



THE Journal

May 2021



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THE Journal

May 2021



Dear Readers,



This time last year we were unable to go to print due to the first wave of lockdown. I chose the front cover but never saw it in print so could not resist the temptation to have it for this month. I think it is too beautiful not to. If you spot any Bee eaters please send in a photo. May signifies new beginnings with the dawn chorus which could not be more apt and welcome at the moment.

We have expanded our vehicle section yet further this month. We now not only feature a vehicle but also include MotoGP and Formula 1.

We look forward in this edition to the third part of our article about local businesses, community groups and charity's. Thank you to all who have participated and shared their story. If you would like to share your story, please contact us at info@the-journal.es

With travel hopefully opening up soon please make use of our live flight tracker for Murcia International and Alicante. You can find them on our website along with a multitude of other services including weather, currency convertor and property portal. We hope the announcement will be made on the 9th of May. We will keep you up to date with official information via our Facebook page as well as the website.

the-journal.es

For those members of our community that are unable to get here, you don't need to miss out on your copy of The Journal. You can still keep up to date with all the local news. Please subscribe on our website and you will receive your own copy of The Journal via email every month.

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



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Ben Van Nimmen, VNBenny
650 078 846
info@vnbeny.com

CONTACT DETAILS

www.the-journal.es
+34 968 103 008

SALES

info@the-journal.es

CONTRIBUTORS

Dawn Llewellyn-Price
Shirley Ann Fisher

The Camposol Farmacia
Jessica Prytherch
Corina Talbot
Marion Parmenter
Danielle Wrigley
Bob Shoesmith

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D'Fusion



Dawn Chrous Day

Get into the Rhythm of International Dawn Chorus Day.

The wildlife Trusts' International dawn chorus day, is the annual celebration of the world's oldest wake-up call - the

dawn chorus - and the beauty of the bird song. Held on the first Sunday in May each year, which falls on May 2nd in 2021. The day is now truly an international event, celebrated as far away as France, Italy, Pakistan, south Africa and New Zealand. In fact, more than eighty different countries have taken part in International Dawn Chorus Day

over the years. This is the perfect opportunity to experience the wonders of nature as they gather to listen to the song of hundreds of birds.

The dawn chorus occurs when the birds sing at the beginning of a new day in the warmer countries. it is most noticeable in spring when birds de-



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fend a breeding ground, it is common for different species to make their sunrise singing at different times. Birds that perch closer to the canopy and those with larger eyes tend to start singing earlier. This correlation can be caused by the amount of light perceived by the bird of both its congeners and members of other species. In some areas where there is a large population of vocal birds, the sound of the dawn chorus can seriously complicate sleeping at dawn.

Make sure that you get up in plenty of time before dawn and choose a spot surrounded by nature so that you will be in the perfect position to greet the day and listen to the impressive chorus that accompanies it. Please let us know what birds you hear and see in your area at the-journal.es

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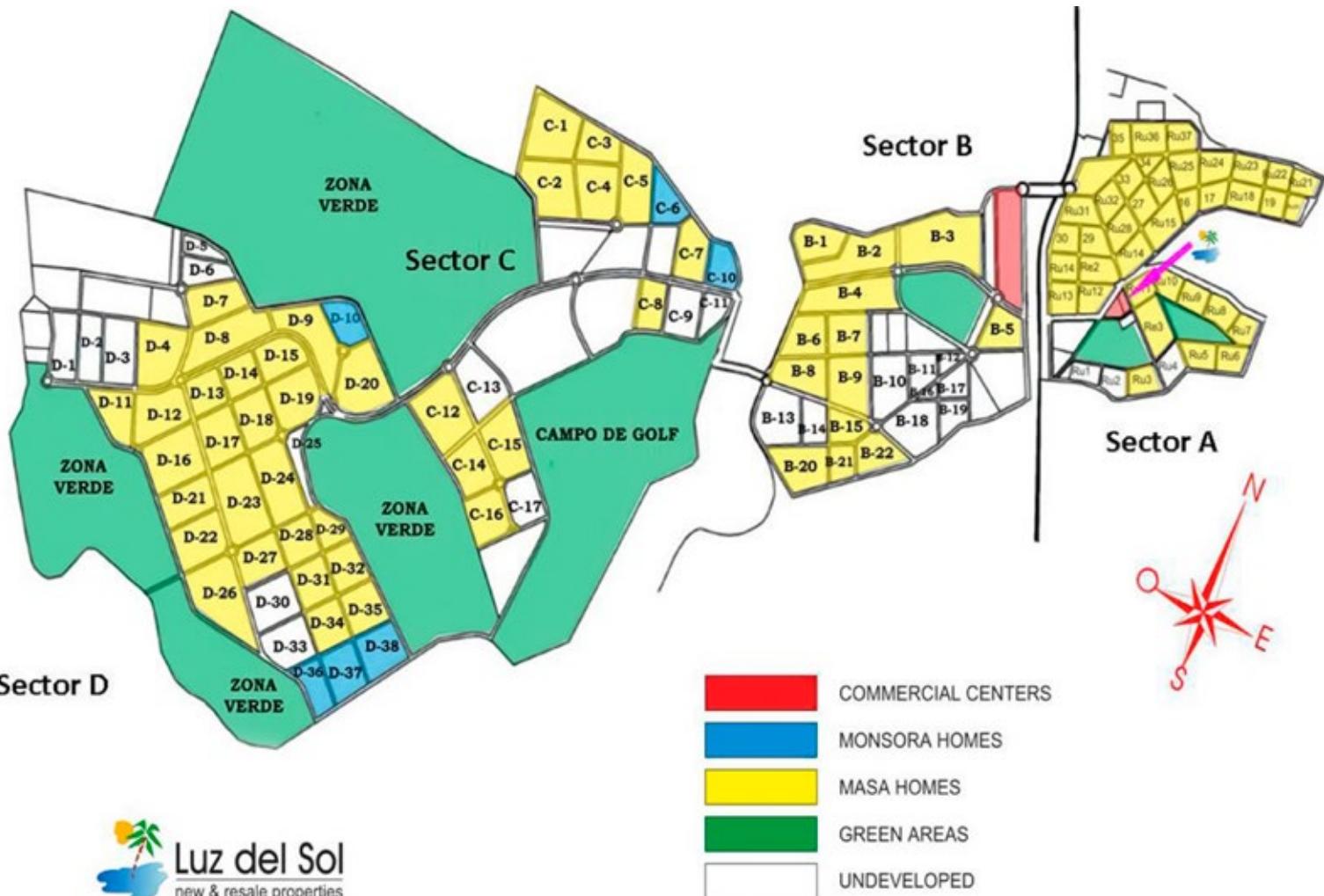
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Here we are at the start of May, and finally there seems to be a real “buzz” around the place. The weather was not very kind to us this Spring again, but now the warmer weather is upon us, everything seems a little bit brighter. There are definitely more people around than this time last month.

Quite how, is still a bit of a mystery as perimeter borders remain closed but the whole area has seen an increase in visitors.

The festivities of San José and Semana Santa are now behind us as we move forward towards the summer, as the warmer weather approaches.

We are told that viruses don't like the heat, so this, coupled with a mass vaccination program which has been well under way since the beginning of April, there does seem to be some light at the end of the tunnel! Many of us have still been unable to visit close friends and family but with promises of imminent travel passports we can only hope we are nearing the end.

Thank you all for sharing your personal stories and experiences with

us over the last few months. Please remember to support our local charities too, as funds are still very low in comparison to a “normal year”.

If you have a story to share and we have not had a chance to speak to you yet, please email us on Camposolupdates@gmail.com and we will include it in a future issue.

Camposol Residents Vaccination Program



Whilst it appeared to be a slow start in the region at the time of going to print, the Covid 19 vaccination program is

in full swing. All the over 80's, most of the over 70's and even some under the age of 60 have now been offered their vaccination. Whilst the queues look daunting, they actually were moving very quickly.

Our experience was in the sports pavilion in Mazarrón where the staff were very caring, and considerate, making the experience as painless as possible.

Camposol Community Shopping Bag

It was no surprise to us that within a very short space of time the community pulled together as usual and came up with this! These are unprecedented times where many people find themselves with little or no income after nearly 15 months of restrictions.

Many people who had savings are also now needing additional support through no fault of their own.

Please do not struggle in silence, the support is out there for everyone.

The Camposol
Community
Shopping Bag



Neighbours Helping
Neighbours

Are You A Camposol Resident Suffering Financial Hardship? We May Be Able To Help!

The Camposol Shopping Bag is a Community Project run by a group of volunteers who can provide free food products and essential every day items to those who find themselves in financial difficulties for whatever the reason.

We provide a "Covid Safe" and completely confidential service to any Camposol Resident who is in need.

If you need help and support OR you wish to donate items, please get in touch by Phone/Whatsapp/ Email or Facebook

Julie Taylor +34 611 33 12 01 (Monday to Saturday 10am to 4pm)

Reverend Val Caffyn +34 666 19 08 66 (8am to 9pm Every day except Sunday mornings)

Camposol Community Shopping Bag

Email camposolshoppingbag@gmail.com

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Business News

We have been out and about this month talking to business owners again, to see how they have moved forward as restrictions are eased further. There are a number of businesses that have changed hands over the last 12 months, together with some totally new ones.

We commend all of them to have the strength, foresight, commitment and determination to succeed in exceptional and unprecedented circumstances. Here are just a few examples.

The Vista Sports and Café Bar



The Vista Bar" or The Vista Sports and Café Bar is aptly named, as from the bar there are amazing views of the mountains stretching across from Sector A. It has always been a popular venue in Camposol, and it changed hands again in September 2020, under ever changing restrictions. The Vista Bar has been revamped and is now a dedicated Sports Bar. There are three 65-inch and four smaller 32-inch, smart TV's covering all the live sports events available. There are 3 dart boards

which are proving extremely popular and there is a darts league now in place on a Tuesday evening starting at 6pm.

Other weekly events include a quiz game show at 6.30 on Mondays (reservations essential). There is a free entry bingo every Wednesday and a pub quiz starting at 6pm on Thursdays with their amazing "Taco Thursday" menu.

The main menu has been completely updated and includes some really different dishes which include delicious appetizers, a range of flavoured wings, gourmet burgers, tacos and ribs.

On a Friday you will find traditional, delicious, homecooked fish and chips. Live music events will also be a big focus once restrictions are eased a little more. The Journal would like to wish David the new owner, and Brandon the manager, continued success.

Opening a business is difficult enough, but during a pandemic, wow! Contact the bar for more information and reservations on 34 634 30 74 47 via phone, SMS or WhatsApp. Pop in and say hello, you are assured of a warm welcome.

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Scott & Danni Johnson set up the business, Camposol Cleaning just 3 weeks before the first lock down back in 2020.

They had a successful specialist cleaning company in the UK which has been trading for 15 years so their experience was exactly what was required to "hit the ground running" from

the very first day. During the pandemic they also set up "Camposol Pest Control" which is going extremely well and they already been credited with a commercial license after completing and passing a government pest control test.

Campsol Cleaning also plan to provide work to local people by expanding all across the Mazarrón region. They have heavily invested in their equipment which also means that they do not have to contract out any work, and it means they can offer very competitive pricing, whilst still being fully legal. Why not give them a call on 711 030 595 or visit the website www.camposolcleaningco.com

Cod Fella's



The Fish and Chip Shop on Camposol sector B commercial centre has always been popular and remains so.

There has been a recent change of name and ownership.

Codfella's is the new name and the unit has been completely retiled together with a brand-new ceiling.

The extended new opening hours will be very welcome, and they are open from 1pm until 9pm from Monday to Saturday, they are closed on Sundays. Local, home deliveries are available from 3.30pm till 7 pm daily.

Their daily hours will be increased during the summer months and when covid curfew restrictions allow.

Codfella's offer everything that you would expect from a traditional fish and chip shop plus kebabs, home-made fishcakes and BBQ spare ribs.

They will soon be introducing a range of weekly specials, so do pop in to check them regularly! Leigh, Nick, Matt, Sharron, Danielle and Rachel will be delighted to serve you.

Telephone orders are welcome by calling 634 374 491. You can also find them on Facebook by entering, "Codfella's Camposol".

Reeves Butchers

Reeves Butchers have gone from strength to strength over the past 3

years. The Covid pandemic has both challenged and aided the development of Reeves.



With the various levels of lockdown over the past year more clients have been reliant on home deliveries as well as many taking a much keener interest in the quality of their food.

The staff at Reeves are highly qualified traditional butchers with a wealth of knowledge and an approachable manner.

One aspect that makes Reeves stand out from the others is their home-made sausages.

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Eddie is a professional butcher with 40 years' experience who is dedicated purely to making the famous Reeves sausages. They are still made in the traditional way, using individual products such as rusk and other fresh ingredients rather than "packet mixes", plus real skins, not synthetic ones.

It is due to making the sausages in a traditional way with natural quality ingredients that allows Reeves to expand the range with different flavours like marmite, chilli and garlic, turkey and spring onion amongst others. As if Covid wasn't enough to challenge any business, along came Brexit. This has offered yet more challenges but Reeves have spent a great deal of time and effort to source alternatives to avoid large cost increases.

They also offer a complete service starting with the ease of ordering, advice from professional butchers, outstanding quality of meat (of which they are very proud and so they should be)

as well as delivered to your door.

Reeves would like to thank all their clients for their support and care.

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Bar Salud



James Willis finally took over the ownership of Bar Salud on the Camposol commercial centre on sector B in February 2021.

The intent to purchase had been there for some time but due to Covid restrictions, and James being non-resident at the time made visiting difficult so negotiations took a little longer than usual.

James is a business man from the U.K and has been a regular visitor to the region for some years and already had a property here.

He wanted to spend a lot more time in Spain so decided a business venture here too would give him something to really focus on.

James, his partner Dani and their dogs have now decided to make the move permanently and are now in the process of becoming full time residents.

James has big plans for the bar and has already made some noticeable changes. Firstly, the entire building has been rewired. Years of "add ons" meant too many loose cables which are now all neatly tucked away.

There is also a new wall towards the

back of the bar area, separating the lady's washroom facilities which is a welcome addition.

Plans for an extensive awning are also in process to expand and improve their outside terrace space still further.

Residents and visitors like to use Bar Salud to keep up with the latest sports and new TV's have been added to ensure the most popular events can be viewed.

The beverages on offer are also being altered on many levels. Bar Salud will soon be able to claim the most expansive range of bottled beers on Camposol.

The old coffee machine will be replaced by a smaller, more efficient one, and the additional space that will create will be a new cocktail station.

Some welcome news for non-drinkers and designated drivers is that James has recognised that the choice of non-alcoholic offerings around are sadly lacking.

He will be introducing a range of alcohol-free cocktails and is actively sourcing other beverages to add to the list. The wine list is also being completely overhauled and it will be an extensive list.

Once this is in place we can look forward to regular cheese and wine tasting events, something that has been lacking for some time in the area.

Bar Salud has always been had regular music events and private parties for regulars and will continue to do so as restrictions are eased further.

Currently there is a "spin and win" on a Friday night, already proving popular. The "T" club has 50 cents off all drinks served between 1pm and 4pm every Tuesday and Thursday. The Sunday club with resident DJ Warren is already proving popular, so come and see for yourselves.

Look out for the New Bar Salud Facebook Group to keep up with their current events and plans.

James is now working hard on a total rebranding exercise which should be completed shortly.

In the meantime, please just pop into the bar to say hello. Charlie, Warren, Sheryl and Toni will ensure you receive a warm welcome.

The Salon

We have been more fortunate than those in the U.K and other Countries



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in that our hair and beauty salons have been trading since the first lock-down ended last May. The Salon is busier than ever, and have a number of special offers throughout the year. This is just one of them.

Summer is coming. It is nearly time to show those toes! Look at these fantastic Offers!

Camposol Health Clinic



There are some businesses in the area that have added new services to their business over the last 15 months, The Camposol Health Clinic is no exception.

Their initial focus was to try and “plug the gap” left by the usual medical services available through the state system.

This was achieved by bringing in private doctors and nurses very rapidly, so everyone could still at least be offered medical appointments.

Now that some services have been



Creativity is
intelligence having
fun.

ALBERT EINSTEIN

resumed, albeit with a large back log, the clinic are now able to focus on other areas such as aesthetics.

Camposol Health Clinic has now added Dra. Maria Eugenia to its team of Doctors which increases its in house services on a regular basis by offering aesthetic medicine and facial rejuvenation services, such as Botox, Hyaluronic Acid, mesotherapy, a cosmetic procedure in which minute doses of medication, vitamins, etc, are injected repeatedly into the mesodermal tissue under the skin to promote fat loss

CO2 laser, Collagen, PRP, Platelet Rich Plasma is a form of cosmetic injectable treatment that uses the client's own platelet rich plasma.

The plasma component contains stem cells and growth rich platelets. When injected back into the skin, it accelerates the body's natural production of collagen and elastin to provide overall skin rejuvenation.

As well as removal of skin warts etc. The first consultation with Dr. Maria Eugenia is free and the patient will be able to obtain personal and individual advice.

Dr Maria Specialises in aesthetic medicine and facial rejuvenation. Her services combine aesthetic treatments with surgical ones.

This is a combination of blepharoplasty (eyelids) without surgery, with CO2 and IPL laser with surgical upper, and lower blepharoplasties.

This establishes personalised treatment plans. She graduated in 2009 in Medicine at the University of Murcia finishing her specialty of Ophthalmology at the Complejo Universitario Hospitalario de Ourense in 2014. In 2015 she completed the "University Master's Degree in Advanced Aesthetic Techniques and Laser" at the Cardenal Herrera University (CEU) in Valencia.

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

Dra Maria has edited two more books on ophthalmology and published more than fifty medical articles and attended numerous congresses and courses to improve aesthetic techniques.

She has also organised courses and advised clinics for the implantation of aesthetic medicine in their facilities. She currently works as a specialist doctor in ophthalmology at the Virgen de la Arrixaca University Hospital, in Murcia, and at the Camposol Health Clinic in Mazarrón.

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



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Inspiring Rooftop Terrace Design Ideas

If you are lucky enough to have an apartment or villa with a rooftop terrace, you have already won a lottery. Now the only thing waiting for you is to design it! We know that it can be either a pleasure or a nightmare; that's why we've prepared a few ideas to inspire you before you get started.

You don't have to finish design studies to be good at it. The most important thing is to let your imagination and inspiration work together.

Just imagine, you are about to design a place of your dreams, to spend a lot of lovely days there.

1. Flooring as the main decoration



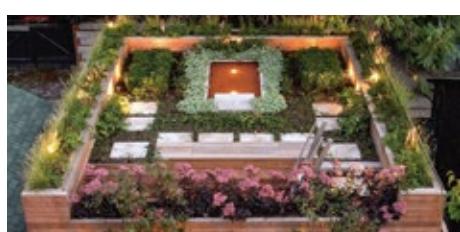
Terrace surface should fulfill several requirements: it must be practical and correspond to the style of the house. It can be surprising that the flooring can be the main decorative element on the terrace, but it often occupies the largest area, which implies style determination.

The range of materials for terraced surfaces is huge. Modern architecture currently supports wood, granite, concrete, and sandstone paving.

Those materials are used in modernist arrangements separately and – increasingly – together.

On some terraces, artificial grass would make a great option. It is easy to install, has a soft touch and natural look.

2. Marvelous dining zone



The rooftop terrace is a perfect place to spend time drinking your morning coffee and eating breakfast. You can

also eat romantic dinners outdoors.

How to organize the space of which the main task will be gathering people for meals? Of course, there should be a table in a central spot and some comfortable chairs for everyone. As no romantic dinner should take place without candlelight, decorative addi-



tions will be critical in such a project. Twinkling flames can come from classic, slender candles, scented ones, or charming tea-lights. To add splendor, be sure to display them in lanterns, or in beautiful jars.

3. Bookworm's corner



You can simply arrange a romantic reading corner on your terrace. Set up a comfortable armchair filled with pillows and make sure to protect yourself against excessive sun, rain, wind, or prying eyes of neighbors. The best solution is to install fabric covers.

What is needed? The most important is the material. It must be strong so that the wind does not blow it. Sailing canvas is a very durable and popular option. Pick a colour that matches the overall design of the terrace.

4. Sunbathing is a must

Isn't it obvious that having a rooftop at your disposal you would like to sunbathe every sunny day? The best and certainly the most convenient solution will be to set up several sunbeds.

Undoubtedly, small tables will be useful for placing a drink, so remember to get them in a style similar to your



deckchairs. Finally, don't forget your sunscreen!

5. Barbecue master

Warmer days are an ideal opportunity to organize some kind of a "garden party". A rooftop terrace seems to be a perfect spot to arrange such. At such an event, good food prepared by the host cannot be missing. Can there



be anything better than grilling on the terrace? The smell of the grill can lure not only guests but also neighbors.

An interesting type of grill to set on the terrace can be an electric table grill, which allows you to enjoy good food even in the winter season.

6. Gardener's dream



Well-chosen flowers on the terrace will provide coziness and will beautifully decorate the whole place. It is essential to choose plants that will grow properly both in the sun and in the shade.

You must determine whether your terrace is sunny (located from the west or south) or is it located on the east or north side and is, therefore, more shaded.

Ideal plants for a sunny terrace are sage (Salvia) and lavender (Lavandula), which need many hours of sunshine to obtain the characteristic refreshing aroma.

Various species of climbing plants, such as ivy, feel better in diffused light or in partial shade.

The plant pots themselves can be a great decoration. Just make sure that the roof terrace construction is strong enough to withstand heavy clay pots and kilos of soil. Herb Walls: A Fresh Take on the Living Wall



Herb Walls: A Fresh Take on the Living Wall

Green walls are attractive and conjure images of healthy and verdant living. An edible green wall takes these ideas a step further. Imagine having large herb walls in dining rooms, living areas, kitchens, outdoor patios and atriums.

Not only will you love the idea of the fresh herbs being used in their dishes, but your appetites will also be whetted by the enticing aroma of fresh

herbs. There are endless possibilities for creating herb walls for indoors and outdoors.

Different kinds of living walls

The possibilities of crafting a living herb wall are numerous. They range from DIY to commercially fabricated. Ideas include:

- Using a cloth, hanging shoe organizer and filling it with potting medium and herbs.
- Lining crates with landscaping cloth and stacking them on top of one another.
- Installing a metal wall and planting the herbs in heavy duty magnetic containers.
- Layering wall sconces.
- Installing commercially fabricated cells that are designed for the specific purpose of living walls.



Herbs

Just about any herb can be used in an edible wall. Many herbs such as oregano and thyme will trail and spill.

Other herbs such as basil and sage can add a leafy fullness to the wall.

The aesthetic of the wall will change and improve as the herbs grow and fill out the wall. In addition to herbs, other leafy vegetables can be included. Consider colorful plants such as 'Bright Lights' Swiss chard, beets, and leafy lettuces.



Two significant things must be kept in mind when planning and crafting these edible walls. These plants will require water and light. You may want to consider using a sub irrigation system to avoid a mess when it comes to watering the herb walls. Other systems include removable traps that collect excess water.

To provide enough light the walls must be positioned either outdoors, near a bright window that will provide long hours of indirect exposure, or fitted



with grow lights.

Whether you are planting these vertical gardens indoors or outside, you will be maximizing space and creating beautiful works of art.

From home kitchens to dining rooms herb gardens are taking on this new form with ease.

Try something new in your indoor landscapes by including living and edible walls.

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Camposol + HEALTH CLINIC

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

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

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A movie poster for "Above Suspicion". The top half features a man (Jack Huston) and a woman (Emilia Clarke) in a car, looking at each other across the dashboard. The background is a hazy, rural landscape. The title "ABOVE SUSPICION" is prominently displayed in large red letters in the center. Below it, the tagline "The devil always comes as everything you ever wanted." is written in a smaller font. At the very bottom, there's a small black box containing the words "A FILM BY PHILIP NOVAK".

Above Suspicion

Based on the true story of one of the most notorious crimes in FBI history, this gritty crime-thriller stars Emilia Clarke ("Game of Thrones") as Susan Smith, a young woman desperate to escape a seedy life of crime and drugs in a Kentucky coal mining town. When a newly minted FBI agent named Mark Putnam (Jack Huston, "Fargo") recruits Susan as his informant for a high-profile case, she believes her bad luck may finally be changing. But as Susan and Putnam's relationship deepens, so does the danger, setting them both on a collision course with deadly consequences.

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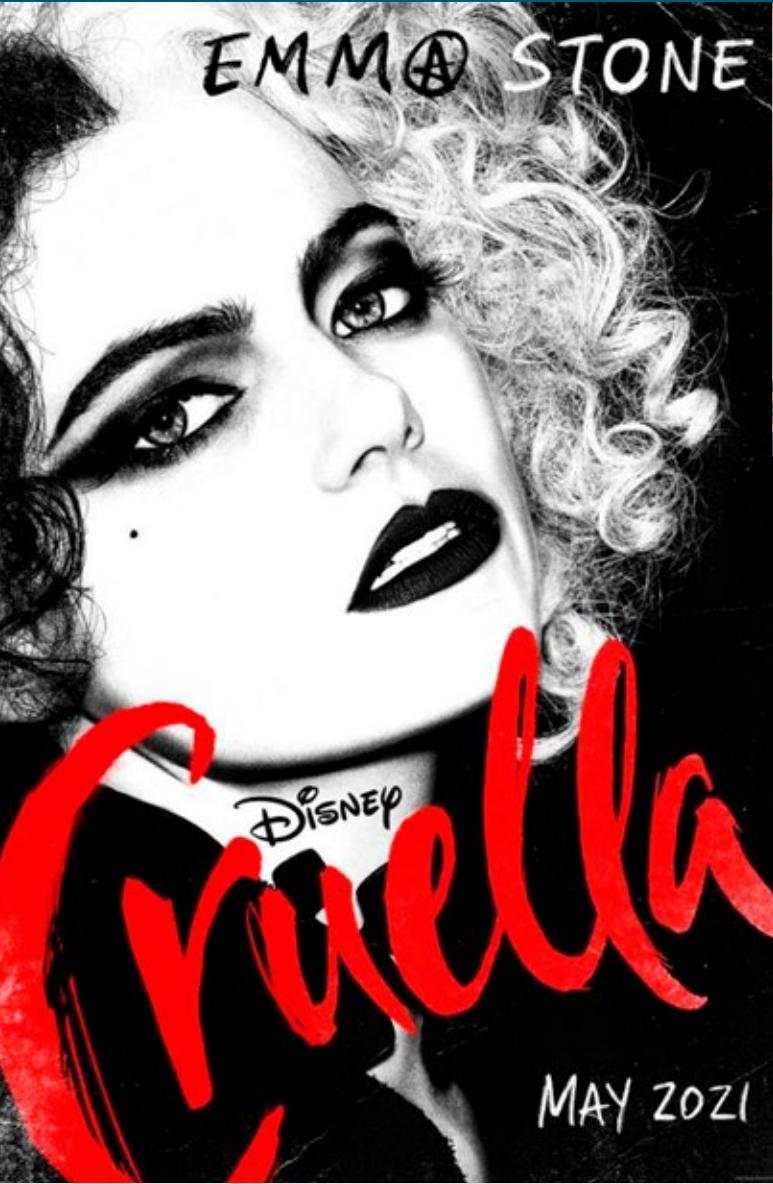




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Cruella

Set in 1970s London amidst the punk rock revolution, follows a young grifter named Estella, a clever and creative girl determined to make a name for herself with her designs. She befriends a pair of young thieves who appreciate her appetite for mischief, and together they are able to build a life for themselves on the London streets. One day, Estella's flair for fashion catches the eye of the Baroness von Hellman, a fashion legend who is devastatingly chic and terrifyingly haute, played by two-time Oscar® winner Emma Thompson ("Howards End," "Sense & Sensibility"). But their relationship sets in motion a course of events and revelations that will cause Estella to embrace her wicked side and become the raucous, fashionable and revenge-bent Cruella.

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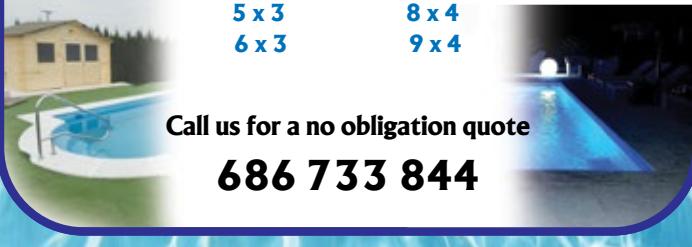
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Malibu Rising

by Taylor Jenkins Reid

From the New York Times bestselling author of Daisy Jones & The Six . . . Four famous siblings throw an epic party to celebrate the end of the summer. But over the course of twenty-four hours, their lives will change forever.

Malibu: August 1983. It's the day of Nina Riva's annual end-of-summer party, and anticipation is at a fever pitch. Everyone wants to be around the famous Rivas: Nina, the talented surfer and supermodel; brothers Jay and Hud, one a championship surfer, the other a renowned photographer; and their adored baby sister, Kit. Together the siblings are a source of fascination in Malibu and the world over--especially as the offspring of the legendary singer Mick Riva.

The only person not looking forward to the party of the year is Nina herself, who never wanted to be the center of attention, and who has also just been very publicly abandoned by her pro tennis player husband. Oh, and maybe Hud--because it is long past time for him to confess something to the brother from whom he's been inseparable since birth.

Release Date

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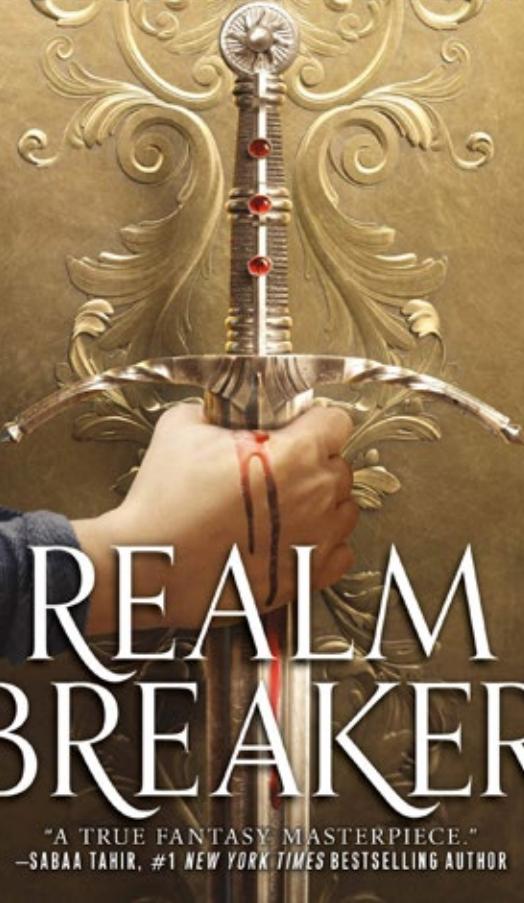
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Realm Breaker by Victoria Aveyard

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Pink

Alecia Beth Moore (born September 8, 1979), known professionally as Pink. She started her career as a member of the girl group Choice. In 1995, LaFace Records saw potential in Pink and offered her a solo recording contract. Her R&B-influenced debut studio album *Can't Take Me Home* (2000) was certified double-platinum in the United States and spawned two Billboard Hot 100 top-ten songs: "There You Go" and "Most Girls". She gained further recognition with the collaborative single "Lady Marmalade" from the *Moulin Rouge!* soundtrack, which topped many charts worldwide. Refocusing her sound to pop rock with her second studio album *Missundaztood* (2001), the album sold more than 13 million copies worldwide and included the songs "Get the Party Started", "Don't Let Me Get Me", and "Just Like a Pill".

Her studio albums, *Beautiful Trauma* (2017) and *Hurts 2B Human* (2019), both debuted at top the Billboard 200 chart, with the former becoming the world's third best-selling album of the year.

famous for her distinctive raspy voice and acrobatic stage presence, Pink has sold over 90 million records worldwide as of 2020, making her one of the world's best-selling music artists. Her career accolades include three Grammy Awards, two Brit Awards, a Daytime Emmy Award and seven MTV Video Music Awards, including the Michael Jackson Video Vanguard Award. In 2009, Billboard named Pink the Pop Songs Artist of the Decade. Pink was also the second most-played female solo artist in the United Kingdom during the 2000s decade, behind only Madonna. VH1 ranked her at number ten on their list of the 100 Greatest Women in Music, while Billboard awarded her the Woman of the Year award in 2013. At the 63rd annual BMI Pop Awards,

she received the BMI President's Award for "her outstanding achievement in songwriting and global impact on pop culture and the entertainment industry."

Pink has named Madonna and Janis Joplin as her biggest musical influences. In a 2000 interview with MTV, Pink said that during her childhood she used to think that she was Madonna's daughter, saying: "I've always been the type of person that followed Madonna like a lost puppy. I didn't speak to my mother for a year, because I was sure she adopted me." She stated, "Madonna has always been an inspiration for me... I was a fan right from the first time I heard 'Holiday'." Pink is also a fan of Janis Joplin, Pink said "She was so inspiring by singing blues music when it wasn't culturally acceptable for white women, and she wore her heart on her sleeve. She was so witty and charming and intelligent, but she also battled an ugly-duckling syndrome. I would love to play her in a movie." In a tribute performance on her Try This Tour, Pink called Joplin "a woman who inspired me when everyone else ... didn't!" As a child, she admired the leader of 4 Non Blondes, Linda Perry, whom



she would later track down and form a close relationship with on her second album.

Aside from her music, Pink has been noted for her fashion style, such the "adventurous" hairstyles she has worn, which have included fluorescent spikes to pink-streaked dreadlocks to a pitch-black skater cut.

Pink met professional motocross racer Carey Hart at the 2001 X Games in Philadelphia. Following a brief separation in 2003, Pink proposed to Hart in June 2005 during a Mammoth Lakes motocross race; she was "as-



sisting" in his race and wrote "Will You Marry Me? I'm serious!" on a pit board. He initially did not notice and continued on for another lap. When he did notice later, he veered off the track to accept right then. She then made him finish the race. They married in Costa Rica on January 7, 2006.

Billy Joel

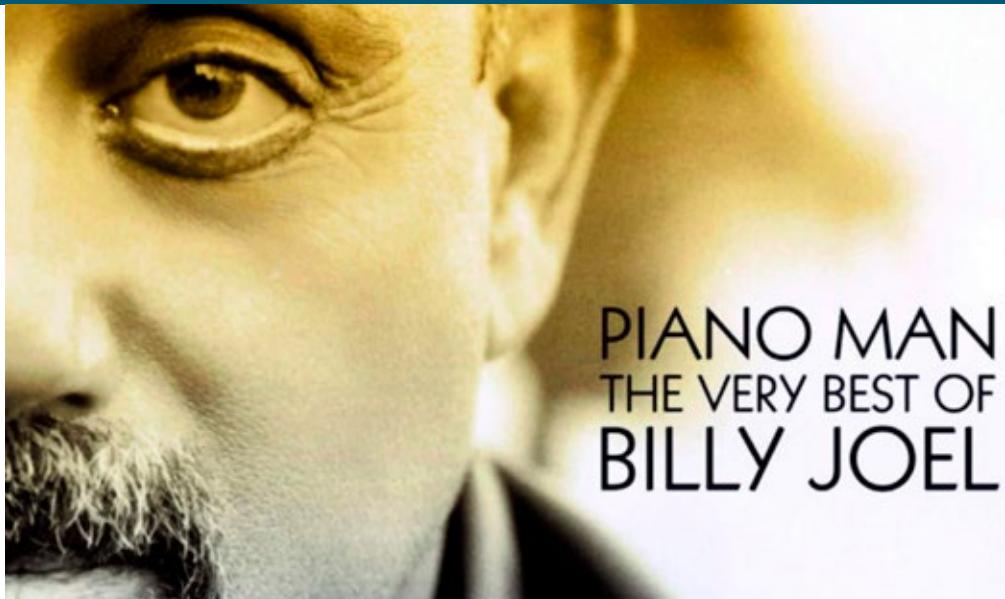
William Martin Joel (born May 9, 1949) is an American musician, singer-



songwriter, and composer. Commonly nicknamed the "Piano Man" after his first major hit and signature song of the same name as well as the similarly named 1973 album, he has led a commercially successful career as a solo artist since the 1970s, having released 12 studio albums from 1971 to 1993 as well as one studio album in 2001. He is one of the best-selling music artists of all time, as well as the seventh best-selling recording artist and the fourth best-selling solo artist in the United States, with over 150 million records sold worldwide.

Joel was born in 1949 in the Bronx, New York, and grew up in Long Island, both places that influenced his music. Growing up, he took piano lessons at his mother's insistence. After dropping out of high school to pursue a musical career.

Having sold more than 150 million records, Billy Joel ranks as one of most popular recording artists and respected entertainers in the world. Throughout the years, Joel's songs have acted as personal and cultural touchstones for millions of people, mirroring his own goal of writing songs that "meant something during the time in which I lived ... and transcended that time." Joel has donated his time and resources to a variety of charitable causes outside the realm of his musi-



PIANO MAN THE VERY BEST OF BILLY JOEL

cal career. A longtime advocate for music education, he first began holding "master class" sessions on college campuses more than 20 years ago, giving sessions at colleges across the country and around the world. In addition, he has held classes as a benefit for the STAR Foundation (Standing for Truth About Radiation) and to establish the Rosalind Joel Scholarship for the Performing Arts at City College in New York City.

Billy Joel has launched an ongo-

ing educational initiative to provide seed money, musical scholarships, and endowments to a variety of East Coast colleges, universities and music schools.

With a career spanning over 50 years, 121 songs and a multitude of collaborations, Billy Joel has achieved far too much to cover in a short article. I hope this has piqued your interest enough to find out more.



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heart problem. At this time the initial request to the council has come to a standstill due to issues including training, maintenance and ownership, which may not be in the interests of FAST or the community. We have attempted to contact the new Chief of emergency services in Mazarron but he was too busy.

Due to travel restrictions in place at this time we cannot arrange any trips or social events. As soon as the restrictions are lifted we will organise



a coach trip to Benidorm and maybe the trip to Gibraltar later in the year. At least we can travel within Murcia.

We have had some people enquire about joining FAST. The people interested have been contacted, we can then meet up for a coffee so they can learn what they want to get out of joining, we can also let them know how FAST operates. No past experience is required as all training is provided in house. Our training sessions were held in the Cultural Centre on B. At this time the Centre is closed so we have been unable to train for the past year. Giving something back to our community is a very rewarding feeling. If you are interested just email us at recruitment@fast2016.org

Without more responders the service we deliver will be greatly reduced.

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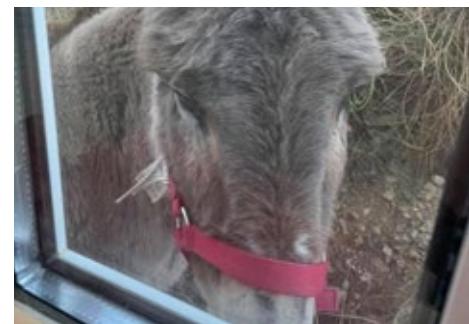
Here's May's !!! Blimey it will soon be Christmas ... I love Christmas lol

The Journal May 2021

Now I know most of us take this for granted, but we now have power at The Sanctuary. It is the small things that please us, being able to switch a light on in the bedroom, having a fridge and watching a little bit of televi-

sion and who knows one day even the internet! We are loving our solar power, now all we need are to get the plans approved for the building of the stables and that is another massive hurdle we have got over! They are taking a long time to be approved and our team are working very hard to make progress and have the right paperwork in place, which is essential before we can start building. Our donkeys are content with their temporary shelter and are incredibly happy in their new home but enough is enough now, we want to get more of our donkeys there with the right stabling. They love exploring the land and I had an early morning wake up call from Lucera, who thought she would have a look through the kitchen window, wanting an early breakfast, I think! I love seeing them so happy and having lots of space to roam.

All the babies are making good pro-



gress too, with them all having a dramatic start to their lives they are now thriving and moving on from having just milk. Hopefully, that is it for surprises with the female donkeys, haha famous last words! Though you often don't know when they are rescued if they are pregnant until you go out the next morning and there is an extra member of the herd!



You can now follow us on Instagram, thank you to our UK based friends who have taken this on board for us. Take a look and please follow us and share as much as possible, we need to get our name and the work we do out there as far and wide as possible. We have also relaunched our House of Henrietta clothing page, it is now called House of Henrietta Apparel Donkey Sanctuary and here you will find preloved and new items of clothing and accessories at great prices. We have an online team now who are at hand to answer any questions, you can collect from either Camposol or Mazarron-Country Club or call in at either the

Roldan or Mazarron shop. We have also relaunched our Andreas Animal Rescue and The Henrietta Foundation Shop Mazarron page where you can shop for items for your home from the comfort of your armchair. Choose, reserve, pay and collect—easy! And this applies to any of our online shopping pages. Also watch out for our HOH Mobile Boutique which is going to be making appearances at local establishments, so you can shop and have a coffee or a bite to eat un-



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



Time to Taste at La Prova Restaurante: Many thanks to the restaurant and staff for holding this event to help raise funds for Age Concern. It was an excellent afternoon with a great selection of food and wines and a perfect chance for all our supporters and friends to get together. Apologies to those who missed this, time was short when we organised it so we were only able to advertise it on Facebook and Costa Calida Radio. Until life gets back to normal for us all please check in to our Facebook site Age Concern Costa Calida for news on future events or updates.

Although all our regular monthly activities at our Drop in Centre have been put on hold we are still here for advice and information, shopping and medicine collection, so give us a call if you need help. All our phone lines as listed below will be manned as usual. If you would like an in-person chat with one of our team please feel free to drop in to our Centre which is open at present every Tuesdays between 10am and 1pm. Masks are compulsory. Also don't forget our Fa-

cebook site for updated information.
Date for Your Diaries: VE DAY CELEBRATION SATURDAY 8th MAY at the Maypu Restaurante located just before the old Naura Garden Centre on the road between Mazarrón and the Puerto. Menu del Brasa – log barbecue to include house salad, bbq meats or fish on the plancha, veggie option, dessert, drink and tea or coffee. Tickets €15 per person. Tickets must be bought in advance from our Drop in Centre in Camposol on Tuesday mornings or from Costa Calida Radio Station, between 11.30 and 4pm, Monday to Friday at edf las Lanzas, Calle Teide, Puerto de Mazarrón. The studio is just in front of La Cumbré Hotel.

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

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Now that the Easter bunny has hopped away and spring has at last sprung forward we can look forward to those long summer nights. At FMA we are hoping to provide you with lots to do on those balmy afternoons and evenings by providing fun and entertaining fund raising events for you to enjoy. In late March we were lucky to be entertained by the wonderful

jersey boys and then by the fabulous Alex Tipping, both sets were equally received with rave reviews. Early April we hosted Jim Mcnail and as Tom Jones he belted out a repertoire of hits made famous by the Welsh silver fox in characteristic power vocals. Nothing from M&S, wink wink, was thankfully found on the floor of the Zambuca Beach Bar and Restaurant which continues to support us by putting on our musical events. We are so grateful and pleased to be able to work with the team at this fabulous bar and restaurant. Long may it continue.

As of writing this article we have Steve Jackson to look forward to singing a selection of songs from the 50's and 60's and featuring diverse genres such as reggae and Motown. At the end of April we have a tribute To both Cher and Kylie which comes critically acclaimed; two shows for the price of one. I'll be reporting on how they went in my next article.

Our pop up stalls continue to be a massive success. We have now staged them at Zambuca, La Zagalica and most recently at Cafe Buenavista which had the added entertainment value of a Tombola store. We're popping up again on May the first at Cafe Buenavista in El Alamillo so please come and visit us. Featuring our usual clothes and book stalls we also have the added addition of a flea/ antique market, so come and grab yourself a bargain.

All of this hard work by the FMA team is done for one reason, the animals, and we continue to be inundated with requests for help daily. If you follow



our Facebook page you will see the likes of wonderful Hobo who actually made the Spanish news. Rescued by the emergency services from a large well he found himself in the Perrera. Now under our wing and in the kennels at Mountain view he has become a proper celebrity loved by all who meet him. He is just one of many dogs and cats we have helped this month.

If you would like to help us by volunteering please contact the team at FMA for more information about us and our work.

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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.

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How to Build a Hanging Basket

The key is planting the sides as well as the top. A hanging basket can serve a variety of functions, from accenting a front porch to filling an empty wall. No matter what the purpose, they offer an opportunity to play with plant combinations to create a riot of color. Today's ever-shrinking landscapes mean fewer places to cultivate. Planting a hanging basket may be just the ticket for expanding your gardening realm. It is also one of the easiest ways to connect your garden with your home.

Trailing plants are traditionally used in hanging baskets with three plants of the same variety planted in the top. Another way to craft a hanging garden is to use an open-sided basket and plant the sides as well, a technique that allows me to use three to four times the number of plants in a traditional basket. I usually use a jumble of clumpers and trailers to create the illusion of masses of color and texture. I also mix in a few plants with great foliage to add interest throughout the growing season.

1. Choose a basket



When it comes to baskets, size—or in this case, volume—does matter. The volume of the basket is directly related to the amount of water your hanging garden can retain; if you select a basket that is too small, you'll have to water daily, if not more often. A larger basket can make taller columns or posts look more in scale with your house or landscape. I use baskets that have open sides so that I can cut slits in the liner in a checkerboard pattern for planting.

2. Insert a liner



To fully cover large baskets, you may need to overlap two rectangular sections of liner. While the exact lengths depend on the size of your basket, allow enough extra material so that, when the basket is filled with soil, some will still spill over the edges. Overlapping the liner in the bottom of the basket has the added benefit of slowing water flow out of the basket.

3. Build a base layer of potting soil



Start with a base layer of good-quality potting soil in the bottom of your basket. Press it against the bottom and sides of the basket so that you have a firm background to cut against when making the slits for the first row of plants. The soil level should be about 4 to 6 inches above the bottom of the basket when you complete this step.

4. Insert a water reservoir

To help with aeration and watering, I insert a vertical 8- to 10-inch section of slotted black drainpipe, available at any hardware store. I ad-



just the length so that 2 to 3 inches are exposed above the final soil level; this ensures that the drainpipe does not fill with potting soil during rainfall or waterings. I place the pipe so that the end sits about 4 to 5 inches above the bottom of the basket. If the drainpipe hits the bottom of the basket, water will simply drain right out of the basket instead of filling the surrounding area. The pipe directs the water toward the bottom of the basket, which is the first place to dry out.

Stagger your plants

To ensure maximum coverage while preserving visibility, place plants in a checkerboard pattern. After spacing plants evenly in the bottom row, create the next row so that its plants fall between, not directly above, those below.

5. Cut the liner and add plants

Using a sharp object, make small incisions in the liner just below the current soil level



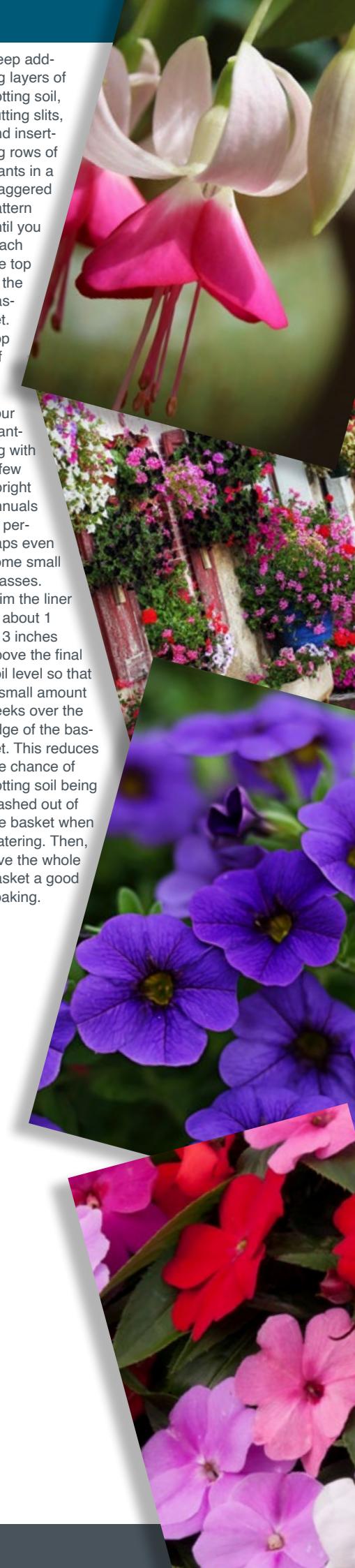
and carefully poke the root-balls of the plants through from the outside. Small plugs or cell pack-size annuals work best because they minimize the size of the openings in your liner; larger holes will let potting soil spill out and may even cause young plants to wash out during watering. If you must use larger plants, gently wash most of the potting soil from the root system and carefully compress the root mass into a torpedo shape and slip it through the liner.

6. Continue planting to the top



Keep adding layers of potting soil, cutting slits, and inserting rows of plants in a staggered pattern until you reach the top of the basket. Top off

your planting with a few upright annuals or perhaps even some small grasses. Trim the liner to about 1 to 3 inches above the final soil level so that a small amount peeks over the edge of the basket. This reduces the chance of potting soil being washed out of the basket when watering. Then, give the whole basket a good soaking.



Camposol 'C' Green Fingers Gardening and Social Group



Heavy showers plus dry, sunny spells in between, have been lovely for all the new, and re-planting but it has also meant our Volunteers have had to weed and water extensively. One of the beautiful statues kindly donated by a resident, has already suffered damage at the hands of vandals, so it has been repaired and re-sited this month. Please be vigilant on our behalf and report anything untoward to us, in strict confidence, of course. Surplus Yuccas have also been collected and planted. The items we periodically need to purchase have all been paid for by your donations; Every penny has been spent on tools, plants, gravel, membrane and compost - Thank you to everyone who has donated.

The Maintenance Team continued the regular rota of cleaning, weeding and spraying, also on the gravelled verges of the perimeter road and planted areas, with pet-friendly weedkiller. They have also cleared the drainage channels at the bottom of the dual carriageway and cut back nearby plants. Please remember, every Euro of each member's monthly payment is used to sweep, weed and spray the whole of Lower 'C', although we may only reach your road every few weeks. If you're not a member of our scheme and see our teams working, please consider joining our Scheme or contributing a little to our bucket; thank you.

Must mention; Saturday 1st May 2021 is Worldwide Naked Gardening Day – hope it's fine and sunny for everyone! Thank goodness it's not a Green Fingers day, ha ha.

Further information is available from our Chairman, John, on 634 325 427 or on our Facebook groups: Camposol C Sector Group and Green



Fingers Camposol. One of our volunteers, Matt, has been working to recently update our website, www.greenfingerscamposol.com.



Feel free to have a browse and please let your friends who are not on Facebook know about it, too.

As the pandemic restrictions are being eased, B Clean volunteers are continuing to get on with the task of keeping B sector's greenery along with other projects. Some members met up on Good Friday to get on with a bit of rock and roll, although it probably wasn't what most people would think of although there were rocks and they did roll... One of our residents donated some large boulders to the group for landscaping so three volunteers turned out to move about 18 large lumps of stone up to the roundabout by the petrol station to be used in a landscaping project when adequate numbers of volunteers are available. On this particular occasion, the volunteers shifted well over half a

ton of rock.

The small band of regular volunteers had already been at work since this was permitted a while back and they have been tackling our oleander hedging which extends from the Welcome Wall at the entrance to B sector to the car park and then from the cultural centre to the Lavanda / Ciclamen roundabout and finally from the petanca pitch down to the rambla. This is obviously a big job as there are scores of plants needing to be trimmed to keep them tidy and encourage a colourful display of flowers at the roadside. Unfortunately, all of this work which is undertaken solely by volunteers, usually 4 in number, has taken longer than usual this Spring due to the earlier restrictions and the continuing lack of people turning out to help. Late trimming will probably result in a reduction in the number of flowers this year. Obviously, anybody who is disappointed will probably guess that this frustrating situation can be avoided by more people volunteering to help.

Our hard-working member, Colin Thackwell, is continuing his weekly static bike marathons at the commercial centre on B. This is helping to rebuild the group's funds which suffered after we paid for the palm cutting again this year. We will have to build up contingency funds for the future so all donations and payment of membership subscriptions will be very welcome. We will also welcome more volunteers to help out with the main-



Los Palacios



I must first mention the recent death of the Duke of Edinburgh. Such a sad loss to the Queen and her family. I am sure I speak for everyone in offering our sincere condolences to Her Majesty the Queen and her family.

Prince Philip will not only be missed by his wife and family, but by a great many people both in the uk and across the world. There is a short Service of Remembrance being organised to be held in the Memorial Park on Sector A, on the day of the funeral. At the time of going to press this has not yet taken place so I will be reporting on this in the next issue.

Moving on to the current situation here on Camposol, it is now over a year since lockdown restrictions started and we have certainly had our ups and downs over the past year.

However, there does seem to be some “light at the end of the tunnel”. The bars are now open albeit still with limited numbers and conditions but at least people can meet up for a meal and a drink.

Also at long last the vaccination programme is finally reaching us here on Camposol. Hopefully all of us on Camposol will soon be vaccinated which we hope will eventually lead to restrictions being eased and a more “normal” life being resumed. (we can only hope!)

Our volunteers are continuing their good work in keeping our area looking smart. The palm trimmers are out every week trimming the trees; the weeds which have suddenly sprouted up after the rain, are being treated with weed killer by Jock and Brian, Tony has been destroying the processionary caterpillars, and Alan continues to keep the post room clean and tidy.

Rob with other volunteers are manning the bucket collection on a Thursday and our loyal group of ladies are manning the library every Friday.

We have received a large number of books donated by various people and we are very grateful to you since this enables us to have a good turn around of books for people to choose from. The library is open every Friday from 10 am until 12.30 pm.

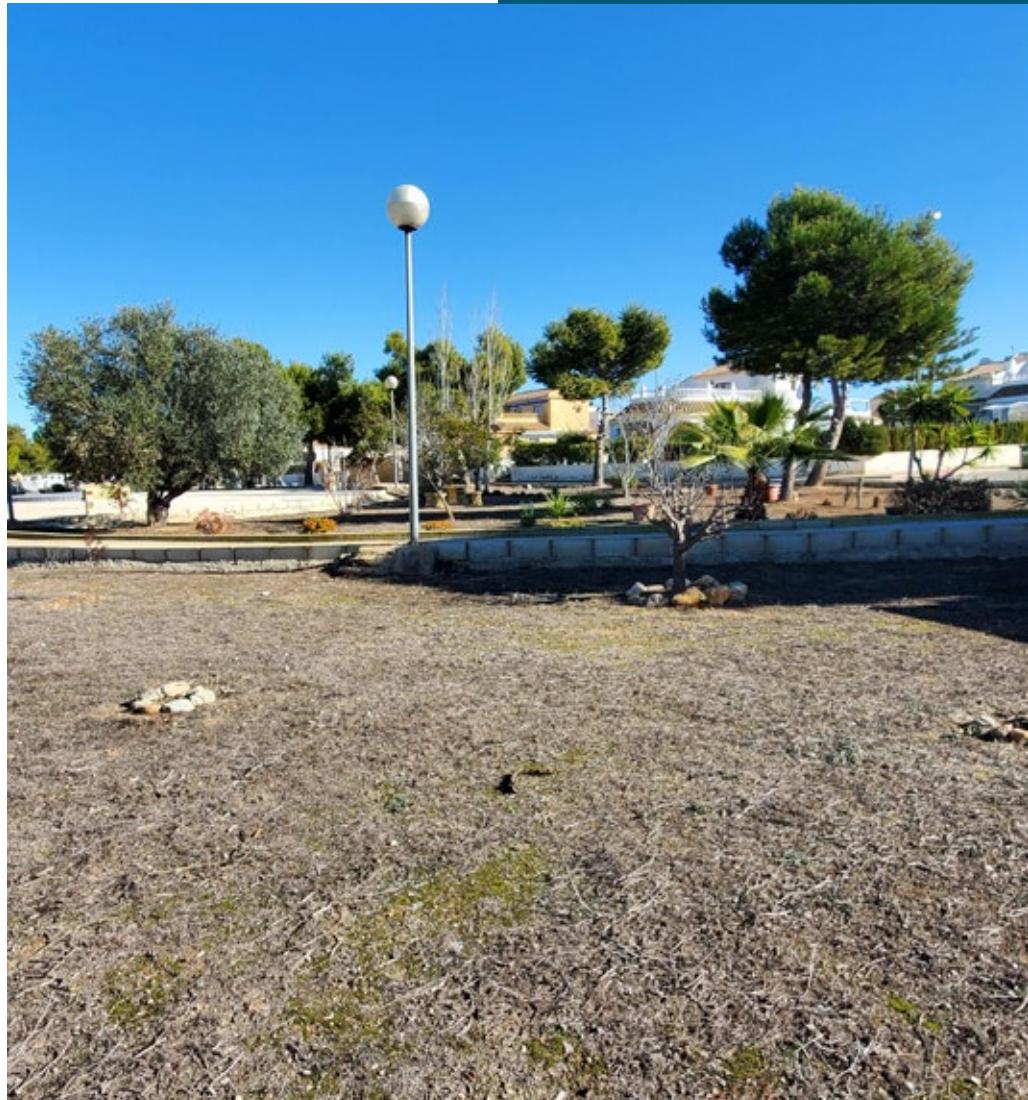
If you wish to contact us our email is lospalaciosgardening@icloud.com and we have a post box in the Post Room on Los Palacios under number 915 Los Palaios Gardening Group.

We thank you all for your continued support.

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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.

This Power can relate to property and finances, as well as general health and welfare. Its 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.

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

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

Its 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.

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In the first instance, please email shirleyfisherlegalservices@gmail.com .

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

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



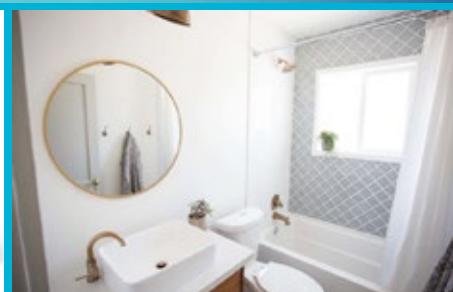
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SATURDAY

- 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

SUNDAY

- 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

MONDAY

- 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

TUESDAY

- 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

- Mazarron Bay Bridge Club, Hotel Playa Grande, Pto de Mazarron, 9:30am
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WEDNESDAY

- Camposol D Bucket Collection 9.30-12 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30

THURSDAY

- Mazarron Market Day, 9am - 6pm
- Fuente Alamo Market Day, 9am - 6pm
- Harlequin Rock Choir Rehersals Social Centre, Camposol, 1.15pm
- San Jose El Saladillo - Catholic Mass in English, 4:30pm
- Blackbull Steak Night 7pm

FRIDAY

- Puerto de Mazarron Market Day 9am - 6pm
- St Nicholas Ecumenicla Church Service, 10:30am - 5pm
- Wellspring Victory Church Service - Puerto de Mazarron, 11am - 5pm
- Blackbull Sunday Lunch Book A Table
- San Jose El Saladillo - Catholic Mass in English, 4:30pm

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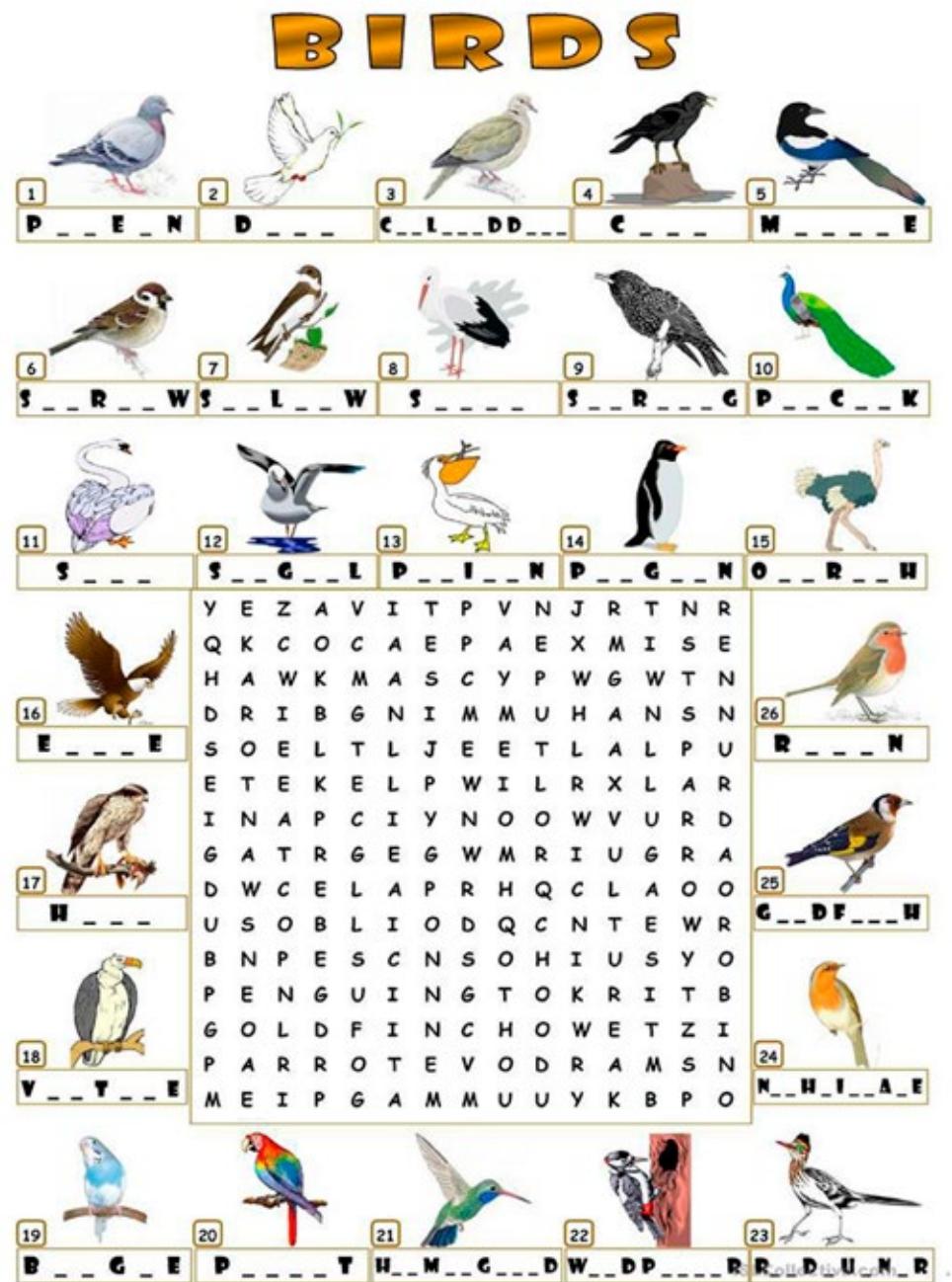
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- Did you hear the one about the crow and the telephone pole?
He wanted to make a long distance caw.
- How does a bird with a broken wing manage to land safely?
With its sparrowchute.
- Why did the little bird get in trouble at school?
Because he was caught tweeting on a test.
- How do crows stick together in a flock?
Velcrow.
- What do you call a parrot that flew away?
A polygon.
- What do you call a sad bird?
A bluebird!
- What kind of math do Snowy Owls like?
Owlgebra.
- What do you call a very rude bird?
A mockingbird!
- Why couldn't anyone see the bird?
Because it was in da skies!
- What kind of birds do you usually find locked up?
Jail-birds!
- How did the bird break into the house?
With a crow bar.
- What language do geese speak?
Porchageese.
- What kind of bird runs the church?
A cardinal!
- Why did the pelican get kicked out of the restaurant?
Because he had a very big bill.
- What do you get when you kiss a diseased bird?
Cherries.
- What does a bird like in his soup?
Crowtons.
- What bird movie won an Oscar?
Lord of the Wings.
- What do you get if you cross a duck with a firework?
A frequaker!
- What is a parrot's favorite game?
Hide and Speak!



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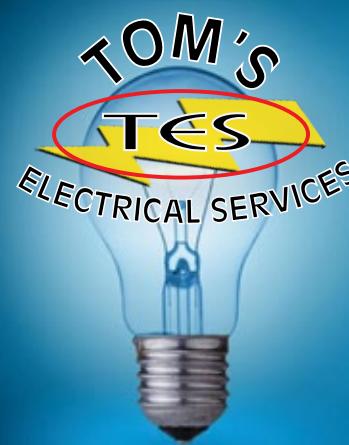
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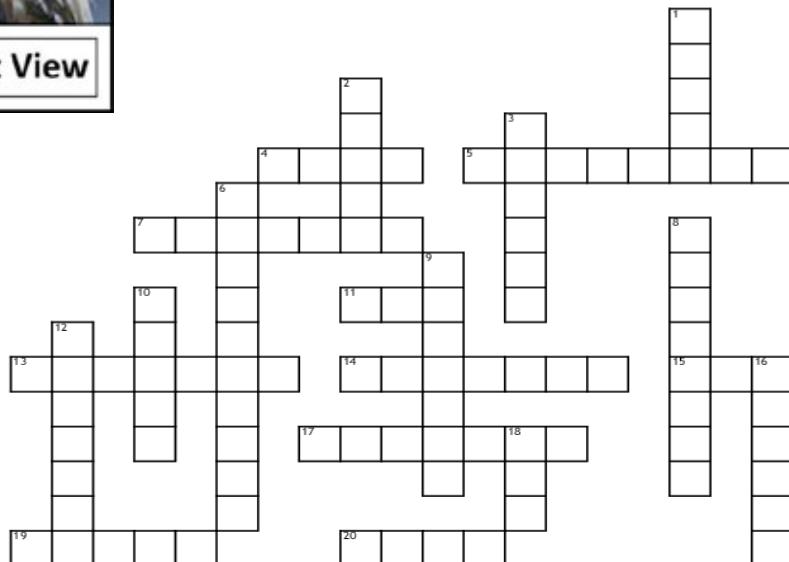
This is why eagles are always photographed from the side



Side View

Front View

Birds



Cross

- . black and noisy
- . red
- . meat and eggs in grocery
- 1. extinct Australian
- 3. lives in Antarctica
- 4. Largest, cannot fly
- 5. flies but not a bird
- 7. small brown, common around the house
- 9. word for a group of birds
- 10. hunts small animals and birds

Down

- 1. fishing wader
- 2. water bird from Canada
- 3. yellow
- 6. royalty, eats fish
- 8. the other primary color
- 9. eats dead meat
- 10. American symbol
- 12. see it at the seashore
- 16. very tasty on thanksgiving
- 18. comes out at night



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- FEATURING 84 ACUPRESSURE POINTS** massaging the lumbar spine whilst stretching to release tension and ease chronic back pain. With a dramatic increase in working from home, we are all spending a lot more time sitting at our desks, using our back stretcher for just 5 minutes every day will help relieve chronic back pain, ease sore and tight muscles and help restore the natural curvature of your spine.
- EASY TO USE SOLUTION FOR MULTI BACK RELIEF PROBLEMS**, featuring a pressure resistant, compact and portable design that can fit neatly into your luggage. The Back Stretcher Posture Massager is designed to stretch your back in an easy, safe and enjoyable manner. The device is lightweight and equipped with multiple degrees of stretch to help you relax and relieve back pain from tight muscles, excessive flexion and poor spine alignment.
- 10 MAGNETIC ACUPPRESSURE POINTS** on this 2nd generation back stretcher device aid enhanced pain relief and muscular relaxation. This simple to use multi relief back stretcher is best used whilst laying flat, allowing gravity and acupressure to ease away tension often built up from many hours sitting at a desk. This

then allows the spine to decompress and rediscover its natural alignment.

- 3- LEVELS OF ADJUSTMENT** from beginner to advanced users, use for just 5 minutes a day to relieve lumbar tension, sciatica, pinched nerves, muscle spasms and herniated discs. Used daily this lower back pain relief product for women and men eases the symptoms of back pain providing lower back support, nerve pain relief and spine decompression
- 100% MONEY BACK GUARANTEE**, using back massagers every day can greatly improve your physical wellbeing, providing lumbar support as the acupressure points ease tension and provide muscle pain relief. Improvements in your physical wellness can also provide a boost to your emotional state so the overall health benefits of using a back massager should not be underestimated.

Smarter FridgeCam (2020 Version) Food Tracking WiFi Camera for All Fridges



- Turn your fridge into a smart fridge within minutes using the new FridgeCam by Smarter
- FridgeCam takes a photo when you close your fridge door and sends it to your smartphone
- You can reduce food waste with the best before tracker to keep on top of expiry dates, so you're reminded to use them up in time
- FridgeCam will automatically add used or expired items to your shopping basket which is then pre-populated next time you shop online
- Compatible with iOS and Android

and uses WiFi technology and a USB recharging port

- Equipped with a universal mount, the FridgeCam can be retrofitted to any fridge within minutes
- Works with Alexa for key commands such as Alexa, what's can I cook for dinner tonight?

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The Tesla Model S is the first bespoke creation from the electric car stable of PayPal creator Elon Musk.



10 years ago our bet on which manufacturer would be the first to introduce a viable, fast, practical and competitively priced all-electric luxury saloon to the UK, we would have looked to Germany or Japan, or even South Korea, for a credible tip.

The fledgling upstart from Palo Alto in the US, only incorporated in 2003, would not even have been a blip on the radar. But within a decade, Tesla has gone from CEO Elon Musk's brainchild to deadly serious player in the unpredictable business of building – and selling – zero-emission cars.

Following the now-defunct Roadster, the Model S is the first prong in a plug-in trident of a plan that includes a smaller saloon and a crossover SUV in the not too distant future. On paper, the Model S is ideally placed to take sizeable bites out of the market share of Audi, BMW, Jaguar and Mercedes-Benz.

The Model S is unlike anything seen before. It has the size, pace and range to compete with a conventionally powered rival. Does it have the finish, panache, quality and character, too?

The Model S comes with a reversing camera as standard



The Tesla Model S features an aluminium and steel monocoque whose front reinforcement and generous crumple zones afford it impressive crash strength.

The battery pack sits beneath the cabin floor and its subframe contributes to torsional rigidity, although the entire pack can be swapped out by

a special automated jig within two minutes.

Buyers can pick from one of four battery options, which comprise of a 60kWh and a 75kWh pack, both available in all-wheel drive and rear-wheel drive configurations. Meanwhile the 85kWh pack has been replaced with a 90kWh pack which is good for a 346 mile range, 4.2sec 0-62mph time and 415bhp, while topping the range is the recently introduced 100kWh pack which extends the cruising range to an incredible 393 miles.

Those looking for a bit more performance can opt for the P100D, it may only be able to travel 381 miles per charge, but produces 603bhp and 713lb ft of peak twist from its twin electric motors, and has the capability to crack 0-60mph in 2.5 seconds. To put it in perspective the P100D is 0.7sec faster than a McLaren F1, no slouch even in today's world of hypercars.



If you're wondering how the Model S can come with such a range, look no further than the battery. It uses conventional lithium ion battery cells, just like most electric cars, but here they have a capacity of 90kWh. Think of it as a big fuel tank; a Renault Zoe's usable range is provided by 22kWh of battery technology. The Tesla will take relatively longer to charge if you're pushing the same level of current into it. And a Model S will accept charge from a regular household socket (at 11kW) if you want it to. Most Model S buyers will recharge using a 7kWh home charger, while Tesla's Superchargers, which provide up to 120kWh of power meaning your Model S could be at half charge in 30 minutes, will pick up the recharging strain on the road, with more than 200 Supercharger locations across Europe.

Formula 1 bosses have revealed dramatically reworked new regulations for the 2021 season

The new regulations, which include both the technical specifications of the cars and new rules, have been developed over the last two years by F1 bosses and the FIA. There will also be a cost cap in an attempt to make closer competition between the teams. From 2021, F1 cars will have a new look, with simplified aerodynamics designed to put more emphasis on mechanical grip and make it easier for cars to race each other. It's claimed

that a 2021 car will retain 86% of downforce when a car length behind another, compared with 55% on the current machines.

F1 2021 rules in details



Aerodynamics: The new rules will simplify the look of the cars, desensitise certain areas and reduce wake to make it easier for cars to follow each other.

There will be a simpler front wing, bargeboards will be banned and ground effect will be added by a long diffuser under each sidepod in order to put an emphasis on mechanical grip.

Restrictions will be introduced in a number of areas to limit the impact of aerodynamics, although the rules will still ensure visual differentiation in areas such as the nose, front wing, engine intake and sidepods.

Power units: The current 1.6-litre turbocharged hybrid powertrains will be carried forward, although to cut costs there will be new restrictions on certain materials, increased weight and the introduction of a standard fuel pump. Engine suppliers will also be obliged to provide equal-spec engines to works and customer teams.

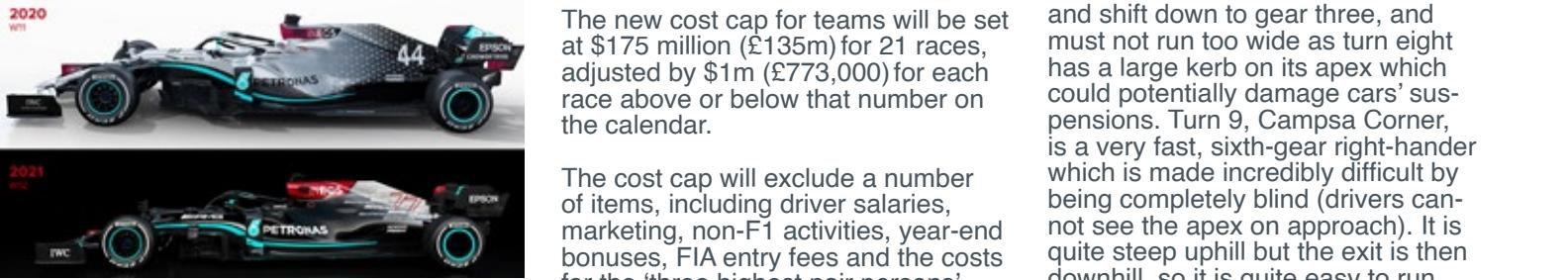
Transmission: To make 'considerable' savings on gearbox research and development, the configurations will be frozen for a certain period, with more restrictive rules introduced in order to not 'lock in' a performance advantage for one team. One complete redesign will be allowed in a five-year cycle.

Suspension: Suspension setups will be simplified, with hydraulic systems banned and a requirement to use 'simpler' internal systems (springs and dampers).

Wheels: The size of wheels will be increased to 18in, while tyre blankets will be retained – albeit at a lower cost – for 2021 and 2022. There will be prescribed-design hubs, nuts and wheel retention systems.

Brakes: Front disc sizes will grow from 278mm to 330mm and have a simpler geometry (with fewer vent holes). A standard supply will be delayed until at least 2023.

Chassis: There are larger cockpit dimensions so that taller drivers aren't penalised. A prescribed front floor structure will be introduced to stop teams seeking an advantage from



flexible floors and strong side beam protection to aid side impact safety. Fuel: The renewable content of the fuel used will increase to 20% for 2021, with a commitment to increase that percentage in the following years. A number of new standard parts for the fuel systems will also be introduced.

Weight: The minimum mass of the cars will increase from 743kg to 768kg to account for the new wheels, tyres, standard parts, safety features and heavier power units.

Safety: Cars will feature increased front energy absorption and side chassis strength. There will also be improved headrests and wheel tethers and new features to improve debris containment after accidents.

Sporting regulations

Races: The maximum number of races will increase to 25.

Race weekends: Weekends will be reduced to three days from the current four (which currently comprise three days of on-track action and one day of off-track events).

Development: There will be reductions in the amount of wind tunnel testing and CFD development allowed and limits on power unit dynamometer testing.

Financial regulations

The new cost cap for teams will be set at \$175 million (£135m) for 21 races, adjusted by \$1m (£773,000) for each race above or below that number on the calendar.

The cost cap will exclude a number of items, including driver salaries, marketing, non-F1 activities, year-end bonuses, FIA entry fees and the costs for the 'three highest paid persons'.

A Lap of the Circuit

Turn 1 is the main overtaking point at Catalunya, as it is a braking zone at the end of a long DRS straight. The inside and outside are just as difficult for overtaking; if you can hold the line around the outside of turn one, you can get the inside line for turn two.

The corners themselves make up a medium-speed chicane – drivers brake rather late for turn one and shift down to gear two, and turn two is almost full throttle as they try to gain as much exit speed as possible. Turn 3 is a long, flat-out (in most cars) right-hander that has a g-force of about four and it leads to a short straight before turn 4, the Repsol curve. Another right-hander, turn four is similar to Monza's Curva Parabolica – drivers brake and take an early apex (in third gear), carrying great speed out of the exit. Turn 5 (Seat) comes immediately after and is a slow left-hander taken in second gear which drops rapidly downhill towards the left kink of turn 6 which is ignored by F1 cars. Turns 7 and 8 make up a medium-speed, uphill, left-right chicane. Drivers brake

and shift down to gear three, and must not run too wide as turn eight has a large kerb on its apex which could potentially damage cars' suspensions. Turn 9, Campsa Corner, is a very fast, sixth-gear right-hander which is made incredibly difficult by being completely blind (drivers cannot see the apex on approach). It is quite steep uphill but the exit is then downhill, so it is quite easy to run wide onto the astroturf. The long back straight leads into turn 10 (La Caixa), a second-gear, left-hand corner, then turns 11 and 12, a left kink before a long, slow, third-gear right. The next section has been redesigned by German engineer Hermann Tilke to lower speeds onto the 1,047 m (1,145 yd) pit straight – which in turn increases overtaking opportunities and safety. Turn 13 is a tight, third-gear right-

2021		
1	28 marzo	GP DE BAHREIN
2	18 abril	GP EMILIA ROMAGNA
3	02 mayo	GP DE PORTUGAL
4	09 mayo	GP DE ESPAÑA
5	23 mayo	GP DE MÓNACO
6	06 junio	GP DE AZERBAYÁN
7	13 junio	GP DE CANADÁ
8	27 junio	GP DE FRANCIA
9	04 julio	GP DE AUSTRIA
10	18 julio	GP DE GRAN BRETAÑA
11	01 agosto	GP DE HUNGRIA
12	29 agosto	GP DE BÉLGICA
13	05 sep.	GP DE HOLANDA
14	12 sep.	GP DE ITALIA
15	26 sep.	GP DE RUSIA
16	03 oct.	GP DE SINGAPUR
17	10 oct.	GP DE JAPÓN
18	24 oct.	GP DE EE.UU.
19	31 oct.	GP DE MÉXICO
20	14 nov.	GP DE BRASIL
21	21 nov.	GP DE AUSTRALIA
22	28 nov.	GP DE ARABIA SAUDÍ-YEDA
23	12 dic.	GP DE ABU DHABI

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

*Pendiente de homologación del circuito

hander and drivers have to cross the track quickly to take the racing line through the slow left-right chicane of turns 14 and 15, taken in second gear. Good traction is needed here as it determines speed down the pit straight. Turn 16 (New Holland) is a flat-out right-hander which takes cars across the start/finish line.

Position	Entrant	Points
1	Johann ZarcoPramac Ducati	40
2	Maverick VinalesMonster Yamaha	36
3	Fabio QuartararoMonster Yamaha	36
4	Francesco BagnaiaDucati Team	26
5	Alex RinsSuzuki Ecstar	23
6	Joan MirSuzuki Ecstar	22
7	Jorge MartinPramac Ducati	17
8	Aleix EspargaroAprilia Gresini	15
9	Jack MillerDucati Team	14
10	Pol EspargaroRepsol Honda	11
11	Enea BastianiniAvintia Ducati	11
12	Brad BinderRed Bull KTM	10
13	Stefan BradlRepsol Honda	7
14	Valentino RossiPetronas Yamaha	4
15	Miguel OliveiraRed Bull KTM	4
16	Franco MorbidelliPetronas Yamaha	4
17	Marc MarquezRepsol Honda	0
18	Daniilo PetrucciKTM Tech3	0
19	Lorenzo SavadoriAprilia Gresini	0
20	Luca MariniSky VR46 Avintia Ducati	0
21	Alex MarquezLCR Honda Castrol	0
22	Iker LecuonaKTM Tech3	0
23	Takaaki NakagamiLCR Honda Idemitsu	0

2021 MotoGP™ Riders' World Championship (after Round 2)

2021 MotoGP™ CALENDAR

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

* Evening Race

** Subject to the Homologation



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Dawn Llewellyn-Price

To jab or not to jab, that is the question. If only Hamlet had that predicament, instead of taking arms against that sea of troubles. Well, I've been jabbed, and should soon be double jabbed. Life had become a very wordy Shakespearean play, with dramatics and wringing hands as time had ticked on. This may prove a skin of the teeth moment but I'm hoping we'll make that June ferry should fate take a hand, and we can head to Spain for our 90 days of Brexit Summer.

In fact, I had grown as angst-ridden as Juliet, as Romeo had beaten me to it on age, and rushing to the post box each morning to check for the enormous envelope filled with pages in two languages, when just the time, date, and place mattered, had me stamping my foot in a soliloquy, stage left;
'Envelope, envelope, wherefore art thou envelope...'

When it finally came, accompanied by a text, I had less than twenty-four hours' notice. One late postman or a missed message as you binge on a box set of Macbeth and it's curtains, no applause, exit stage right.

I received the offered Astra-Zeneca as Wales rolled out its speedy vaccination programme. Even the sticking plaster bore a dragon stamp.

Time was ticking to fit in both jabs before our crossing, booked last July with pet-friendly cabin. Of course this year I'm not holding my breath.
'To be, or not to be, that is the question...'



I know there are some of you who may be debating the issue of to have, or have not. I've heard tales of people still spouting conspiracy theories even now, who won't take the vaccine for any number of reasons.

Well, I've had a few vaccines in my lifetime, from Yellow Fever to Typhoid, and I'd rather suffer the short-term grumbles of doing so, than the nasties that lay in

wait for me around the globe. For there are plenty out there just waiting to get us.

My worst reaction to one vaccine was a sore arm, repeatedly thumped by a baby on a passenger's knees sitting alongside me on a long flight. This added bonus of extra pain, while the animated creature used its vocal cords to great effect for much of the night, gave me the worst side effects on that occasion; annoyance and rage, rising and falling with the altitude.

My covid side effects were a sore arm for a few days, and I'd forgotten I slept on my left side when telling them to skip my right-handed arm. It was painless and came with a lively conversation about cocktails at the after-party; that fifteen-minute wait in the exit area for the allergy-prone like myself.

A young, enthusiastic and bored volunteer was told off for telling me about drinks with parasols.

'Behave, the lady will think you're trying to chat her up!'
'Let him continue!' I said 'I'm eternally grateful.'

Party central at Big Vax.
Shakespeare would be in his cups.





Los Amigos De Mazarrón F.C.

LATEST NEWS FROM LOS AMIGOS DE MAZARRÓN FC

LATEST NEWS FROM LOS AMIGOS DE MAZARRÓN FC

Despite a mixed series of results in March, Mazarrón FC managed to finish the first stage of the league season in sixth place



in their group of 11 teams and qualify for the first stage of the play-off games to decide which league the teams will play in for the 2021/22 season.

The Murcia Group of the Tercera División was divided into two groups of 11 teams for the first part of the season. The teams finishing in the top six in each group will now definitely play in the Tercera División RFEF next season unless they achieve promotion.

The teams finishing in the first three in each group (6 in total) will enter a play off for two places in the newly formed Segunda B RFEF Division. Points gained in the first stage of the season will carry forward and each team will play games home and away against the teams in the other group in which they did not participate (six games in all). The four teams that do not automatically qualify for Segunda División RFEF will then go into a final play off for one place in the new league.

The teams finishing fourth, fifth and sixth in each group will then play off in a similar fashion against the 4th, 5th, and 6th teams in the other group. Points gained in the first stage of the season will carry forward and each team will play home and away games against the teams in the other group in which they did not participate (six games in all). The top two teams in this group will then qualify for the play offs for the final place in the new Segunda División RFEF with the four teams who did not qualify from the teams who finished the first half of the season in the top three



position.

The remaining teams who did not qualify for the promotion play-offs above will play against each other to determine which teams stay in the Tercera División and which will be relegated to the Preferente Autonómica. Complicated?? Yes, only in Spain!!!

In their six games in the initial play-off stage Mazarrón, had to make up a deficit of six points to finish in the top two and qualify for the final play-off games so it was vital to get off to a good start in the first game, away to UD Los Garres. With just 13 minutes left the score was 2-0 to Los Garres but Mazarrón scored twice in the last few minutes and went into stoppage time level. However, a 93rd minute goal gave the home team a narrow victory and further dented Mazarrón's promotion hopes.

With the ban on spectators lifted, a limited number of spectators are now allowed back in to watch the game with season ticket holders guaranteed priority and with strict safety protocols in place. This situation continues at present and supporters 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, allocation seats to visiting supporters is subject to ground conditions and reduced capacity. Anyone wishing to travel to away games should 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. Full details of all games, dates, venue and kick off times will be advertised in the local media, on www.mazarronfc.com or our own Los Amigos de Mazarrón

FC Facebook page, fb.me/mazarron2016.

Forthcoming fixtures are:-

Sunday 25th April - CD Bullense - Away
Sunday 2nd May - UD LOS GARRES - HOME
Sunday 9th May - UCAM Murcia "B" - Away
Sunday 16th May - CD BULLENSE - HOME

Los Amigos membership renewals have been deferred since the start of the coronavirus crisis, but renewals will now be accepted from the 1st August coming. Membership is 20 euros and includes



discounts on all Los Amigos activities for the member and a partner. Our Thursday weekly meetings at the Golf Club, Camposol (4 pm) have had to be suspended due to the local restrictions but will be resumed as soon as it is possible. Please email pamada.1130@yahoo.co.uk for a membership application form.

It is planned to hold the postponed Annual General Meeting of Los Amigos de Mazarrón FC in June and also to organise some social events as soon as the situation allows.

Plans are in hand to stage the twice postponed Golf Day and Gala Dinner in March next year. We are just awaiting confirmation of the dates from Camposol Club de Golf and the Hotel la Cumbre. Master of Ceremonies Gary Marshall, comedian Lea Roberts and ex-football John Beresford have

all confirmed that they will be available again. Tickets will be re-issued to those who have already purchased them. Any-one wishing to have a refund can do so when the current regulations allow by emailing salterkb@hotmail.com.



May 2021 is all about The Maxi Dress



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JOURNEE COLLECTION



LACE CLUTCH

LULU TOWNSEND

HALTER NECK
METALLIC GOWN
XSCAPE



citrus CHIC

'JAGGER' HOOP EARRINGS
8 OTHER REASONS

SUPERMODEL SHIMMER CHARLOTTE TILBURY

'REANNA' HEEL SCHUTZ

'FORMATION' MAXI DRESS BB DAKOTA

'LAWRENCE' BRACELET KENDRA SCOTT

TRIPLE THREAT 3 RING SET COLLECTIONS BY JOYA

RAINBOW FLECK CLUTCH NORDSTROM

DRESS FOR THE WEDDING

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Beauty

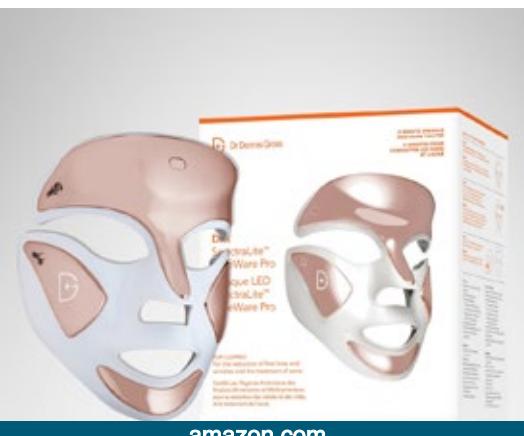
The newest trend in face masks has transcended past dainty sheet masks and peel-off options — LED masks may make you temporarily resemble a Transformer, but the results are worth it. You may be familiar with professional LED light therapy through a dermatologist's office, but LED masks are being promoted as the latest technology in at-home therapies for acne and rejuvenation. They use visible light to improve the skin by reducing bacterial count, decreasing inflammation, and stimulating collagen production.

These at-home masks can be a great alternative for in-office LED therapy treatments, since they are typically more affordable and accessible. The key to LED mask therapies is selection of the correct light for the skin problem. Different light settings target different concerns — for example, blue light helps with acne by reducing bacteria while red light is typically utilized to reduce the appearance of fine lines and wrinkles by stimulating collagen production, and green light may help with hyperpigmentation. Add them in as an addition to other parts of your skincare routine, like moisturizers and chemical exfoliators such as AHAs and BHAs.

LED masks are generally skin-safe. The energy levels achieved are effective but low, and the light is unlikely to cause damage to the skin or eyes. LED masks aren't going to completely fix all your issues overnight, but if you use them regularly, you may achieve some impressive results. Take note — most of these masks come with a hefty price tag, but if you want results that rival an in-office treatment, they're worth the splurge! These are reported as the best LED face masks for home use, according to dermatologists and reviewers:

1 BEST OVERALL LED FACE MASK

SpectraLite FaceWare Pro



FDA-approved option. With 162 red and blue LED lights, this mask helps to both kill bacteria to keep acne at bay and boost collagen production to smooth lines and wrinkles. The device turns off after three minutes, making it super easy to use.

- 3 minute treatments
- Works for wrinkles and acne
- Red and blue light therapy
- Pricey

2 BEST VALUE LED FACE MASK

LED Facial Mask



By far the most budget-friendly option, this treatment takes 30 to 60 minutes and comes equipped with red light, blue light and yellow light settings. less hyperpigmentation, the fine wrinkles around eyes and mouth.

- Under €50
- 30 to 60 minute treatments
- Red, yellow and blue light therapy

3 BEST LED FACE MASK FOR UNDER-EYES

Optimizer Voyage Tri-Light Glasses LED Light Treatment for Eyes



This LED mask looks like a high-tech, futuristic pair of sunglasses, and it specifically targets the under-eye area. This device uses red, orange

and yellow lights to target dark circles and fine lines.

- Targets eye area for lines and dark circles
- 10 minute treatments
- Red, orange and yellow light therapy

4 BEST LED FACE MASK FOR ACNE

LED light therapy mask v2



Worried about eye protection when using an LED mask? This mask has built-in goggles to protect eyes from any harmful rays. This mask has 64 bulbs and uses blue light, red light and yellow light settings to help make your skin glow. The blue light is helpful for acne minimization and prevention."

- Protects eyes from UV rays
- 10 minute treatments
- Blue, red and yellow light therapy

5 BEST ANTI-AGING LED FACE MASK

Skin LED Light Therapy Mask



Flexible silicone allows this mask to wrap around your face, making it feel almost like a sheet mask. Specifically made for wrinkles and anti-aging effects, this mask uses red and near infra-red lights to help penetrate skin and work beneath the surface.

- Custom fit to face
- Targets wrinkles and hyperpigmentation
- 10 minute treatments
- Red light therapy
- Pricey

6 BEST LED FACE MASK FOR LIPS

Lip Care



[amazon.com](#)

If your main concern is fuller, less lined lips, this mask targets your pout specifically.

It comes with a clear removable mouth tray, so you can use this mask hands-free. With 56 LED lights, it aims to decrease fine lines on lips in three minute intervals. 3 minute treatments

- Targets lips specifically
- Red light therapy

7 BEST LED FACE MASK AND MASSAGER

Wand

It's not quite a mask, but this Sola-Wave Wand glides easily over skin to reveal radiance.

It combines red UV light, warmth, microcurrents and facial massage for a relaxing spa-like experience. Compact wand form

- Rotating bar for customizable treatment
- Red light and microcurrent therapy



[amazon.com](#)

8 BEST LED FACE MASK FOR WRINKLES

For Wrinkles



[amazon.com](#)

Consider this a wrinkle spot treatment, perfect for any stubborn creases like smile lines.

The LightStim device has 72 UV bulbs and emits multiple colors at once to help smooth lines and wrinkles. "It is great for my skin," one reviewer says.

- Targets wrinkles
- Comes with eye protection
- Multi-color light therapy

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Sausage and Red Pepper Hotpot

Ingredients:

- 1 tbsp sunflower oil
- 8 spicy pork sausages
- 4 rashers smoked bacon, finely chopped
- 1 onion, sliced
- 1 red pepper, seeds removed and cut into large chunks
- 1 large carrot, peeled and diced
- 1 garlic clove, crushed
- 300ml/½ pint chicken stock
- 400g tin chopped tomatoes
- 2 tbsp sun-dried tomato purée
- 2 fresh thyme sprigs
- 250g/9oz baby new potatoes, skin on, sliced into thick discs
- salt and freshly ground black pepper
- freshly cooked green vegetables, to serve

Method:

1. Heat the oil in a large deep-frying pan or casserole dish over a high heat. Add the sausages and fry until browned all over. Remove from the pan and set aside.
2. Add the bacon to the pan and fry for a few minutes until crisp; remove and set aside with the sausages.
3. Add the onion, red pepper, carrot and garlic and fry for 5 minutes over a high heat. Add the stock, tomatoes, tomato purée and thyme and bring to the boil. Add the potatoes and season with salt

4. Return the bacon and sausages to the pan, cover and simmer over a gentle heat for about 20 minutes. Remove the lid and simmer for another 10 minutes, or until the sauce has reduced a little and the vegetables are tender.
5. Serve with freshly cooked green vegetables.

Stuffed Aubergines in a Curry and Coconut Dal

Ingredients:

- 3 large aubergines, stalks removed, each aubergine cut lengthways into 6 x ½cm-thick slices (750g)
- 3 tbsp olive oil
- 220g paneer (or extra-firm tofu), roughly grated
- 2 limes: finely grate the zest to get 1 tsp, then juice to get 2 tbsp
- 45g hot mango pickle, roughly chopped, plus extra to serve
- 5g coriander, roughly chopped, plus extra to serve
- 100g large (not baby) spinach leaves, stems removed (60g), salt and black pepper, for the coconut dal:
- 3 tbsp olive oil
- 5 banana shallots, peeled and finely chopped (250g)
- 45g fresh ginger, peeled and finely chopped
- 2 red chillies, finely chopped
- 30 fresh curry leaves (if you can't get any, you can also do without)
- 1 tsp black mustard seeds
- 1 tsp ground cumin
- 1 tsp ground coriander

- ½ tsp ground turmeric
- 2 tsp medium curry powder
- 2 tsp tomato paste
- 100g dried red lentils
- 1 x 400ml tin coconut milk

Instructions

1. Heat the oven to 220°C fan.
2. In a large bowl, toss the aubergines together with the oil, ¾ teaspoon of salt and a good grind of black pepper. Spread out on two parchment-lined baking trays and bake for 25 minutes, flipping halfway, until softened and lightly browned. Set aside to cool.
3. For the coconut dal, put 2 tablespoons of the oil into a large sauté pan on a medium-high heat. Once hot, add the shallots and fry for 8 minutes, until golden. Add the ginger, half the chilli and half the curry leaves (if using),



cook for 2 minutes, then add the spices, tomato paste and lentils. Stir for a minute, then add the coconut milk, 600ml of water and ¾ teaspoon of salt. Bring to the boil, then reduce the heat to medium and leave to simmer for 20 minutes, stirring once in a while, until the lentils are soft and the sauce is thick. Pour into a medium baking dish, around 28cm x 18cm, if making the aubergine rolls, and set aside.

4. In a small bowl, toss together the paneer, lime zest, mango pickle, 1 tablespoon of lime juice, the coriander and 3/4 teaspoon of salt.
5. Place one spinach leaf on top of each slice of aubergine. Put a heaped teaspoon of the paneer mixture in the middle, then roll up the aubergine, from the thinner end at the top down to the thicker bottom end, so the filling

is encased. Put the aubergine roll seam side down in the lentil sauce, and repeat with the remaining aubergine slices, spinach and paneer. You should end up with about 18 rolls, all sitting snugly in the sauce. Press the rolls gently into the sauce, but not so far that they are submerged, and bake for 15–20 minutes, until the aubergine is golden-brown on top and the sauce is bubbling. Remove from the oven and leave to rest for 5 minutes.

- Heat the remaining tablespoon of oil in a small pan on a medium-high heat. Add the remaining chilli and curry leaves and fry for a minute, until the curry leaves are crisp and fragrant. Spoon over the aubergine rolls, drizzle over the lime juice and serve with the coriander sprinkled on top.

Twice-baked smoked salmon soufflé with horseradish cream recipe



Ingredients:

- 50g (1¾oz) butter
- 50g (1¾oz) plain flour
- 300ml (½ pint) milk
- 100g (3½oz) full-fat cream cheese
- 1 level tbsp chopped fresh dill
- 200g packet smoked salmon
- 3 large eggs, separated
- Zest of ½ a lemon
- Freshly ground black pepper

To Serve

- 1-2 tbsp horseradish sauce
- 3 tbsp crème fraîche
- Sprigs of dill
- Lemon slices, quartered
- Caviar or fish roe
- Salad leaves
- Olive oil, for drizzling
- 6-8 ramekin dishes, well but-

tered and base-lined with baking parchment

Method:

- Set the oven to 180°C/350°F/Gas Mark 4.
- Melt the butter in a pan and add the flour, then gradually add the milk, beating well between each addition to give a smooth sauce. Simmer the sauce for a few mins, then remove the pan from the heat and stir in the cream cheese and dill.
- Cut 6-8 narrow strips of smoked salmon, long enough to wrap around the ramekin dishes, and re-serve them, then chop the rest of it.
- Whisk the egg whites until stiff. Beat the egg yolks, one at a time, into the sauce, then fold in the egg whites, chopped salmon, lemon zest and pepper.
- Place the ramekin dishes in a roasting dish and pour boiling water around them, to come about halfway up the sides of ramekins. Bake in centre of the oven for about 15-20 mins, until the soufflés have puffed up and just set.
- Remove the soufflés from the oven and leave them to cool for a few minutes. Turn them out onto a board, or plate, and leave to cool.
- Spread some horseradish sauce over one side of the smoked salmon strips, and wrap one around each soufflé, with the horseradish sticking them to the soufflés.
- Set the oven to 190°C/375°F/Gas Mark 5. Place the soufflés on a baking sheet lined with baking parchment and bake in the oven for 12-15 mins, or until they start to puff up.
- Meanwhile, stir the remaining horseradish sauce into the crème fraîche.
- Remove the soufflés from the oven and serve each with some horseradish crème spooned on top and garnished with a sprig of dill, a quartered slice of lemon and a little caviar or fish roe. Serve immediately with salad leaves drizzled with olive oil.

Easy New York Baked Cheesecake

Ingredients:

- 300g sweet biscuit digestive or ginger, crushed into crumbs
- 65g butter, melted



- 700g cream cheese
- 300g sour cream
- 200g sugar
- 75ml fresh pouring cream
- 10g vanilla bean paste
- 2 eggs
- 4 yolks*

Prep for base:

- Preheat oven to 180°C. Line the bottom of a 23cm (9 inches) round springform pan with baking paper.
- Mix the sweet biscuit crumbs and melted butter until it resembles moist sand. You should be able to clump it together in your hand. Press the crumbs evenly on bottom of the pan and up 1cm on the sides.
- Bake for 15 minutes or until golden brown and cool completely. Wrap the bottom of your springform pan with several layers of aluminium foil to prevent water from soaking into the bottom of your cake while baking in the water bath.
- Prepare a high-sided roasting pan with warm water.

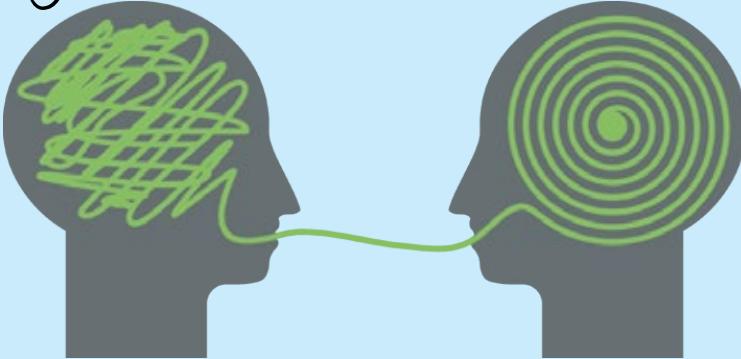
Prep for batter:

- Turn your oven down to 150°C.
- Beat cream cheese and sugar/flour mixture until smooth and creamy. Scrape your bowl often to ensure it mixes everything thoroughly or it could become lumpy.
- Add sour cream, beat again and scrape bowl. Add eggs and yolks, one at a time, beat and scrape bowl well after every other addition. Lastly, add vanilla paste and fresh cream.
- Pour your batter onto the cooled cheesecake crust.
- Bake in a water bath for two hours, or until the middle looks like a tight drum. Turn off oven and rest the cheesecake in the oven for an additional one hour. Refrigerate overnight to set.
- Decorate with seasonal fruit or topping of your choice.

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How to STOP all-day snacking during lockdown: Nutritionists reveal how to put an end to fridge raiding - and say the key is tackling stress and boredom

- Families across the world are adapting to new routines during lockdown
- A healthy diet is difficult to maintain and many people are snacking more
- Nutritionists explain this is due to feeling bored, stressed and anxious
- Putting on weight is dangerous as obesity is a COVID-19 risk factor
- Experts have shared tips on how to get your eating under control in the long term

As the nation adapts to life in coronavirus shutdown, people across the country are being forced to establish new daily routines.

Health and diet are proving particularly difficult to manage as our regular exercise regimes are disrupted and millions of us are working from home with constant access to our kitchens - and the treats within.

Thousands of workers have taken to social media to reveal they are snacking more than ever and 'grazing' through the day now that the structure of the work day has been thrown into disarray.

This could potentially lead to millions of people across the globe putting on weight, which is of particular concern in the current climate as obesity is recognised as a key risk factor for COVID-19. A rise in obesity also poses a long-term threat to the NHS and other health organisations.

FEMAIL, two UK-based nutritionists explained this apparent need to constantly eat is triggered by feelings of boredom, panic and anxiety brought on by fears surrounding the COVID-19 pandemic, and the government's life-changing measures to stop the spread.

Tamara Willner, a nutritionist with Second Nature, a food plan backed by the NHS, and Jenny Tschiesche, a nutritional expert known as The Lunchbox Doctor, shared their advice on recognising, tackling and managing your diet in the long-term.

Why are we snacking more?

Tamara explained: 'Between stress around uncertainty, working from home, and reduced social interaction, emotional eating might be particularly prevalent in the coming weeks.'

'Emotional eating occurs when food is used to soothe or suppress negative emotions such as isolation, anger, boredom, or stress.'

'Often comfort or emotional eating ignore feelings of physical hunger that come from an empty stomach. The most common foods craved are usually ultra-processed, such as biscuits, crisps, chocolate, and ice cream. These foods are scientifically engineered to quickly target the pleasure receptors in our brains.'

'Most of us experience emotional eating at one time or another. However, when emotional eating happens frequently, and food becomes the primary coping mechanism for a stressful situation, it can affect our health and mental wellbeing. This emotional eating can be more likely when we're isolating ourselves.'

How snack foods are designed to be impossible to resist

Lockdown snacking likely involves treats like cake, biscuits, chocolate and crisps, rather than healthy options that we know are 'better' for us. And we can find 'space' to eat these, even when we are full. That is because our taste system can be tricked when salt, fat, and sugar are carefully combined in expertly measured amounts to be 'just right', according to a blog post by Second Nature.

At this point, we keep coming back for more because we keep experiencing pleasure, even when we should stop. Howard Moskowitz, an American market researcher known for creating addictive flavour combinations that fly off the shelves, coined this as the 'bliss point' – the exact measures of fat, sugar, and salt that make our taste buds tingle and override the brain's natural 'stop' signals.

This bliss point plays a significant role in why we crave certain addictive foods, such as ice cream and crisps. Even in the most strong-willed individuals, these cravings can seem impossible to resist. Jenny said: 'During this period when those with compromised immunity are completely housebound and those without are confined to one form of exercise a day many of us will experience cravings or pangs for food we do not need. 'For many, the hunger for food is actually a need to fill the boredom gap or a need for some form of distraction. Furthermore, a lack of daylight means in all likelihood a lack of vitamin D and that associated with stress at this time means we tend to want to eat sweet foods as a quick fix for low mood and low blood sugar.'

What can you do to snack less?

Tamara outlined a four-step plan that anyone can follow to put an end to their emotional eating during lockdown.

Know your trigger

Keeping a food diary of what we eat, how much we eat, and what we're feeling when we eat can help us identify what triggers comfort eating. For some people, it's boredom, whereas for others it's stress, anxiety, or sadness.

Find a new outlet for emotion

Once we know what triggers our emotional eating, we can find other simple activities at home to manage these without food.

The best tasks to do to take our mind off food are cognitively challenging ones. This means going for a walk, meditation, or taking a bath may not be effective ways to distract ourselves. However, something that engages your brain

can be a better distractor, such as sudoku puzzles, crosswords, brain training apps, chess or scrabble, calling a friend, playing a board game, listening to a podcast.

Be prepared

We can prepare for when we feel compelled to emotionally eat by noting down some 'if/then' scenarios. For example:

Three quick habits to help reduce snacking

Sana Khan, founder of Avicenna Wellbeing, offered more practical tips on keeping snacking to a minimum

Keep the snacks in the kitchen rather than on your desk

Only take out as much as you need. For example, if you are snacking on oat cakes, place a few on a plate, rather than taking the whole packet

Chew, chew, chew. Chewing improves digestion and increases satiety meaning you feel full and less likely to pick a snack. Adding a herbal tea to your snack times can also be useful to help limit the snacking

'If I'm bored and feel the urge to buy unhealthy snacks, then I will do a crossword puzzle for 10 minutes'

'If I feel lonely and start craving crisps or chocolate, then I will call my friend for a quick chat'

'If I feel anxious and overwhelmed, then I will pause and read my book for 10 minutes.'

We can also prepare our environment, by avoiding having large amounts of ultra-processed foods (e.g. crisps, biscuits, ice cream, chocolate) in the house.

Instead, buying healthier wholefoods to snack on will mean we're less likely to overeat and they'll keep us feeling more satisfied.

Take away the guilt

It's important that we don't harbour feelings of guilt when we do experience an episode of emotional eating. One way to do this is to avoid labelling foods as 'good', 'bad', 'treat' or 'syn'.

This can foster a negative relationship with food and create an ongoing cycle of comfort eating. Instead, we can class foods as foods that we enjoy every day and foods that we enjoy less often.

What you should be eating

Jenny said it is important to try and stick to regular meal times, and to eat dishes packed with healthy, fulfilling and nutritious ingredients.

She said: 'Try and focus meals on good quality proteins such as tinned fish, eggs (if you can find some), tofu, legumes and lots of vegetables either fresh or from frozen or tins if need be. These protein-based meals will keep you fuller for longer.'

'Furthermore, there are particular foods that can help boost the levels of the happy hormone serotonin, such as fish, nuts, dark green vegetables, seeds, oats, yogurt, eggs and poultry. Try and ensure you are eating these foods regularly too.'

5 SIGNS OF SKIN CANCER



ASYMMETRY

If you draw a line through the middle of the mole or lesion on your skin, if the two halves are not symmetrical this is a sign that the tumor may be malignant.

BORDER

Non-malignant tumors will typically have a smooth, regular border. Whereas, the border of an early melanoma will generally be jagged or uneven.

COLOR

A tumor of only one color is a good sign because melanomas are known for being a variety of colors; particularly shades of black, brown, and tan. They may also be blue, red and other colors.

DIAMETER

As a rule of thumb, non-malignant skin cancers are smaller than 1/4 inch in diameter. Melanomas are usually larger in diameter, so keep an eye on anything that is larger.

EVOLVING

If the tumor changes in color, elevation, size, or shape and if any new symptom arises (bleeding, crusting, itching, etc.) then it could be dangerous.

Skin Cancer Awareness Month

Skin Cancer awareness month is an annual awareness campaign that takes place every May.

The campaign aims to raise awareness of the dangers of unprotected sun exposure and educate the public about the ways to help prevent skin cancer.

UV exposure from the sun is one of the main causes of skin cancer and also one of the most preventable.

This campaign hopes to reduce instances of skin cancer and increase

Special awareness classes will also be available in many schools, and there will be an increase in stories around this theme in the media. A range of fundraising events takes place throughout the month with proceeds going to fund education and research into new treatments.

Participants can join in with activities such as cycles, treks and races for this good cause.

More information about Skin Cancer Awareness Month, along with fact sheets on detection and prevention can be found at www.skincancer.org

World No Tobacco Day



The World Health Organisation's World No Tobacco Day is every year on 31st May.

It was created to bring awareness to more people about the dangers and health risks of smoking tobacco, and ultimately, to stop use of tobacco around the world.

The vast majority of the population of the developed countries is aware of the dangers of tobacco and smoking.

Over 7 million people are killed across the globe by smoking Tobacco alone.

Many of us know it is believed to be the leading cause of throat and lung

the likelihood of early detection through education.

During the month, people who have been affected by skin cancer are encouraged to get involved by sharing their stories on all forms of social media using the hashtag #MySkinCancerJourney, and everyone is invited to share information about sun safety, skin cancer prevention and early detection with friends and family.



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

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Please Contact Us Before Travelling To Any Meetings

cancers, and a major risk factor in many other types of cancer.

However, what is little known is that smoking tobacco is one of the main cause of heart problems and diseases. The aim of World No Tobacco Day is to highlight this issue.

Tobacco use and second-hand smoke are known to contribute to around 12% of all deaths from heart disease and is the second leading cause of Cardio Vascular Disease, second only to high blood pressure (which smoking can also contribute to).

While these numbers are bad for smokers, it's important to remember that nearly 900,000 people are killed by breathing in second-hand smoke.

The World No Tobacco Day also wants to highlight this issue that smokers don't just affect their health, but that of the people and loved ones around them.

Finally, the WHO wants to bring awareness to the fact that of the over 1 billion people worldwide that smoke, nearly 80% of those are in low-income countries where tobacco-related disease and death will have the hardest impact.

Red Cross Week

Red Cross Week is celebrated between 4th and 10th of May.

The week is timed to tie in with World Red Cross and Red Crescent day which is celebrated on the 8th May every year.



No one can ignore Red Cross We

Red Cross Week is a week in which to celebrate the charitable work of the Red Cross and also an opportunity to get involved in fundraising and help people in Crisis all over the world.

The Red Cross is a charity that works to help people in crisis all over the world.

Support is offered in a diverse variety

of ways, from emergency help and medical support in times of crisis such as war, terrorism or natural disaster to helping those dealing with loneliness and supporting victims of modern slavery and trafficking.

Red Cross Week is the charities biggest fundraising and awareness campaign of the year, and there are lots of ways to get involved.

Those who would like to support the charity can help raise awareness by downloading the Red Cross Kindness Calendar off their website, doing a small act of kindness every day and sharing on social media using the hashtag #PowerofKindness.

Further information about local events and how to get more involved can be found by contacting our very own Red Cross here in Mazarron.

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How to have your own DIY wellness retreat at home

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

Woman meditating at home

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

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

1 Clear any clutter

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

2 Pick a meditation

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

3 Minimise distractions

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

4 Create a home spa

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

Woman holding a scented candle
Unsplash/Rebecca Peterson-Hall

5 Wind down at bedtime

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

6 Get physical

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

7 Prepare some nourishing food

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

8 Make the most of where you live

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

9 Write a letter

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

10 Prepare a homemade herbal tea



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

11 Release muscle tension

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



12 TH MAY

INTERNATIONAL NURSE DAY

International Nurse Day



Organised annually by the International Council of Nurses, International Nurses Day celebrates the contribution that nurses make to societies around the world. The date has a very strong significance, being the birthday of perhaps the world's most famous nurse, Florence Nightingale.

Alongside the encouragement of a fully deserved congratulations owed to nurses, the organisation also produces an International Nurses Day Kit to educate and assist health workers around the world, with a different theme each year. Past publications have focused on working with the poor, fighting AIDS, equal access to care, and sustainable development.

I know we have all been amazed by our Nurses all over the world during the Covid-19 pandemic, their dedication to saving lives, working on the front line as they did, giving

no thought to their safety and health and wellbeing. If there has ever been a moment in time more apt, to giving them thanks...this is it...and we are all utterly and truly thankful.

**May is
Mental Health
Awareness Month**

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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.

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

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

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.

Below is a poem that was sent to us from a grateful caller who we were able to help just by listening to her:

Magic magic	And I feel infinity
Tell me your story	I feel a peace
Tell me a fairy tal	I feel a new story
Tell me a dream	I feel a writing hand
Let me see what's in the valley	Telling a new tale
Let me see what's behind the mountains	A lovely living tale
Let me dream of forgotten world	Full of adventure
Forgotten beauty to reveal	Full of joy
Right in front of me I see magic	With I have
I see an art	To only see all beauty
A paradise	Around me
I look sharp	As thank you to all of you
I look to see	Greeting out of the mountains

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0-The Fool Beginning	1-The Magician Action	2-The High Priestess Passivity	3-The Empress Motherhood	4-The Emperor Fatherhood	5-The Hierophant Education	6-The Lovers Relationship	7-The Chariot Victory	8-Strength Patience
Upright - Begnings, betrayal, delirium, extravagance, folly, frenzy, intoxication, mania Reversed - Absence, apathy, carelessness, naivety, negligence	Upright - Action, diplomacy, disaster, loss, pain, power, self-confidence, will, sickness, skill Reversed - Disgrace, disquiet, latent talents, magus, manipulation	Upright - Higher powers, initiation, mystery, science, secrets, silence, subconscious, tenacity, wisdom Reversed - Ardor, conceit, hidden agendas, surface knowledge	Upright - Action, beauty, clandestine, doubt, femininity, fertility, fruitfulness, ignorance, initiative, unknown Reversed - Creative block, dependence on others	Upright - Aid, authority, confusion of enemies, father figure, conviction, power, protection, realization Reversed - Benevolence, compassion, domination, inflexibility, obstruction	Upright - Alliance, captivity, inspiration, marriage, mercy, religion, servitude Reversed - Concord, good understanding, over-kindness, restriction, society, status quo	Upright - Choices, love, relationships, union, values alignment Reversed - Disharmony, imbalance, misalignment of values.	Upright - Assertion, control, determination, victory, will power Reversed - Aggression, lack of control and direction	Upright - Compassion, control, courage, patience, strength Reversed - Lack of self-discipline, self-doubt, weakness

9-The Hermit Fortune	10-The Wheel of Fortune Destiny	11-Justice Responsibility	12-Hanged Man Reversal	13-Fool Feeling	14-Temperance Balance	15-The Devil Bondage	16-The Tower Sudden Change	17-The Star Hope
Upright - Destiny, good luck, karma, life cycles, turning point Reversed - Bad luck, negative external forces, out of control	Upright - Cause and effect, fairness, justice, law, truth Reversed - Dishonesty, lack of accountability, unfairness	Upright - Change, inner transformation Reversed - Inertia, sacrifice, suspension Reversed - Delay, indecision, martyrdom		Upright - Change, inner transformation Reversed - Inertia, resistance to change, unable to move on	Upright - Balance, meaning, moderation, patience, persistence, tolerance, excess, imbalance, lack of long-term vision	Upright - Addiction, bondage, materialism, sexuality Reversed - Detachment, empowerment, freedom	Upright - Disaster, revelation, sudden change, upheaval Reversed - Avoidance of disaster, fear of change	Upright - Inspiration, renewal, Serenity, spirituality Reversed - Despair, discouragement, lack of faith

18-The Moon Fear	19-The Sun Energy, optimism	20-Judgement Rebirth	21-The World Integration
Upright - Fun, positivity, success, vitality, warmth Reversed - Lack of success, temporary depression	Upright - Absolution, inner calling, judgment, rebirth Reversed - Refusal of self-examination, self-doubt	Upright - Accomplishment, completion, integration, joy, travel Reversed - Instability, lack of closure, lack of completion	

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0-The Fool Beginning

Horoscopes

Horoscopes April 2021



Aries

Love relationships will be complicated and will be full of sensuality and jealousy. Singles will find partners in social gatherings after the 20th. Finances present a rosy picture. Career prospects are not encouraging. Health will not pose any problems.



Leo

A pleasure trip with your spouse will enhance happiness in married life.

Family relationships will be delightful. Health will be exceptional. Professionals can expect a productive period. The month is auspicious for businessmen to start new projects.



Sagittarius

Marital bliss will be full of romance and passion. Singles will find it difficult to get love partners. Health will not cause any hiccups. Family affairs will not be harmonious. Career professionals fail to make headway in their jobs. Finances are weak.



Taurus

There will be both romance and passion in love relationships with scope for planning a baby. Mars will help singles to find their love mates. Health prospects are wonderful. Family relationships will be average. Financials and career will have to weather many hurdles.



Virgo

Married life will be pleasant unless disturbed by professional engagements. Health will be excellent

without any serious illnesses. Career people can look forward to a prosperous month. Finances will present a few problems. Travel prospects are bright.



Capricorn

Married people will be busy with social activities in addition to their cordial love life. Singles can find love alliances before the 20th. Prospects for education will be very good. Family environment will be highly volatile. Health promises to be without any hitches.



Gemini

In the first week of the month, love relationships are bothered by financial and professional challenges. Health will be wonderful, but the family environment fails to be congenial. Finances and professional life should expect a number of hurdles.



Libra

Married persons should decide on romance or sensuality to make them happy. Single persons can get

love mates through good communication. Prospects for health and family relationships are excellent. Finance and career may face a few problems.



Aquarius

Marital love will be quite harmonious, but are affected by family conflicts. You should separate the two. Health promises to be wonderful without any serious health hazards.

Professional growth will be hindered, while finances are not profitable.



Cancer

Marital bliss will be excellent during the first half of the month. Single persons will be able to catch lovers by their charm and grace. Professionals will have a highly beneficial career. Finances will be extremely profitable.



Scorpio

Scorpio persons will use imagination and innovation in their love relationships. Professionals will have

good career growth. Finances will present a few problems. Health prospects and family relationships will be wonderful. Travel engagements are not beneficial.



Pisces

Marital life will be full of sensuality and romance till the 20th. Singles will find love after the 14th. Family affairs will be full of delight and peace. Prospects for finance are very much beneficial. Health will face a few hazards. Travels will bring good profits.

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TES: Tom's Electrical Services	666 133 674

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Mercers	968 199 188

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

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

Local Community Groups

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

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

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

Bienvenido 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

CAMPOSOL D Community and gardening group.
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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

Scan the code to see the schedules of the Lorca - Alhama - Totana - Pto. Mazarrón line and the Mazarrón line of Martínez buses or on the web

autocaresmartinez.portaldetotana.es/horario.asp



Scan the code to see the schedules of bus line 30 Cartagena - Mazarrón Alsa or on the website

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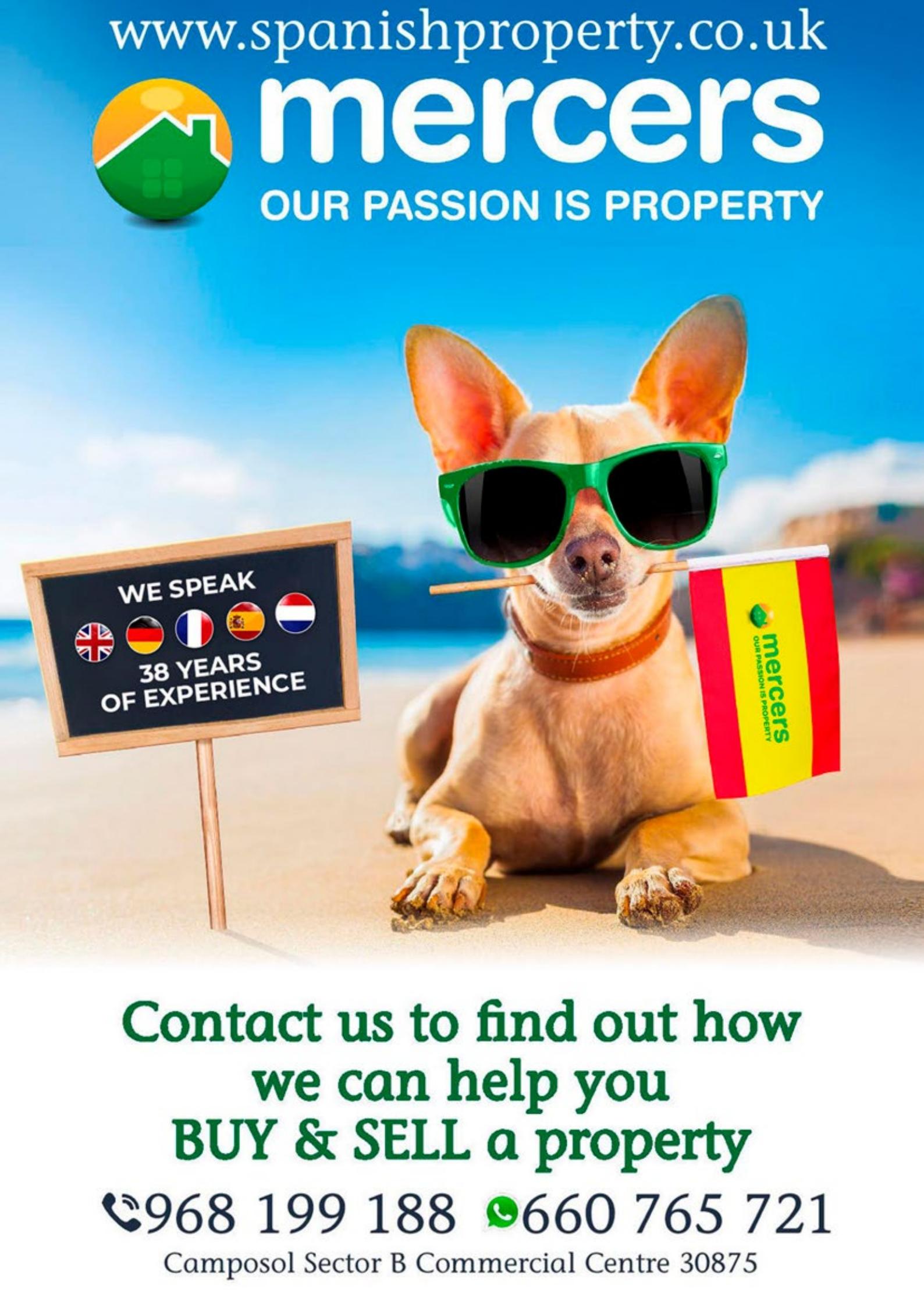
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