help every household right now.



The research carried out by CEWE revealed looking through photos made 64 per cent feel nostalgic; 56 per cent happy and 30 per cent relaxed.

The same research however shows only 41 per cent of Brits look back on their photos only a few times a year or less – despite the positive effects.

Could now be the time to change that?

It's never been easier to take a photo or post one on social media – they are the visual language of our lives.

But, because of that ease, we often forget to look back at our carefully curated photos, and that means we are missing out on all the joy that they can bring.

Research has shown that having 'real' photos in our home, provides regular psychological positive reinforcement by reminding us of 'social bond enhancement' – essentially what and who is important to us!

Photos remind us of people, pets, places and activities that we love as well as remembering the past.

This has been shown to reduce our stress and enhance our mood and overall wellbeing.

All the more reason to fill our homes with photos. For a quick fix why not swap out some of your current frames to fill them with photos specifically of those you miss dearly right now.

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On a bright note, 2021 has continued to see some unexpected donations being received. In the photograph below are Lynne and Debbie from the Causeway Tavern in Torre De La Horadada handing in a carload of donations to Samaritans in Spain, gratefully received by Les.

They have been donated by their customers as part of 12 days of caring over the festive season. please contact:

Jim Niblo on sdtmsec@gmail.com.

Ian Stewart

Pic: Lynne, Les & Debbie outside the Samaritans Shop in Punta Prima)

Another wonderful donation of €200 has been received from the Campoverde Church in the Community, the donation was handed over by Jamie and Maggie on Thurs 4th Feb 21 at the Punta Prima shop and was gratefully received by Les Holloway on behalf of Samaritans in Spain.

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

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General Overview Card

**Personal Affairs – Love – Family
Career – Finance
Health**

The Month of March brings in your personality aspect that shows being passionate and practical. The energies bring a lot of confidence and ability to execute tasks and projects.

This is the month where your passion takes action and adds practicality – so you will be excellent at management and execution. You will be friendly and happy at the same time. What you set out – you will be able to achieve it.

The Card for Personal Affairs comes out to be 10 of Pentacles. This month you will enjoy the company of family members and enjoy comforts and luxury. You could be buying a new property or gadgets or items of conveyance. Some may gain from

family inheritance. Matters of property if stuck in legal matters may show some silver lining. Seek for advice from elders this month. It will turn out to be a blessing. Those having pets can also see a deep bond developing with them.

The Card for Love Affairs comes out to be Temperance. The month of March for love asks you to do things in moderation. You are advised to compromise if needed and let the wheel of relationship with your partner run smoothly. If you are busy with work it's time to bring in balance. How about a dinner or a movie with your partner this weekend? The angel does bless love – but don't over-indulge. Everything is good in moderation!

The Card for Family is that of Well. Secrets come to light this month about family matters. Even if you have an ill member – expect healing to turn into positive direction. You may be traveling to a mini vacation or a weekend trip with your family. Your family has lots of resources- if you find in short of something – ask your family members for help. You will be amazed by their nurturing nature.

The Card for Career comes out to be 10 of Swords. Those frustrated with their jobs and on verge of leaving the job can actually make a move to switch jobs. Career this month is very demanding and can actually make you kill! So do not ever exert and over work. Be careful at work environment of criticism- if you take it too se-

riously it can actually affect your self esteem. If you are facing rock bottom low for your career – this month can see more downfall but don't fear its for a new start and a new beginning. The Card for Finances is that of Lovers. If you are into business partnerships- there can be gains. Be careful of your partners- clubbed with 10 of swords can bring lot of problems. You may be spending a lot on your partner's need. With hard work coming, money flow is what you will love. There may be times you may actually over work yourself to get the green paper in...

The Card for Health comes to be Four of Pentacles. Nothing works better if Health is down. So it forms the root position of the spread. It's time you save money for your health. How about some insurance or investment? The card advises you should – don't neglect it! You are also advised to take care of your health as work and over exertion to earn money can actually create health issues. You may have to shell out a share of money on health issue if you neglect health this month. Be careful of vehicles and drive safely as 4 of Pentacles is also about security and protection.

In all the month of March is good for money, job changes, getting things done, golden time for family and buying new things and investing. This can be correlated with The Chariot where will power and confidence makes you win everywhere.





Aries

At the beginning of the month you will be able to fulfill one of your most secret dreams. You will hear something that you have dreamed for a long time or you will succeed in a financial venture that you have lost to a loss some time ago. In addition, you will be able to solve a puzzle that involved a certain person in your immediate environment.



Taurus

It will be much better for you if you do not undertake risky ventures, therefore follow the adopted plan. It will be a perfect time to organize all your affairs, which you have seriously neglected recently. You will also improve your relationship in a social circle, call friends you have not had contact with for a long time.



Gemini

There are serious changes at home. It can be a change of residence, home renovation or rearranging that will allow you to get more free space, quite possibly for someone new. March is going to be marked by many sentimental and moving moments and great romanticism. And the social life will flourish day by day. You will make new acquaintances with people.



Cancer

In the near future you will feel a deep need to cut yourself off from everyday life and think about your life. It is possible that you will discover dormant talents. In March you can unconditionally trust your innate intuition that will lead you to the pinnacle of success. You can devote your free time to work and develop your own skills, and you will see that it will be worthwhile.



Leo

Changes regarding your professional life are waiting for you. You will be surprised, because your career will start to gain momentum. It would not have happened if it was not for the help of a high-ranking, influential person or one of the parents. March - the ambition is your characteristic. You will direct all the forces you have in one direction.



Virgo

March will be a great month to plan a few-day holiday trip. You have the best chance of a good rest between the 3rd and the 12th of the month, so do not miss this opportunity, because the second one will not happen again. Especially that you will need a chance to charge the battery. On a common journey, bring a person close to you - the two of you will be more brisk.



Sagittarius

If you hesitate whether it is really worth to introduce specific changes into your life, what will happen this month successfully should all effectively dissipate these fears. It is true that there will be some obstacles and complications on the way that will only convince you that you have to change something in your life.



Capricorn

In March, pay more attention to matters related to feelings. Make sure that the relationships that connect you with your other half are better and warmer. However, do not count on everything going easy and without problems. Show greater enthusiasm and patience, because the effects will have to wait a bit.



Aquarius

March will be the month in which you will be able to expand your field of interests and your own activities. Still, do not take too many responsibilities on your shoulders because you cannot help them all. What you can do is do your best and let others do their own thing and make sure everything is done as it should.



Libra

Love affairs will prove to be number one for you. It is possible that you will start seriously considering some obligations towards the other person. In the professional sphere it will be much more beneficial for you if you take a risk and take a step forward. Try to take on more responsible ventures and you will see that you will be appreciated for that.



Scorpio

Do not get too hasty for all new activities. Before you start doing anything, think about it beforehand. The coming month will not be good for decisions made hastily. If you are going to take a new direction in your personal career, teaching or in the emotional sphere - put aside your plans for a while and watch closely what is happening in your surroundings.



Pisces

March, is the month that will carry a lot of rest behind you. You will be able to completely disconnect from many practical activities. However, in order for this to happen, the need for you to mobilize heavily is because you can not accept such an arrangement in your innate nature. If you do not do it eventually you will go mad.

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Cartagena Port Control Room	968 325 801
Emergency Number*	112
FAST Camposol Only	968 970 626
Fire Mazarrón	968 590 200
Guardia Civil Mazarrón	968 590 005
Puerto De Mazarrón	968 594 103

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

Hospitals & Medical Clinics

Santa Lucia Cartagena	968 128 600
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Maria Roselle	968 325 000
Medical Centre's Mazarrón	968 590 411
+ Puerto De Mazarrón	968 595 342 968 154 202
+ Camposol	968 131 695 968 228 250
Pharmacy Camposol	868 102 623
The Camposol Health Clinic	968 199 685

ITV

Cartagena	968 528 319
Lorca	968 460 761

Police

Mazarrón	968 591 496
Puerto de Mazarrón	968 418 181

Post Office

Camposol	968 199 427
Mazarrón	968 590 140
Puerto De Mazarrón	968 594 860

Red Cross

Mazarrón	968 590 140
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Samaritans Spain

This is NOT a Premium Rate Number	902 883 535
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Social Security

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

The salon and the salon2	691 916 717 653 463 490
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Town Hall

Mazarrón	968 590 012
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Utilities

Aqualia Emergency	902 136 013 902 236 023
Aqualia Premium rate	985 794 121
Aqualia Mazarrón	968 592 266
Iberdrola Puerto De Mazarrón	968 332 016
Iberdrola Special number English	900 322 044
Iberswitch	966 265 089

Last months Sudokus solutions

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

AGE T: 634 344 589
Concern
 COSTA CALIDA

Andrea's Animal Rescue
 & The Henrietta Foundation
Tel 690 906 565
 www.andreasanimalrescue.com
 Charity no. 9.980/1-

RED DE CENTROS DE ATENCIÓN ESPECIALIZADA PARA MUJERES VÍCTIMAS DE LA VIOLENCIA DE GÉNERO
CAVI T: 900 710 061

F.A.S.T
Camposol
 Non Emergency 634 309 899

0034 626 960 354
 fma.murcia@gmail.com
FMA
 Friends of Mazarrón Animals

LIONS INTERNATIONAL
 T: 696 827 525

M A B S
 CANCER SUPPORT FUNDACIÓN
 Costa Blanca 634 311 690
 San Javier 693 275 779
 Mazarrón 620 422 410

Making Difference
 Making A Difference
 Contact Kevin Mobile
 00 34 603 389 006

Noah's A.R.C. Animal Rescue
 Registered Animal Charity No 9397/15
 Helping the animals of Mazarrón for a better future for all
 Don't suffer in silence...
 Call 900 525 100 between 10am and 10pm to talk to a trained listener in total confidence.

COVID HELPLINE
900 121 212

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

Local Community Groups

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

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

Sector B Gardening Group is known as "B Clean" Volunteers are always made welcome, meeting up on Tuesday Mornings. Contact us via Facebook page "B Clean" Community Gardening or phone Colin Tel: 727 77 09 44 or Jim Tel: 603 35 04 02

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

WELCOME BIENVENIDO TO CAMPOSOL D THE COMMUNITY DETERMINED TO MAKE A DIFFERENCE
 Camposol D Community and gardening group.
 President. Patricia Ridler
 Secretary. Derek Gormley
 Treasurer. Ann Gardner
 Social Secretary. Laurie

Lewis
 Membership Secretary. Lorraine Bramwell
 Telephone: 604 206 018
 Email: sectordphone@gmail.com
 Facebook: camposol D community Donations.
 We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.30am and 12am with our donation buckets. Please consider a regular payment no matter how small. You may contribute via Paypal, bank transfer, or even a regular direct debit. This is especially popular with non resident holiday home owners.
 Paypal, enter sectordphone@gmail.com as the recipient.
 Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit.
 Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

Bus Timetables

MARTINEZ HORARIO A PARTIR DEL 14.09.2020
 Tfno.: 968 42 16 49 WWW.MARTINEZBUS.COM

LORCA-ALHAMA-TOTANA-PTO. MAZARRON

SALIDAS										LLEGADAS	
LORCA	PTO. MAZARRON	ALHAMA	TOTANA	PTO. MAZARRON	CAMPOSOL	MAZARRON	PTO. MAZARRON	MAZARRON	ALHAMA	ALHAMA	
06:20	06:35	---	06:50	07:00	07:10	07:20	07:40	07:50	11:10	11:20	
---	---	18:10	18:20	18:40	18:50	19:00	19:10	19:20	13:20	13:40	
12:00	12:15	---	12:30	12:40	12:50	13:00	13:10	13:20	---	---	
---	---	15:40	15:50	16:10	16:20	16:30	16:40	16:50	---	---	
SABADOS, DOMINGOS Y FESTIVOS											
07:30	07:45	---	08:00	08:10	08:20	08:30	08:40	08:50	---	---	
---	---	20:50	21:00	21:20	21:30	21:40	21:50	22:00	---	---	
13:30	13:45	13:45*	14:00	14:10	14:20	14:30	14:40	14:50	---	---	

* Servicios combinados.

PTO. MAZARRON-TOTANA-ALHAMA-LORCA

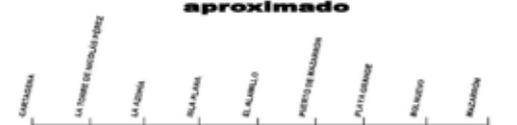
SALIDAS										LLEGADAS	
BOLNUEVO	MAZARRON	MAZARRON	CAMPOSOL	PTO. MAZARRON	TOTANA	ALHAMA	LA ROYA	LORCA	MAZARRON	LORCA	
08:50	10:00	10:10	10:20	10:30	10:40	---	18:55	11:10	---	---	
12:20	12:30	12:40	12:50	13:00	13:10	13:20	---	---	---	---	
15:20	15:30	15:40	15:50	16:00	16:10	---	18:25	18:40	---	---	
19:20	19:30	19:40	19:50	20:00	20:10	20:20	---	---	---	---	
SABADOS, DOMINGOS Y FESTIVOS											
09:30	10:00	10:10	10:20	10:30	10:40	---	19:55	11:20	---	---	
12:10	12:20	12:30	12:40	12:50	13:00	13:10	---	---	---	---	
18:50	19:00	19:10	19:20	19:30	19:40	19:50*	19:35	20:10	---	---	

* Servicios combinados.

alsa **Alsa Informa**

LÍNEA 30 CARTAGENA-MAZARRÓN

Horas de paso aproximado



DE LUNES A VIERNES LABORABLES

9:15	9:30	9:40	9:50	10:00	10:05	---	---	10:30
18:30	18:45	18:55	19:05	19:15	19:20	---	---	19:45

SABADOS, DOMINGOS Y FESTIVOS

10:45	11:10	11:20	11:30	11:40	11:45	---	---	12:00
18:00	18:15	18:25	18:35	18:45	18:50	---	---	19:15



DE LUNES A VIERNES LABORABLES

10:30	10:35	10:40	10:50	10:55	11:10	11:20	11:30	11:45
19:45	19:50	19:55	20:05	20:10	20:20	20:25	20:35	21:00

SABADOS, DOMINGOS Y FESTIVOS

12:15	12:25	12:30	12:40	12:50	13:00	13:10	13:30	13:45
19:30	19:40	19:45	19:50	19:55	20:05	20:15	20:30	20:45

alsa.es | App | 902 42 22 42

MARTINEZ BUS MAZARRON

HORARIOS A PARTIR DEL 14.09.2020

SALIDAS										LLEGADAS	
CAMPOSOL	ALAMILLO	MAZARRON	PUERTO	BOLNUEVO	PUERTO	MAZARRON	ALAMILLO	CAMPOSOL	MAZARRON	CAMPOSOL	
07:10	09:05	07:20	07:30	07:40	07:50	08:00	08:10	08:20	---	---	
---	---	---	---	---	---	---	---	---	---	10:20	
10:50	---	11:00	11:10	11:20	11:30	11:40	---	---	---	---	
12:50	---	12:00	12:10	12:20	12:30	12:40	---	---	---	12:50	
---	14:35	13:00	13:10	13:20	13:30	---	13:40	---	---	---	
---	---	15:50	16:00	16:10	16:20	16:30	16:40	16:50	---	---	
---	---	16:30	16:40	16:50	17:00	17:10	17:20	17:30	---	---	
---	---	18:00	18:10	18:20	18:30	18:40	18:50	19:00	---	---	
---	---	19:00	19:10	19:20	19:30	19:40	19:50	20:00	---	---	

SABADOS, DOMINGOS Y FESTIVOS

SALIDAS										LLEGADAS	
CAMPOSOL	ALAMILLO	MAZARRON	PUERTO	BOLNUEVO	PUERTO	MAZARRON	ALAMILLO	CAMPOSOL	MAZARRON	CAMPOSOL	
08:20	---	08:30	08:40	08:50	09:00	09:10	---	---	---	---	
---	---	09:30	09:40	09:50	10:00	10:10	---	---	---	10:20	
10:50	---	11:00	11:10	11:20	11:30	11:40	---	---	---	---	
---	---	11:50	12:00	12:10	12:20	12:30	---	---	---	12:40	
14:20	---	14:30	14:40	14:50	15:00	15:10	---	---	---	---	
---	---	16:00	16:10	16:20	16:30	16:40	---	---	---	---	
---	---	17:00	17:10	17:20	17:30	17:40	---	---	---	---	
---	---	18:30	18:40	18:50	19:00	19:10	---	---	---	19:20	

TELEFONO DE INFORMACION: 968 42 16 49
 WEB: WWW.MARTINEZBUS.COM

€ 76,000

CLAA282



Camposol Sector A



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