

THE
Journal
November 2020



Read The Latest Edition Online

www.the-journal.es



Get the right cover from the expats leading broker!

We can insure your car, motorbike, home, pet, holiday home, health, boat, business, travel, offer funeral plans... and more!

968 595 945 - 689 157 126

mazarron@ibexinsure.com

**Camposol Business Centre
Camposol Sector A, Calle Madrid 19
30875 Mazarrón**

www.ibexinsure.com/mazarron

Car • Home • Marine • Travel • Health • Funeral Plans
Pet • Holiday Apartment • Business • Community



Camposol property sales

we hold the key to your future

COME AND JOIN THE FASTEST GROWING
AGENT ON CAMPOSOL

We need
your
property



A Place in the Sun

Tel: +34 631 484 511
info@camposolpropertysales.com

Call in to our office on Camposol Sector B
www.camposolpropertysales.com

THE Journal

November 2020



Dear Readers,

The month of November is a time for reflection and thoughtfulness. We think of the people who have affected our lives both past and present. Remembrance Day is a time when we honour courage. We all have friends and family who are front-line workers. I would like to show our appreciation of their bravery as our soldiers against the battles of today.

Before we know it, we will be forging ahead into the inevitable madness of the Christmas season. I would like to encourage us all to consider giving vouchers for local business's as gifts this year. We all appreciate their efforts in adapting to the changing Covid regulations to offer us the services we all need.

I would like to say a big thank you as I have received some lovely comments and photos from our recipes which I would like to print in next month's edition.

I would like to ask you to send in any of your Christmas recipes to share with us all?

Making a Christmas cake this time of year is a strong tradition in my household. So if any of you do the same, please send in some photos? We would love to see them.

On that note, I will leave you read and enjoy....

CONTACT US:

GENERAL MANAGER

Cathy Smith
cathydistrictjournal@gmail.com
+34 681 090 799

DESIGN

Danny McCarthy, Insignia Graphics
info@igraphics.es

CONTACT DETAILS

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

SALES

sugdenjanice@yahoo.com
info@the-journal.es

CONTRIBUTORS

Damien Sugden ccirstation@gmail.com
Dawn Llewellyn-Price
Shirley Ann Fisher
The Camposol Farmacia
Jessica Prytherch
Corina Talbot
Marion Parmenter
Danielle Wrigley
Bob Shoesmith

TO ADVERTISE

CALL: +34 681 090 799

DISCLAIMER: Whilst every effort is made to ensure the accuracy of the contents of this publication, no responsibilities can be accepted for inaccuracies, however caused. The information carried in this magazine is for guidance only. You should never act or refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances. The opinions expressed are not necessarily the views of the publishers. The Journal does not accept liability for any goods & services featured.

MU 597-2020



Note to all advertisers, and contributors:

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



If you would like to advertise in the exciting, new look Journal, please
CALL: +34 681 090 799

CONTENTS

Page 6 - 7 News

Page 8 - 13 Lifestyle

Page 14 - 15 Films

Page 16 - 17 Good Reads

Page 18 - 19 Music

Page 20 - 21 Charities

Page 22 - 25 Homes & Gardens

Page 26 - 33 Property, Financial & Legal

Page 34 - 35 What's On Guide Monthly Calendar

Page 36 -37 Take A Break

Page 38 - 39 Gadgets & Gizmos

Page 40 - 42 Motoring

Page 43 - 45 Sports & Local Societies

Page 46 - 47 Fashion

Page 48 - 49 Beauty

Page 50 - 53 Gastronomy

Page 56 - 64 Mind, Body & Spirit

Page 65 Horoscopes

Page 66 - 67 Useful Numbers Directory

Where to find us



Distribution Pick Up Points

La Azhoia

Restaurante Deskaro
Spar mini supermarket
Farmacia
Bodega

Isla Plana

Camping Los Madriles
Veterinary Clinic
Restaurante La Chara
Farmacia
Brico Pepelino
Panaderia Pepelino

Bolnuevo

Camping Bolnuevo
Farmacia
Spar mini supermarket

Just Joe's Salon
Cafe Colonia
Elliot's Restaurant
Hotel Amapola
Hotel Playasol
Restaurante & Bar Oasis

Puerto de Mazarrón

Camping Los Delfines
Repsol gasolinera
Buena Vista

Farmacia El Alamillo
Sully's Sports Bar
Alamillo Restaurant
La Proa Restaurant
Con Ciertto Sentido Restaurante
Bongos Restaurant
Golden Cafe
Viggos Restaurant
Mamma Mias Restaurant
Filbees Estate Agency
CJ's Bar
The Old Market Tavern
Tourist Office
The Food Co
Corral and Alcaraz Solicitors
The Tea Pot
La Colado
Best Wishes
Mailins Hair & Nails
The Cheesecake Emporium

Mazarrón

Decklids Mechanics
@Home Furniture Shop
DKV Clinic
Clinica Rover
Medical Centre
ITV Station

Camposol

Alens Supermarket

The Fuschia Beauty Clinic
Cat's Bar
Vista Bar
The Camposol Business Centre
Farmacia
Another World Properties
Mercers
Alley Palais
T J Electricals (Euronics)
Just Fabulous
The Beauty Palace
Branded
The Blackbull
Best Wishes
Costa Cafe
Currencies Direct

Condado

Eden Hair & Beauty
Condado Property Management
Restaurante Sofias
Spar mini supermarket
The Condado Club

Hacienda del Alamo

D'Fusion

Remembrance Day is commemorated on November 11th each year and marks the end of World War I in 1918.

The intention of the day is to remember the fallen on both sides in the 'Great War'.

On the face of it, that all appears quite straightforward, yet, as with many holidays if we look a little deeper, we soon see things aren't quite as simple they seem.

November 11th has an older tradition that is, by coincidence, associated with war and peace. In the Christian calendar, it was known as 'Martinmas' or St. Martin's day.

Martin was a Roman soldier who converted to Christianity, and because of his newfound religion, refused to fight under a pagan flag. After leaving the army, Martin (ironically named after Mars, the Roman god of war) became

a monk, rising up through the orders to eventually become a bishop in Gaul (modern-day France).

In the context of the modern-day holiday, November 11th marks the signing of the armistice (peace agreement) between the Allies and Germany at Compiègne, France.

The armistice took effect at eleven o'clock in the morning - the "eleventh hour of the eleventh day of the eleventh month."

However, while this date is used to reflect the end of the whole war, it technically relates to the cease-fire on the Western Front; fighting continued after November 11th 2018 in parts of the Ottoman Empire.

Did you know?

World War I didn't legally end until Allied Forces left Constantinople (now Istanbul) on August 23rd 1923.

After the 'end' of the war in 1918,

it didn't take long before the signing of the armistice was adopted as a suitable time and date for countries involved in the war to mark the sacrifice of their soldiers, with official remembrance services taking place in the UK and USA in 1919.

Remembrance Day around the world

Despite the common history, Remembrance Day has evolved in different ways around the world. Depending on where you are in the world, it can be known as Armistice Day, Veterans' Day, Remembrance Day, Poppy Day and may not even be celebrated on November 11th.

Bermuda

A public holiday in Bermuda, Remembrance Day is marked with a parade where surviving war veterans and the descendants of deceased veterans march wearing full military uniform and medals. The march begins at 11 AM and ends at the Cenotaph in



**Camposol Heating
& Maintenance S.L**
We cover all areas



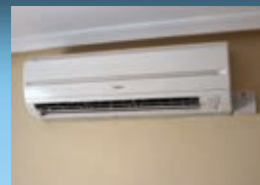
**INSTALLATION & MAINTENANCE OF
CENTRAL HEATING & AIR CONDITIONING**



16 years trading

**General Plumbing
Gas and Electric water heaters
Leak source detection and repair
Back up water tanks**

Got an insurance claim? We can help



Legally registered
with Dirección
General de
Industria, Energías
y Minas

Región de Murcia

LANDLINE
968 199 184
www.camposolheating.com

MOBILE
646 965 082
Email: camposolheating@gmail.com



front of Cabinet House. It is here that they lay wreaths and a two-minute silence is held to remember those who fought in the first world war and other conflicts since then.

544 Bermudians served in the first world war, mainly in the Bermuda Militia Artillery and the Bermuda Volunteer Rifle Corps. In total, 53 Bermudians were killed in action, 15 were wounded, 14 were taken prisoner of war, four went missing in action and 19 died of disease or wounds.

Canada

In Canada, Remembrance Day is a public holiday and federal statutory holiday, as well as a statutory holiday in all three territories and in six of the ten provinces.

From 1921 to 1930, Armistice Day was held on the Monday of the week in which November 11th fell and Thanksgiving was held on the same day. In 1931 an act was adopted that said the day should be called Remembrance Day and be observed on No-

vember 11th.

Cayman Islands

In the Cayman Islands, Remembrance Day is a public holiday on the Monday closest to November 11th.

United States

In the United States, the day was re-named to Veteran's day in 1954, after a campaign by a member of the public to extend the commemorations to include those who served in World War II and other conflicts. America commemorates its war dead on Memorial Day on the last Monday in May.

United Kingdom

In the UK, the official commemoration was moved to the Sunday closest to November 11th 1939, to avoid any disruption to production in factories supporting the war effort. This Sunday observance has remained since, though November 11th may also be marked with a moment of si-

lence at 11am.

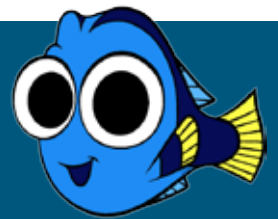
Australia and New Zealand

In Australia and New Zealand, the events and losses at Gallipoli have taken deeper hold on the psyche, and the ANZAC day celebrations are the main occasion for people to remember the fallen of conflicts.

Belgium and France

The day is marked by an official holiday in both France and Belgium. While the end of the war may be seen as a time for happiness and celebration; the unprecedented loss of life in the war means that the day is a sombre day of reflection. In France, the day is marked by parades across the country, such as the grand parade at the Arc de Triomphe in Paris. See Armistice Day for more details.

Find Bobby Tunes hidden in The Journal, contact Costa Calida Radio and you can request the song of your choice



**THE GOOD TIMES
SOUND
LIKE
THIS**



Costa Calida Radio
90.00 & 100.00 fm

Listen all day.....every day
On-line www.costacalidaradio.com

Clever Designs For Alcoves

10 alcove ideas that make the most of awkward recesses

Whether it's a living room corner, a kitchen recess or even a tricky nook in a bathroom, these clever designs for alcoves will maximise your available living space.

You may not have thought too much about them when you moved in. Then grown frustrated as you tried to arrange furniture around them. But the time has come to embrace your alcoves!

Alcoves are usually associated with period properties, where they are created by a chimney breast jutting out in the centre of a room. Typically, these double recesses either side of the fireplace are reclaimed as storage space in living rooms and bedrooms, with built-in shelving being a popular way to utilise the space.

Our Ideas can be applied to every space in your house.....

But this isn't the only way to use the nooks created by an alcove. Nor is it the only type of alcove you'll find in a property. Under-stair areas, awkward corners in loft-extensions and odd spaces created by renovations and extensions can also create alcoves. But, rather than ignore them or hide them, you can make these tricky structural recesses work in your favour. Read on, and you'll discover some exciting opportunities to be smarter with space. From much-needed storage, to cool decorative features and even functional family areas, we have all sorts of clever ideas for alcoves that you'll love.

1. Create An Entertainment Unit



If you have a deep recess in your alcove, why not make the most of it by using it to house your TV and do away with a traditional entertainment unit? Just ensure the bottom shelf has enough height/width to accommodate your existing set, or consider investing in a new one that does.

2. Create A Cosy Reading Corner

An alcove is a natural spot for a little oasis away from the hustle and bustle of a busy family home. Add a chair, a table



where you can rest a cup of tea or glass of wine, and shelves for books. Paint the walls a darker colour – and the shelves, too, so they don't distract – that will draw you in to this cosy sanctuary. Make sure there are cushions and throws so you can cuddle up.

3. Give Them The Classic Treatment With Built-In Bookcases



The go-to solution for living room alcoves is to fill them with built-in storage. It's a no-brainer if you need that additional storage, although there are better solutions if you prefer a contemporary look. By painting the chimney breast in the same colour as the furniture, the owners have created a grander, timeless effect.

4. Build In A Bed



Attic spaces or recess areas can be incredibly difficult to furnish – especially when

you have to negotiate a sloping roof. But this space proves that the task is far from impossible. This deep alcove is the perfect spot for a bed, and the narrower nook within it has been filled with shelves. Extra bedding can be stashed in the large drawer under the mattress, and a simple wall-mounted light negates the need for a bedside table.

5. Measure Up For A Dresser



Building kitchen furniture around an alcove can be tricky. So why not make things easy for yourself and pop a dresser there instead. You might be lucky enough to find an off-the-peg design that fits perfectly into the gap. Failing that, you could contact a bespoke kitchen company to build a made-to-measure piece.

6. Create A Nook For Shower Essentials



The necessary pipework and electrical in bathrooms can lead to some awkward 'boxing in'. But you can make the best of things by creating a spot where shower gel, shampoo and conditioner can sit within easy reach. It beats balancing them on the side of the bath, or having to reach down to the floor of your shower cubicle.

7. Create a Loo-Side Stash

No giggling at the back! Because the reality is, a little bit of storage next to your WC can be extremely practical. Start with a basket or bucket of loo roll so that you're never caught short, and add a few



reading materials for – erm – longer sittings. This might also be a good spot to store extra hand towels and wet wipes.

8. Indulge In Your Favourite Passtime

If you're taking the traditional route and



building furniture into your alcove, why not turn it into a dedicated space for your favourite hobby? You could create a craft corner for knitting and sewing, or keep your record collection here. Add a turntable, a decent pair of headphones and a comfy chair, and you've got the perfect easy listening spot for Costa Calida Radio!

9. Move Your Bed Into The Alcove



Make bedtime extra cosy by positioning your bed within an alcove. Painting the wall behind in a feature colour makes it appear almost as an extension of the

headboard. Instantly, a simple divan becomes so much more.

10. Be Practical In A Guest Room



Attic spaces are always a bit awkward, but you can turn these odd angles and alcoves created by boxed-in pipework to your advantage. Here, they make up a natural room divider between a cosy guest bed situated under the eaves and a handy bedroom basin and dressing area. Painting the alcoves in different colours enhances the zoned feeling still further.

ibex
INSURANCE
Health insurance



Do you need medical insurance for your residencia application?

Let us find the right health insurance for you and for your family.

We work with many leading insurers.

968 595 945

 **689 157 126**

mazarron@ibexinsure.com

Camposol Business Centre, Camposol Sector A, Calle Madrid 19, 30875 Mazarrón

www.ibexinsure.com/mazarron

Car • Home • Marine • Travel • Health • Pet • Funeral Plans • Holiday Apartment • Business • Community



Los Palacios

Well here we are, just over three-quarters of the year 2020 gone, and what a year it has been! With lockdown and strict restrictions on what we can and cannot do it has not been easy for any of us.

You will have seen the vast improvement of the park areas,



which had deteriorated considerably during the complete lockdown. Our volunteers have been out cutting back the bushes and weeding. This week we have organized the cutting of the palms on the lower part of Calle Madrid (past Marianos towards the farmacia) and these are now looking good. Also the guys have been out sweeping up the pine needles which are abundant this time of the year.

During the lockdown Alan Hanford volunteered to man the post room. He also cleaned and sterilised the post room every day. Since the end of lockdown Alan has continued to clean the post room every week-end. I am sure you will agree he is doing a brilliant job.

Sadly we are still without our Thursday market. This brought a lot of people over to Sector A from the other sectors on Camposol and was a nice opportunity to meet up for a coffee and chat. I am sure many of you have missed "running the gauntlet" past Rob with his bucket at the top of the steps!! He is now situated,

together with another of our volunteers, outside Tells and we are grateful for any contributions.

Our library is now back to normal opening times after the summer, manned by our volunteers. We are open every Friday from 10 am until 12.30 pm. We have a wide variety of books to choose from and are grateful to all of you who bring us books. This enables us to have a good circulation of reading material.

With all the current restrictions we have not been able to arrange any trips this year, nor have we had the benefit of the Saturday music nights, as in previous years, when Cats & Tells kindly used to let us do our raffle which raised funds. This has obviously resulted in a considerable drop in our funding. We are therefore very grateful for your support in the bucket and library contributions.

We are always happy to welcome new members to our group so if you have a few hours to spare per week/month please come and join us.

Shirley Fisher

Legal & Financial Services

The ONLY qualified and experienced UK Lawyer in this area providing a comprehensive range of services covering English and Spanish matters including QROPS Pension transfers to unlock your UK private pension

For an initial discussion please telephone
634 053 976
or email: shirleyfisherlegalservices@gmail.com
Camposol Business Centre
Calle Madrid 19, Sector A
Camposol, Mazarron
MURCIA 30875

FOR AN APPOINTMENT

Tel: 968 103 008
FAX: 968 199 664



Are we getting the hang of QR codes as they become more a part of our daily life?

In the days following the outbreak of Covid 19 businesses have needed to adapt. This includes the use of QR codes. These can be a mystery to some so here is an explanation of what they are and how to use them. QR codes are everywhere: you can find them printed on the packaging of your latest gadgets, you can find them on business cards, included on presentations at conferences, you can even see them painted on buildings. People and companies use them to store and distribute all kinds of information, in a manner that is quickly accessible to anyone with a smartphone. They are used now in restaurants for menus. Have you seen how a QR code looks? Did you scan one? Do you know what a QR code does?

How do you scan a QR code?

The easiest and the most common method to scan QR codes is to use your smartphone and a QR scanning app. There are countless QR scanning apps in Google's Play Store, and there are also plenty of such tools in Apple's App Store. Usually, all you have to do is to point your smartphone's camera to a QR code, and the QR scanning app translates it.

Your camera will read the code and tell you to click to go to the web-site of the business. It is a quick and easy way to access information. This opens up a great deal of information to many many more people. The Journal has a QR code to enable our magazine to be read in a number of languages.

As the world turns to technology more and more it is things like QR codes which offer information at our fingertips.

HOW QR (QUICK RESPONSE) CODES WORK?

- POINT CAMERA ON THE CODE
- SNAP A PICTURE
- PHONE DECODES THE DATA
- DECODED INFORMATION OR URL

Quick response or QR codes are machine-readable codes consisting of an array of black and white squares, typically used for storing URLs or other information for reading by the camera on a smartphone.

Bus Timetables



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

LORCA-ALHAMA-TOTANA-PTO. MAZARRON

SALIDAS										LLEGADAS
LA	ALHAMA	TOTANA	PUERTO	CAMPESOL	MAZARRON	PTO	MAZARRON	BOLNUEVO	ALHAMA	
06:20	06:35	---	06:50	07:00	07:10	07:20	07:40	07:50	08:00	---
---	---	10:10	10:30	10:40	10:50	11:00	11:10	11:20	---	---
12:00	12:15	---	12:30	12:40	12:50	13:00	13:10	13:20	13:40	---
---	---	15:40	16:00	16:10	16:20	16:30	16:40	16:50	---	---

SABADOS, DOMINGOS Y FESTIVOS
07:30 07:45 --- 08:00 08:10 08:20 08:30 08:40 08:50 ---
--- 10:10 10:30 10:40 10:50 11:00 11:10 11:20 ---
13:30 13:45 13:55 14:00 14:10 14:20 14:30 14:40 14:50 ---

* Servicios combinados.

PTO. MAZARRON-TOTANA-ALHAMA-LORCA

SALIDAS										LLEGADAS
PTO	MAZARRON	MAZARRON	CAMPESOL	PUERTO	TOTANA	ALHAMA	LA	PTO	LORCA	
BOLNUEVO	MAZARRON	MAZARRON	CAMPESOL	PUERTO	TOTANA	ALHAMA	LA	PTO	LORCA	
09:50	10:00	10:10	10:20	10:30	10:40	---	10:50	11:00	11:10	---
12:20	12:30	12:40	12:50	13:00	13:10	13:20	---	---	---	---
15:20	15:30	15:40	15:50	16:00	16:10	---	16:20	16:30	16:40	---
19:20	19:30	19:40	19:50	20:00	20:10	20:20	---	---	---	---

SABADOS, DOMINGOS Y FESTIVOS
09:50 10:00 10:10 10:20 10:30 10:40 --- 10:50 11:00 11:10
12:20 12:30 12:40 12:50 13:00 13:10 13:20 ---
16:20 16:30 16:40 16:50 17:00 17:10 17:20 ---

* Servicios combinados.



Alsa Informa

LÍNEA 30 CARTAGENA-MAZARRÓN

Horas de paso aproximado



DE LUNES A VIERNES LABORABLES									
9:15	9:30	9:40	9:50	10:00	10:05	---	---	10:30	---
18:30	18:45	18:55	19:05	19:15	19:20	---	---	19:45	---

SABADOS, DOMINGOS Y FESTIVOS									
10:45	11:00	11:20	11:30	11:40	11:45	---	---	12:00	---
18:00	18:15	18:25	18:35	18:45	18:50	---	---	19:15	---



DE LUNES A VIERNES LABORABLES									
10:30	10:35	10:40	10:50	10:55	11:00	11:10	11:20	11:30	11:45
19:45	19:50	19:55	20:05	20:10	20:20	20:25	20:35	20:45	21:00

SABADOS, DOMINGOS Y FESTIVOS									
12:15	12:25	12:30	12:35	12:40	12:50	13:00	13:10	13:30	---
19:30	19:40	19:45	19:50	19:55	20:05	20:15	20:30	20:45	---

alsa.es | App | 902 42 22 42



BUS MAZARRON

HORARIOS A PARTIR DEL 14.09.2020

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

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

TELÉFONO DE INFORMACIÓN: 968 42 16 49
WEB: WWW.MARTINEZBUS.COM

These Are Predicted To Be The Next Big Trends For Paint and Wallpaper

Will we be painting our living rooms grey or green in the near future? Should we still be hanging in there with wallpaper over paint? Design experts are on hand to make predictions on the future of decorating trends, to stop us from choosing a scheme for our homes that'll date too quickly.

The experts shared their insider knowledge on the matter of decorating trends, to help homes stay ahead of the curve. Here are those predictions for the 5 next big trends for paint and wallpaper when decorating homes over into 2021.

5 next big trends for paint and wallpaper

1. Wallpaper...Bigger, Bolder & Brighter



Wallpaper is set to be bolder and more on show than ever before, according to insiders. Wallpaper has gone through

varying periods of popularity, but the latest trends are focusing on using wallpaper more liberally, choosing more daring and bold prints too! From reprints of classic architectural designs to shockingly vibrant floral fiestas, wallpaper's recent resurgence is not stopping anytime soon.

2. Embracing Texture



Making an impression, quite literally, is texture. It doesn't have to be loud with colour to be heard. The natural look will

always be full of imperfections, and that can be embraced with texture. The industrial aesthetic such as a concrete-like paint adds definition which can be interacted with through touch, offering a truly unique pattern in each application.

3. Warm Neutrals

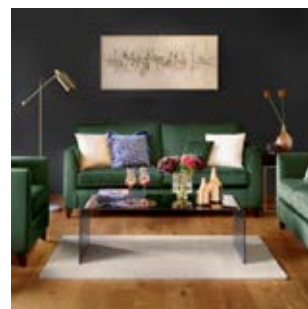


Has grey had its day? For quite some time now grey has dominated pretty much every room, thanks to the various tones and versatility.

However, is beige about to become the new favourite once again? We could see a return of warmer neutrals such as oatmeal and beige coming back, offering a warmer, more homely ambience than grey currently provides.

4. Darker, Bolder Shades

This is not so much a new trend, but a continuing one that is growing momen-



tum as it rolls into next year. Dark colours used to be avoided, as often this would be misinterpreted as making a room seem

dark and dingy. However, with an eclectic use of space, well-placed lighting and shapes, deeper royal blues and luxurious emerald greens are making a comeback.

5. Statement Murals



Murals are set to make more of a statement as we go into 2021. Simple murals, often in vinyl format, were once the way to

do it. Now, designs have advanced to include full-scale works of art that can be the highlight of a room, with the remaining walls complementing it with subtle, natural colours. Whether painting a mural or wallpapering the key to nailing this trend is to make it bold.

Are you already 'on-trend' with any of these decorating features?



Liberty Seguros
Urb. Camposol, Sector A C.Centre
Reg. DGSFP: C0447X05403124X

Harriett Richardson
Insurance agent with over 12 years experience.



Celebrating 12 years as your local insurance agent in 2020.

Offering Private Health Insurance for your Residency needs and peace of mind.
Motor Insurance for UK or Spanish plate vehicles. Life Insurance and Home Insurance for primary, holiday or rental homes. Travel, Pet, Business, Autonomo Accident, Boats and Jet Skis.
Office open Monday to Friday.

+34 669 046 167 / 968 199 121
info@hrinsure.es

WE URGENTLY REQUIRE PROPERTIES IN THE MAZARRÓN AREA

 **mercers**
OUR PASSION IS PROPERTY
The No.1 Agent on Camposol



SUPPORTING THE COMMUNITY THAT SUPPORTS US!

Contact us:
www.spanishproperty.co.uk
968 199 188 **660 765 721**
Camposol Sector B Commercial 30875

Bobs Trails

A look at Abaran Waterwheels

Take the A30 from Murcia and follow the signs for Abarán. Once in the town follow the signs for Parque de las Norias, there are various places to park and join the well marked Ruta de las Norias,

This will then guide you through the Waterwheels.

It follows along the Rio Segura into densely vegetated allotments, so wear footwear accordingly.

I would also highly recommend leaving the path to follow the river path towards Blanca to see the damn (pictured).

The main circuit takes about 1.15hrs, so add on about 30mins for the extension.

It is a great walk, lovely scenery, places to stop and admire with a little picnic and rest.



**JARDINERÍA
LA ALCAYNA
GARDEN CENTRE**

With over 20 years of experience

**We sell plants for inside and outside
We sell decking, beams & timber for DIY
We sell and install sheds, pergolas, and porches
We sell artificial grass, & garden furniture
We sell ceramic pottery**

**We can also undertake
construction, maintenance and garden pruning**

Competitive prices!

**Autovia RM-3, salida 20 (Urb. Country Club)
30870-Mazarrón (Murcia)
calidagarden@gmail.com**



Free Guy

Free Guy is an upcoming American science fiction action comedy film directed by Shawn Levy from a screenplay by Matt Lieberman and Zak Penn and a story by Lieberman.

The film stars Ryan Reynolds, Jodie Comer, Joe Keery, Lil Rel Howery, Utkarsh Ambudkar and Taika Waititi.

The film is scheduled to be released on December 11, 2020, by 20th Century Studios.

In the open world video game Free City, Guy (Reynolds) is a non-player character (NPC) working as a bank teller.

Thanks to a program developed by programmers

Milly (Comer) and Keys (Keery) inserted into Free City by the publisher Antoine (Waititi), Guy becomes aware of his world being a video game, and takes steps to make himself the hero, creating a race against time to save the game before the developers can shut it down.



Ryan Reynolds



Costa Calida Radio

90.00-100.00 FM





Bringing you your favourite music all day, every day

FOLDERS

CANVAS PRINTING **SHOP SIGNAGE**

VEHICLE GRAPHICS

BUSINESS CARDS INVITATIONS

FLYERS

PRINTING

POSTERS

POLO SHIRT T/S

SHIRTS

PRINTING

BANNERS

FOR SALE BOARDS

HATS

PRINTING

MUG & MOUSE MATS



INSIGNIA GRAPHICS

OFFICE: 968 152 191

MOBILE: 618 615 903

info@igraphics.es

Over 40 years experience
in the print industry
Established in Murcia since 2004



POOL COVERS SPAIN

Over 10 years Experience

Suppliers and Installers of:

Sol Guard Geo 500 Micron

Solar Pool Covers

Winter Pool Covers

Roller Systems

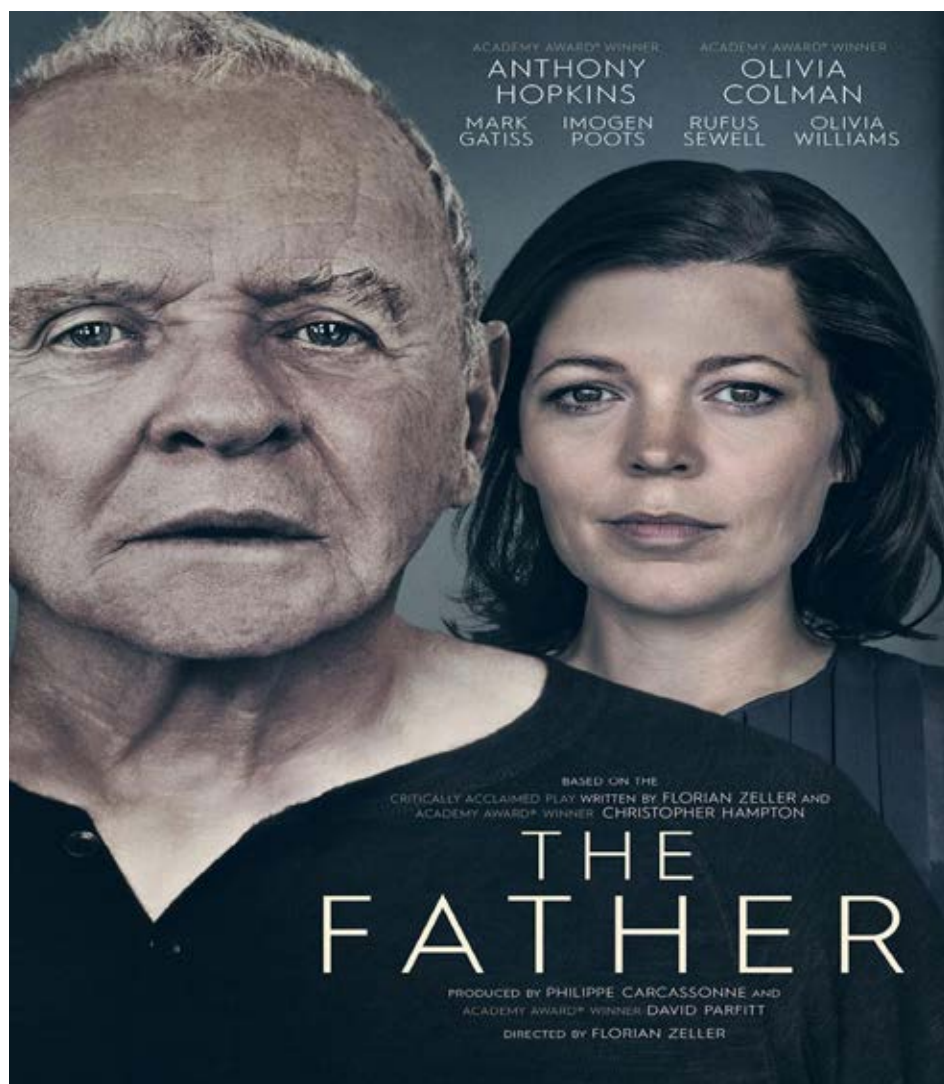


www.poolcoversspain.com

Email - Enquiries@poolcoversspain.com

Call Andy on 660 080 201





The Father

The Father is a 2020 drama film co-written and directed by Florian Zeller, based on his 2012 play *Le Père*.

A French-British co-production, the film stars Anthony Hopkins, Olivia Colman, Mark Gatiss, Imogen Poots, Rufus Sewell, and Olivia Williams, and follows an aging Welshman who must deal with his progressing memory loss.

The Father had its world premiere at the Sundance Film Festival on 27 January 2020, and is scheduled to be released in the United States on 18 December 2020 by Sony Pictures Classics, and in the United Kingdom on 8 January 2021 by Lionsgate. The film received acclaim from critics, who lauded Hopkins and Colman's performances and praised its depiction of dementia.

Antony Hopkins, one of my favourite actors, portrays a man that struggles with ageing as his daughter moves into his flat with him.



Stand out from the crowd!

Call our advertising department on +34 681 090 799

CM CONSTRUCTIONS

Your first port of call when undertaking any aspect of home improvements.

We are specialists in all types of general building work- From major construction projects to fitted bathrooms, kitchens and conservatories, give us a call for a free, no obligation quote.

All our team are fully qualified professionals with over 20 years construction experience in Spain.

We understand that spending money improving your home is an important decision. That's why we pride ourselves on being honest, reliable, and getting the job done right, first time, at a fair price.

For more details visit our website:

www.cmconstructions.es

Or come and visit our office on

A Sector, next to the ferriteria.

Or call us: Mark: 659 159 948 - Colin: 676 306 718

CM CONSTRUCTIONS

"The Name You Can Trust"

Restaurante ~ Terraza ~ Cafeteria LA PROA



restaurante la proa

www.restaurante-laproa.com

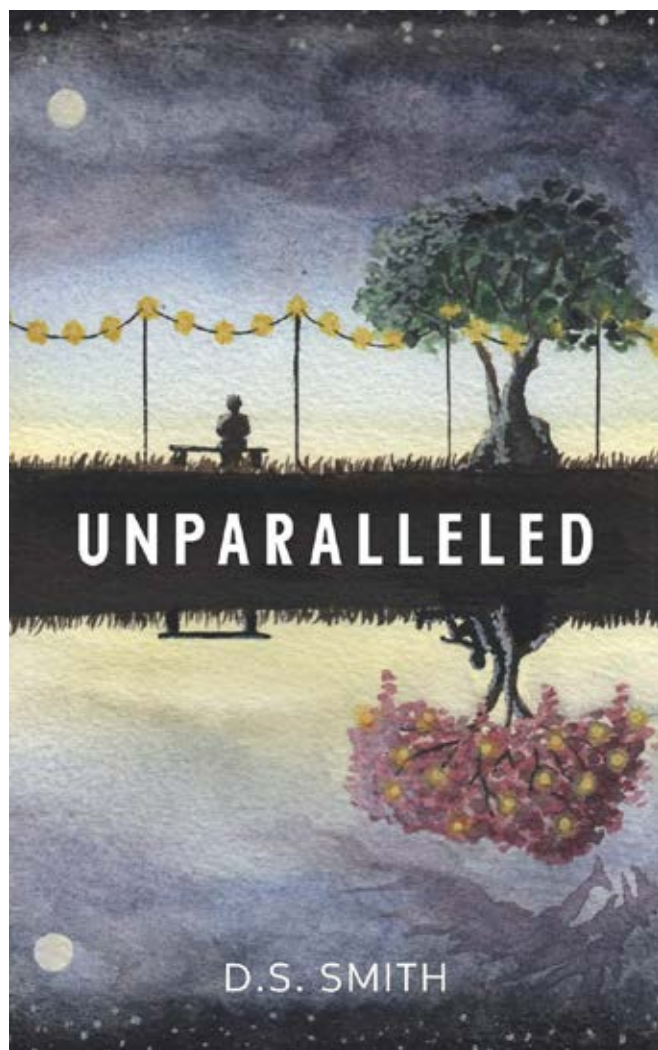
reservas@restaurante-laproa.com

Open Every Day Except Mondays

Avenida Cabo Cope 2

El Alamillo, Puerto de Mazarrón 30860

Tel 968 153 138



Unparalleled by D.S. Smith

Waking up in a strange house, with no memory of how or why he is there, Stuart Milton finds his life has changed beyond recognition. His pregnant wife is missing, but his only living relative, his brother, is incapable of substantiating his claim. Lost in a world of confusion that is spiralling out of his control, Stuart finds temporary salvation in a psychiatrist assigned to his case. Meanwhile, peculiar events across the world lead a team of Oxford scientists to develop top secret technology that will change the future of humanity. Betrayed by double agents,

the race to control this technology endangers the lives of all involved, which unwittingly includes Stuart and his psychiatrist. This enthralling journey takes Stuart to the edge of sanity, culminating in an unparalleled climax of kidnapping, betrayal and murder.



Author D.S. Smith

3 simple steps to a better bed

A mattress is the foundation of a good nights sleep.

A quality nights sleep can help you feel.....

Happier

Improve your appearance

Boost your heart health

Sharpen your memory

Maintain healthy weight

@Home

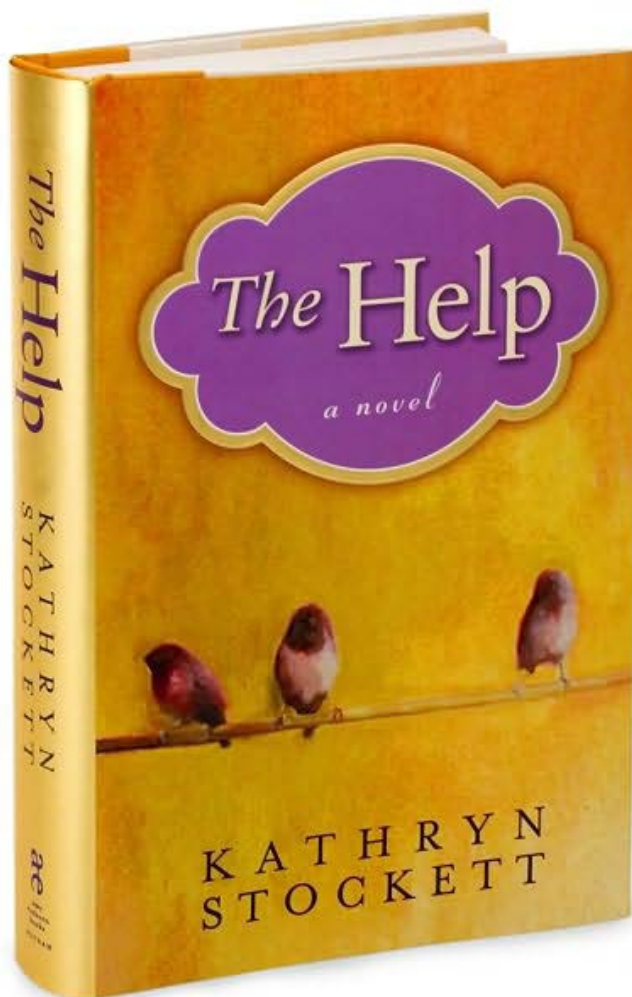
Due To Covid
Pandemic,
Please Book An
Appointment

And it starts with owning a bed that is right for you.



Call: 0034 + 603 304 121

- email: sugdenjanice@yahoo.co.uk - www.homefurniturespain.com



The Help
by
Kathryn Stockett

Three ordinary women are about to take one extraordinary step.

Twenty-two-year-old Skeeter has just returned home after graduating from Ole Miss. She may have a degree, but it is 1962, Mississippi, and her mother will not be happy till Skeeter has a ring on her finger. Skeeter would normally find solace with her beloved maid Constantine, the woman who raised her, but Constantine has disappeared and no one will tell Skeeter where she has gone.

Aibileen is a black maid, a wise, regal woman raising her seventeenth white child. Something has shifted inside her after the loss of her own son, who died while his bosses looked the

other way. She is devoted to the little girl she looks after, though she knows both their hearts may be broken.

Minnie, Aibileen's best friend, is short, fat, and perhaps the sassiest woman in Mississippi. She can cook like nobody's business, but she can't mind her tongue, so she's lost yet another job. Minny finally finds a position working for someone too new to town to know her reputation. But her new boss has secrets of her own.

Seemingly as different from one another as can be, these women will nonetheless come together for a clandestine project that will put them all at risk. And why? Because they are suffocating within the lines that define their town and their times. And sometimes lines are made to be crossed.

In pitch-perfect voices, Kathryn Stockett creates three extraordinary women whose determination to start a movement of their own forever changes a town, and the way women, mothers, daughters, caregivers, friends, view one another. A deeply moving novel filled with poignancy, humor, and hope, *The Help* is a timeless and universal story about the lines we abide by, and the ones we don't.



VNBenny.com

**WEB & VIDEO
DESIGN**

**GRAPHIC
DESIGN**

**ONLINE
MARKETING**

info@vnbenny.com



BRUCE SPRINGSTEEN

It is my pleasure to write about a music legend such as Bruce Springsteen - an artist that somehow I have not seen live!something I hope to put right some day! I have spoken to people who have seen, met and worked with this great man and all have said the same; He is not only a rock god but a very nice, down to earth guy, who is as benevolent as he is talented.

Bruce Frederick Joseph Springsteen was born in Long Branch New Jersey on 23rd September 1949. His father Douglas was a bus driver, while his mother Adele worked as a legal secretary and was the main bread winner in the family.

Raised in New Jersey alongside his sisters Virginia and Pamela, Bruce had a good solid catholic up-bringing.

It became clear early on that he had a penchant for music and particularly the guitar, At the age of seven, after seeing **Elvis Presley** on T.V his mum gave way and began renting him a guitar for \$6 a week.

Always passionate about music, in 1964 aged 15, he saw **The Beatles** on the **Ed Sullivan** show and this inspired him to buy his first guitar for around \$19.

Bruce always felt that he didn't fit in at school and according to his teachers "he was somewhat a loner who wanted nothing more than to play his guitar". He graduated nevertheless at the Freehold High School and started college. He soon dropped out of college though and was called up for conscription to the US army. Springsteen failed the medical on mental health grounds and thus avoided Vietnam.

Springsteen was by now playing to audiences in his first band **The Rogues** and recognising his obvious talent, his parents took out a loan and bought him a Kent guitar for \$60...Bruce was

on his way.

His next band were **The Castiles**. The band were sponsored by a couple called Tex and Marion Vinyard and Marion recalled believing Bruce when he promised he was going to make it big. In 1969 he joined up with **Steven Van Zandt**, **Danny Federici**, and **Vini Lopez** in a band called **Child**, that was renamed later to **Steel Mill** when guitarist **Robbin Thompson** joined the band. The band played regularly locally in Jersey and further afield in places such as Tennessee and California.

Over the next few years Springsteen was searching for that certain sound and always keen to perform, he played with other bands such as Dr. Zoom & the Sonic Boom, the Sundance Blues Band, and the Bruce Springsteen Band.

It wouldn't be long before his outstanding song writing ability and performing talent was noticed. New band managers **Mike Appel** and **Jim Cretecos**, soon brought him to the attention of **Columbia Records** talent scout **John Hammond**. Hammond auditioned Springsteen in May 1972 and in October of that year Springsteen was signed to the label.

Around this time, Springsteen also acquired his nickname **The Boss**, because he had a habit of collecting money earned during shows and then distributing it evenly among his band mates.

An Album was released with the band that would eventually become the E street band. **Greetings from Asbury Park N. J** was released in Janu-



ary 1973, the album achieved average sales but was received very well critically. In 2003 the album was ranked in the top 500 albums of all time and was not even released until 1985 (on the back of Born to Run) in the UK and remained in the top 100 for 10 weeks. It must be noted that the Asbury Park album included the song **Blinded by the Light** - which would later be a monster

hit for **Manfred Mann**.

Springsteen and the E Street Band followed their debut with **The Wild, The Innocent, & The E Street Shuffle** later the same year, and again found themselves lauded by critics, but largely dismissed by the public resulting in mediocre sales.



The E street band

It is worth noting that, at this time, Springsteen didn't have a serious love interest he threw himself into his music and didn't seriously begin dating until the 80's.

In 1975, after a long time in the studio, Springsteen released a third album **Born to Run**, which finally brought Springsteen commercial and critical success.

The recording of the album was not without problems. Springsteen and the band had a very large budget and were camped out in the studio with Springsteen throwing one finished copy in the alley and another one into the river!! After seeing a live performance by the band, music critic **John Landau** gave rave reviews and described the band as "the future of Rock and Roll" and shortly after he was asked to help with the album and subsequently became the bands manager and producer. It was his decision to ask **Steve Van Sandt** (who was a big part of the band Southside Johnny and the Asbury Jukes - a band who's sound Springsteen loved) to help finish the album. He did and subsequently joined the band full time. It is worth pointing out that the album took 14 months to finish with 6 months being spent on the title track **Born to Run** alone.

Before release Mike Appel sent an early mix of Born to Run out to a dozen radio stations and a buzz was created for the album. In August 1975, Springsteen and the E Street Band began a five-night, 10-show stand at New York's **The Bottom Line club**. This attracted major media attention and was broadcast live on WNEW-FM. Decades later, Rolling Stone magazine would name the stand as one of the 50 Moments That Changed Rock and Roll.

The album garnered widespread acclaim when it was first released on August 25, 1975, by Columbia Records. It has since been considered by critics to be one of the greatest albums of all time.

Born to Run peaked at number three on the **Billboard** 200 and eventually sold six million copies in the United States. Two singles were released from the album: **Born to Run** and



Tenth Avenue Freeze-Out; with the title track helping Springsteen to reach mainstream popularity. The tracks **Thunder Road**, **She's the One**, and

Jungle land became staples of album-oriented rock radio and Springsteen concert high points.

Shortly after the release, Springsteen fell out with former manager Mike Appel, a long legal battle ensued, keeping the band out of the studio for a year. The band instead toured the US. An agreement was reached with Appel in 77 and the band went back into the studio.

Springsteen's next album, **Darkness on the Edge of Town** was released in 1978, the album was a much more sombre affair and many believe this was a reaction to the commercial success of Born to run. The album never quite hit the heights of Born to Run but was received well critically and sold over 3 million copies world-wide and was voted the **NME** album of the year in 1978.

To promote the album, Springsteen and the E Street Band embarked on a cross-country tour that would make them famous for their marathon performances (three or four hours per show), boisterous behaviour and infectious energy, captivating audiences

from California to New York. During this time, Springsteen also became famous for his integrity and pride as a performer, as stories of his exhausting performances and perfectionism in the recording studio became legendary.

Darkness at the Edge of Town had marked a shift in Springsteen's musical style that he continued in his next two albums, **The River** (1980) and **Nebraska** (1982), which both explored themes about working-class Americans. Nebraska was a raw, solo acoustic effort that has been lauded by music fans for its provocative sound.

But Springsteen's explosion into rock superstardom came in 1984 when he released **Born in the U.S.A.** With seven singles hitting the top of the Billboard Charts—including the singles **Glory Days**, **Dancing in the Dark**, **Born in the U.S.A.** and **Cover Me**.

Pick up a copy of the December Issue to find out what came next in the Bruce Springsteen story!!!



Cat's bar

Camposol sector A

"The Best For Food, Drinks, Entertainment And Sports"



Tel: 634 329 645

**Homemade Cakes and Pastries
Baked Fresh Daily**

**Full English Breakfast-
2 of everything! Only 4.50€**

**Every Wednesday! Fish And Chips-
Fresh Beer Battered Cod, Chips And
Peas, 7.00€ 6-9pm**

**Sunday Lunches From 5.50€!
Booking Advised!**

**Full Menu With Sandwiches, Snacks
And Main Meals Available In The Bar!**

WHAT'S ON AT CAT'S?

Monday: Slimming Club 11am

Thursday: FAT CLUB! 11-12pm

Thursday: Bernie's sing along 5pm Till 9pm

Saturdays: All Sporting Events Shown!



IN A MEDICAL EMERGENCY CALL FAST ON 868 487 015 WE CAN GIVE VALUABLE ASSISTANCE AND INFORMATION OVER THE PHONE.

Due to the Covid 19 pandemic FAST are unable to attend patients, we aim to have our phone system running 24 hours a day to be able to give information, advice and support in a time of crisis.

You can ask us to call for an ambulance for you if you are unable to do so.

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

Twelve of our responders recently attended and passed a course on **Mental Health First Aid**. At this time when most of us are feeling the pressure from the Corona virus restrictions. People have not been able to visit loved ones and families have not been able to spend time here with their family because of the quarantine regulations. Some vulnerable people are still not confident to go out as they normally would. If you think you or someone you know would benefit from speaking in complete confidence to one of our **Mental Health First Aiders** then give us a call on **634 308 362**. Your call will be treated in strict confidence and we may be able to give help and direction, put you in touch with someone who can give advice without judging you. Sometimes just talking to someone will help someone who is feeling down, depressed or helpless. We are here at the end of a phone to help. If you are reading this and feel that you may benefit by speaking to one of us, just do it.

If you are faced with a medical emergency would you know what to do? Just opening the airway by tilting the head back can allow someone to start breathing again. Applying direct pressure to an open bleeding wound may stop serious blood loss. Cool a burn with tap water for at least 10 minutes. More information can be found on our web page; fast2016.org.

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

We have had to change our emergency phone number as the old system did not record incoming number, this is vital if we have to call back. **The new number is 868 487 015**

We have a sponsored Golf Day on the 14th November at the Camposol Club de Golf.

There are still some sponsorship opportunities available, if you would like to sponsor a "hole" please email, committee@fast2016.org There will be teams of 4 at €5 a head entry fee. Signup sheets will be available in the Pro shop at golf club.

We are always looking for new responders. If you are interested just email us at recruitment@fast2016.org

If you are feeling the pressure of the restrictions on your way of life why not talk to a friend about how you are feeling. You are not alone; the mental health of society in general has been affected by the change in our lifestyles due to the virus.

All we do is for all of you!



We have some exciting news. Last month we moved some of our donkeys on to our land at La Paca. This was a huge moment for us and a long time coming, but such a happy one. Every-



thing is going to happen in baby steps and the most important thing for us was to get some of the donkeys on the land and start realizing our dream. They are happy, very, very happy and so are we. It is such a tranquil and calming place with such magnificent views, I know it is going to be the perfect, safe haven for them. We so look forward to being able to welcome you to our little piece of paradise in the not too distant future. One of our biggest jobs recently has been the castration of several of our equines. Stallions/Jacks will generally become more challenging when living with other males or females nearby. So, castration is essential for them living together in harmony. It takes them a while to settle down after the procedure and the testosterone to subside before you notice a difference in their behaviour. They should become easier to handle, making interaction with the rest of the herd easier. Of course, all this comes at a great cost to the charity and probably not a procedure that springs to mind when donating. The cost of a castration is approximately €150 that is why your continued support is so essential. Whilst I am on the topic of fund raising a big shout out to The Diner on Camposol who hosted a quiz for us and managed to raise a whopping 388€. Thank

you to Sue and her team who ensured the evening went smoothly. I also want to emphasise every possible precaution and rules followed to the letter were carried out with regard to Covid19, which I am sure is very reassuring to many people. We are always looking at different ways of raising funds, if you have any suggestions, then please get in touch or you have a business that would be willing to host an event for us we would love to hear from you.



Our beautiful 3 legged Gitana is still looking for her forever home. She really is the sweetest girl, loves her walks and is fit and healthy. Take a look at our Facebook page to read her story in full. Now on to Christmas.

It's never too early in my mind to get ready for Christmas. We have AAR Christmas cards now for sale at both our shops or you can send me a message and I can make sure you get some. We can post to the UK no problem. I love Christmas and would like you to put a date in your diary for December. I am sure we can manage to do a social distanced mince pie and mulled wine gathering. This event is very important to us as it is a small way, we can show our appreciation to all our volunteers and supporters, so hopefully we will see you all on Monday 15th December. That's it for now, you can usually find me on Camposol every Monday 11.30-1.30pm Sector B, in the car park. I know we have missed the odd one, but this is because of our shops being short of volunteers.

Can you spare any time at all to help us **WE NEED VOLUNTEERS** to work in the shops. We desperately need to open our shops on a Saturday, please give it some consideration. Financially the difference opening this additional day is massive to us. Finally, donations can always be dropped off at either of our shops in Mazarron Town or Roldan, Mon-Fri 11-2pm. Andrea x



FRIENDS OF MAZARRÓN ANIMALS

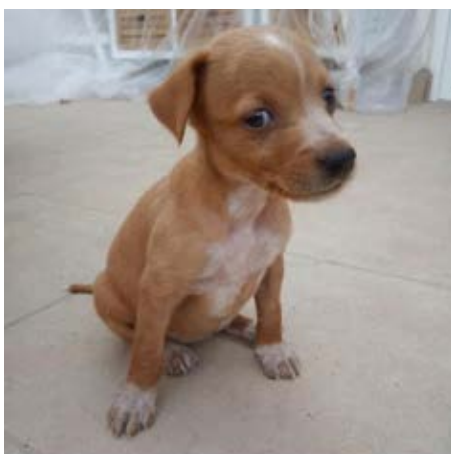
The Pandemic Persists and So Does The Work of FMA

In spite of the current situation we are still able to home some of our dogs abroad, and October saw six more dogs beginning their new lives in the UK. We wish Don Limon, Rayito, Pippin, Coco, Billy the Kid and Loba the best of luck with their new families.

On another transport run was the wonderful Rebel, travelling to Ireland to join his brother and another fabulous family.

We continue to assist with the neutering of feral cats and kittens, and we hope that slowly we are making a difference. Some of these kittens have found permanent homes which is wonderful.

We have many more dogs and cats looking for a loving family and these can be found in our adoption album on our Facebook page. At the time of writing gentle Curro was looking for a permanent home. A farm dog he arrived with us in a terrible state but thanks to the care of his fosterers he has really improved. We also have Willow a campo/street dog who came under our wing and Queenie the last remaining puppy from 'the royal family' looking for a home.



These are just some examples of the dogs we have for adoption; there are many more.

Fund raising continues, within the limitations that the current crisis dictates. A fabulous mini market was held again at the Food Co, Lady Jazz serenaded us at the Zambucca Beach bar and Fred continues to entertain us every Friday night with the 100club.

Watch out for our fashion show to be held at Zambucca Beach Restaurant, on the 21st November. Get in touch for tickets.

Thank you as ever to all our friends and supporters.

AGE
Concern
COSTA CALIDA

Another month is upon us and and sadly our Drop in Centre is still closed for all our normal monthly activities.

Coffee mornings, afternoon teas, menús del día, Chair Exercises, Table Top Sales etc have been postponed for now.

We had hoped that we would be able to hold our ever-popular annual Christmas Fayre at Mariano's but sadly, with all the CoronaVirus restrictions in place and the fact that the Fayre has to be held inside, we have no option but to cancel it this year to avoid any spread of Covid19 within our community. We're really sorry, but lets look ahead to next year and hopefully we will be able to hold a Bumper Christmas Event in 2021!

Please remember we are still here for advice and information, equipment loan, to help with shopping or medicine collection and our befrienders for our clients are still very much active. If you would like a personal chat with one of our team please telephone the Drop in Centre ON 634 344 589 for an appointment. Our phone lines as listed below will still be manned as usual.

New Year's Day Swim 2021 – although most of our usual social events have had to be postponed we are still holding our annual New Year's Day Swim - outside, on the beach - on 1st January next year. sponsorship forms for this are available now. Give us a call on 634 312 516 and we'll get them to you.

In the meantime our good wishes to all for the coming month, please take care andSTAY SAFE!

Enquiries - 634 344 589
Volunteer Coordinator - 634 312 516
Equipment Loan - 634 306 927
(Lines Open 10am - 4pm Mon - Fri)

Every week Costa Calida Radio are running the Who Cares Campaign, get in touch and nominate someone who you feel is deserving a mention on air and a lovely bunch of flowers, supplied in conjunction with Arnaldos Florist in Mazarrón.

Contact 634 13 67 43 via whatsapp and show that deserving person they are appreciated.



Jan was nominated by Gloria for all her efforts in making face masks during the last few months.



**STAY WARM
THIS WINTER!**

LOGS EL PARETON

**FREE
DELIVERY**

**from just a single bag, to
several tons, we offer the best
service and the best price**



**We are on the main road in
Los Cantareros!
Add Find us on Google
Maps as "Logs El Pareton"**



**Call us on
696 973 171
for more information!
oficina.mvv@aol.es**

**We sell only the
highest quality
seasoned Firewood!**

**We sell all types of
Firewood, including
Pine, Olive, Almond,
Orange, Lemon and
More!**

**All our Firewood is cut
to the correct size to
fit your individual log
burner!**



**We are open Monday to Friday 8am-2pm and then 3pm-6pm, Satur-
days 8am till 4pm**



How Much does it Cost For a Ton of Logs?

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

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

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

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

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

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

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

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

What To Sow And Grow In November



Plant hellebores now in time for Christmas blooms

Things are slowing down in the garden come November, but there are still plenty of plants that need sowing and growing in time for spring. Here are the flowers, vegetables and fruits that can be sown and grown this month.

Flowers To Sow And Grow



Start lupins indoors for beautiful displays for years to come
In The Greenhouse/Indoors

- Sow sweet peas in a cool greenhouse or cold frame for an early display next year.

• Try growing perennials such as *laurentia*, delphinium, verbascum, foxglove, cyclamen and lupin from seed in the greenhouse this month.
Plant Outdoors



Plant daffodil bulbs in preparation for spring

- Plant spring flowering bulbs. Consider investing in a bulb planter to speed up the process or to naturalise bulbs into grassed areas of your garden.
- Plant tulip bulbs this month, remembering to avoid shallow planting as this can reduce the winter cold period that tulip bulbs need to produce flowers in spring.
- Plant Christmas roses (hellebores) now for beautiful winter flowers.
- Continue to plant daffodil bulbs.
- Plant up a terracotta pot of hyacinth

bulbs for a simple but stunning display next spring.

- Plant a magnolia tree now for a beautiful spring display.
- Start to plant bare-root roses - they can be planted any time between now and March.
- Plant heathers, grasses and trailing ivy in pots for winter colour.
- Plant out spring bedding displays of pansies, violas and primulas.

Vegetables & Herbs To Sow And Grow



Sow hardy pea varieties to bulk out your first harvest of the new year

In The Greenhouse/Indoors

- Sow pots of herbs in a heated greenhouse or on a bright windowsill indoors. Try basil, dill, chives and parsley.

In The Cold Frame/Under Cloches

- Sow spring onion 'Performer' under cloches.
- Sow pak choi under cloches outdoors.
- Sow winter salads under glass, protected by cloches or on a bright window sill indoors. Choose types that won't require extra heat such as 'Winter Gem', winter land cress, purslane, and corn salad.

Direct Sow Outdoors

- Sow hardy broad bean 'Aquadulce Claudia' outdoors.
- Sow pea 'Meteor' outdoors for an early crop next year.

Plant Outdoors

- Plant overwintering onion sets and garlic. For something different this year, try the massive elephant garlic.
- Plant asparagus crowns now for tasty homegrown spears.
- Plant out spring cabbage plants at the beginning of the month.

Fruit To Sow And Grow



Plant Outdoors

- Plant rhubarb crowns now in well-prepared soil. Add plenty of organic matter - they are hungry feeders!
- Plant out strawberry runners and plants.
- Plant raspberry canes and blackberries now, and remember to put a support system in place for the canes before planting.
- Plant gooseberries and currants now for a vigorous start to next season.
- Plant blueberry plants this month. Blueberries prefer a slightly acidic soil, but do very well in patio containers if your garden soil is not acidic.

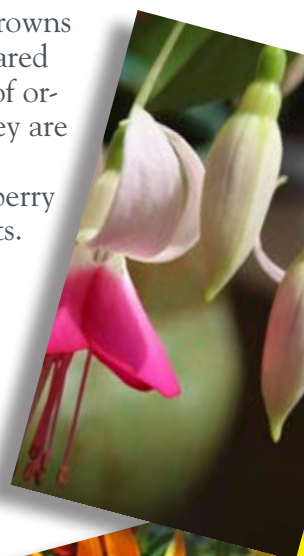
Keep One Step Ahead – What To Order This Month



Order cyclamen seeds now for December sowing

- Order cyclamen seeds, which like cooler temperatures, ready to sow from December to March.

- Buy gooseberries and currants ready to go out next month.
- Order hardy Broad Bean 'Aquadulce Claudia' to sow outdoors in December.





Camposol 'C' Green Fingers Gardening and Social Group

During October, the Maintenance Team have continued weeding, cleaning and spraying our whole sector; the more settled autumnal weather of sunny days, cooler nights and dewy mornings means the weeds grow faster! Our team have also cleared, strimmed and cut back the planted borders as they have become very overgrown during the Summer. We welcome back Ken to our Wednesday group of volunteers, who have been carrying out the usual extensive weeding, watering and plant-

ing up collected plants donated by residents. Yet more overgrown palms, trees and shrubs have been trimmed and the kerbstones at the Welcome Wall have been painted white to help visibility for night-time motorists - all this strenuous work is rewarded with a free breakfast! So if you would like to join our group of Wednesday volunteers, either regularly or occasionally, please contact us or just turn up at the Welcome Wall at 9.00 am - Help improve your area even more and make new friends in the process! It is looking really great after the efforts of those hard workers. We love donations of shrubs/plants which have outgrown their space in your gardens and will happily come to collect and

plant them in a position where they can grow on for all to enjoy. We are decorating our Green Fingers Remembrance Garden this month, ready for November 11th and if anyone would like to remember a loved one, poppy crosses are available from John Osborne at the number below. Please note, only crosses bought via Green Fingers as part of the legitimate Poppy Appeal will be allowed in this garden.

Please take a look at our Facebook groups: Green Fingers Camposol or Camposol C Sector Group and check chalkboards for more information or contact John our Chairman on 634 325 427.

Pools Camposol

MAKE YOUR HOME SPECIAL
WITH ONE OF OUR POOLS

5 DAYS START TO FINISH INCLUDING:
COPING, LIGHTS, STEPS,
WATER PUMP AND FILTER

ALL PLUMBING COMPLETE

Sizes:

4.5 x 2.5	7.5 x 3.5
5 x 3	8 x 4
6 x 3	9 x 4

Call us for a no obligation quote

686 733 844

CAMPOSOL
ALUMINIUM
Tel 686 733 844

EVERYTHING MADE
TO ORDER
ALL AREAS COVERED!
BEST PRICES!

Supply and Installation of Aluminium

GATES

DOORS

WINDOWS
AND
MUCH
MORE

CALL US FOR A FREE NO OBLIGATION QUOTE 686 733 844



Camposol Heating & Maintenance S.L. (CHM).

Are you hoping to come out to Spain before Christmas?

One of the services that we offer (especially those with holiday homes who are not here all year round) is a call out service to review your heating and hot water systems prior to your next visit. This year has been exceptional with many home owners not being able to make it back for months on end. Boilers, air conditioning units and water heaters do not like being left untouched for long periods of time, a bit like a car, you need to run them regularly to ensure the best performance.

All too often, we get frantic calls from people arriving to spend a few pre-

cious days at their villa only to find no hot water, no heating or worse!

We try and accommodate everyone, but we have a large customer base and we do get busy and cannot always drop everything to come to the rescue. Visitors also can arrive at the weekend which may result in having to wait until Monday to get an engineer to call. Not a great start to your well earned break! Just as we were getting ready for Christmas break on 22nd December last year, we started receiving call after call from owners who had just arrived for Christmas. As you are booking either a flight, a road trip or a ferry to get here, why not give us a call when your dates are confirmed or get your property management company to arrange it for you?

You can pre book an engineer at any time to call a week or so before your next visit. For the cost of a call out of just €30.00, we will come and check your heating, hot water, flush the toilets etc to ensure you can enjoy your stay without loss of any vital services or the prospect of having to wait in

for someone to call.

If you have a property management company looking after everything we can liaise with them or if not, we just need a friendly neighbour to let us in. This is also becoming increasingly important as we have had some really alarming calls since lockdown from people with serious water leaks that had gone undetected. Flooded underbuilds, mould and not to mention extortionate water bills are becoming more and more common.

You can arrange this service by calling us on our office number 968 199 184, our mobile number/WhatsApp 646 965 082 or by emailing us on camposolheating@gmail.com



Stand out from the crowd!

Call our advertising department on 681 09 07 99



Spanish Lessons

"A new language is a new life"

We have a professional Spanish teacher who speaks fluent English. The classes are held in a dedicated and comfortable classroom.

The courses are structured, well prepared and written work will be corrected and monitored to aid your progression.

As we are a legal and professional language academy classes will be paid monthly. (€7 per 1.5 hour class.)

Beginners - Mon & Wed 10 -11.30am

Beginners - Tues & Thurs 10 -11.30am

Beginners - Tues & Thurs 12 -1.30pm

Intermediate - Mon & Wed 12 -1.30pm

Intermediate - Tues & Thurs 12 -1.30pm

**MAXIMUM
9 STUDENTS
PER CLASS**

685 22 33 22 Please text or WhatsApp only

E: helloenglishmazarron@outlook.com

Calle Pintor Augustin Navarro, 19 Plaza del Convento, Mazarrón

Window Blind Repairs by Richard the Blind Man

- If the pull cord on your blind is frayed or broken
- If your blind is sticking
- If your blind slats are damaged or broken



I will repair your Spanish window blinds (persianas) and give them a full service



611 25 08 19

rpd46@outlook.com

ALWAYS TRUST YOUR INSTINCTS
NOT THE CALLER
NOT THE TEXTER
NOT THE EMAILER

If you don't think they are who they say they are, always take time to stop and think.
takefive-stopfraud.org.uk



EVERY 15 SECONDS SOMEONE FALLS FOR FINANCIAL FRAUD !!

Financial scams are committed more often than you think! And this applies to whether you are in the UK or living abroad. In this present climate with Covid 19 we should take extra care as a lot of scammers are out there to trick us with emails or phone calls.

THE TAKE FIVE APPROACH IS VERY USEFUL ie TAKE FIVE SECONDS!

Aimed at preventing people and businesses succumbing to financial scams. Almost all of us will have had a call on our landline or mobile asking us to "log on" as they want to update our computer, or asking for personal details in order to "verify" our identity. Many are very convincing – but how often in reality has your bank rung you since you opened an account? And with most of the world using its products, how easy is it for someone to claim they are from "Microsoft's

technical team" – and how did they get your number anyway? But perhaps these are the easier ones to spot and to put the phone down on (do we still "put the phone down"?). Far more dangerous are those smooth talking, snake oil salesmen and women targeting your pensions, investments and savings, or offering you something which seems to good to be true – IT PROBABLY IS !! The "TAKE FIVE" initiative is nothing to do with the Dave Brubeck Quartet, instead it is a very good way of taking time out to gather your thoughts.

Who just rang me and why? Were they willing to give me a number to ring back?

Should I ring my own bank, financial adviser or lawyer first and check? Yes, indeed you should!! It is highly unlikely that your bank or your pension company rang you out of the blue. They are more likely to have

written to you and to expect you to call them – at your expense! Even a letter may be a fraud, so think carefully as emails and letters can easily be copied.

Fraudsters are constantly evolving and refining their tactics. They are increasingly cunning and convincing.

Sometimes its easy to end up giving out personal information because you feel pressured and with the impression that the person you are speaking to is genuine !!


Which brings us back to "TAKE FIVE" - Pause and think for five seconds before you give out any personal or financial information.


For advice regarding legal matters whether they affect Spain or the UK or for advice regarding your investments don't hesitate to ring

Shirley Ann Fisher, UK Lawyer & Commissioner for Oaths
Camposol Business Centre, Calle Madrid, (next to the Pharmacy)
Camposol Sector A, Mazarron, Murcia 30870.

Email :
shirleyfisherlegalservices@gmail.com

Tel 968 103 008 or mobile 634 053 976



 **English Speaking Dentist**

CAMPOSOL DENTAL CLINIC

Free check ups

URB. CAMPOSOL-SECTOR A
968 103 008 / 685 098 667

ROSE PARKER 
Galería de Arte

Get those CREATIVE juices flowing

Book your art lessons and start a new passion or revive an old one

Available for beginners, and the more advanced, group sessions or one to one.



Calle Toneleros 19, Puerto de Mazarrón
Email roseparkerartistspain@gmail.com
<https://roseparker.art>
Mobile 00 34 634 345 763
Follow on facebook Rose Parker Galeria de Arte Art Lessons in Pto Mazarrón



Spain's leading
independent broker

Your independent mortgage
specialist in Spain

Why use Mortgage Direct?

- MD Best deals available
- MD Fully independent advice
- MD Money back guarantee
- MD No obligation advice
- MD Quotes within 48 hours
- MD Qualified advisers
- MD Established since 2006

What we Offer

- MD Mortgages for all nationalities
- MD Resident and non-resident mortgages
- MD Commercial / investment mortgages
- MD Construction mortgages
- MD Mortgages for SL companies



**You can now go to
the-journal.es property
portal to find the
mortgage calculator**

+34 963 156 011
www.mortgagedirectsl.com
info@mortgagedirectsl.com

Call us on: 0034 636306711

**Or visit our showroom,
within T J Electricals (Euronics)**

**The German Küchen Studio.
Local24, Centro Comercial Sector B
Urbanisation Camposol, Mazarrón
30875 Murcia**

www.germankuchen.es

German Küchen Studio

CONDADO REFORM

**all columns and walls removed to extend the kitchen
into the dining area with 4 seater breakfast bar
designed from our Schuller handleless system to give
a seamless streamline finish, in crystal grey and
crystal white high gloss cabinets
work surfaces produced from compac quartz
ceniza, with Rubi red splashbacks to give the
kitchen a warm feeling**



**Top Specification, Bespoke German Kitchens at prices
that wont break the bank!**

**Call to make an appointment to visit our show house on Camposol
to see the quality of our craftsmanship!**

Making the best **affordable to all!**

SPECIAL PROMOTION FOR ALL KITCHENS ORDERED FROM JULY

Schuller is giving a direct from the manufacturer special discounted offer on the first 20 kitchens ordered from July, this offer is equivalent to 1.40€ to 1 pound sterling so why not come out of lockdown with a beautiful top of the range designer German kitchen, and to spread the cost delivery and installation can be anytime in 2020



**Separately controlled LED spotlights
and pop up power points with USB
chargers fitted to the breakfast bar.**



Hi, I'm Nick Maltby

You can contact me
directly on:

0034 636306711

nick@germankuchen.es

schüller®
pelipal

geha
Möbelwerke
Interieur



Most businesses have been badly affected by the Coronavirus outbreak, some more than others. One that has suffered greatly is the

property market. In recent years, there has been a surge in property purchases, agents readily moving property on to new owners of many

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

This brought about a necessary change in the way agents promoted and sold properties and reassuringly many working together in order to complete any possible sales. Virtual tours and videos sent via media tools such as Whatsapp, have become “the norm” enabling potential buyers greater visibility, giving many the assurance they need to purchase a property while not able to view in person. While this may not be the best approach, it does give another dimension and looks set to continue for a long time to come and there has been a steady increase in sales in the region. As said earlier, many agents are working much more closely and helping each other where possible and this is a big positive for buyers and sellers alike, long may it continue.



LAST VILLAS AVAILABLE
From 69.900 €

**Renovated Monsora style villas on
Camposol Golf-Mazarrón D10.
Large Underbuild, pool &
Mountain views.**

**2 Bedrooms & 1 Bathroom + large
70 m2 underbuild
+ 60 m2 roof solarium.**



**Contact us Today on 968 595684 or
email info@bluemedinvest.com**

C & G FABRICATIONS

ESTABLISHED 2004
Installing High Security UPVC Windows,
Doors & Conservatories Since 2004

**WE ARE BACK OPEN
FOR BUSINESS
PLEASE NOTE, WE HAVE ALL
THE NECESSARY
PRECAUTIONS IN PLACE TO
COVER THE COVID 19
PROTOCOL.**

TOP QUALITY UPVC WINDOWS, DOORS & CONSERVATORIES

all built to british standards using quality european profiles

PANEL SOLID WHITE
from 735.00

PANEL SUNBURST
BROWN from 1105.00

SQUARE GREEN ZINC ART
ELEGANCE from 1205.00

PANEL 1 ARCH MURANO
from 1070.00



KENDAL SOLID
from 735.00

CHICHESTER AURIGIA
from 865.00

BEVERLY 1 MARBLE ARCH
from 810.00

YORK 1 GEORGIAN BAR
from 775.00



**High security 7 point locking with
security hinges**

**High security reinforced panels
Fully reinforced so all locking points
fix into Steel**

Internally beaded

**70mm DECEUNINCK German pro-
file one of the worlds leading PVCU
systems**

Decorative sight lines

Discreet neutral grey seal

**Secure by design door locks
Tested in Spanish AENOR test
centres for all elements of Spanish
weather**

**Comprehensive guarantee against
discoloration, cracking and warping**



VISIT OUR NEW WEBSITE FOR ALL INFORMATION

www.candgfabricationses.com

To obtain details of our current offers and to arrange your **FREE estimate
and survey telephone**



966 764 730 or 677 689 587

Email: enquiries@candgfabricationses.com

**FULLY REGISTERED SPANISH COMPANY MANUFACTURING AND INSTALLING ON THE
COSTA BLANCA AND COSTA CALIDA
C.C Los Dolses 104 Urb. Villamartin**



ALL TRADE ENQUIRES WELCOME

**ALICANTE * LA MARINA * LA MATA * TORREVIEJA * PILAR DE LA HORADA *
LOS ALCAZARES * CAMPOSOL * MAZARRON * SAN MIGUEL * CATRAL *
ALTEA * CALPE * PINOSO * HONDON VALLEYS * ALGORFA * ALMORADI ***

Camposol HEALTH CLINIC



Address: Calle Madrid, 19,
30870 El Saladillo, Murcia

The Business Centre is adhering to all legal requirements above and beyond to ensure clients safety. They will be installing Ozone machines which are generally used in operating theatres. These will be located in the reception, podiatrist, dentists and the health clinic.



4 General Practitioners

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

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.



3 Surgeon Doctors

Dr. Pedro Angulo,
Traumatologist Surgeon

Dr. Francisco Pedreño,
Aesthetics Surgeon

Dra. Diana Navas, General
Surgeon

Dra. Gresi Almonte,
Aesthetics Doctor.

1 Psychologist

Dr. Fernando Lazaro



3 Nurses

Dra. Maria Sanchez, Chief
Nurse.

Dra. Laura Conesa

Dra. Noelia Carrion

2 Physiotherapists

Dr. Jose Andres Sanchez

Dra. Eva Navarro

Opening hours
0900 - 1800
Monday to Friday
Tel:
968 199 685

Every business owner has an idea....

a dream....

a vision....

How that is communicated can be the difference between success and failure.

Costa Calida International Radio and The Journal together
are the media power house to successfully reach your
target audience and grow your business..

For information on our tailored
media packages please contact;

Cathy Smith
The Journal
0034 681 090 799

Janice Sugden
Costa Calida International Radio
0034 603 304 121



www.the-journal.es
www.costacalidaradio.com

MONDAY



Zambuca
BEACH

622 14 98 96

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

Los Palacios Garden Group, 10am - 5pm

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

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

Los Palacios Garden Group, 10am - 5pm

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

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

Los Palacios Garden Group, 10am - 5pm

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

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

Los Palacios Garden Group, 10am - 5pm

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

TUESDAY

restaurante
LA CHARA
Est. 1963

An extra bottle of wine for every 4 diners / extra half bottle for 2 diners INCLUDED FREE when ordering the menu especial!!

Please bring this coupon with you!

Camposol D Clean, 8:30am - 5pm

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

Perrera Dog Walking, 9am - 11am

Alhama Market Day, 9am - 6pm

FAST Volunteers Wanted Social Centre, Camposol, 10am

Friends and Buddies Meeting Social Centre, Camposol, 7:30pm

Blackbull Fish and Chips 5pm - 9pm

Camposol D Clean, 8:30am - 5pm

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

Perrera Dog Walking, 9am - 11am

Alhama Market Day, 9am - 6pm

FAST Volunteers Wanted Social Centre, Camposol, 10am

Friends and Buddies Meeting Social Centre, Camposol, 7:30pm

Blackbull Fish and Chips 5pm - 9pm

Camposol D Clean, 8:30am - 5pm

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

Perrera Dog Walking, 9am - 11am

Alhama Market Day, 9am - 6pm

FAST Volunteers Wanted Social Centre, Camposol, 10am

Friends and Buddies Meeting Social Centre, Camposol, 7:30pm

Blackbull Fish and Chips 5pm - 9pm

Camposol D Clean, 8:30am - 5pm

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

WEDNESDAY



Condado Taxis
0034 622 714 979
Legal and registered

Camposol D Gardening Team 8-11am
Camposol D Clean, 9am

Totana Market Day, 9am - 6pm

Camposol C Gardening Group 9am

Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

MABS Craft Group

MABS Centre, Camposol B, 1:30pm - 3:30pm

The Beacon of Light Canadas Del Romero, 7pm

Camposol D Gardening Team 8-11am
Camposol D Clean, 9am

Totana Market Day, 9am - 6pm

Camposol C Gardening Group 9am

Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

MABS Craft Group

MABS Centre, Camposol B, 1:30pm - 3:30pm

The Beacon of Light Canadas Del Romero, 7pm

Camposol D Gardening Team 8-11am
Camposol D Clean, 9am

Totana Market Day, 9am - 6pm

Camposol C Gardening Group 9am

Local Councillor Silvana Social Centre, Camposol, 10am - 1pm

MABS Craft Group

MABS Centre, Camposol B, 1:30pm - 3:30pm

The Beacon of Light Canadas Del Romero, 7pm

Camposol D Gardening Team 8-11am
Camposol D Clean, 9am

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

THURSDAY



Reeves Butchers
Traditional Butchers since 2005

Reeves Butchers Spain
711 003 354
info@reevesbutchers.com
Deliveries to Camposol and surrounding areas available on request

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 Galayos Restaurant Quiz Night 8.30p

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 Galayos Restaurant Quiz Night 8.30p

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 Galayos Restaurant Quiz Night 8.30p

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 Galayos Restaurant Quiz Night 8.30p

FRIDAY

Restaurante ~ Terraza ~ Cafeteria
LA PROA

restaurant la proa

www.restaurant-laproa.com
reservas@restaurant-laproa.com

Open Every Day Except
Mondays

Avenida Cabo Cope 2
El Alamillo, Puerto de Mazarrón 30860

Tel 968 153 138

SATURDAY

**Do you want to stand
out from the
crowd?**



Call our advertising
department on
681 09 07 99

SUNDAY

Notes

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

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

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

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

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

Mazarron Market Day, 9am - 6pm

Fuente Alamo Market Day, 9am - 6pm

Harlequin Rock Choir Rehearsals
Social Centre, Camposol, 1.15pm

San Jose El Saladillo
Catholic Mass in English, 4:30pm

Blackbull Steak Night 7pm

17th October Zambuca Restaurant FMA
Music Event with Barrington

Mazarron Market Day, 9am - 6pm

Fuente Alamo Market Day, 9am - 6pm

Harlequin Rock Choir Rehearsals
Social Centre, Camposol, 1.15pm

San Jose El Saladillo
Catholic Mass in English, 4:30pm

Blackbull Steak Night 7pm

Mazarron Market Day, 9am - 6pm

Fuente Alamo Market Day, 9am - 6pm

Harlequin Rock Choir Rehearsals
Social Centre, Camposol, 1.15pm

San Jose El Saladillo
Catholic Mass in English, 4:30pm

Blackbull Steak Night 7pm

Mazarron Market Day, 9am - 6pm

Fuente Alamo Market Day, 9am - 6pm

Harlequin Rock Choir Rehearsals
Social Centre, Camposol, 1.15pm

San Jose El Saladillo
Catholic Mass in English, 4:30pm

Blackbull Steak Night 7pm



Costa Calida Radio
90.00 & 100.00 fm

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

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

THE
Journal

Sudokus

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

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

Answers to last months page 66

Firework Jokes

I was afraid I'd fail my fireworks exam...
But I passed with flying colours!

Why should you research fireworks before you
buy them?
To get the best bang for your buck!

What happens when the firework sequence gets
muddled?
They're bang out of order!

Did you hear about the boy who broke into a fire-
works factory?
The police let him off!

How's the fireworks business?
Booming!

What's a firework's favourite food?
Bangers and mash!

The police arrested 2 men for stealing batteries
and fireworks...
They charged one and let the other one off!

I launched my own clothing line this week. I
knew I shouldn't have lit the fireworks near the
washing.

Neighbours told me to bring bangers and rocket
to their firework party. My sausage and peppery
lettuce sandwiches didn't go down well.



Bonfire Night Word Search

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

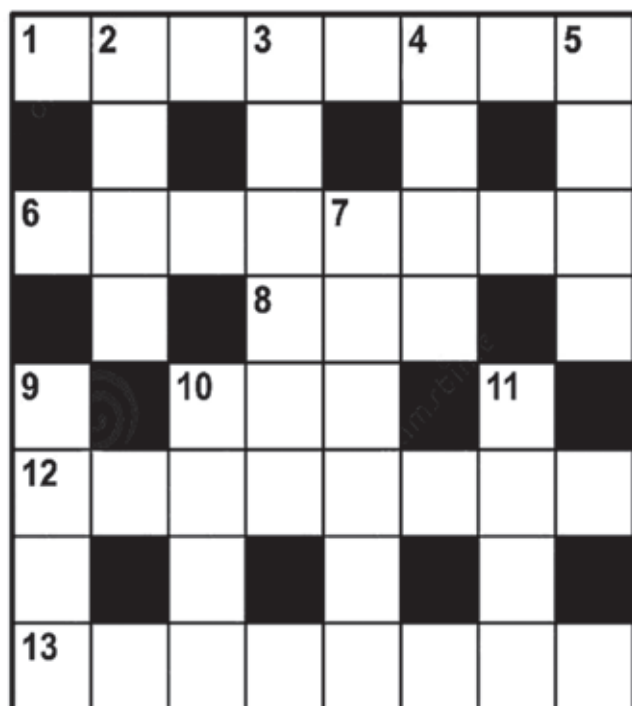


- ♦ FIREWORKS
- ♦ GUY FAWKES
- ♦ CATHERINE WHEEL
- ♦ SPARKLER
- ♦ CANDLES
- ♦ TOFFEE

- ♦ BONFIRE
- ♦ FLAMES
- ♦ STARS
- ♦ NOVEMBER
- ♦ GUNPOWDER
- ♦ ROCKET



Crossword Puzzle



Across

- 1 Digit used for detecting errors
- 6 Abroad
- 8 Trophy
- 10 Bottom line
- 12 Solid with trapezoidal sides
- 13 Become settled

Down

- 2 Busy place
- 3 Tent show
- 4 Aerobic bit
- 5 Zorro wear
- 7 Picnic days
- 9 Smudge
- 10 Scarf material
- 11 Japanese soup



Stand out from the crowd!

Call our advertising department on 681 09 07 99

CLÍNICA PODOLÓGICA

Natàlia García Acosta

Podóloga - Nº Col.122

Telf: 968 103 008

Camposol Business Center
C/Madrid, s/n - 30879 MAZARRÓN



ALL ELECTRICAL WORK
UNDERTAKEN

SURGE PROTECTION AND
CARD METERS FOR
RENTAL PROPERTIES

NO CALL OUT CHARGE ON
CAMPOSOL

FREE ADVICE AND
QUOTATIONS
LEGAL & REGISTERED

T: 666 133 674

Do you want to stand out from the rest?



Call our advertising department on 681 09 07 99



Banking & Financial advice
Fiscal representation & advice
Property conveyance & Legal work
NIE numbers, residencia

Insurances
Wills & Inheritance
Translations

And let us know of any other information or services you may
require and we will do our best to help you!!!

Our company is dedicated to service and our experience will
provide our clients with the care and attention they expect.

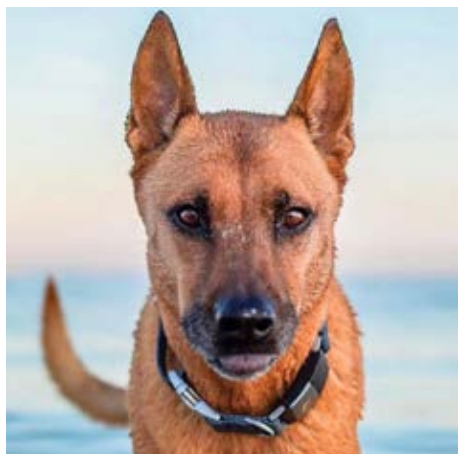
Urbanizacion Camposol, Centro Commercial A Local 28 30870 Mazarrón.
Telf 968199251 Fax 968199175

RAWR™

All-in-one 4G LTE Smart Pet Collar



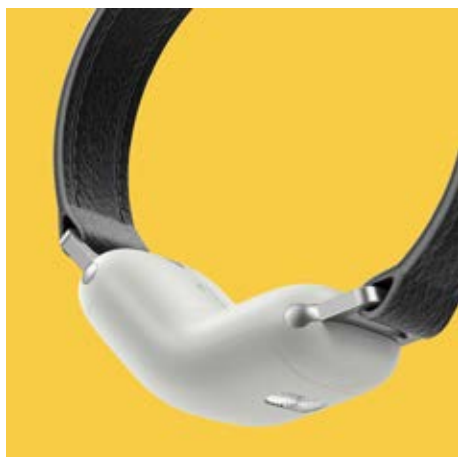
ONE OF THE BEST GPS PET TRACKERS FOR KEEPING TABS



ON YOUR FURRY FRIEND

WHAT IF TECHNOLOGY HELPED YOU BE THE BEST PET PARENT EVER?

As a pet parent you get bundles of joy having a furbaby around. But unfortu-



nately it's not just all wagging tails and cuddles...

Our world is full of dangers your beloved ones face every day - from getting lost or being hit on the road to suffering from separation anxiety.

INTRODUCING RAWR, AN ULTIMATELY SMART PET COLLAR THAT PROTECTS AND CONNECTS YOUR PET TO YOU NO MATTER THE DISTANCE!

Trying to find a lost pet is a heart-wrenching experience. These GPS pet trackers will help you keep better track of your furry friends and worry less about their whereabouts. Most rely on 3G networks for their cellular signal, instead of older-generation 2G networks, which aren't as reliable and are starting to be phased out.

Few GPS trackers rely on 4G LTE networks — the same signal your smartphone uses — since the signal causes more strain on the trackers' batteries. A collar called RAWR hopes to change that.

It's worth mentioning that practically every GPS pet tracker requires a monthly subscription to make full use of it. Just as you pay a bill for your phone, you'll need to pay a fee for keeping the GPS tracker connected to a network. For pet owners on a budget, not great, but— that way you will have some peace of mind always knowing where your furry friend is.

TECH SPECS

BATTERY

WEIGHT

Li-Polymer

45g (1.6 oz)

DIMENSIONS

TECH

55mm x 35mm x 26mm
(2.17" x 1.38" x 1.02")

LTE / GPS, A-GPS / Wi-Fi / BLE / Vibro

LIGHT

FITS PETS

LED lights, unlim colors

Dogs, cats and other pets 4 kg (8 lbs) and larger

IOT CONNECTIVITY

SENSORS

4G LTE US-nationwide network
(Global coverage coming next)

Temperature / Moisture / Proximity / 9-axis Accelerometer

Zyllion Shiatsu Back and Neck Massager



When it comes to finding the best back massager, it's tough to find one that's more universally beloved than this one. It's a 4.5-star Amazon product with over 17,000 reviews, and 74% of those reviews give it a perfect score.

Why is it so great? The Zyllion Shiatsu massager is about 13 by 9 inches, about the size of a small throw pillow. It comes equipped with adjustable straps that allow you to affix it to the back of a seat so that it can be angled right to the area of most tension. Its four red massage balls rotate to administer a rhythmic, shiatsu-style massage to the area of choice, changing direction every minute. Plus, the device is heated for added relief. Users love how simple and endlessly helpful it is at giving firm, but not painful, 20-minute-long massages throughout the day, alleviating muscle tension when it arises. The price point also makes it a nice - but still affordable - gift.



the fifth of November when your Halloween 'Trumpkin' (orange on the outside, hollow on the inside) needs to be thrown out.

So where will we all be as the leaves of Northern Spain turn golden and fall to the ground? Hopefully, life will still continue here in Murcia without further restrictions, and I will have sipped my annual hot chocolate and brandy on the banks of Arlanzon river at Burgos on my way to the ferry, among the horse chestnuts and topiary trees, and have a pocket full of conkers collected from beneath their canopies, for my wardrobe. I was once told by some Spanish ladies walking alongside me, they were good for moth protection, and have returned with a handful ever since.

I almost forgot the quarantine... I am dreading two weeks cooped up on the sofa, without a garden, and only one exciting memory since March; the jet ski and fly ski championship, held in Puerto de Mazarron, where we sat and watched, feeling that life was 'normal' while music and engines roared around us. But having three months in Spain will have been worth the penance.

On the 6th, I will be escaping to the hairdresser at precisely two o'clock following my incarceration; the cost of daring to come to Spain and arriving a week before being told we no longer 'should'. I've booked a table that evening at a newly opened, walkable Marco Pierre White restaurant. After endless cooking and meal planning without the joy of wandering around supermarket aisles (online food shopping just isn't the same) I hope it will be worth it. Plus the walk will be a totter as unused muscles re-activate.

At least the scaffolding and workmen of 'lockdown' are long gone, and I can be Juliet on the balcony, hair tangling in the seafront wind, spouting foamy greetings to passers-by below, drink in hand, teeth chattering, wrapped in wondrous woollies and furry fakes, desperate for fresh air and people. Sadly the annual Guy Fawkes firework display over the bay has been cancelled as it would attract a sizeable Covid-spreading crowd, but the sand dunes outside will doubtless host residents' pyrotechnics which will signal our last night before release.

Talk about 'Going out with a bang'

November already? What a month this will be. If you're reading this on the first, it will be the Dia de Los Santos, when the Spanish celebrate the lives of their deceased relatives by visiting their gravesides with flowers and food. Possibly more poignant than ever this pandemic year. However, this month will see what is the biggest fright-fest following on the heels of this Halloween three day celebration, will be taking place in the USA, as the position of leader of the free world is fought over at the polling booths. And what a scary nightmare this Presidential election is turning out to be. With the return of 'Spitting Image' Trump is almost hysterically bearable as a puppet. (Youtube has new episodes). But remember, remember



Making a comeback! Updated version of the 1960s Mini Moke is being sold in Britain - but just 56 are available for £24,000

Moke International is marking the 56th anniversary of the recreational vehicle with a limited run for the UK

It retains the roofless, doorless and windowless design but with a larger chassis and updated components

The engine is a 1.1-litre petrol with 66bhp and it features power-steering, modern brakes and suspension

Just 56 are being produced, with a price of £20,000 before taxes and delivery charges

Moke's are still in demand in the Caribbean market and have in the past generated plenty of celebrity interest

The Mini Moke, a car that hit the market in the 1960s as a recreational vehicle after failed attempts to market it to the British army as a lightweight military vehicle, is making a return to the UK market, it has been confirmed.

Moke International, the British company that now owns the Moke trademark and is the sole global supplier of the cars, has today revealed a limited run of upgraded versions in Britain, priced at £20,000 before taxes and delivery costs.

At £24,000 including VAT, only 56 are being produced to mark the 56 years since the doorless and roofless stripped-down Mini first went on sale. The manufacturer says the chassis still remains true to the original, which is based on the legendary Austin Mini design.

However, the 56 cars being sold to UK customers feature a raft of component upgrades.

Under the bonnet is a 66bhp 1.1-litre

four-cylinder petrol engine - which is Euro 4 compliant - linked to a four-speed automatic gearbox. A manual gearbox can be fitted as an optional extra. The top speed is a claimed 68mph, which might not be all that comfortable in a vehicle without doors, windows or a roof.

While the small-capacity engine combined with a lightweight body might sound like ingredients for a super-efficient car, the average fuel economy is a relatively disappointing 34mpg.

The chassis is slightly larger than the original to provide more cabin space for a driver and up to three passengers, though exact dimensions have yet to be revealed.

Further enhancements include uprated suspension and brakes and the additional of power steering and a heated windscreen - not that we can imagine many of the 56 buyers using the Moke in UK conditions where you'd need to defrost the window.

The interior remains extremely simple, with a speedometer and additional dials showing fuel level and engine temperature. Pictures also reveal it will have a radio built-in and speakers in the dashboard.

It will come in a choice of 14 paint

The new Moke with it's cover on





Paul McCartney in a Moke

colours, a fabric canopy if you're caught in a downpour, and to make the limited edition run will also have chrome detailed and a Moke56 numbered plaque.

Moke International - which acquired the trademark in 2015 - says it will 'stay true to its British and Continental roots through its strategic approach to manufacturing and engineering'.

All Moke bodies are built in the the Midlands before being shipped to Cerizay, France for final assembly. Production has until now been focused on meeting demand in the Caribbean market, where the Moke is still hugely

popular among private buyers and luxury resorts and hotels as on-site vehicles, but following UK regulatory approval, are now available to purchase in Britain.

Additional models will be launched across Europe, the US and beyond in 2021, the brand says.

Mark Truman is the engineering lead at Moke International, having held senior technical positions at Aston Martin, Ford and Jaguar Land Rover in the past.

'My role at Moke is to preserve the

integrity and spirit of the original Moke whilst incorporating the very best of today's technologies that match the requirements of a new generation,' Truman explained.

'Today's Mokes remain true to the look and feel of the original, with a particular focus on maintaining the sense of fun and freedom that has endeared the car to so many for more than five decades.' The Moke was a hit when it was sold to customers from 1964, making four appearances in Bond films since and snapped with celebrities at the wheel, including Sir Paul McCartney.

It was originally prototyped for light-weight military transportation, but the small wheels and low ground clearance made it unsuitable as an off-road army vehicle.

The first Mokes were manufactured at BMC's Longbridge, Birmingham plant, where 14,518 were made between 1964 and 1968.

There was also subsequent production in Australia and Portugal, with assembly ceasing in the latter in 1993.



This 1965 advert for the Mini Moke shows the recreational vehicle in more elegant surroundings than it was originally designed



Mexico Grand Prix 2020
Race 1st November, 20.10 – 22.10
Round 20

Autodromo Hermanos Rodriguez Circuit
First Grand Prix 1963
Number of Laps 71
Circuit Length 4.304km
Race Distance 305.354 km
Lap Record 1:18.741 Valtteri Bottas (2018)
Mexico City

When was the track built?
 In 1959. The father of Mexico's most famous racing brothers, Ricardo and Pedro Rodriguez, was an advisor to Mexican President Adolfo Lopez Mateo, and had a word in his boss's ear about building a racing circuit in Mexico City's Magdalena Mixiuhca sports park using the existing internal roads. El Presidente liked the idea, and work on the track

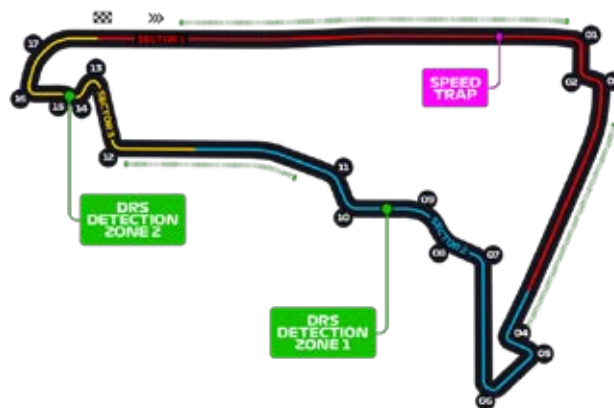
was completed in under a year.
When was its first Grand Prix?
 Formula 1 cars arrived in 1962 for a non-championship race, returning the following year for a proper, bona fide Grand Prix. That 1963 race was won by Jim Clark, while for the next few years, Mexico's fiesta vibes meant it became the traditional season-ender for Formula 1. Mexico was welcomed back onto the F1 calendar in 2015.

What's the circuit like?
 High up! The Autodromo Hermanos Rodriguez sits over 2km above sea level, making the 4.3km lap a breathless experience. The track still largely follows the outline of the original 1959 circuit, the main difference being that the spectacular – and spectacularly scary – Peralta corner is now bisected, with the circuit instead winding through the old Foro Sol baseball stadium, providing one of F1's most unique vistas.

Why go?
 Mexico City is one of the world's

most buzzing, vibrant metropolises. And with the Autodromo Hermanos Rodriguez located just to the east of the city, with a metro station ready to whip you into the downtown at the end of each day's racing action, the Mexican Grand Prix is a fantastic chance to properly mix sport and culture.

Where is the best place to watch?
 Fight tooth and nail for a spot in the Foro Sol. Not only will you get to peer down into the cockpits of the drivers as they pass through the stadium, but the atmosphere when the podium ceremony unfolds there has to be experienced to be believed.



Brazilian Grand Prix 2020
Race 15th November, 18.10 – 20.10
Round 21
Autodromo Jose Carlos Pace Circuit
First Grand Prix 1973
Number of Laps
Circuit Length 4.309km
Race Distance 305.909 km
Lap Record 1:10.540 Valtteri Bottas (2018)
São Paulo

When was the track built?
 Building work began on what ended up being called the Autodromo Jose Carlos Pace – but what is more commonly referred to as Interlagos – all the way back in 1938. The track designers took their inspiration from three main circuits: Brooklands in the UK, Roosevelt Raceway in the USA and Montlhery in France.

When was its first Grand Prix?
 Buoyed by the success of Brazil's Emerson Fittipaldi, Formula 1 first jetted into Interlagos for a world champion-

ship race in 1973. Fans were treated to a home win in the first three Brazilian Grands Prix, with Fittipaldi victorious in 1973 and 1974, while Carlos Pace won in 1975.

What's the circuit like?
 Like many pre-World War II tracks, Interlagos features banked corners, with the drivers beginning their lap on a sort of half oval – in fact, between 1957 and the track's return to the F1 calendar in 1990, Interlagos could be run as a giant oval. After wiggling through the Senna S and down to Turn 4, the drivers then go through a snaking in-field section with some challenging camber changes, before slinging back up the hill and through the banked final turn.

Why go?
 A carnival atmosphere really does dominate in Brazil, and watching Formula 1 cars alongside the locals is something every F1 fan should experience. True, it doesn't look like there'll

be a local driver to cheer on any time soon, but that won't stop the party at Interlagos.

Where is the best place to watch?
 Because of the bowl-like nature of the track, a place in Grandstand A on the banked entry to the start-finish straight will give you a double whammy of views, allowing you to see the cars winding through the infield section and then passing underneath you. On the other end of the straight, Grandstand M will put you on top of the first corner and the Senna S, the best spot to watch overtakes on the track.





Abu Dhabi Grand Prix 2020
Race 29th November, 14.10 – 16.10
Round 22

Yas Marina Circuit
First Grand Prix 2009
Number of Laps 55
Circuit Length 5.554km
Race Distance 305.355 km
Lap Record 1:39.283 Lewis Hamilton (2019)
Yas Island

When was the track built?

In 2006, plans were announced to develop Yas Island, located just to the east of Abu Dhabi, into a new tourist destination, with a major part of the plans centering around a 5.5km race track. The diggers rolled into what would become the Yas Marina Circuit in May 2007, with the project completed by October 2009.

When was its first Grand Prix?

In 2009. The track debuted as that year's

Formula 1 season finale, with Red Bull's Sebastian Vettel winning from team mate Mark Webber and the already-crowned 2009 champion Jenson Button. Vettel would go on to secure his first title in Abu Dhabi a year later, amid much crying.

What's the circuit like?

The Hermann Tilke designed track is dominated by its 1.2km straight between Turns 7 and 8, which, with slow-speed corners marking its beginning and end, makes it a honeypot for overtaking moves. Other highlights include the tricky run through Turns 15 and 16 into 17, which forces the drivers to brake hard with bags of lateral load still on the car.

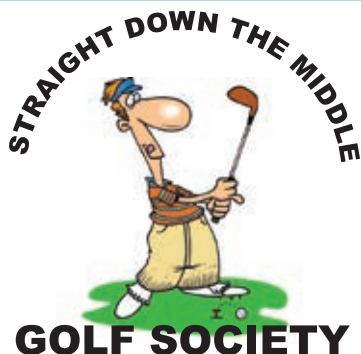
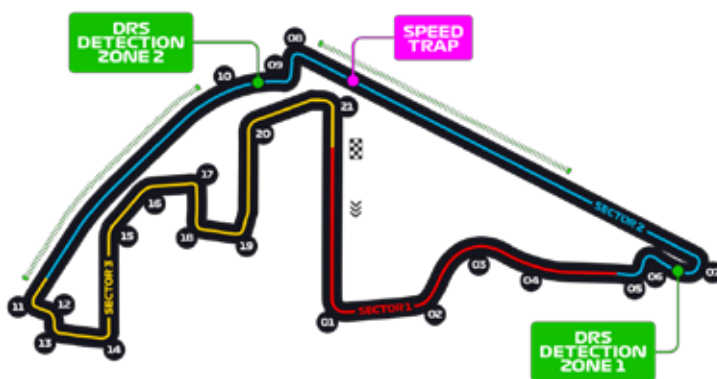
Why go?

Yas Island was a blank canvas for developers to turn into a tourist attraction, and 11 years and \$40 billion later, they've nearly finished doing just that. Seven hotels, Ferrari's indoor theme park, a mall, a water park,

a golf course, a beach, a concert arena and a nightclub, all framed by perfect Emirati weather. What more could you want?

Where is the best place to watch?

Assuming you can't get a room with a trackside view in the spectacular whale-shaped Yas Hotel – or a berth in a boat's cabin in the marina – opt for a spot in the West Grandstand, a great place to watch all the overtaking action into Turn 8. Or if you're more there for the atmos, stick yourself in the Main Grandstand overlooking the start-finish straight and enjoy Abu Dhabi's famed pyrotechnics. It might be worth trying to get a seat high up in whatever grandstand you choose, though, if you're looking to keep out of the sun.



Venue: El Valle Golf Course
Date: September 23rd

It was a bit overcast at 10.45, but turned into a beautiful sunny day with a light breeze. The course was in great condition. There was good turnout with 28 players on the day. A few players turned up unexpectedly much to our secretary's amazement, which meant there was a shortage of buggies. Fortunately, two players volunteered to walk much to the relief of us all. Well done, you know who you are!

The scoring format was Stableford full handicaps. The winner in Group A with an outstanding score of 35 points was Russ Conley and in second place on 32 points was Dave Wainwright. In Group B the winner was Steve Leason on 42 points and second on 36 points was Dave Hemming. The nearest to the pin winner on hole 6 and 12 was Russ Conley. Well done

Russ a sparkling days golf. Scoring was difficult on this challenging course especially as the greens were quite fast. Well done to all, there were some great golfing performances. It should be mentioned that Graeme Boyd scored his first ever birdie.

After some liquid refreshment in the clubhouse the prize giving commenced. The next golf match will have been held at Roda Golf Club on 21st October. We are always pleased to welcome guests so don't hesitate to get your friends along to play.

If you are interested in joining our golf society then please contact Jim Niblo on sdtmsec@gmail.com

Ian Stewart





CAMPOSOL BUSINESS CENTRE

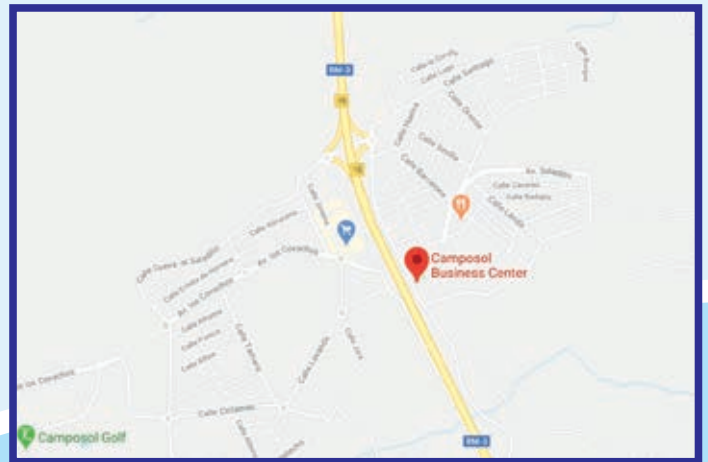
List of business;

- * Camposol Health Clinic
- * Dental
- * Cosmetic Surgeon
- * Traumatology
- * Physiotherapy
- * Ibex Insurance
- * The Journal
- * Shirley Fisher

The Business Centre is adhering to all legal requirements above and beyond to ensure clients safety.

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

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



Opening hours 0900-1800 Monday to Friday
Address: Calle Madrid, 19, 30870 El Saladillo, Murcia

Tel: 968 199 685



ECOADVENTURE.ES

* RENTAL AND SALE OF ELECTRIC BICYCLES *



ECOADVENTURE.ES

* RENTAL AND SALE OF ELECTRIC BUGGIES *



WE SPECIALISE IN ELECTRIC MOBILITY.

WE CAN OFFER VARIOUS MODELS OF ELECTRIC BIKE INCLUDING MOUNTAIN BIKES AS WELL AS 100% RECHARGEABLE BUGGY'S



Visit us at our store:

Avenida Pedro López Meca, 450 - 30877 - Bolnuevo - Mazarrón



Visit our website:

www.ecoadventure.es

+34 675 551 600



@hola@ecoadventure.es

THE ROYAL BRITISH LEGION

Always
Forever



"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"

WE NEED YOU

The Royal British Legion
Spain District North
has 16 Branches &
1 Sub Branch.

Please note, you do not
need an Armed Forces
background to become
a member.

If you would like more
information, contact
Bob Hurley or Lynn
Simmonds.



Registered Charity No. 219279
Spanish NIF N8281536
As At: 08/Jun/2020

The primary aim of the Royal British Legion is to support serving members of
the Royal Navy, Royal Marines, British Army, Royal Air Force, Reservists,
Veterans and their families, many Veterans and their families live within the
Alicante Branch catchment area.

Your Local RBL Representatives:

Bob Hurley:
Mobile / WhatsApp: +34 722166267
Murcia.Chairman@rbl.community
Lynn Symonds:
Mobile / WhatsApp: +34 609649409
Murcia.secretary@rbl.community

THE ROYAL BRITISH LEGION - IN SPAIN

Provides lifelong support to the Armed Forces
Community, to our serving men, women, veterans and
their families

Pamela Twissell-Cross
District Community Support Coordinator (Spain North)
Tel: +34 676 451 780, Mon to Fri 09:00 - 14:00 hours

AGE
Concern
Costa Calida

AGE
Concern
Costa Calida

Age Concern Sponsored Swim

New Year's Day 2021

Bahia Beach 1 pm

Charity Number G30853733

Sponsor Forms available :- Isabel Stewart 634 312 518



Casual wear to cozy
up in



H&M €4.99

LOUNGEWEAR CAPSULE

The comfy essentials - easy to dress up or down

2019
www.uselesswardrobe.dk



Basic sweat



Basic tees



Fuss-free undies



Basic tank top



Hoodie



Grey sweatpants



Fitted sweatpants



Home slippers



Cool trainers

COMFY NIGHT IN



RUNNING ERRANDS (Mixed with everyday wear)



www.uselesswardrobe.dk



HAIR CARE TIPS & ADVICE 10 Winter Hair Care Tips

If you live where winter weather occurs, then you're likely familiar with the toll it takes on your hair. Winter weather is harsh on all hair textures and types. Just like skin, hair needs protection from the cold to remain soft and healthy. Defend your tresses from arctic air, whipping winds, static electricity, and even indoor heat. You want to have lovely locks to show off when spring (finally) comes! Try these 10 winter hair care tips to keep your hair in great shape—even when it's freezing outside:

1. Wear a hat.

It is important to cover your hair during the winter months to shield it from the moisture-robbing dry air, snow, wind, and rain. This is not the time to worry about dreaded hat hair. The elements dry your hair out, making it more prone to breakage. Wool, cotton, and other fabrics can cause breakage as well, so make sure to line your hat with silk or satin to help prevent damage. Fight static electricity under your hat by using a dry oil spray. Dry oils are weightless and contain natural oils that moisturize hair, bringing back its shine.

2. Buy a humidifier.

Want to know a surprising way to fight dry hair in the winter? Use a humidifier. Indoor heating causes the air in your home to become very dry, pulling moisture out of your hair. Humidifiers help rehydrate the air to keep your locks looking lustrous.

3. Get regular trims.

Trimming your hair every four to eight weeks is a good way to maintain hair health and keep your locks looking fresh. Take a half inch off the bottom to reduce the chances of developing dry, split ends.

4. Lower the water temperature

when you shower.

Even though a steamy shower might be just what you're looking for when the temperature is below freezing, hot water can zap moisture from your hair making it brittle and more vulnerable to breaking. Wash your hair with lukewarm water and follow with a cool rinse instead.

5. Avoid heat styling.

Allowing your hair to air dry is best. Blow drying draws moisture out of your hair increasing the chance of breakage. Heat-free drying helps keep your hair shiny and healthy. Short on time? Try taking your shower in the evening so your tresses can dry naturally overnight. Embrace your natural hair and air-dry whenever possible. When your hair is already delicate in the colder months, heat styling amplifies the issue and sucks the moisture right out of your strands. Refrain from straightening or curling your hair during the winter. Use this time to explore new styles like twists, braids, and buns.

6. Don't leave the house with wet hair.

Wet hair is more vulnerable to damage than dry hair. Walking outside in winter with a wet head can cause hair to freeze and break. While air drying is best, it's better to blow dry your hair than go outdoors with a saturated mane.

7. Use an oil treatment.

When winter wreaks havoc on your hair, restore moisture with an

oil-based hair treatment. Choose a light-weight leave-in formula with argan oil to instantly revitalize dry, damaged hair. Apply nourishing hair oil at the ends daily to help replenish moisture and protect your hair.

8. Deep condition once a week.

Moisturizing is the name of the game for winter hair care. Use a leave-in conditioner weekly to replenish moisture and combat the effects of hot styling tools, indoor heating, and cold winter winds. Static hair is a common occurrence when your hair is subject to cold weather. Keeping hair hydrated with a leave-in conditioner will help protect it. You may also want to try lightly swiping a dryer sheet over the fly-aways to rid your hair of static.

9. Commit to a weekly hair mask.

Just like weekly face masks are essential for healthy skin, weekly hair masks can make a significant difference when it comes to dry, damaged hair. They can reverse the effects of dryness while making sure your hair is protected at an optimal level all year round. Hair masks are quick and easy to use. They are packed with tons of hair health benefits and are effective in under 20-minutes. Hair masks offer benefits like softening, hydrating and adding shine.

10. Avoid frequent hair washes.

Over-washing your hair will strip it of natural oils that help to keep hair moisturized and protected. This is especially bad in the winter when those oils are much needed. Try extending the time between your washes as much as possible.



Just Joe's
Hair & Beauty Salon - Barbers



Av. Antonio Segado del Olmo, 8, 30877 Bolnuevo, Murcia
Phone: 968 15 84 33 - Email: janessalon1@gmail.com



Top Beauty Buys for Under £10

Maybelline 24 hr Superstay Foundation £9.99



This long-lasting Foundation evens out and camouflages skin imperfections and provides a flawless finish. It features an oil-free formula that is non comedogenic so doesn't clog pores and is dermatologist tested. It stays in place for 24 hours and doesn't feel too heavy on the skin. It provides a medium to full coverage.

NYX Professional Makeup Slide on Eye Pencil £6

This formula doesn't smear or smudge

and delivers powerful colours. It's soft and smooth, meaning it's easy to apply. My favourite shade is golden bronze.

Primark Lip Pencil £1

There are seven shades in the range and my favourite is shade 'nude'. They apply smoothly and stay put for a good few hours. For £1, you can't go wrong!

L'Oreal Paris True Match Blush £7.99

This blush is the perfect finishing touch to your look. The soft, powder blush provides a soft shimmer for a healthy-looking complexion. It



comes in pink, apricot and honey hues to match every woman's skin tone. It also comes with a mini applicator brush, so you can apply on the go!

Superdrug Vitamin E Hydrating Mist 150ml £3.99

Vitamin E Refreshing Toning Mist comes with soothing Aloe Vera which instantly revitalises and tones the face

giving a boost of moisture with each spray. I use this instead of setting spray as it works just the same!

Top tip - Pop this in the fridge over night and use as a cooling mist the next day. It's perfect if you're nipping to the beach and need to cool down!

Maybelline Lash Sensational Mascara £6.99

The applicator brush has 6 lengths of bristles which captures the tiniest lashes. It also defines your eyes and give the effect of longer lashes.



Doll Beauty faux mink lashes £10

With a gorgeous gradual extension from the root, these lashes give the illusion of a fuller lash without overpowering the eye. Perfect for any of your upcoming events! The faux mink collection are 100% reusable up to twenty times! So keep your DOLL box safe.

How To Use

Step 1 - Apply a light layer of mascara & leave to dry, so that the lashes have something to rest on.

Step 2 - Measure and trim the lashes to fit your eyes. Only trimming from the outer corner.

Step 3 - Apply Dolly Glue & wait for it to turn tacky.

Step 4 - Wiggle the lash band, apply lashes looking straight ahead & secure edges.

Step 5 - Clamp false lashes and your lashes together using eyelash curlers. The finished look - Your lashes will stay on until you remove them at the end of the day. Please take care when removing the glue off the lash strip

*An easy Christmas cake that turns out perfect every time. Plus tips on storage and feeding your Christmas cake (boozy and non-boozy).
Read why November really is the time to make your Christmas Cake!*

Ingredients

For the cake · 175g/6oz raisins · 350g/12oz natural glacé cherries, halved, rinsed, and thoroughly dried · 500g/1lb 2oz currants · 350g/12oz sultanas · 150ml/¼pt brandy or sherry, plus extra for feeding · 2 oranges, zest only · 250g/9oz butter, softened · 250g/9oz light or dark muscovado sugar · 4 large free-range eggs, at room temperature · 1 tbsp black treacle · 75g/3oz blanched almonds, chopped · 275g/10oz plain flour · 1½ tsp mixed spice

For the covering · about 3 tbsp apricot jam, warmed and sieved · icing sugar · 675g/1lb 8oz marzipan

For the royal icing

· 3 free-range eggs, whites only · 675g/1½lb icing sugar, sifted · 3 tsp lemon juice · 1½ tsp glycerine

Method

1. For the cake, place all the dried fruit, including the cherries, into a large mixing bowl, pour over the brandy and stir in the orange zest. Cover with clingfilm and leave to soak for three days, stirring daily.
2. Grease and line a 23cm/9in deep, round tin with a double layer of greased greaseproof paper. Preheat the oven to 140C/120C Fan/Gas 1.
3. Measure the butter, sugar, eggs, treacle and almonds into a very large bowl and beat well (preferably with an electric free-standing mixer). Add the flour and ground spice and mix thoroughly until blended. Stir in the soaked fruit. Spoon into the prepared cake tin and level the surface.
4. Bake in the centre of the preheated oven for about 4-4½ hours, or until the cake feels firm to the touch and is a rich golden brown. Check after two hours, and if the cake is a perfect colour, cover with foil. A skewer inserted into the centre of the cake should come out clean. Leave the cake to cool in the tin.
5. When cool, pierce the cake at intervals with a fine skewer and feed with a little extra brandy. Wrap the completely cold cake in a double layer of greaseproof paper and again in foil and store in a cool place for up to three months, feeding at intervals with more brandy. (Don't remove the lining paper when storing as this helps to keep the cake moist.)
6. The week before you want to serve, begin covering the cake.
7. For the covering, stand the cake upside down, flat side uppermost, on a cake board which is 5cm/2in larger than the size of the cake.
8. Brush the sides and the top of the cake with the warm apricot jam.
9. Liberally dust a work surface with icing sugar and then roll out the marzipan to about 5cm/2in larger than the surface of the cake. Keep moving the marzipan as you roll, checking that it is not sticking to the work surface. Dust the work surface with more icing sugar as necessary.
10. Carefully lift the marzipan over the cake using a rolling pin. Gently level and smooth the top of the paste with the rolling pin, then ease the marzipan down the sides of the cake, smoothing it at the same time. If you are careful, you should be able to cover the cake with no excess marzipan to trim but, if necessary, neatly trim excess marzipan from the base of the cake with a small sharp knife. Cover the cake loosely with baking parchment and leave for a few days to dry out before adding the royal icing.
11. For the royal icing, whisk the egg whites in a large bowl until they become frothy. Mix in the sifted icing sugar a tablespoonful at a time. You can do this with a hand-held electric whisk, but keep the speed low.
12. Stir in the lemon juice and glycerine and beat the icing until it is very stiff and white and stands up in peaks.
13. Cover the surface of the icing tightly with clingfilm and keep in a cool place until needed.
14. To ice the cake, place all the icing onto the top of the cake. Spread evenly over the top and sides of the cake with a palette knife. For a snow-peak effect, use a smaller palette knife to rough up the icing.
15. Leave the cake loosely covered overnight for the icing to harden a little, then wrap or store in an airtight container in a cool place until needed.



Reeves Butchers

Traditional Butchers since 2005

Purveyors of Quality Meat, Homemade Sausages, Burgers,
& Scotch Eggs. Skilled Butchers onsite to offer advice.

"Place your Christmas orders now to avoid disappointment"

For our full price list please use the QR code or collect one from Luz Del Sol office



Turkey ~ Goose ~ Duck ~ Gammon ~ Rib of Beef

Reeves Pigs in Blanketssee price list for our full range of Christmas fayre.

DELIVERY TO YOUR DOOR.

Last day for ordering is 12/12/2020 & the last delivery is 23/12/2020



Reeves Butchers Spain



711 003 354



info@reevesbutchers.com

**Deliveries to Camposol and surrounding
areas available on request**

For our Full Range
please scan the QR code



Spanish Mushroom Revuelto



INGREDIENTS

1 ½ CUPS onions diced
 4 CUPS white mushrooms sliced
 ¼ CUP water
 ½ TEASPOON turmeric
 ½ TEASPOON garlic powder
 ¼ TEASPOON freshly ground pepper, divided
 1/8 TEASPOON fine sea salt
 1 ½ CUPS egg whites from approximately 8 eggs
 4 CUPS baby spinach leaves
 Smoked paprika for garnish (optional)

DIRECTIONS

1. In a large 12-inch sauté pan over medium heat, combine onions, mushrooms, water, turmeric, garlic powder, 1/8 teaspoon of the pepper, and salt. Cook, stirring occasionally, until mushrooms are tender, onions are translucent, and all moisture has evaporated, about 7 to 10 minutes.

2. Add egg whites and remaining 1/8 teaspoon pepper. Cook, stirring frequently, until egg whites are opaque.

3. Just before the egg whites are fully cooked, fold in the spinach. Continue cooking until spinach is wilted and any excess liquid has evaporated. Taste for seasoning, adding additional salt if desired. Sprinkle with smoked paprika, if using. Serve immediately.

Corned Beef and Cabbage in a Slow Cooker



INGREDIENTS

- Corned Beef Brisket
- Onion
- Red Potatoes
- Baby Carrots
- Beef Bouillon Cube
- Beef Broth
- Garlic
- Cabbage
- Dry Mustard
- Worcestershire Sauce
- Caraway Seed

Method

1. Trim fat from the brisket, then slice and prepare veggies.
2. Place onions, potatoes, and carrots at the bottom of the crock pot, then place the corned beef on top.
3. Whisk together the bouillon cube, Worcestershire sauce, garlic, beef broth, and dry mustard. Then pour this mixture over the brisket, and sprinkle in the spice packet (if desired).
4. Cover the slow cooker and cook for 8-10 hours on the low setting, OR 4-5 hours on the high setting. Add in the cabbage and caraway seeds during the last hour of cooking. When ready to serve, discard the liquid, slice the meat, and enjoy!

Cinder Toffee



Ingredients

- 200g white sugar
- 4 tablespoons golden syrup (see notes)
- 1 tablespoon bicarbonate (baking soda)
- 200g milk chocolate

Instructions

1. Some people have reported that the cinder toffee has overflowed. Therefore, make sure you use a fairly deep dish (mine is 5cm in depth).
2. In a heavy bottomed pan, add the sugar and syrup and heat on a medium temperature until the sugar starts to melt.
3. Stir often, making sure the mixture doesn't stick, and continue to cook until it changes to a darker brown colour (this should take around 6-8 minutes but watch it carefully because it is very easy to burn).
4. Remove from the heat and then quickly add the baking soda, whisking it in to the hot mixture, then pour into the prepared tin. Move fast because the sugar mixture starts to harden almost immediately.
5. Set to one side until it has hardened completely (about 30 minutes).
6. In the meantime, melt the chocolate and then pour over the hardened honeycomb. Break, crush or cut up the gingerbread and sprinkle over. Allow the chocolate to set (it doesn't need to be in the fridge unless you are in a hurry).
7. When ready, break or cut into shards. The pictures in this post show very large pieces for photographic purposes which were broken into smaller pieces before eating.



Spinach Lasagna

INGREDIENTS

1 box lasagna noodles
 1 large onion, chopped
 3 cloves garlic, minced
 kosher salt
 Freshly ground black pepper
 1 tsp. dried oregano
 2 packages frozen spinach, thawed
 and drained of excess liquid
 3 c. ricotta
 1 large egg
 1/2 c. Parmesan
 1/2 tsp. ground cinnamon
 3 c. mozzarella
 2 c. marinara
 Freshly chopped parsley, for garnish

DIRECTIONS

1. Preheat oven to 350°. Bring a large pot of salted boiling water to a boil and cook lasagna noodles until al dente. Drain.

2. In a large skillet over medium heat, heat oil. Add onion and garlic and season with salt, pepper, and oregano. Stir in thawed and drained frozen spinach until completely combined.

3. In a large bowl, stir together ricotta, egg, and Parmesan and season with cinnamon, salt, and pepper.

4. In a large baking dish, layer 5 lasagna noodles so they're slightly overlapping. Spoon over a thin layer of marinara and top with a layer of spinach mixture and ricotta mixture. Sprinkle with a layer of mozzarella. Repeat, ending with mozzarella.

5. Cover with foil and bake 45 minutes, then remove foil and continue baking 15 minutes more.

6. Let cool 10 minutes, then garnish with parsley, slice, and serve.



Zambuca

BEACH

Plaza Comunidades Autonomas, 30,
 30860 Puerto de Mazarrón, Murcia

T: 622 14 98 96



Zambuca Beach Restaurant and Cocktail Lounge, for amazing beach side fine dining with panoramic views of the bay, Mediterranean foods and cocktails, visit the newest and hottest place, located by the beach, for an amazing day or night experience.



Tapas Available



Tasty and Filling Menu Del Dia
 Only 12.50 euros

Live Music Events, Follow Our Facebook Page For
 Full Details of Weekly Entertainment



Open from midday, follow on facebook
 Zambuca Beach Chiringuito & Restaurante.



THE FLAVOR STAR

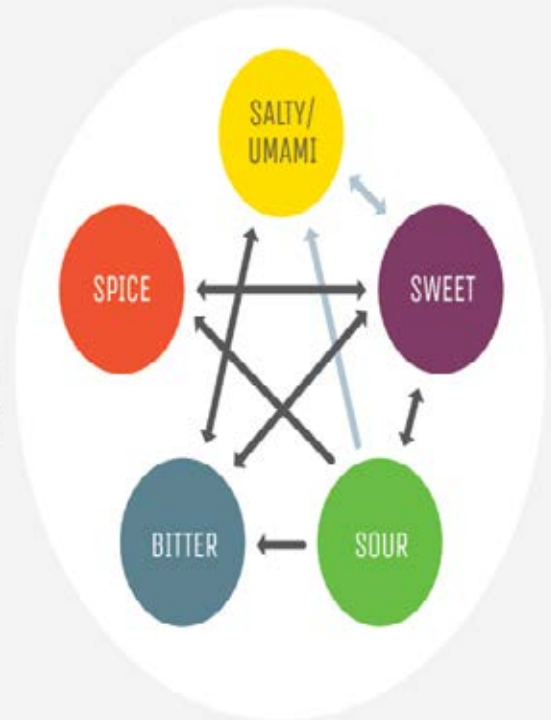
ENHANCES

Brings out the other flavor

BALANCES

Counteracts the other flavor. If your dish is experiencing too much of one flavor, use a balancing flavor to level it out.

COOKSMARTS



restaurante
LA CHARA
Est. 1963

La Chara Restaurant, Isla Plana
Top Quality Authentic Spanish Dining

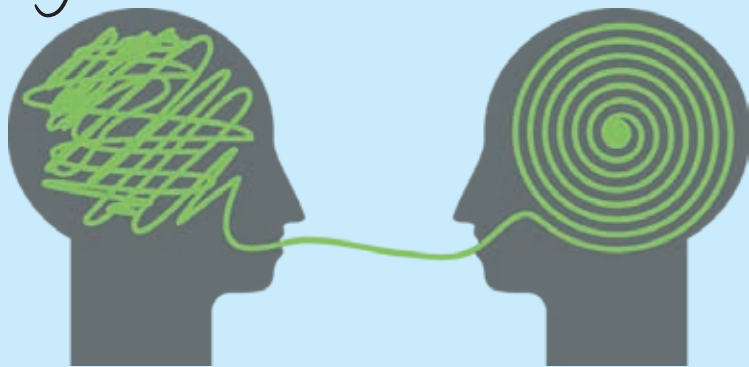
We believe that we have one
of the most extensive and reasonably
priced a la carte menus in the area



Book Your Table 968 152 016

Debbie Shaw

Translator & Interpreter
You deserve to understand



For assistance in all aspects of Spanish

**Call Debbie on
677 35 31 36**

debstranlation@hotmail.co.uk

*** Residencia**

*** NIE**

*** Health system eligibility/registration**

*** Liaison with Police, Guardia
and Government offices**

*** Vehicle imports and exchanges**

*** Spanish Drivers Licenses**

*** Spanish Wills**

*** Notary appointments**

*** Non-residents Tax**

*** Annual medical scheme; Only 65€
(Camposol Medical Centre only – conditions apply)**

*** Alternatively one-off Medical
Centre appointments**

*** Bespoke Translation Services –
Tailored to your individual needs.**

2 Wills for 220€ including all fees

**UNDER THE SINK
WATER FILTRATION SYSTEM**



**Delicious tasting
filtered water
direct from your
existing cold tap**

TRIPLE ACTION FILTRATION

**Improves taste and odour
Reduces scale in your kettle
Manufactured to NSF std. 42**



For all the family

**Thank you for
helping to
Turn the Tide
on Plastic
Waste**



ECO THE FILTER HERO

waterfiltersspain

**Uses your existing tap,
No extra Tap needed**

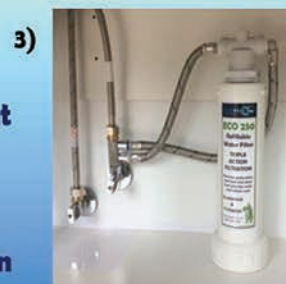
Easy to Install in 3 simple steps:

**1) Turn off the cold water supply and
disconnect the cold water tap tail from
the supply line**

**2) Install the filter diverter valve
between the incoming cold water
supply and the cold water tap tail**

**3) Install the filter to the cold water
filter diverter valve, making sure that
the direction of flow matches the
arrows on the filter head.**

**4) Turn the cold water supply back on
and flush the cold water through the
tap for 30 seconds**



**EASY INSTALATION,
NO EXTRA TAP
RRP €99,99 Now on offer for
ONLY €49.99 supply only
Call Debbie on 677 35 31 36**



Hello everyone,

I hope you all have had a good month.

We are still experiencing unusual times and living in a changing environment which can be unsettling. Be assured that Lightworkers around the World are working as hard, as we all can, sending out Healing to wherever it is needed to bring about peace and calm to our existence. You can help by doing the same, just send out positive thoughts & intentions (prayers) and let the Universe do the rest. We send out our love to all those who have transitioned during this time and their families.

This month we said that we would look at having 'A Sitting'. What is the difference from having a Psychic Reading. The same advice applies to looking for a 'Medium' as it did with finding a Psychic Reader.

Before I go any further, I feel that I should give some enlightenment to what and who we are. For those of you already on an 'Enlightened Pathway', you will already know what follows.

Ask yourself some questions – Is this life all there is? Are we only flesh and bones?

Wouldn't it be a shame if the answer to these questions are yes. We are so much more and our lives have so much more meaning than you may realise.

This is an extensive Topic, which I could not possibly convey in depth in one Article, however, I feel more coming on!!

We are all a 'Spark of Divine Essence' from the Creator (God, The Divine, Allah, etc.). We are all consciously connected together and are all energy and are unique, with our own personalities and our own Life Journey, no two are identical. Yes, in this physical life, we have a body, we have been born from our Parents. But ask yourself, why do we all have different personalities and different lives? If this life is it and there is nothing more, why are we not all the same, with the same lives. Why are some people rich, some experience chronic illness, some people are alone, some are surrounded with large families, lots of friends, others are intelligent and others aren't. Why would we all be so different and have varied life experiences, if this life is all that there is?

Hopefully, the brief explanation (because it's a big topic) that I will give, will help you to understand more clearly. We are all Souls who have come to have an experi-

ence of Life. We have many lessons to learn too, which one life, just would not give the opportunity of all experiences we need to grow.

Within our Soul, we carry all our memories, characteristics, personality and love. The Soul is a great intelligence that has the ability to flow and exist on many different dimensions and time scales.

When we pass, our physical bodies may expire, but our Soul is eternal and does not die. I am sure that you all have had your own experiences of connecting with the Spirit World, whether that be intentionally or unintentionally. The voice you heard behind you, the sense of someone being close by, smelling an aroma that connects you to someone passed.

A 'Medium', connects with the essence of that Soul in the Spirit World, to the consciousness, to bring about communication to an Earth Loved One, to reassure them that they are still around, looking after us, loving and caring for us. The Spirit World are our greatest champions and only want the best for us. They will help us in any way that they can.

Mediumship is the ability to give proof that we continue to live and that our Soul is on a continuous journey. There is no end to life and there are only new beginnings in the Spirit World. A Medium has developed their gifts to be able to be a bridge between our World and the Spirit World. I personally find it distasteful to say we 'talk to dead people'. That conjures up images of zombie type creatures, which is so far from the truth.

When going to a Medium for a sitting, again please be open minded, because you may have in mind just one Soul that you wish to connect with, however, a neighbour or another family member may come through first to build the energy for you. We would all love to have a direct dial button, however, this is not how it works.

A Medium should never make you feel uncomfortable, scared or nervous. They should be able to put you at ease and allow you to feel the connection of the communicators coming through. Different Mediums can be good for different people and we all work differently, still striving to work in love to bring about healing and comfort to the person wanting to know that their Loved One in the Spirit World is fine, out of pain and that they continuing to walk beside us, still loving us. There are different types of Mediumship, that you maybe lucky enough to experience, from Evidential Mediums, Trance Mediums and Physical Mediums. Again, all different, which we can discuss in other issues of the Magazine in the future.

During the month of November, we take the opportunity to reflect on the past, of all the wars and conflicts that have affected us, our communities and the world.

We should remember those that have gone before us and gifted us with the greatest sacrifice of giving their earth lives for our liberty, our lives and our freedom of speech.

On reflection of this, I would like to introduce an infamous Trance Medium called Helen Duncan (25 November 1897 – 6 December 1956).

Helen was known as a strong, notorious woman, she would travel around the country and conduct Trance Demonstrations. Many revered her and many called her out for being a fraud.

In 1941 she came to the attention of the police after she allegedly conversed with a sailor from the British battleship HMS Barham who had just passed. The sailor disclosed that he was one of more than 800 men who had lost their lives after the ship was torpedoed by a German U-Boat. The news shocked those present, no announcement of the tragedy had yet been announced by the War Office or the Press and yet the information given by Helen and her sailor was accurate. It was true, HMS Barham had indeed been destroyed on 25 November.

How was Helen aware of classified Military information? The Government was afraid that she was in contact with the enemy or receiving leaked information from inside the War Office. With the critical D-Day landings imminent, the British Government ordered her arrest.

Helen was arrested on the 19 January 1944. She and three members of the audience were arrested under the catchall Vagrancy Act of 1824, a charge later amended to one of Conspiracy, in wartime Britain, this carried the sentence of death by hanging. But by the time the case was brought to the Old Bailey the charge had been changed again to fraudulent 'spiritual' activity. Oh, the Nay Sayers. She served six months of her sentence and was released from Holloway Prison on 22 September 1944. She continued to carry out demonstrations and five weeks later, she died at her home in Edinburgh.

Helen divided public opinion, to some she was a genuine Medium, capable of connecting to those who had passed. To others, she was a fraudster. Everyone, it seemed, had an opinion about her, even Winston Churchill was furious to discover that the 1735 Witchcraft Act had been used in a modern Court of Law.

Helen Duncan became the last person to be imprisoned under the 1735 Witchcraft Act and one of the last to be prosecuted under it. In 1951 the act was repealed and replaced with the Fraudulent Mediums Act.

Today Helen Duncan's legacy continues to divide opinions and she has become something of a martyr for many Spiritualists, some of whom are today still actively seeking to clear her name.

As the sun goes down, we will remember them and send them our love and gratitude.

Namaste friends,
Corina





Train Your Mind to Think Positively and Reduce Your Anxiety

None of us are strangers to anxiety and worrying, they're an imminent part of everyday life and we all fall victims to them from time to time. Sometimes it's the pressure of work or a job interview, other times it's a romantic date we're worrying about and sometimes it's just health concerns that bring us down.

We're all just fearing a negative outcome and that brings out our anxieties and makes us feel tense and sometimes even sad. However, we can turn the tables in our favour and eliminate our anxieties with one simple approach – thinking positively. Every situation has a positive side to it, we just need to figure out a way to always find it and focus on it, rather on the negative one. For example, when we're preparing for a date with a long-time crush focusing on buying a new outfit that will impress our prospective partner and help us leave a good impression may help us reduce our anxiety, regardless of whether the date will be successful or not. Thinking positively about a situation can help us feel like we're in control and eliminate the anxiety.

What Is Positive Thinking?

We're not saying that you should always be happy and positive, even if you'd wanted, it would be an impossible mission. We all get sad or worried sometimes and it's OK to show how you feel. Positive thinking is not about ignoring the problems in your life and pretending that everything is fine when it's not. We all have to deal with good and bad situations throughout life and over time we learn how to do it. The power of positive thinking lies in accepting the bad things in life and approach them in a more positive and productive way. It's about not letting the negativity take over and see the bright side in everything. Over time you'll be able to build an attitude that will encourage you to accept your reality, no matter how unpleasant it may be, and try to improve it.

4 Tips On How To Think Positively And Reduce Your Anxiety

Communicate With Yourself

Try to communicate with your subconscious mind and transfer a more positive message to your brain. Don't live in fear and conquer your anxieties. A great start towards positive thinking and positive attitude in life is treating your subconscious mind with a positive thought. Highlight your positive sides and think about how you can change the negative

things in your life. Dig deep and discover a better side of yourself. Train your mind to concentrate on a better outcome from every situation and you'll be on the right track of positive thinking.

Put An End To Your Negative Thoughts

If you feed your subconsciousness with negative thoughts, it will supply you back with negativity. That is why it's very important to stop the negative thoughts because it will not do you any good. Negative thinking will trigger your fear, anxieties and worry and will distract you from what's important in life. Don't exaggerate with self-criticism if you want to put an end to your anxieties. Adopt a healthier approach to your failures and encourage yourself to try harder, do better next time. Quit thinking negatively and start thinking positively if you want to see the change you're trying to achieve.

Have Faith That You Will Achieve Success

All successful people have one thing in common – they've all adopted the positive way of thinking. If you want to be like them yourself, you need to believe in yourself and have faith that you will succeed in anything you put your mind to. This is how you'll be able to manage your worries and achieve everything you've ever dreamt of. Just acknowledge that you can succeed, start making plans on how to get where you want to be and make your dreams come through. You can never be successful if you have fears, doubt yourself and constantly worry about a negative outcome. You can never be successful if you don't even try and not trying will only make you bitter and will increase your anxiety.

Be Happy

We all want to be happy and not worry about anything, but many will say it's easier said than done. However, it turns out that it's not as difficult as you think and the power of being truly happy is in your hands. All you have to do is focus on the good things in life and accept the bad ones as an opportunity to improve yourself. Don't let your failures define you, rather let them help you become a better person. Just enjoy life, be joyous and don't let your anxieties prevent you from living life to the fullest.

Just Ask!

Just Ask is our new section within the magazine in which you are free to ask questions for some help and guidance. Below is an introductory from Darcy Clarke, writer and contact for this page.

Readers Question

Over the past few months, obviously due to the Covid-19 issues, we have been washing our hands and sanitizing as were requested. But now I feel that my husband is taking it too far. I feel as if he is constantly washing his hands, even when he has not been out or been anywhere for the need to do it. Now I feel he does it too frequently and has developed what I feel is a bad habit, but when I comment this to him he just snaps at me, and says he needs to wash them, but he won't explain to me why he feels the need to wash them as much as he does and I just don't understand.

Is it me being silly, or has he developed some sort of anxiety, he could wash them, then 30 minutes later do it again. JN

JN sorry to hear the pandemic has found another way to detrimentally impact on someone's life. Yes you are probably right to identify that this is becoming an issue with your husband, but he is clearly very defensive and therefore not quite ready to talk about it or even accept that it exists yet. However, you are right not to collude with this behaviour or it will just get worse. It is difficult because of your close relationship, but finding ways to challenge him without him feeling threatened or judged is hopefully a way forward. Asking him what he understands about the virus and how he feels about it, may enable you both to at least start to engage with each other about the subject without him feeling threatened in any way. Find out a little more about the virus itself

in terms of how long it can live outside of the body and what statistically the chances are of getting it through physical, none breath to breath, contact are, it's incredibly low.

I don't know your husband's age, but you may also want to provide, over time, the facts around this second wave having higher numbers, but fewer deaths and that most younger people, under the age of 45 are getting very mild, if any, symptoms and carrying on with their lives.

Scientists at the World Health Organisation are now suggesting 'herd immunity' in this second wave as there as relatively so few deaths and medications to treat the worst symptoms. Hopefully with constructive shared conversations about some of the more positive aspects of the situation your husband, over time, will develop a more realistic perspective and make a personal choice to reduce his hand washing. Humans don't like to be told what to do or not to do, but can change if it is to their benefit and feels like their choice. This is by no means a quick fix and if he doesn't reduce the washing over time then please strongly encourage professional help so it doesn't get out of hand.






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

Tel +34 646 290 420

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

Please Contact Us Before Travelling To Any Meetings



SALUS
HEALTH INSURANCE

Experts in health insurance

Our agent in the area is **IBEX**

**More than
60 years of
experience**

**Multilingual
service
Foreigners
specialists**

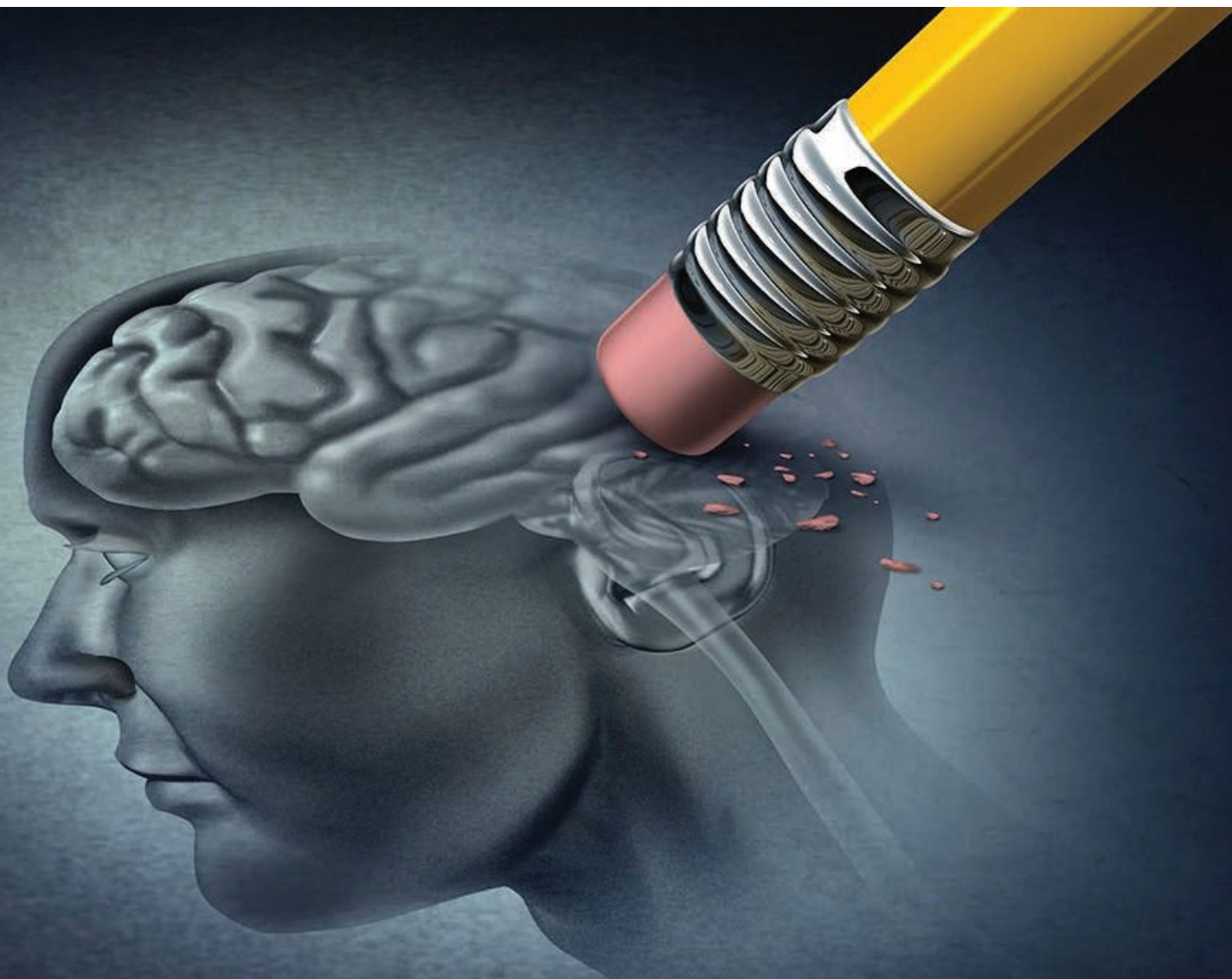
**Rate
flexibility
With and
without
co-payments**

**Broad
coverage
Hire age up
to 75 years**

You can be treated at the **Camposol Health Clinic!**

Avenida de Maisonnave, nº 31 | Entreplanta, 03003, Alicante (España)
Tel: (+34) 965 12 61 35 | Fax: (+34) 965 12 61 36

www.salus-seguros.com



Is It Alzheimer's or Normal Aging?

As you get older, chances are you'll sometimes forget a word, where you left your car keys, or the name of a neighbour you bumped into at the market.

These small memory lapses happen. They're a normal part of aging - just like creaky knees, wrinkled skin, or blurry vision.

It can help to:

- Write yourself notes.
- Place your keys in the same place each day.
- Play word games or do crossword puzzles.

Because loss of memory is also a symptom of Alzheimer's disease, you might worry that these lapses are a sign of something more serious. Alzheimer's, which affects millions of people, most of them over 65, is irreversible.

Other Causes of Memory Loss

In most cases, there's no great cause for worry. Just because you lose your keys or forget someone's name doesn't mean you have Alzheimer's. You could have memory loss due to the normal aging process.

Conditions that contribute to memory loss include:

- Depression
- Medication side effects
- Alcohol abuse
- Not enough vitamin B12 or a low thyroid level
- Stress and worry of any kind, such as from the death of a spouse or loved one, or from retirement
- Illness

Memory Loss: What's Normal?

One symptom of more serious memory loss is that you're not aware there's a problem. Family members might seem more worried than you are. If loved ones are talking to you about your memory, take their concerns to heart and see a doctor.

Here's a checklist for what's normal, along with causes for concern.

Normal: You forget daily appointments but remember them later.

Cause for concern: You ask friends and family for details over and over again, or need them to do tasks that you used to do yourself.

Normal: You make a mistake balancing your checkbook.

Cause for concern: You have trouble planning or solving problems that used to be easy. It's hard to do things that involve numbers, like follow a recipe or pay monthly bills.

Normal: You need help once in a while with the microwave settings or a TV remote.

Cause for concern: You can't work the stove or drive to a familiar spot.



Clare Tam-Im Photography

Loneliness in Lockdown

By Hayley Scott

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

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

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

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

Instead use social media for its in-

tended purpose, staying connected! We are lucky enough to live in a digital age, so for everyone who has access to a tablet or smart phone then making use of apps, such as House-party or Zoom, will enable

you to digitally spend time with friends and family. Video calling can also provide some much needed face to face interaction, so avoid just sending messages or calling. There will undoubtedly be other people in your community that are feeling isolated, so look for a group of people locally to you that you can reach out to and connect with.

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

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

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

Whilst the current restrictions may have turned our lives upside down, staying at home really is for the greater good. Remind yourself that this is only

temporary, you are not alone and as the Queen so beautifully said in her speech this week "We will be with our friends again; we will be with our families again; we will meet again"



Photos Make A Happy Home

Why we should be displaying more to boost our mood

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

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

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

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

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

Could now be the time to change that?

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

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

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

Photos remind us of people, pets, places and activities that we love as well as remembering the past. This has been shown to reduce our stress and enhance our mood and overall wellbeing.

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



The Survivors

Written by Marion Parmenter ... inspired by Spirit ... Lest we forget ... 100 years 1914 (2014)

How can I complain when I survived, knowing that we lost poor old Pete and Ted
They really didn't stand a chance when they went over the top
One minute here the next they were dead

The explosion it was deafening and took all three with an almighty thud
I stood stock still just staring ... at my courageous friends lying lifeless in the mud
Knee deep in that mud ... the dank dark coffin that we ourselves had to dig
'Twas not just the rain that was torrential ... but also the relentless enemy ... an enemy that was just too big

They kept on coming ... advancing on us ... attack after attack
I lost so many of my comrades ... even the boy John who we called Jack
Although with heavy heart and body sometimes we collapsed and just wept
A sudden strength come over me ... surrounded me ... a sudden strength and my life was safely kept

That noise deep inside my being ... a noise that I will never be able to forget
I learnt to not only value loved ones but even those men with whom we had never met
War is really cruel to those poor soldiers ... it doesn't really matter whose side you are on
You stand up and are counted for your country ... loss is loss
A life is a life in the end when all is said and done

I was lucky to return not just a victor ... a survivor ... Yes I was lucky ... not like some
A man, who was very nearly broken, but my friends ... my day had not yet come
I was damaged by the sights and sounds of battle ... the sights and sounds that were deafeningly loud
Yes I have many miserable memories but ... I survived and of that I am truly proud

As I said I was very nearly broken ... but an Angel ... call it what you will ... was surely looking over me
On those days when we went up over the hill
yes I have battle scars a plenty and they lodge in my battle weary head
That's alright it's not really a problem as they serve to remind me of the many who are dead

So when we return to the green fields of remembrance, the muddy trenches, they are there no more
Instead a tear comes to my eye as I see the view before me ... so many white stone crosses
A very stark reminder ... the price of war
The last old soldiers who stand and pay their respects ... not only to the lives and loves they have lost
But also to the trials and tribulations and to all those who laid their lives down
All those brave hearts ... They truly paid the cost

Our lives are so much richer because of them ... A legacy that bequeaths us courage and strength to grow
Certain though, in the knowledge that the travesty of war, loss of life and devastation
is not the only way to go

Years and years have past ... 100 to be exact
We watch the memorials on television and many programs that now tell us the facts
History was made by all those dear souls ... our soldiers ... a price I am sure they would rather not have paid
But you see, they had no choice back then ... when, how and why they had very little say ... the deal was made

Life is like that when on the road we start out ... we never know the journey we've been set
Today we're free to go about our lives so ... let's all be thankful for the days we get

It has taken me all these years to make contact ... to tell this channel how I really feel
Now I watch and wait ... I hope that if you stop look listen to my story ... it may help the pains of war to heal

The work I did ... it was not wasted ... and the work I do now ... it will not cease
I still fight the good fight, I am determined ... to continue with my mission for love and peace
Those who fought alongside me and the many who lost their lives before
Surely are not lost for nothing

For they are The Survivors ... the memories of War !



The PSYCHIC TAROT

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

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

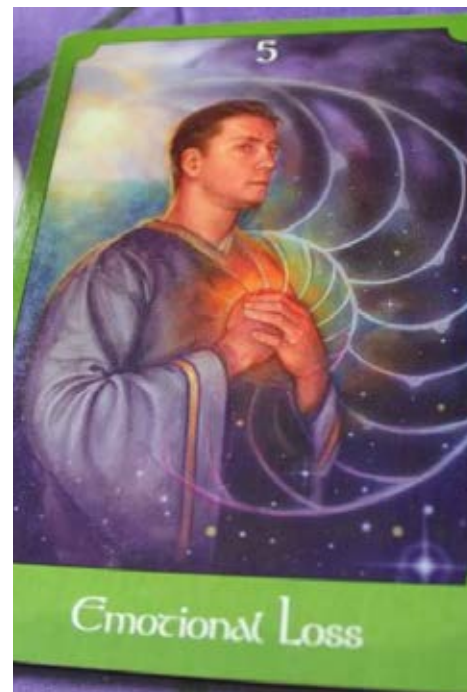
After a good shuffle of the deck, I spread the cards and allow my

left hand to hover over and allow energy to flow and guide me to the card I am attracted towards the most.

This time, on turning the card over, it revealed the Emotional Loss card.

The number 5 Emotion card comes forth at a time when you may be experiencing or grieving a loss of someone or something you were emotionally attached to. Honour your feelings. Only be healing and loving yourself – be letting go of the past – can you continue your journey. The suffering associated with this loss delivers profound wisdom and knowledge for your soul. Your unique gifts, talents and abilities, as well as your joy and sorrow, will not only make up who you really are, but better yet....who you will become. The painful experiences of life are equally as valuable as the joyous ones. Focus all your positive energy on the good in your life and what you are grateful for.

Use your healing energy in this way and try not to focus on what you've lost, for new beginnings and happiness are just around the corner.



Horoscope for November 2020 ...

by Marion Parmenter ... any questions or to request a natal chart email ... mp.whispersfromspirit@outlook.com or go to Facebook page Whispers from Spirit

Many of you will have been feeling the effects of the Mercury retrograde now in Libra since middle of October. It starts to move forward on the 4th, picks up speed and by the middle of the month should start to give some "umph" to all kinds of movement and communications, agreements, and mechanical/electrical issues. Mars also goes direct in Aries, the sign he rules. By being direct, strong in his own sign, we should see his positive, "let's get the job done" qualities come to the fore. This should mean a settling of arguments, anarchy and bringing a stop to tempers and tantrums and putting that energy to good use ... at least I hope so!! I hope, like many of you I expect, that this will mean we get a bit more clarity/understanding of where we are at, what needs to be done and all of us including those in places of power, just get on with doing whatever it takes to bring back some kind of normal to our lives. Two planets with opposing characters Jupiter/Saturn are close this month so rather than it being all or nothing I feel they will bring about a balance as they are in Capricorn an extremely hard working and practical sign.

So what is happening this month ... well not much apart from what has been already mentioned ... oh apart from a full Moon in a few days so time to take stock and ask yourself if you are going in the right direction and what can you do to get rid of the dross and excess that you really don't need.



Scorpio ... So, of course the Sun is at some point this month (or the end of last month), making a return to where it was at your birth. This means it is time for a new start to do with achieving your goals. You may have needed and still need time for the next week or so to reflect and "keep your cards close to your chest" ... whilst just thinking things through, meditating if it feels right for you. However, you may not have much choice as there will be restrictions to do with communications. Towards the middle and into the end of the month you can "shout out loud and proud" about yourself and what's in store as it looks bright for you. Get plans into action then!!



Sagittarius ... This month you may feel an unusual (for you) need to stay away from others and go into some quiet time is the thing for you to be doing. You could find that your goals are for you and you alone as you don't want any unwanted input. As the month progress though you will choose certain friends or people within your circle with whom you can confide in and they will prove important as a release for you and your ideas. Everything will be focused on the home or places you feel at home in as well as the local environment.



Capricorn ... Although, for you this is a time for friends and groups, your feelings about you position within those groups or public life has flagged of late. However, as the middle of the

month approaches things will live up in this area again and being around people of like minds will be just what you need and what "lights your fire". There may be some challenges to do with finances and/or communications within the local area, people, and

home towards the end of the month. Just keep some balance in your thinking and how you communicate your ideas and views to those neighbours and friends around you.



Aquarius ... This is a mixed month, seeing you shining bright and putting yourself out there, mixed with the challenge for you to have some quiet time for solitude. If you have had a hard

job of learning new information or broadening your mind that should ease and "the penny will drop" in many topics you investigate. Time on your own could be a problem for you, however, what you do and think in that seclusion may prove to be very changeable for the "monkey mind" you tend to have popping in from time to time. Just stick with it and use this alone time to learn to keep control in your ability to concentrate as this will prove invaluable for your self-promotion.



Pisces ... The idea of study or at least gaining a better understanding of something new is highlighted this month. The opportunity to do well with tests or exams is now. There may be a close friend

or partner or you join can even a group who be



ben-efi- cial in this or provide much needed funds or opportunity to help move you forward. All of that said ... you will still have nagging self-doubts in moments of solitude, but you should be able to keep these under control if you focus on what you are wishing for.



Aries ... There has been some interest/concern with respect to a significant other and their possessions/finances. Although that continues this month, it seems to be going from an attitude of chal-

lenge and difficulty to a positive more communicative situation. It is no bad thing, but it is just that it affects your long-term plans, hopes etc. for your joint future. Just remember that the other person can't read your mind so try to keep balance in the handling of the situation and as the month progress' talking things through is essential.



Taurus ... Your long-term goals and those of your partner or close friend may be at totally different ends of the scale now. It may have seemed like "hard work" trying to communicate of

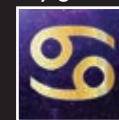
late and it will be another couple of weeks before it gets easier and you start to make ground with what is important to you. Due to a different feeling you will have about them, your focus will change, and they will take on a greater importance to you. Your

place in life and status could be challenging for you as you "putting yourself out there" doesn't come naturally to you. Also, to do that and still have time for your nearest and dearest will be challenging at times.



Gemini ... Taking steps and working hard to making your long-term goals bear fruit will be important to you during November. Although you have had a hard time knuckling down

and seriously moving forward and communicating your ideas, in a week or two you will be "pulling out all the stops" to work hard promoting your ideas and investing in your future plans. There could even be a sudden financial bonus through your partner close friend or someone you are actively involved with. Don't get too carried away though ... stay grounded.



Cancer ... This month the focus for you is fun, fun, fun. Do what you enjoy, as of late you may have been feeling a bit restricted both from outside influences and your own secret worries. There

have been difficulties saying what you want or maybe even knowing what you want. During the coming weeks you will just be able to "go for it". The only sticking point maybe either a refusal of a loan or financial restriction brought about by others. Someone else with whom you have a close relationship may be able to help with this.



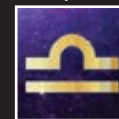
Leo ... The home and those with whom you live may be at odds with your goals and what you want to achieve now, but I am afraid that is where your attention needs to be. Just "hang

on in there" and any situations causing pressure will get smoothed out and will ease. This will also help with any tension and problems around talking and airing any grievances. Some of you Leos out there may have had challenging situations with physical work/health/pets.



Virgo ... Travel and communicating with those in your local vicinity are being highlighted now but it could be difficult getting your views across to those whose opinions jar with yours. However,

after the middle of the month especially if talks involve finances and/or possessions it will get easier. If thinking about changing your car or getting a job done on electrical or mechanical stuff wait a few weeks if you can. Then it will be easier to keep a calmness and it will be a breeze to come to a decision and get what you want. Getting out and about locally is also in focus now.



Libra ... Good time for a clear out although it may be difficult as there is a pull between what looks lovely and what serves a purpose. This will be especially difficult if a partner is involved as

there will be a tug of war going on! Money and moveable possessions are on the agenda this month especially concerning the home, but getting your point across has been difficult of late, so ... wait if you can until towards the second week of this month to try to tackle this. Then you are more likely to have things go your way ... as the saying goes "gently, gently catchy monkey".

Camposol Business Centre

Home of The Journal Magazine
681 090 799

Construction and Building Services

@Home 603 304 121

C & G Fabrications
966 764 730 677 689 587

C M Constructions Mark 659 159
948 Colin 676 306 718

Cocielec Alcala 603 304 121

Camposol Aluminium 686 733 844

German Küchen Studio 636 306 711

Richard the Blind Man 611 25 08 19

Dentists

Camposol Busines Centre
968 103 008

Electricians

TES: Tom's Electrical Services
666 133 674

Estate Agents

Blue Med

Camposol Property Sales
+34 631 484 511

Mercers 968 199 188

Food and Drink Suppliers

Reeves Butchers 711 003 354

Furniture and Home Furnishings

@Home 603 304 121

Garden Centres

Jardinería La Alcayna 609 248 719
(Español); 680 374 230 (English)

Graphic Design, Vehicle Graphics, Printing

Insignia Graphics 618 615 903
VNBenny.com info@vnbenny.com

Health

Camposol Health Clinic 968 199 685
Clínica Podológica Natália
968 103 008

Heating, & Air Conditioning

Camposol Heating & Maintenance
(CHM) 968 199 184 or 646 965 082

Logs El Pareton 696 973 171

Insurance

Liberty Seguros Harriett Richardson
+34 669 046 167 / 968 199 121

Salus Health Insurance 96512 61 35

Ibex Insurance
968 595 945 689 157 126

The Camposol Health Clinic
968 199 685

Miscellaneous Services

Spanish lessons 685 22 33 22
Please text or WhatsApp only

Rose Parker Art Teacher
0034 634 345 763

Restaurants, Bars and Cafés

Cat's Bar 634 329 645

Restaurante La Proa 968 153 138

La Charra 968 152 016

Zambuca 622 149 896

Security Services

Securitas Direct
699 212 513 659 386 847

Swimming Pool Construction & Services

David Pools 686 733 844

Pool Covers Spain 660 080 201

Television Services

Rainbow Satellites 686 358 475

Translation and Fiscal Services

Costa Cálida Property Services
968 199 251
Debbie Shaw Translator & Interpreter
677 35 31 36

Shirley Fisher 968 103 008

Water Purification Services

ECO 250 Water Filtration
677 35 31 36

Emergency Numbers

Coast Guard
Sea Rescue 900 202 202

Cartagena 968 529 594

Cartagena Port Control Room
968 325 801

Emergency Number 112

FAST Camposol Only 968 970 626

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

Fire Mazarrón 968 590 200

Guardia Civil Mazarrón 968 590 005

Puerto De Mazarrón 968 594 103

Hospitals

Santa Lucia Cartagena 968128600

Maria Roselle 968 325 000

Medical Centre's Mazarrón
968590411

Puerto De Mazarrón 968 595 342
968 154 202

Camposol 968 131 695/968 228 250

Pharmacy Camposol 868 102 623

ITV

Cartagena 968 528 319

Lorca 968 460 761

Last months Sudokus solutions

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

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

Police

Mazarrón 968 591 496
Puerto de Mazarrón 968 418 181

Post Office

Camposol 968 199 427

Mazarrón 968 590 140

Puerto De Mazarrón 968 594 860

Red Cross

968 590 140

Samaritans Spain

902 883 535
This is NOT a Premium Rate Number

Social security

Totana 968 420 075/968 420 049

Social Security

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

Town Hall

Mazarrón 968 590 012

Utilities

Aqualia Emergency
902 136 013/902 236 023

Premium rate 985 794 121

Aqualia Mazarrón 968 592 266

Iberdrola Puerto De Mazarrón
968 332 016

Iberdrola Special number English
speaking 900 322 044

Iberswitch 966 265 089

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

AGE T: 634 344 589
Concern
COSTA CALIDA

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

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

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

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

LIONS T: 696 827 525
INTERNATIONAL

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

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

Noah's A.R.C. Animal Rescue
Rescue animals of Mazarrón for a better future
Don't suffer in silence...
Call 900 525 100 between 10am and 10pm to
talk to a trained listener in total confidence.

Noah's A.R.C. Animal Rescue
Rescue animals of Mazarrón for a better future
Don't suffer in silence...
Call 900 525 100 between 10am and 10pm to
talk to a trained listener in total confidence.

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 Martin Pointon 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" Contact bcleangardening@gmail.com. We have no current phone number on file at this moment.

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

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

Membership Secretary. Lorraine Bramwell

Telephone: 604 206 018
Email: sectordphone@gmail.com
Facebook: camposol D community

Donations.

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

Paypal, enter sectordphone@gmail.com as the recipient.

Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit.

Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

www.spanishproperty.co.uk



mercers

OUR PASSION IS PROPERTY

**What Is On Your Horizon
This Autumn?**



**Contact us to find out how we can help
you BUY & SELL a property**

☎ 968 199 188 📞 660 765 721

Camposol Sector B Commercial Centre 30875