

THE  
Journal  
October 2020



Read The Latest Edition Online

[www.the-journal.es](http://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](mailto:mazarron@ibexinsure.com)**

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

**[www.ibexinsure.com/mazarron](http://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

kyero.com

Zoopla Property Group

rightmove overseas

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

Call in to our office on Camposol Sector B  
[www.camposolpropertysales.com](http://www.camposolpropertysales.com)

# THE Journal

October 2020



Dear Readers,

The cooler evenings have come as quite a relief and turns our minds towards the celebrations awaiting us through autumn and winter. With Halloween on its way we look at the traditions in Spain surrounding this 3-day celebration.

The rollercoaster of covid continues with various ebbs and flows in different areas. The need to remain vigilant on complying with the regulations is our main defence.

The current situation affects so many including our fund-raising events. I was planning to publish the sponsorship form for Race for Life in the October edition, however there is uncertainty that the event will take place. Mabs are busy finding an alternative fund raiser and will keep me posted. I hope to be able to let you know how we can all support Mabs and any other organisation within our community.

We have all spent more time in our homes and some have been cooking up a storm. I would like to ask if anyone has tried any of the recipes and if so to let me know how you have got on. Photos are always very welcome. Also please let me know if you have had any kitchen disasters? For all the recipes from The Journal, please go to the-journal.es

I will leave you to 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 Cierto 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

**Halloween in Spain: From Celtic Rituals to Zombie Walks**

Like most things in Spain, what the nation borrows from overseas is usually adjusted and transformed into something of their own. In Spain it has a traditional feel which sets it apart from most European countries.

Better known as *El Dia de los Muertos* (Day of the Dead or All Souls Day), Halloween in Spain is a three-day celebration that kicks off on October 31st with *Dia de las Brujas* (Day of the Witches), continues with *Dia de Todos los Santos* (All Saints Day) on November 1st, and culminates with *Dia de los Muertos* on November 2nd.

Far from being a commercial holiday, the Spanish Halloween is all about honoring the dead and celebrating the continuity of life. Accordingly, specific customs and rituals can be observed throughout the country, most of them similar to those in Mexico and other Spanish-speaking nations. For instance, during the *Dia de Todos los Santos*, which is a public holiday, many families tend to gather at the grave of their deceased relatives with holy water, flowers, food, and drink in order to rejoice and socialize.

In Northern Spain Halloween is celebrated with more enthusiasm than in

the rest of the country. In Galicia, a region famous for its rich local folklore and ghost legends, the night of October 31st is known as *Noite dos*



*Calacús* (Night of the Pumpkins) and is celebrated with pumpkin carving, costume parties, bonfires, rituals, and sometimes even trick-or-treating.

A special feature of Halloween in Galicia is the *quemada* – a strong alcoholic drink, usually made from aguardiente, unground coffee beans, sugar, and lemon rind or orange peels. Traditionally, the *quemada* is prepared within a pumpkin and consumed after reciting a spell (*esconxuro*).

**Halloween in Madrid**

Madrid greets Halloween with a plethora of exciting events and activities for the whole family, from flamboyant themed parties organized by the capital's discos to

great entertaining shows held in the main amusement parks.

Some of the most popular Halloween events in Madrid include the crazy Halloween Pub Crawl (starting in Plaza Mayor).

Moreover, during this time of the year, the city hosts a very special event – *Sui Generis Madrid*, formerly known as *Semana Gótica de Madrid* or *Madrid Gothic Week*.

And, if you don't mind a 40 min train trip, the vibrant university town of Alcalá de Henares puts on a killer zombie march featuring drummers and dancing in the street, all sorts of scary creatures, as well as a professionally choreographed flash mob.

In northern Spain, locals celebrate All Souls Day with some traditional pastries called *Huesos de Santo* (Bones of the Holy), which they bring to the graves of loved ones along with flowers.

Unlike the US, where Halloween costumes are inspired by books, TV shows, and pop culture, people in Spain dress up in all kinds of spooky characters, from ghosts and werewolves to zombies and vampires.

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](http://www.costacalidaradio.com)**

## What is a secondary electricity meter and when would need one?



### SECONDARY ELECTRICITY METERS FROM CHM

- One Unit Monitors Your Entire Property
- Holiday & Short-Term Rentals
- Long Term Rentals
- Family & Friends
- Personal Use
- Monitor Other Circuits



START SAVING TODAY

If you have a rental property and no meter, you simply cannot control the amount of electricity consumed by your tenants. It is not just in the summer months during the air conditioning season that can increase the costs, but the entire year. Air conditioning units are used for heating in the winter, as are portable electric heaters. For example, a group of 6 people

sharing an apartment with iPhones, iPads, tv's laptops, hair dryers etc will consume a lot in a very short time frame. A secondary electricity meter is a separate meter that is compatible with the existing meter in any property but uses a "pre-paid credit" system. This means that a property owner can totally control the electricity usage of all, or some electrical appliances within a property. The cost of electricity in Spain has increased dramatically over the last 2 years and these meters are an absolute "must have" for any property that is rented out either on a full time or a part time basis.

A secondary electricity meter will save you money from the very first day of installation. The return on your investment can be as little as 6 weeks in peak season.

The summer scenario is that you rent out your property to summer holidaymakers. They turn up, open all the windows, turn on the air conditioning and then head for the beach! During the winter, many properties only have air conditioning for both heating and cooling or electric radiators. Your electricity meter is spinning like a top and at the end of the 2-month period, you end up with a huge electricity bill which barely covers the rent. So, what

do you do?

### The Solution

Install a secondary electricity meter in your property. This pre-loaded card system operated meter will save you money by making your tenants pay for their electricity. It is so simple to use. This neat little device can sit next to your electricity meter and can be used for the "whole house" supply or just for the air conditioning, depending on the way in which the electricity circuits were installed. No mess, no fuss and an installation completed in just a couple of hours.

The system, however is flexible. It may be that as a landlord or owner you are happy to give for example €50 worth of electricity per week included in the rent but any more is paid for?

The Owners "override facility" allows flexibility for friends by offering an "allowance". or an owner to "bypass" the system.

To find out more contact us at **Camposol Heating & Maintenance (CHM)** on 968 199 184, Via WhatsApp 619 483 778 or email us at [camposolheating@gmail.com](mailto:camposolheating@gmail.com)

# 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](http://www.camposolheating.com)

**MOBILE**  
**646 965 082**  
Email: [camposolheating@gmail.com](mailto:camposolheating@gmail.com)





## 6 Colour Schemes That Work Every Time

Can't decide on a colour scheme? Choose one of these foolproof palettes for a room that feels both timeless and fresh. Colour is the easiest and most effective way of instantly creating a mood for every room in your home. Get it right, and you could

be on to a winner. Take a peek at these 6 colour schemes that will work every time...

### Black-and-White

Go back to basics with monochrome. From the two-tone Tudors to 1920s Art Deco style to the sleek and slick 1990s, this ageless theme transcends time. Black and white is as practical as it is striking, allowing for the easy intro-

duction of textures and colours and a no-fail way to co-ordinate a room. It's also an incredibly hard-working option.

### Grey and Yellow

Grey and yellow is a winning combo. Not only does it make a luscious statement, it will also stand the test of time. From acid brights and slate-inspired hues to pale pastels and soft greys, this arresting colour combination is playful, fun and full of character.

### Faded Pastels



Although you might think pastel colours will only work in the spring, these soft shades are actually great for making your home feel light and airy all year round. Muted tones of mint, lemon and duck egg can make just as much of a statement as more vibrant colours. Whether your tastes are grounded



Grey and Yellow



Blue & Green

in classic country, or something more along the line of hotel-chic you still can make this popular colour scheme work for you.

### Blue and Green

Who said blue and green should never be seen? This organic colour combination takes its cue from nature, and when done right, it can look incredible. While we appreciate that these are not complementary colours, a combination of the two hues will create a harmonious scheme. Ocean-inspired tones of green and aqua combine



with rich petrol blue for a dramatic, coastal feel.

### Nude Pink and White

The time has come to think pink – or rethink pink, anyway. Delicate nude pink is an elegant hue that's perfect for a romantic feel. Its underlying beige tones prevent it from being too girly and it looks classy and sophisticated when paired with white on the walls and furniture.

### Grey-on-Grey

This trend shows no sign of flailing. Explore the many depths of a grey colour palette by layering tones to create a scheme that looks cohesive and considered. By us-



ing the same colour, but in both its palest and deepest incarnations, you can create a rich, contrasting look that is still harmonious and coordinated.

## 3 simple steps to a better bed

A mattress is the foundation of a goodnight's sleep.

A quality night's 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

# + Camposol HEALTH CLINIC

## Health Care available in Camposol and the surrounding areas.

There appears to be a little confusion on the health care that is available to all in our region. We are going to try and dispel a few “myths”, as it can be difficult to understand, especially for newcomers who need to have everything in place by 31.12.2020, if they wish to become permanent residents.

### The Camposol Centro Salud.

This is the equivalent to our own National Health Service and is

available to anyone that qualifies as a pensioner from the U.K, or for Members of the European Union. For British Pensioners, you can join via a form known as the “S1”. Anyone working here legally, and paying into the National Social Security System, can also use this State System.

There is also a system known as “Convenio Especial”, where under certain conditions, historically, it has been possible to join the State system by paying into it with a monthly fee. At the time of going to print, our understanding is that anyone currently on this scheme can probably continue, but it was for EU members only, so is not likely to continue after

31.12.2020. For the latest information on this, or any questions relating to health care, translations, or residencia applications, contact Debbie Shaw (see her advert on page 59)

### Private Health Insurance

Anyone, wishing to come and live in the region, that does not qualify for the above, will need to have a private health insurance policy in place, so they can legally become full time Residents. Organisations such as Ibox and Salus, (see their advert on page 55 or Ibox Insurance on page 2) can offer these policies. Just call them to make an appointment, or attend the Camposol Health Clinic for advice.



### The Camposol Health Clinic

Situated next to the chemist, on Calle Madrid, on sector A, you will find The Camposol Health Clinic. This service offers everything that a private hospital can offer, as they are in full collaboration with one of the top private hospitals in Murcia; the hospital “La Vega”. Within the building in Camposol, however, “in house”, there are 4 general practitioner doctors, 3 nurses, 1 surgeon, 2 physiotherapists and a traumatologist. The team are trying to keep up with the increasing demand, and is expanding

on an almost weekly basis. We will keep you updated with all new developments and additional services each month in The Journal local community magazine.

All the appointments can be handled locally, and in your language, currently English, French or Spanish. For many of us, that usually only make use of the “State system”, there are times when it simply makes sense to “pay as you go” for small procedures.

For example, a blood test, or an ear wax removal treatment. Small surgical procedures can also be done in the locally. in the clinic. A good example of this was a man who had a bad cactus wound. He was perfectly entitled to use the State system, however, was referred to the Santa Lucia Hospital for local surgery (68.1km) each way from Camposol and in addition, he would have to pay for a translator. He simply decided to pay and get it resolved locally. He had to have dressings changed 3 times in a week, so he not only saved time, he saved quite a significant amount of money in diesel and vehicle wear and tear.

The clinic is adding more and more services on an almost weekly basis. Including ozone machines in response to the recent Covid19 problems, it has also been very difficult to get to even see your doctor, let alone get a hospital follow up appointment. This facility has therefore been invaluable to many since the lock down in March. Many of us don't expect to pay for any health care, if you are a fully “paid up” pensioner, and especially those who work and pay into the system, but these are not “normal times” and for many of us, this facility has been absolutely essential. State systems all over the

world have been pushed to maximum capacity with this recent pandemic, and they have to concentrate on keeping on top of that, above all else and are not to blame for the current backlog that many of us find ourselves caught up in.

The Camposol Health Clinic has a surprising range of ‘top of the range technological equipment’ which include X-Ray machines and eco scanners. This means that simple scans for things such as hernia detection or the size of a prostate gland, can be handled locally with no need for a hospital visit. If a blood test is needed, a PSA check can also be done all within the clinic. Future plans will also include an MRI scanner and a facility to have a mammogram within the clinic itself. Long term, they will be able to offer the equivalent of full “Well Woman” and “Well Man Clinic” facilities, so watch this space for further updates.

The collaboration between The Camposol Health Clinic and The La Vega Hospital in Murcia is unique. It means that any health issue, can be dealt with which could include life threatening conditions such as cancer and any needed chemotherapy and radiotherapy Treatment and very, very quickly. All you need to do is visit a doctor at the clinic and they will organise the rest for you. A recent example of this was a lady who had a serious condition and had a hospital appointment within 48 hours. Some of the staff at La Vega are also all English speaking and very, very professional. For example, an MRI scan can be arranged within 48 hours. You are greeted professionally upon arrival, the appointment time given is accurate. Once the scan is completed, the results are immediate, as they politely ask you to go for a coffee for an hour or so and then return to

collect them. Patients will leave with a CD or report, ready to show your doctor. A follow up appointment to review the results can be almost immediate, or can already have been arranged prior to the scan.

The Camposol Health Clinic is not a private health insurance scheme, but a “pay as you go scheme”, with a membership option. This is open to everyone and there are attractive benefits to being a member, when it comes to membership for both priority appointments and discounts on treatments.

Those paying the monthly fee, have unlimited free doctor, nurse or physiotherapist appointments. The treatments are also heavily discounted if you are a member. An example of this could be that you can see the nurse free of charge and only pay €10.00, for example, for an injection or vaccination.

#### **The fees are as follows;**

Individual membership €16 per month

Family membership (married or a couple) €27.00 per month

Child under 12 membership €6 per month

The forms are all available from the reception area in the clinic, and are available electronically to send on-line from The Journal website. [www the-journal.es](http://www.the-journal.es)

For more information call 968 103 008, email us on [info@camposolhealth.com](mailto:info@camposolhealth.com) or visit the centre at 19 Calle Madrid on sector A Camposol.





## How To Make Handwash

Make your own sustainable and floral-scented handwash with Jen Chillingworth's essential recipe from her brilliant book. 'Clean Green'. We used to go through so many plastic bottles of handwash. I bought cheap supermarket own brand versions and occasionally more expensive brands that came in pretty bottles with exotic sounding ingredients. But regardless of price, the empty bottles were ultimately going to end up in the recycling bin or thrown away to landfill.

It's very simple to make this natural

antibacterial handwash to keep handy in the kitchen or bathroom. I like to use a mixture of essential oils to scent this handwash, but they are optional. If you do have young children, lavender is considered gentle and safe to use, so you could choose to make the handwash with a few drops of lavender essential oil only.

Notes: the mixture may separate, so give it a quick shake to combine. Since oil is added to the mixture, the soap can feel a little greasy when you first use it. The oil is there to nourish the skin, leaving it feeling soft and smooth, but you can reduce the amount of oil added or leave it out altogether.

## How to make foaming handwash

### Ingredients

500-ml (16-oz) glass bottle with pump dispenser

Funnel

150ml (2/3 cup) liquid organic castile soap

2 tablespoons organic fractionated coconut oil

1 tablespoon glycerine

Cooled, boiled water or distilled water

8-10 drops sage essential oil

8-10 drops rosemary essential oil

8-10 drops lavender essential oil

### Method

Attach the funnel to the neck of the bottle.

Pour the liquid castile soap into the glass bottle. Add the fractionated organic coconut oil and the glycerine. Fill to the top of the glass bottle with the cooled, boiled water (or distilled water), then add the essential oils, one at a time. Shake gently to combine.

Attach the pump and tightly screw to fix. Label the bottle.

**LOGS EL PARETON**

**Come and visit our premises where we sell:**

**Bags of Kindling**  
Single bags of wood to take away

**Log Burner Accesories**

**Visit us in EL Pareton and discover much more!**

**Call us on 696 973 171 for more information!**  
[oficina.mvv@aol.es](mailto:oficina.mvv@aol.es)

**FREE DELIVERY**  
(For orders over 500kg)

**We sell only the highest quality seasoned Firewood with the best service!**

**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 Speak English**

CANVAS PRINTING SHOP SIGNAGE  
VEHICLE GRAPHICS  
BUSINESS CARDS INVITATIONS  
FOLDERS FLYERS  
**PRINTING**  
POLO SHIRT T/SHIRT  
POSTERS LABELS  
BANNERS HATS  
FOR SALE BOARDS  
MUG & MOUSE MATS

**ig** [www.igraphics.es](http://www.igraphics.es)

**INSIGNIA GRAPHICS**  
OFFICE: 968 152 191  
MOBILE: 618 615 903  
[info@igraphics.es](mailto:info@igraphics.es)

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

## Bobs Trails

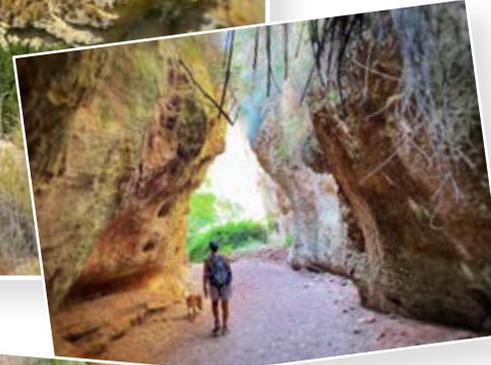
Looking for a local short walk with an interesting difference? Try the Canyon of Aledo or estrecho de la arboleja as it's called. It is a bit of a secret gem due to it not being easy to find, but heading from Totana to Aledo, at the Aledo roundabout take a right to bypass Aledo, drive onto the next roundabout approx 500m and take a left. Take note of the sign here indicating "estrecho de la arboleja" you are now on the C21. Continue on this road for about 3 kms and you will then see a left turn signed "estrecho de la arboleja". Take this road and when you reach a fork bare left and continue until you reach the car park/ rest area.

As you enter the car park, you will drive over a bridge structure, and just to the right of this is the start of a path that takes you down the valley to the gorge.

After you leave the final set of steps down, you need to bare right to take you through the canyon.

Depending on the time of year, determines how far you can enter the canyon, in summer it's dry and cool bordering cold. In the canyon in winter, towards the end, it fills with water which you can wade thru until it gets too difficult to pass.

The walk takes about an hour depending on how fast or slow you go, it's an enjoyable experience and can be coupled with a visit to Aledo or La Santa or the Structures of La Santa.



 **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**

Restaurante ~ Terraza ~ Cafeteria

# LA PROA



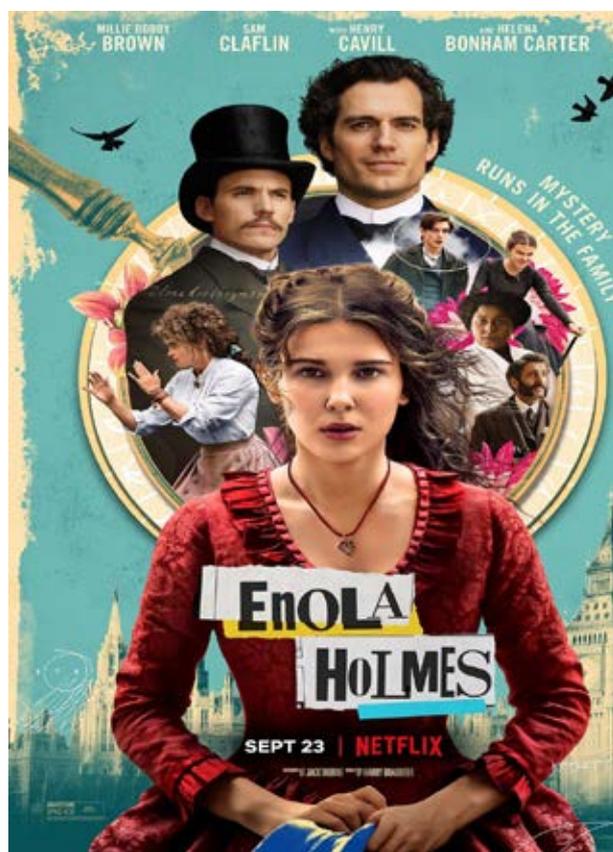

 [restaurante la proa](https://www.facebook.com/restaurante-la-proa)

[www.restaurante-laproa.com](http://www.restaurante-laproa.com)  
[reservas@restaurante-laproa.com](mailto:reservas@restaurante-laproa.com)

**Open Every Day Except Mondays**

Avenida Cabo Cope 2  
El Alamillo, Puerto de Mazarrón 30860

**Tel 968 153 138**



## Enola Holmes

Enola Holmes is an upcoming mystery film based on the book series of the same name by Nancy Springer. The film, which centers upon the teenage sister of an already-famous Sherlock Holmes, is directed by Harry Bradbeer and written by Jack Thorne.

Millie Bobby Brown stars as the title character, while also serving as a producer on the film. Henry Cavill, Sam Claflin, Adeel Akhtar, Fiona Shaw, Frances de la Tour, Louis Partridge, Susie Wokoma and

Helena Bonham Carter appear in supporting roles.

Enola Holmes is scheduled to be released on 23 September 2020 by Netflix.

The film chronicles the adventures of Sherlock Holmes' younger sister Enola, as she embarks on a quest to find her missing mother. The Conan Doyle Estate filed a lawsuit against Netflix over the film, claiming it violates copyright by depicting Sherlock Holmes as having emotions, an aspect of the character which they argue does not fall under the public domain as he was only described as having emotions in stories published between 1923 to 1927, and the copyright for the stories published in that period still belong to the estate.

**Costa Calida Radio**  
**90.00-100.00 FM**

Bringing you your favourite music all day, every day

**AGE Concern**  
 Costa Calida

**OCTOBER 2020**

We would like to thank The Diner & Bar on Camposol B for putting on a great Quiz Night on Thursday 3<sup>rd</sup> September with the proceeds of €355 going to Age Concern. Well done and thanks to all who came along for your support!

Sadly our Drop in Centre is still closed for the time being for all our normal monthly activities. Coffee mornings, afternoon teas, menús del día, Chair Exercises, Table Top Sales etc have been postponed for now.

**But 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 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 for the foreseeable future we are still holding our annual New Year's Day Swim - **outside, on the beach** - on 1<sup>st</sup> January next year. sponsorship forms for this are available now. Please give us a call on 634 312 516 and we'll get them to you.

**In the meantime our very best wishes for the coming month, take care and please...**

**...STAY SAFE!**

**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](http://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"**



Hocus Pocus 2 will be a sequel to the original film, and it will be on Disney+ instead of Freeform. The original film was a family drama, but since Hocus Pocus 2 will be directed by Adam Shankman, we can expect the sequel to be musical.

The Covid-19 pandemic has put the film release on hold. Unfortunately, we cannot hope for any kind of release in 2020. But we can only hope that

everything will be back to normal, and we can soon see the film debuting in 2021.

The cast of the film is not officially announced yet, but we are expecting to see “The Sanderson Sisters” – Bette Midler as Winifred Sanderson, Sarah Jessica Parker as Sarah Sanderson, and Kathy Najimy as Mary Sanderson.

## Hocus Pocus 2

The classic 1990’s comedy horror movie was not originally a hit, but with time, it again came to the surface, increasing the sales with each year and now.....we all wait with excitement for Hocus Pocus 2. The original film is about the three witches known as “The Sanderson Sisters.” They burned at the stake 300 years ago. Decades later, a boy called Max Dennison, played by Omri Katz, moves to Salem and ends up at

the Sanderson Sisters’ old home. He accidentally brings the Sanderson Sisters back from the dead. Max’s sister Dani Dennison played by Thora Birch, and Dani’s friend Allison played by Vinessa Shaw team up to stop the witches before they can consume the life of every child in town. There are many rumors about the “Hocus Pocus 2”. It could be based on the sequel story, but nothing has been officially confirmed. So What Can We Expect From Hocus Pocus 2?



Stand out from the crowd!

Call our advertising department on +34 681 090 799

**INSIGNIA GRAPHICS**

Garment Printing  
Minimum Order

1

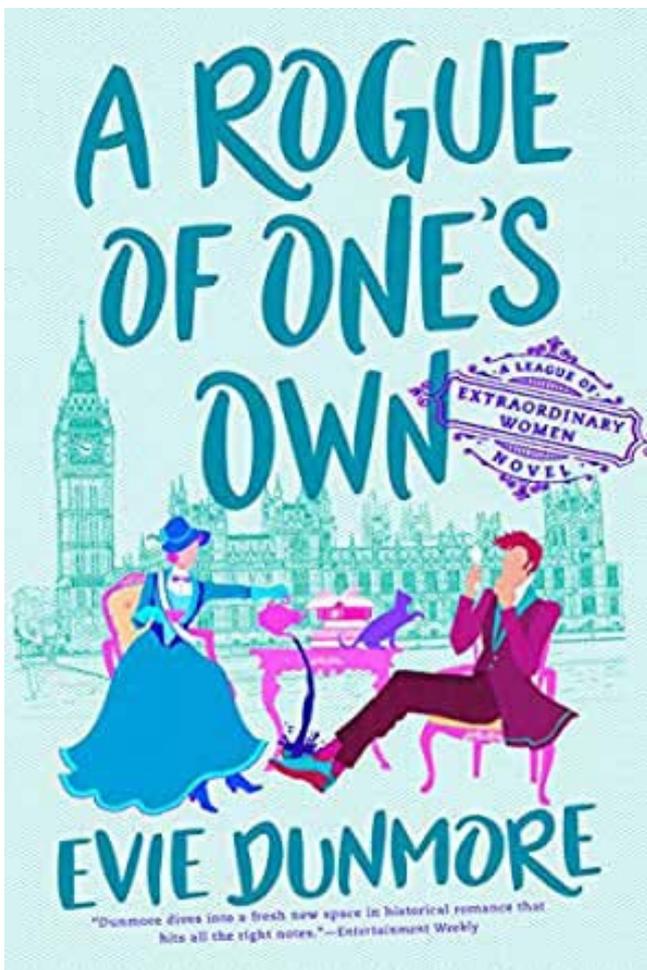
Mobile: 618 615 903  
E: info@igraphics.es  
W: www.igraphics.es

**WE URGENTLY REQUIRE PROPERTIES IN THE MAZARRÓN AREA**

**mercera**  
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



## A Rogue of One's Own

By  
Evie Dunmore

In most historical romances, love and marriage go together like...well, a horse and carriage.

But what if the girl part of the girl-meets-boy equation is an outspoken advocate of women's rights? And what if girl and boy live in a nation and a time when wives were considered the legal property of their husbands? That might just throw a pretty big wrench into the whole falling in love thing.

This conflict forms the plot of Evie Dunmore's sophomore romance, *A Rogue of One's Own*. A follow-up to her breakout 2019 debut, *Bringing Down the Duke*, Dunmore's second book continues her League of Extraordinary Women series, which follows a set of female trailblazers living in 1880s England.

In the novel, passionate suffragist Lady Lucie has a plan to secure the vote for women, and acquiring her own publishing house is key. But her longtime nemesis, Victorian-era bad boy Tristan Ballentine, stands in her way. When he issues a proposal of the indecent variety, Lucie finds herself waging a very different battle from the ones she's used to. And if she doesn't keep her head, she might just lose her heart along the way.

**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**

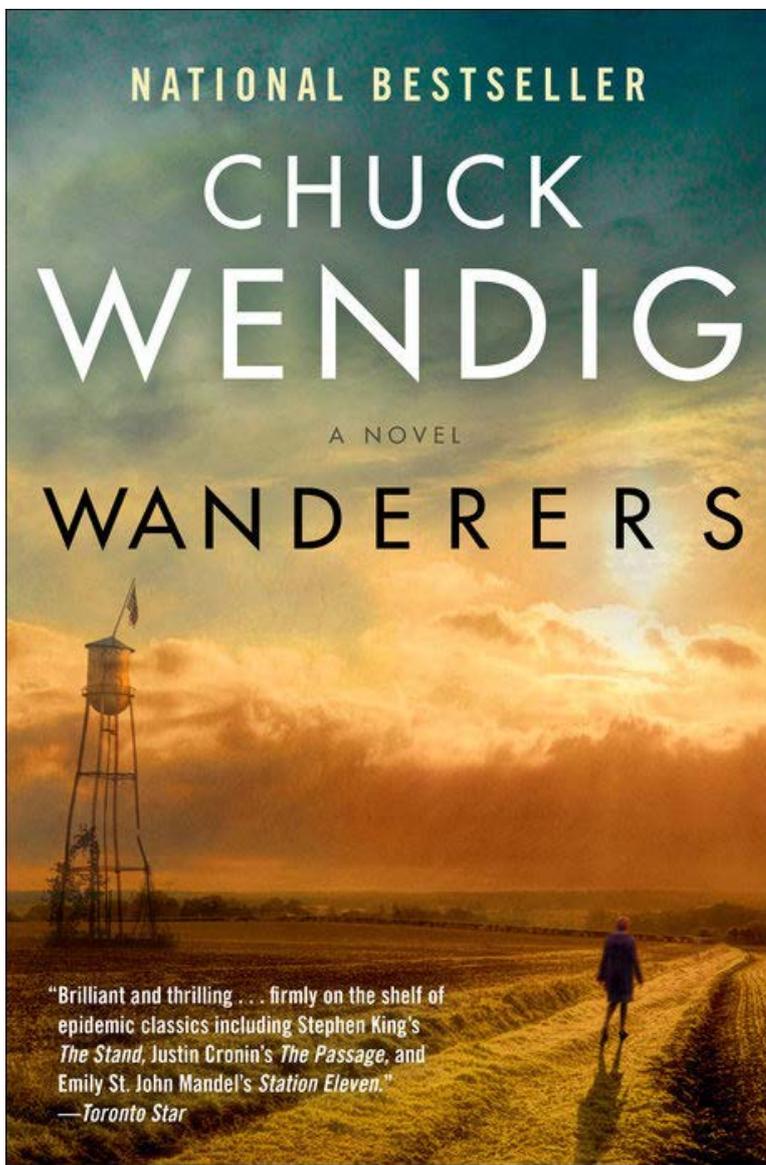
 **689 157 126**

**[mazarron@ibexinsure.com](mailto:mazarron@ibexinsure.com)**

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

**[www.ibexinsure.com/mazarron](http://www.ibexinsure.com/mazarron)**

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



## Wanderers

by Chuck Wendig

*A decadent rock star. A deeply religious radio host. A disgraced scientist. And a teenage girl who may be the world's last hope.*

Shana wakes up one morning to discover her little sister in the grip of a strange malady. She appears to be sleepwalking. She cannot talk and cannot be woken up. And she is heading with inexorable determination to a destination that only she knows. But Shana and her sister are not alone. Soon they are joined by a flock of sleepwalkers from across America, on the same mysterious journey. And like Shana, there are other "shepherds" who follow the flock to protect their friends and family on the long dark road ahead.

For on their journey, they will discover an America convulsed with terror and violence, where this apocalyptic epidemic proves less dangerous than the fear of it. As the rest of society collapses all around them—and an ultraviolet militia threatens to exterminate them—the fate of the sleepwalkers depends on unraveling the mystery behind the epidemic. The terrifying secret will either tear the nation apart—or bring the survivors together to remake a shattered world.

**VNBenny.com**

**WEB & VIDEO DESIGN**

**GRAPHIC DESIGN**

**ONLINE MARKETING**

**info@vnbenny.com**



TEARS FOR FEARS

**Tears for fears** are a band comprising of **Roland Ozibal** and **Curt Smith** among others. The band had huge success in the 80s and 90's bringing out several iconic singles and albums that still seem relevant today.

Roland Orzabal and Curt Smith both hail from **Bath**, in south-western England. They began playing music together when they were two unhappy thirteen-year-olds from broken homes.

Roland Orzabal and **John Baker** had been at school together and performed as the **Baker Brothers** in local pubs and clubs from 1977 aged 16. They soon changed the band name to **Graduate**. The name came from the fact that they used to open shows with a cover of **Simon and Garfunkel's Mrs. Robinson**, which was featured in the movie **The Graduate**. They were introduced to drummer **Andy Marsden** and **Steve Buck** by their first manager **Colin Wyatt** who ran a local musical youth group of which Andy was a member. The band played with various bass players until Curt was offered the role (Roland and Curt had, as mentioned, played together in a youth club band called **Duckz** when they were 14). In 1979, Graduate signed a publishing deal with **Tony Hatch** who subsequently offered the group to **Pye Records**. Graduate recorded their debut album **Acting My Age** at Crescent Studios Bath in January 1980. The first single **Elvis Should Play Ska** reached number 82 in the UK charts in April 1980 (whilst the band were on a 33-date UK tour supporting **Judie Tzuke**), although it fared better in Spain, reaching the Top 10. band then travelled to Spain twice in 1980 to do TV and promotion work.

The band Graduate undertook a gruelling tour of Germany in October/November 1980, having to drive hundreds of miles between gigs with no roadies: this was the main reason given from Orzabal for quitting on their return. At this time he did not see his future as a live artist and wanted to concentrate on writing. Curt

Smith also left the band at the same time.

Orzabal and Smith having broken away from the band in the early 1980s, wanted to focus on their own sound, and explore a mutual interest in the theories of psychotherapist **Arthur Janov** and his concept of the **primal scream**. Janov's theories say that emotional disorders stem from painful early recognition of parental abandonment, and that direct confrontation like rage - the primal scream is essential for adult mental health. Like **John Lennon** in his album, **Plastic Ono Band**, Orzabal and Smith found musical inspiration in Janov's theories, which also provided the basis for the band name, **Tears for Fears**.

Joined by keyboardist and composer **Ian Stanley**, Tears for Fears began writing songs and experimenting with synthesizers, releasing a demo of **Pale Shelter** which landed the group a recording contract. The group began working in London recording studios, and in 1983 their first album, **The Hurting** was released. For this album (and the next), Ian Stanley and drummer **Manny Elias** were considered full band members, though Smith and Orzabal were still essentially the front-men and public faces of the band. Despite mixed reviews, **The Hurting** enjoyed respectable sales, was popular in dance clubs, and spawned three top-five singles in England. A number of reviewers complained that the album, with singles such as **Mad World**, **Suffer the Children**, and **Pale Shelter**, was too depressing; while others described **Hurting** as "an artful compromise between pure electronics blended with slick synthesizers and hypnotic guitar effects." Either way, the band, were on their way.

A follow-up Tears for Fears single, **The Way You Are** was unsuccessful, and in 1984 producer **Chris Hughes** suggested the group leave recording studios and retreat to Stanley's home to work.

The suggestion proved valuable as over the course of the year Tears for Fears wrote the songs that would constitute their next and hugely successful album.

**Songs From the Big Chair** was



released in 1985. This album achieved a more commercial sound, the album ; bolstered by the hit singles **Everybody Wants to Rule the World** (number 2 in UK and Number 1 in US and **Shout** (number 4 UK and number 1 US) became one of the biggest sellers in both the United States and England. Suddenly Orzabal and Smith found themselves internationally famous music stars. A world successful world tour followed which lasted a year and included a live performance of **Shout** at the **MTV music awards** at **Radio City Music Hall** in New York City. During this tour, they discovered singer **Oleta Adams** who they heard singing in a hotel bar in Kansas city. Adams was duly invited to collaborate on the next album.

In February 1986, having completed the lengthy and exhausting **Big Chair** world tour, Tears for Fears were honoured at the 1986 **Brit Awards** in London, where they won the **Best British Single** award for **Everybody Wants to Rule the World**. The band was also nominated for **Best British Group** and **Best British Album**, and Chris Hughes was nominated for Best Producer. The band performed the song at the ceremony, which became the final public performance of drummer Manny Elias who left the group shortly afterwards.

In July 1985 the band were scheduled to appear at the **Live Aid** concert but the band had to pull out. The official reason given for their non-appearance was that two of their backing musicians, guitarist **Andrew Saunders** and saxophonist **Will Gregory**, had quit due to the expiration of their contract. The band made contributions to the cause and donated the proceeds to their next leg of the tour in Japan, Australia and London.

It was 1989 before the group released their third album **The Seeds of Love** (on which Ian Stanley appeared for the last time as a member of Tears for Fears). The album had reported production costs over a million pounds with problems with various production teams, the band decided to take care of production themselves with the help of brilliant engineer **David Bascombe** and the album was recorded as a jamming session and edited down after.

Despite the problems, the album retained the band's epic sound while showing increasing influences ranging from **jazz** and **blues** to the **Beatles**, the latter being evident on the first single **Sowing the Seeds of Love**. The second single from the album was **Woman in Chains** (a top 40 hit in the UK, Canada, France, Ireland, Italy, Netherlands, Sweden and the US), on which Phil Collins played drums and **Oleta Adams** (whom Orzabal would later guide to a successful solo career) shared vocals.

**Seeds of love** was a huge success both critically and commercially worldwide; entering the UK album charts at num-



ber 1 and reaching at least number 10 in the US and many other countries. An extensive world tour ensued sponsored by **Philips** and again it turned out to be a huge success.

After *The Seeds of Love*, Orzabal and Smith had a bitter fall out and the band split in 1991. The split was blamed on Orzabal's intricate but frustrating approach to production and Smith's desire to slow down the pace of their work. Smith had also split with his wife which

was a contributing factor.

Orzabal kept the Tears For Fears name and released several records with varying success. Smith re-located to New York to undertake a largely unsuccessful solo career.

In early 1999 **Mercury Records** released remastered editions of Tears for Fears' first three albums, including B-sides, remixes, and extended versions. With input from Chris Hughes, the remasters also included new liner notes for each album providing details and new insights into the music.

Due to record company mergers and acquisitions in the late 1990s, Tears for Fears' back catalogue was eventually placed into the **Universal Music** fold.

In 2000, routine paperwork obligations led the duo re-establishing contact with each other after Orzabal signed a business document on Smith's behalf. Smith flew back to England (where Orzabal still lived) and they had dinner and decided to work on a new album together. **Everybody Loves a Happy Ending**, was scheduled for release on **Arista Records** in late 2003, but a change in management at Arista prompted the band to opt out of their contract and

switch to the **New Door** label (a new offshoot of Universal Music), and delayed the release until September 2004. Two US tours followed, and the 2004 tour included an unrehearsed guest appearance by Oleta Adams at the Kansas City show for a performance of "Woman in Chains".

The album was released in early 2005 and was a mediocre success reaching 46 in the US and 45 in the UK album charts with the single **closest thing to heaven** reaching number 40 in the UK.

Tears for Fears are still busy to this day touring (including tour dates with the re-formed **Spandau Ballet, Alison Moyet** and **Hall & Oates**) appearing at several festivals and undertaking live tv appearances along with several anthology releases celebrating their work.

A band that reached iconic status in the 80's and 90's bringing some of the greatest music of a generation, Ladies and gentlemen I give you **Tears for Fears**.

**Damien Sugden**



# 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!



FAST is a charity located on Camposol, Mazarrón. We are a group of Emergency First Responders who would respond to anyone on Camposol who is in need of medical aid. We can assist the patient until the ambulance arrives. We can give CPR use a Defibrillator if required, we can stop or reduce catastrophic bleeds.

Due to the pandemic we are not allowed to respond in person at this time. We are therefore providing a telephone help service. We can provide information regarding what health centres are available. The difference between being a resident with full health cover, a non resident using an EHIC card will make a difference to the health care available. The situation is constantly being monitored by FAST so the information is correct.

We can now also provide a Mental Health First Aid service.

In the present situation we find ourselves in people may feel stressed and troubled, it is always good to talk to someone in complete confidence who will be able to listen and share your concerns.

Twelve of the FAST responders have recently attended and passed a Mental Health First Aid course and are now able to offer that service. If you know someone who would benefit from this service call 634 308 362.

### Would you know what to do in a medical emergency?

If someone was bleeding and the blood was pumping, that is an arterial bleed and needs to be stopped as soon as possible, the use of a torneque may be used or direct pressure over the wound with a clean dressing will slow down the loss of blood. Blood loss will occur very quickly if not stopped as soon as possible.

If someone is choking with something stuck in their throat, a number of sharp slaps between the shoulder blades may dislodge the offending item. If that does not work stand behind them and put your arms around their waist and join your hands together, pull in an upward movement. Repeat this and the item should dislodge.

If someone has a burn to their skin, stop the burn from progressing, the area should be quenched with cool water from the tap if possible. Remove burnt clothing and jewellery from the burnt area. Do not remove anything stuck to the burn. Cool the area for 20 minutes,

if it is a deep burn, cover with cling film and seek medical attention.

FAST Rely on fundraising and donations to be able to provide the emergency service. Even though we are not using the FAST cars they still have to be taxed and insured, we have purchased large quantities of PPE in preparation for responding again.

We wish to thank Sue Pipe for the donation as a result of the quiz night on Thursday. Sue supports several charities on Camposol for which we are all very grateful.

Thank you to all the drivers who stop and donate to the FAST nurses on a Monday, if only you could see our smiling faces.



FRIENDS OF MAZARRÓN ANIMALS

Being in the middle of a Pandemic does not mean we are still not working hard to rescue and help animals in our area. In fact the opposite is true as we are asked for help endlessly to assist in homing or financing animals in need. Here are some of them.

Four of our dogs made the journey to the animal hotel in Águilas where they await their final journey to their new families in the UK. We wish Moreno, Hartley, Sonny and Devon the best of luck and we look forward to the updates. Other dogs are following in their footsteps at the end of the month.

More Galgos were delivered to Sandy and John at Galgos de Almeria, including our beautiful sisters Bianca and Julia. Such a fabulous rescue it is a pleasure to work with them.

Our gorgeous Beethoven needed to have an eye removed and because of his age he was castrated at the same time. He is currently recuperating in the vets where we know he will get the best care ever.

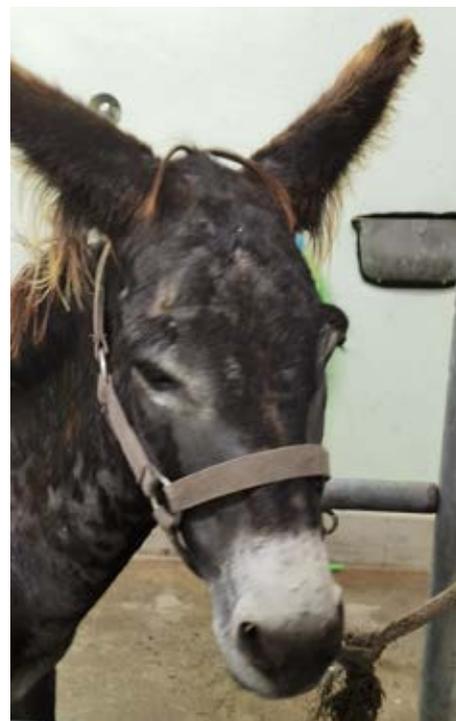
Thank you to everyone who contributed to his veterinary costs. We continue to support people who wish to help their local feral cat population by introducing a tnr scheme. We have also helped home many cats and kittens that have been found abandoned and are domesticated enough to settle into a family home.

We have many more success stories and

you can read all about them on our page where you can also find our adoption album, future events and updates on our FMA family. Follow on Facebook.



Quite a lot seems to have happened over the past month, Happy, sad, good and not so good. Lets get the sad new out of the way first. It is always such



Leemon

a tearful occasion when we lose any animal and recently had to say goodbye to our beautiful donkey Leemon. His stomach was distended and sore and we thought possibly colic. Our usual vet wasn't available to see him so we decided to take him to hospital in Alicante. Not having any sleep that night we got an early morning call to say they were preparing him for surgery. Sadly he didn't make it, they removed a 4kg mass, just imagine the size of that? He died during surgery. I cannot find the words RIP dear Leemon. You brought so much joy to our herd of donkeys you will be missed.

On a much more positive note we have rehomed several of our dogs, starting with our gorgeous little Ana after a few set backs has now found a home with one of our rescues from a couple of years ago Pip. Thank you so much Gary and Gail who were on holiday here and now have a great companion for Pip. Our little boy Leo started his journey to Scotland, though we are still waiting for a home for Gitana. She was rescued; having had a traumatic life to date, which resulted in her losing a leg. Anyway, do not let this put you off, she is incredible and has sailed through all her surgery and rehabilitation and is now



Gitana

waiting to be spoilt and loved. She is 4 years old, loves walks, ready and waiting! Another major event that happened in the last month is the relocation of many of our donkeys after some major problems. Nothing but the best is what we aspire for all our animals, which resulted in this major move. Anyway, they are so happy and enjoying lots of outdoor life and more room to roam. This is a temporary arrangement, as when we have our Sanctuary up and running they will be moved there. So I have covered the happy, sad, good and not so good. Life goes on and there is never, ever a dull moment with AAR!!

We have another appeal on the go. I know we are always asking for funds, but this time we are asking for winter rugs for our donkeys. It does get cold at night time during the winter months and as most of them live outdoors, some have arthritis and some are on meds, a snuggly, warm, waterproof rug

means they can still roam around and not feel the cold so much. They can be purchased online from Decathlon for 24.99euro here is the link [https://www.decathlon.es/es/p/manta-secante-equitacion-fouganza-caballo-y-poni-gris-ligera/\\_/R-p-9285?mc=8295234&c=GRIS\\_AZUL](https://www.decathlon.es/es/p/manta-secante-equitacion-fouganza-caballo-y-poni-gris-ligera/_/R-p-9285?mc=8295234&c=GRIS_AZUL)

Alternatively second hand rugs are equally as good so if you have any lying around at home, send me a message. 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. Donations can always be dropped off at either of our shops in Mazarron Town or Roldan, Mon-Fri 11-2pm. Andrea x

Andrea

### Darwinian Gardeners

During the early stages of the Covid Lockdown we held a photographic competition. Members were asked to take up to 5 pictures of flowers in their garden and submit them for the competition. Thirty-nine members submitted 160 photos. From these the committee selected 12 winning photos.

The winners, in alphabetical order were:

Andrew Brown, Anthea Sockett, Bernice Smith, Caren Kirk, Christine Roe, Deryck Davison, Graham

Hackett, Jan Wallace, Jon Thompson, Mandy Wright, Michael Nuttall and Sandra Hughes.

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

**Weddings, funerals and naming ceremonies: for personalized ceremonies without religion, contact the celebrant tel 634 025 711**



Four of the winning photos

**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.**



We were very happy to present this lovely bunch of flowers to Debbie Broom, nominated, as she has been helping for a long time now, a neighbour whom has not been in the best of health, with his shopping, cleaning and the tidying of his garden.

Your help and kindness has not gone unnoticed Debbie, Big Thanks!!





The Wednesday volunteers this month have spent many hours clearing scrub which has grown everywhere during lockdown. They have also been planting, weeding and pruning on the massive growth on some of our trees but much of their time is still spent watering using our van and trailer. We are always happy to see new volunteers on Wednesday mornings (9.00am at the Welcome Wall) so if you'd like to join us your efforts are always rewarded with a free breakfast, you can make new friends and get some muscle definition at the same time! Please get in touch also if you have any unwanted gifts which you'd like to donate for our raffles, they are always appreciated.

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

It is well and truly Autumn now; heavy showers in September have been followed by sunny days and cooler nights: perfect growing weather for weeds! Also perfect weather for transplanting, so if you have any plants you'd like to do-

nate to us please leave them behind the Welcome Wall or get in touch and we will collect. Thanks to all for the plant donations received so far.

Our Maintenance Team have continued with street cleaning, weeding and spraying with pet-friendly weedkiller. They have also gradually removed all the hard mud left on the roads during the March rains and pruned the smaller palms along the dual carriageway.

A huge thank you must go to everyone who donates to our bucket, together with those who belong to our Maintenance Scheme, and of course those who have worked on individual areas near their own homes. With your support, and that of our volunteers, our sector is gradually looking nice again after the months of neglect and it all makes a huge difference.

## 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

## What To Sow And Grow In October



Brighten up sunny borders with displays of crepis

October's crisp autumnal days bring changing colours, shorter days and the



occasional frost depending where you are. If you grow fruit and veg you're probably still harvesting and storing this year's crops, but there's plenty more to be getting on with.

### Flowers To Sow And Grow

Start aquilegia now for stunning summertime scenes

### In The Greenhouse/Cold Frame

- Sow crepis under cover in a cold greenhouse for earlier flowers next year.
- Start hollyhocks under cover now. Pot up and over-winter in a cold greenhouse or cold frame.
- Sow sweet peas and place them in a cold frame over winter for planting out in the spring.
- Sow aquilegia in a cold frame ready to plant out next spring.
- Oriental poppies can be sown into pots and placed in a cold frame over winter.
- Try sowing Hellebore seeds in pots in a cold frame. Germination can be slow, so be patient!

### Direct Sow Outdoors

- There's still time to direct sow hardy annuals such as cornflowers, poached egg plant, annual poppies and larkspur. They'll flower earlier next year if sown now.
- Sow wildflower seeds directly in the ground now to attract bees and butterflies next year.

### Plant Outdoors

- Plant daffodil bulbs, tulip bulbs and allium bulbs for a glorious spring display. Dot them through borders or naturalise them in grass.

- Plant out any perennials or biennials you've grown from seed this year.
- Plant spring bedding such as wallflow-



ers, bellis, primulas and winter pansies for a fantastic spring display.

- This is the ideal time to plant clematis.

### Herbs & Vegetables To Sow And Grow

Remember to directly sow winter lettuce for early spring harvesting

### In The Greenhouse/Indoors

- Sow winter salad leaves for growing in greenhouses, cold frames or cloches throughout the winter. 'Winter Gem' can be sown from September to January in an unheated greenhouse or cold frame.
- Herbs such as basil, dill, chives and parsley can be sown now and grown on your windowsill throughout the winter.
- Sow spring onion 'Performer' under cloches - they'll be ready to start harvesting in the spring.
- Sow cauliflower 'All the Year Round' and keep the plants in a cold frame until the spring.

### Direct Sow Outdoors

- Sow winter lettuce such as 'Arctic King' directly into the ground this month.
- Winter-hardy pea 'Meteor' can be direct sown now for cropping next spring.
- Direct sow 'green manures' on empty beds and plots to help increase your soil fertility naturally over winter.
- Sow broad bean 'Aquadulce Claudia' outdoors for the earliest crops next year.
- Corn salad (lamb's lettuce) is a fully hardy crop which can be sown this month for cropping throughout autumn and winter.

### Plant Outdoors

- Plant autumn onion sets now for an early harvest next summer.
- Try growing autumn planting vegetables like garlic - if planted this month you should get bumper crops next summer. For something more unusual try growing elephant garlic!



- Plant out spring cabbages.
- Plant out winter lettuces.
- Plant rhubarb crowns and asparagus crowns into rich, fertile soil.

### Fruit To Sow and Grow

Make sure you have acidic soil for blueberry plants to thrive and grow

- Now's the perfect time to order strawberry runners and plant up a strawberry patch for cropping next year.
- Plant some blueberry plants. Make sure you have an acid soil or alternatively grow them in pots of ericaceous compost.
- Autumn is an ideal time to plant many varieties of fruit trees. Get ready to enjoy delicious fresh fruit straight from your garden.

### Other Plants To Grow:

- Plant bare-root ornamental trees and shrubs - but always avoid waterlogged soil.
  - This month is an ideal time to plant evergreen and semi-evergreen hedges.
- Keep One Step Ahead - What To Order This Month

### Order blackberries now

- Order Spring flowering bulbs - and maybe treat yourself to a bulb planter!
- Buy pea 'Meteor' for an early crop next year.
- Order raspberry canes and blackberries.





## How To Turn Your Garden Into An Enchanting Party Venue

We may only be allowed to have six people in the garden right now, but that's enough for a party in our book!!

Is there anything better than lolling around the garden with your nearest and dearest as a hot day turns in to a balmy night? Entertaining outdoors is effortless, if you know how to set it up right. From the decorations to the setting, there's a world of options, depending on what kind of party you want to host: a movie night, grilling fest or boozy meal are all wonderful options. Below are a few tips and our edit of the best garden party items you need.

This garden boasts not one but two outdoor dining spaces for garden parties.

This shaded area stands below a green canopy of six pollarded plane trees. There are two long tables, ideal for languorous dining.

A trestle table makes for a simple, rustic dining area. The use of this indoor-outdoor space means you can entertain come rain or shine.

This shady terrace is a little slice of heaven. The director's chairs are a great choice as they can fold away when you don't need them to make more space, or be brought out when extra guests appear.

Awnings can be as simple or as extravagant as you wish, and they will always have a use at a garden party, come rain or shine. An electric awning in a little garden at home creates an exterior room, extending the dining room maybe for those times when you over-invite. It is perfect for where space is limited.

Use fabrics such as canvas, hessian or sailcloth; they look great suspended on ropes or stretched across poles or trees. Beautiful shadows are reflected onto sailcloth from the palms above, creating a natural-born party decoration with minimal fuss that's perfect for a daytime party.

Try treating draping foliage like theatre curtains, tying it back with string. Properly installed outdoor lighting creates atmosphere, as well as providing illumination above a table.

Make hanging firefly glass lanterns:

- Muslin
- Fabric scissors
- Old glass jars
- White fabric (optional)
- Double-sided tape
- Battery-operated tea lights, one for each

lantern

For each lantern, cut a square of muslin big enough to cover the lid and overhang the jar.

Place the muslin over the top of the lid and anchor it to the top of the lid by fixing it with a piece of double-sided tape. Place the battery-operated tea light into the jar, screw on the lid so the cloth hangs down and covers the jar.

To make the hanging loop, cut or tear a strip of muslin measuring approximately 30 x 2cm. Loop it around the neck of the jar and secure with a slip knot. Now take the long loose end over to the opposite side of the neck of the jar so that a long loop is formed over the lid. Push the end under the fabric tied around the jar and secure with a looped slip knot. You can easily undo and redo the hanging loop when you take off the lid to turn the light on or off.

A projector is a great investment for any film-loving family. Warm evening? Invite friends over and set up an outdoor cinema with your favourite classic movie, some wine and all-important snacks.

Select a grassy area in your garden and make simple canopies by tying the corners of pieces of fabric to the ends of long poles. Place the poles on either side of the table or tables and press them firmly into the ground to ensure that they are secure. They will provide shade and look pretty.

If you're having a garden party, you might as well cook outdoors. You'll need the gear, whether that's a fire pit, barbecue or pizza oven.



## POOL COVERS SPAIN

Over 10 years Experience

**Suppliers and Installers of:**  
 Sol Guard Geo 500 Micron  
 Solar Pool Covers  
 Winter Pool Covers  
 Roller Systems



**POOL COVERS SPAIN**  
Ex Daisy Pool Covers

[www.poolcoversspain.com](http://www.poolcoversspain.com)  
 Email - [Enquiries@poolcoversspain.com](mailto:Enquiries@poolcoversspain.com)  
 Call Andy on 660 080 201





## 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](mailto:calidagarden@gmail.com)

**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 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 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 are open Monday to Friday 8am-2pm and then 3pm-6pm, Saturdays 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

### POWERS IN SPAIN AND THE UK

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

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

For matters involving the UK, it's good to plan in advance by drawing up a document called Lasting Power of Attorney wherein one or more persons are appointed to deal with the affairs of the Donor should they be unable to do so themselves. Once capacity has been lost, then a procedure called Deputyship is necessary and a report from a medical professional is a crucial ingredient to enable the Office of the Public Guardian to grant the Order.

For affairs in Spain, the process is more complex and costly once Donor

has lost capacity and will involve an application to the Court for Guardianship to be granted to another person to deal with the affairs of the person who has lost capacity.

It's interesting to know that a good deal of worry and expense can be avoided if the Donor signs Power before a Notary here in Spain whilst they have capacity – this is termed as preventative power and, of course, is only necessary to be used if the Donor should lose capacity at a later stage. It is also interesting to know that this form of Power is customary to be granted by anyone of any age, for those who are in business or not, as the case may be, so that in any circumstance that the Power is required to be used, there will be no difficulty with dealing with those affairs of the Donor.

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

general health.

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

**In the first instance, please email [shirleyfisherlegalservices@gmail.com](mailto:shirleyfisherlegalservices@gmail.com).**

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

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

# "Proud to protect"



**For more information please contact us for a no obligation quote**

 **Jose Maria: 699 212 513**

 **Teva: 659 386 847**



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](http://www.mortgagedirectsl.com)  
[info@mortgagedirectsl.com](mailto: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](http://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**



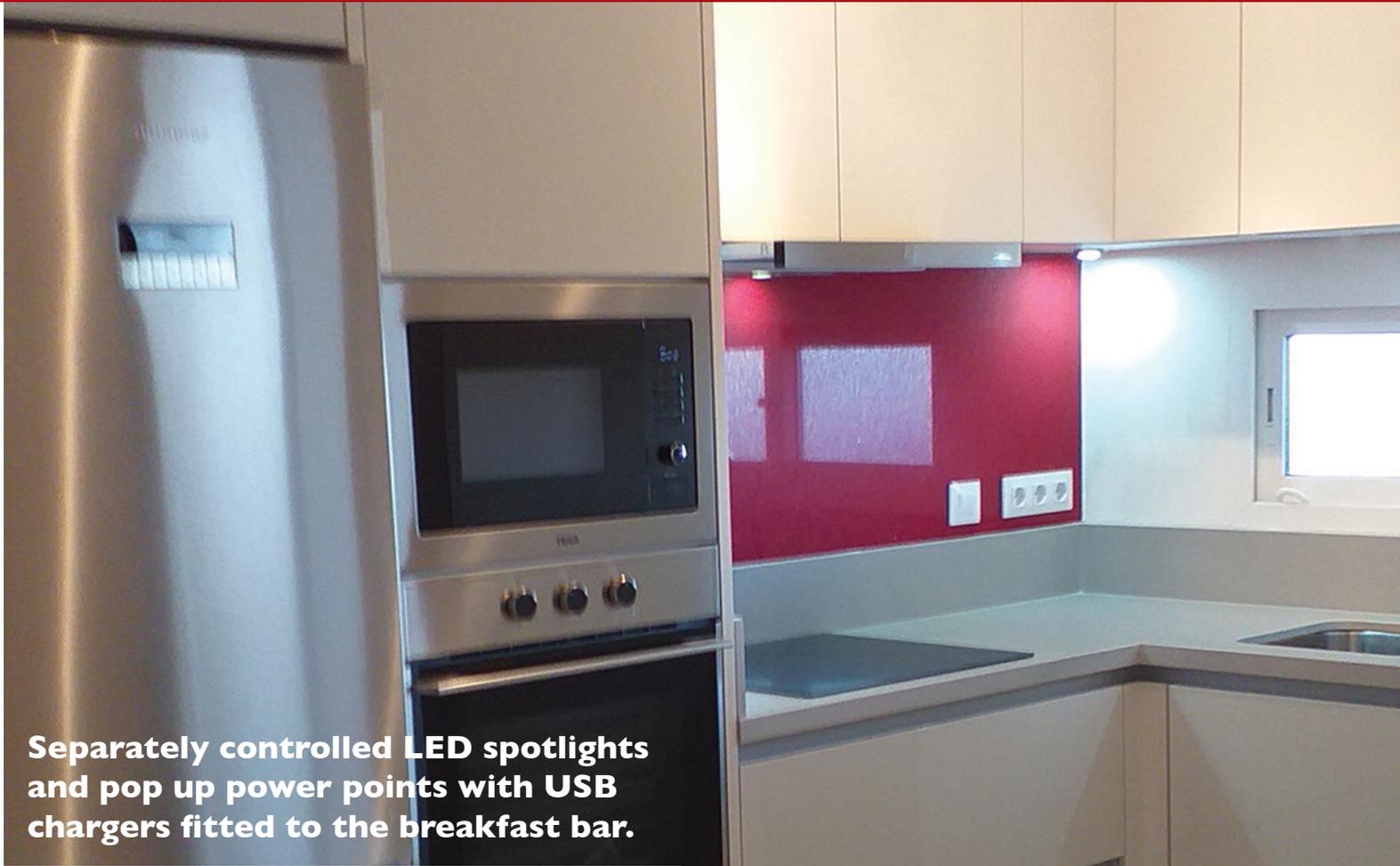
**Top Specification, Bespoke German Kitchens at prices that wont break the bank!**

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

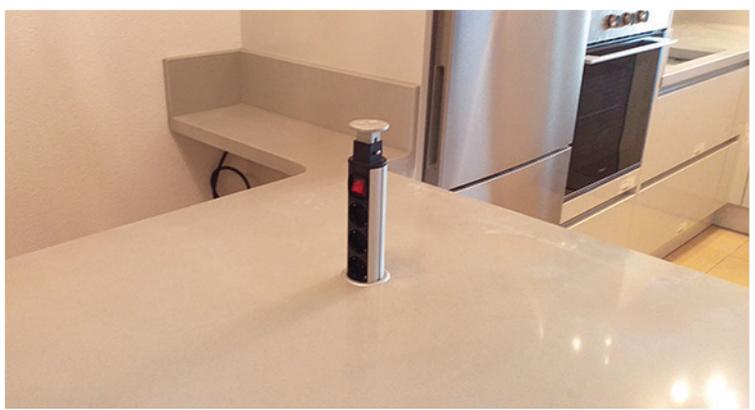
Making the best **affordable to all!**

**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](mailto:nick@germankuchen.es)**

**schüller®**  
**pelipal**

**geha**  
Möbelwerke  
Interieur

# COSY CASA



## Solar Hot Water Systems

- 160l of free hot water all year round
- 10 year guarantee, installed in one day

## Central Heating Systems

- Legal gas and oil installations
- Bottles, Vessel or street gas
- Condensing Boilers
- Reducing Running Costs by 30%

## Fully Fitted Kitchens & Bathrooms

- We design and install your dream kitchen or bathroom
- We manufacture to your requirements
- Wide range of doors
- Silestone worktops and appliances
- Complete bathroom disabled range for the best accessibility

WE ALSO SPECIALISE IN

- Bathrooms
- Cooling/heating
- Pool heating
- Underfloor heating
- Water softeners
- Solar combi systems
- Construction
- Pergolas
- Laminate flooring
- Playa Pools

**Cosy Casa Your complete home services company**

Contact us

For enquirers on any of our services.

To arrange a free survey call 654 593 372 - 654 593 351

[www.cosycasa.es](http://www.cosycasa.es) ~ [info@cosycasa.es](mailto:info@cosycasa.es)



## For All Your TV Needs



# rainbow

## SATELLITES



Time Traveller

Plan a week ahead & skip back seven days with our reverse programme guide

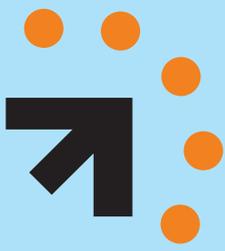
Manhattan

# (0034) 686 358 475

[rainbowsats@gmail.com](mailto:rainbowsats@gmail.com)



[www.rainbowsats.org](http://www.rainbowsats.org)



# C A M P O S O L BUSINESS CENTRE

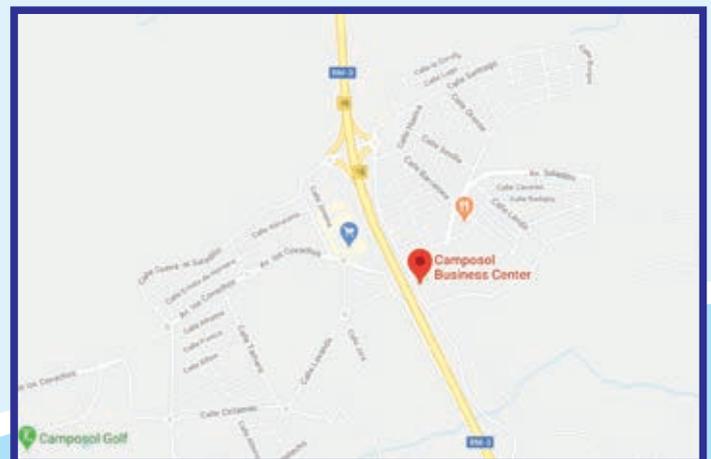
List of business;

- \* 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**

# 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](http://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](mailto: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 \***

**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](http://www.the-journal.es)  
[www.costacalidaradio.com](http://www.costacalidaradio.com)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

Blank

Blank

Blank

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

12th October Tune In to Costa Calida Radio 3pm, An Interview with Craig from Zambuca Restaurant  
 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

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 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 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

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

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 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 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

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

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 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 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

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

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 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 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



## Sudokus

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

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

Answers to last months page 66

## Halloween Jokes

**Q:** Why do skeletons have low self-esteem?

**A:** They have no body to love.

**Q:** Know why skeletons are so calm?

**A:** Because nothing gets under their skin.

**Q:** How do vampires get around on Halloween?

**A:** On blood vessels.

**Q:** Why did the ghost go into the bar?

**A:** For the Boos.

**Q:** Why did the Vampire read The New York Times?

**A:** He heard it had great circulation.

**Q:** Why did the headless horseman go into business?

**A:** He wanted to get ahead in life.

**Q:** Why do girl ghosts go on diets?

**A:** So they can keep their ghoulish figures.

**Q:** Where does a ghost go on vacation?

**A:** Mali-boo.

**Q:** The maker of this product does not want it, the buyer does not use it, and the user does not see it. What is it?

**A:** A coffin.

**Q:** What do you call a witch's garage?

**A:** A broom closet.

**HAPPY HALLOWEEN**

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

BAT
BEWARE
BOO
BROOM
CANDY

CAULDRON
DRACULA
GHOST
GRAVEYARD
MONSTER

MUMMY
PUMPKIN
SPIDER
SPOOKY
TREAT

TRICK
VAMPIRE
WAREWOLF
WITCH
ZOMBIE

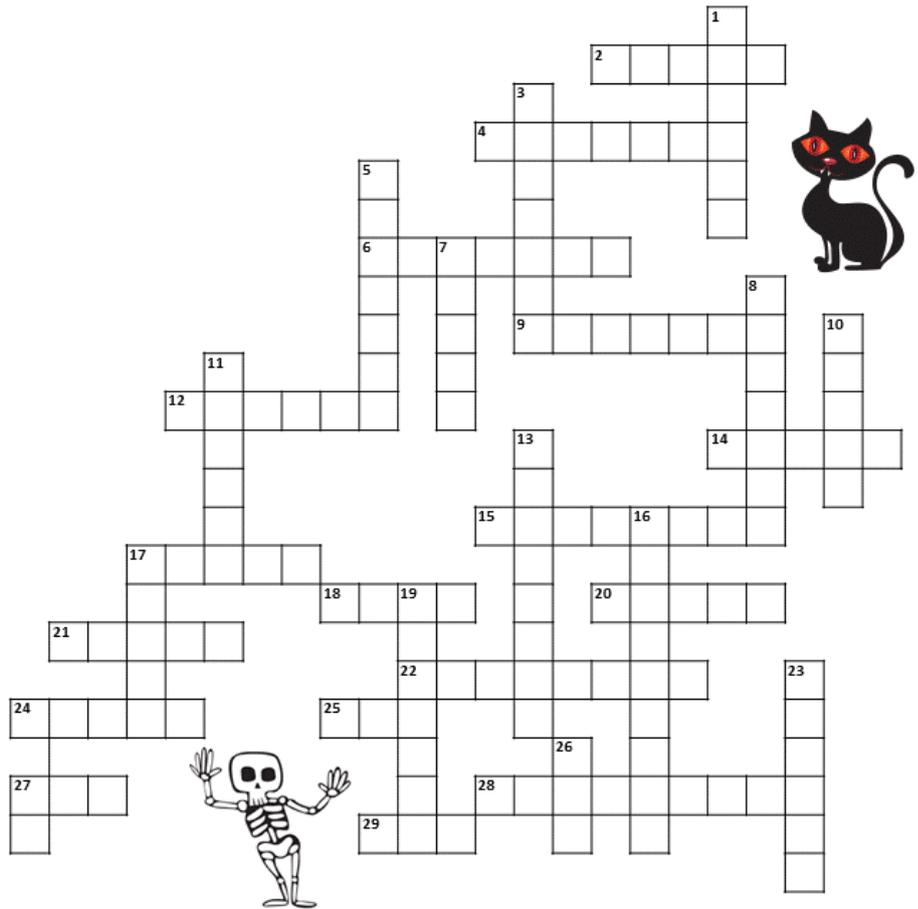
# HALLOWEEN CROSSWORD PUZZLE

## Across

- 2. Frightening
- 4. He hates garlic
- 6. Frankenstein had one
- 9. The Count
- 12. Where a vampire sleeps
- 14. \_\_\_\_ or treat
- 15. Scare
- 17. A skeleton is just a bunch of these
- 18. Mr. O'Lantern
- 20. What the pot might call the kettle
- 21. \_\_\_\_ stories
- 22. A boney sort of fellow
- 24. Found in Egypt
- 25. Lives in the belfry
- 27. Whoo? Whoo?
- 28. Playground for ghosts
- 29. What a spider spins

## Down

- 1. When something makes our skin crawl, it's this
- 3. \_\_\_\_ house
- 5. Makes a popular pie
- 7. When ghosts come out to play
- 8. Fire burn, and \_\_\_\_ bubble
- 10. Samantha for example
- 11. Evil or mischevous creature
- 13. Comes out on full moon nights
- 16. October 31st
- 17. Witch transportation
- 19. Disguise
- 23. Incey wincey is one of these
- 24. Might be full, half, or new
- 26. He swallowed the canary




Stand out from the crowd!  
Call our advertising department on 681 09 07 99

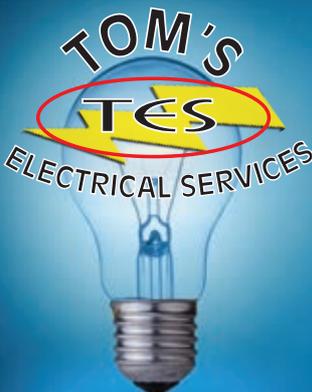
CLÍNICA PODOLÓGICA

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



## Aculief - Natural, Drug-Free Solution To Headaches & Migraines

*If you get headaches and you're tired of taking drugs or suffering through the pain...*

Aculief is a natural, drug-free wearable device that relieves headaches and tension using your body's natural pressure points.

It clips onto your hand, between the thumb and index finger, where it applies pressure to your LI4 acupressure point. This anti-inflammatory point is proven to activate your body's endorphins, which naturally and quickly ease tension throughout your body.

According to Johns Hopkins University "Proper stimulation of the LI 4 pressure point is effective in relieving headaches, pain of the eyes, toothaches, jaw pain, and pain of the limbs and bones."

It's doctor-approved and recommended for effective self-treatment.

Aculief is an award-winning, pat-

ented acupressure device that quickly provides relief from headaches and migraines.

### Why it works:

It is scientifically proven that pressure points promote communication between different parts of our body. By applying pressure to one part, pain can be quickly relieved elsewhere. That is the exact way that Aculief works and the reason for its great effectiveness.

### Feel the relief in minutes!

Works Immediately: All you have to do is tighten Aculief tightly to your non-dominant hand and you'll start to feel relief in just 1 to 3 minutes.

### Say goodbye to prescription drugs:

With Aculief, you won't have to take anything or suffer from annoying side effects. It is based on proven scientific facts and provides fast, natural pain relief.

### Lasts Forever:

When you have Aculief, you will enjoy headache-free days and nights for the rest of your life!

### Take it anywhere:

Its portable design will allow you to

always carry Aculief with you. Store it easily in your car, purse, or pocket! Furthermore, it is 100% waterproof and designed for any lifestyle, be it active or sedentary.

### Fits any hand size:

Aculief was specifically designed as a one size fits all and fits anyone with total comfort.

### Available in Multiple Colors:

Aculief is supplied in multiple colors to suit your personal style and preferences.



## Mindinsole – The All Day Foot Massage

Whether it's back pain, headaches, or even just sore feet, nobody likes having to deal with pain. Why not treat yourself with a better quality of life!

### Solution: Mindinsole

By simply slipping these acupuncture insoles in your shoes, you can easily relieve stress, pain, and tension with every step.



Taking inspiration from the ancient practice of zone therapy, the 400 acupoints on Mindinsole massages

feet with every step. By stimulating precise pressure points on the soles of the feet, Mindinsole helps relieve overall body pain, soothe foot pain, boost endurance; and improves the overall quality of everyday life. One size fits all, so everyone on your gift list can have a stimulating, relaxing foot massage all day.



*Dawn Llewellyn-Price*

It was ghoulish enough when September descended, sounding the death knell of summer, but here we are, creeping into October, and I only have one question in my head.

“Can we light our fire now?”

Oh I do love a whiff of woodsmoke and a few flames dancing around the darkness accompanied by my cackle of Welsh Witch laughter while stirring my cauldron, and the crackling of logs flicking sparks at me with a pointed, wizened finger.

For ‘tis the witching month, and ‘on Halloween, witches come true; Wild ghosts escape from dreams. Each monster dances in the park...’ Hopefully, masked fiends will be able to celebrate at the end of the

month in some shapeshifter form or other. During this month of all things spooky, and our love of being scared witless, I’ll be tuning in again for a repeat performance at bedtime, to a podcast with the frightening title ‘This Podcast Will Kill You.’

Yes, it will.

You may think the nightly news broadcasts are enough, but no. For your perfect staying-in Halloween, settle down early and press play. If you are in a Pandemic Panic, listening to these two femme fatales and their impressive list of episodes and you’ll soon realise how lucky we are to be living in this century, with modern science, and ease your fears enough to function normally. You can enchant a ghoulish ‘Halloweeni-quarantini’ to sip with each episode (the recipes are on the podcast website) and be fuelled with eye-opening fright to tales of horrors inflicted on us by Mother Nature and her minions. Let bubonic plague, smallpox, measles, Lyme disease, herpes, syphilis, and Dandy Dengue fever ease you into slumber. Hideous diseases you’ve never heard of are out there trying to get us and our fellow creatures. Rinderpest will create unforgettable scenes in your mind, least of all naked widows in wooden yolks, and bulls covered in cucumber. Thankfully modern science eradicated that from the world in 2011. Then there’s

toxoplasmosis...blame the witches cats if you can manage to lower your eyebrows.

Fancy hiking in the Espunas? Tune in to Rocky Mountain Spotted Fever or Lyme Disease. You’ll soon be wearing hazmat suits while walking your dog. ‘Tick’ that one off the list. Nasty little blighters.

As humans, we’ve certainly suffered down the centuries and these tales of horror usually begin with a reading from some evidence found in diaries or letters from the time, before we get to listen to these expert hosts tackle the subject in the great detail that comes with their medical fields. Yes, there’s a covid section too, if you really must. Maybe the scariest part is the squeaky American voices....

In the words of Stephen King; “We make up horrors to help us cope with the real ones.” Meanwhile, I’ll leave you with an easy quarantini to start off your night;

Smallpox on the Rocks  
Ice  
2 oz bourbon whisky  
1.5 tablespoons of lemon juice

You’ll need one after listening to these ladies.

Dawn

## The 43-year-old motorcycle that really is good as new! Classic 1977 Norton Commando still in its wooden shipping crate to be sold at auction for up to £30,000

The Norton, built in the UK, was shipped to a customer in Belgium in 1977

The buyer never unpacked it before selling it to a collector who took it to Spain

The vintage motorcycle has remained in its storage box for its entire life, making its availability in a sale in November a unique opportunity for bike collector

The 850 Interstate is one of the final examples of the original Norton Commando. It has an 828cc parallel-twin engine, 4-speed gearbox and a top speed of 115mph



When owners say their second-hand vehicles are 'as good as new', the reality is usually far from it.

But this classic motorcycle being sold

at auction in November definitely lives up to the claim, with it still being packed inside its original delivery crate.

The Norton Commando is already a highly-collectible vintage motorbike, but this 1977 example will likely be in huge demand having never been unpacked in its 43-year history. The unique opportunity to buy the 'time capsule' Norton - which will remain in the manufacturer's packing crate for the sale - will be offered at the H&H Classics auction at the National Motorcycle Museum, directly opposite the NEC near Solihull in the West Midlands, on 14 November. The bike is estimated to sell for £20,000 to £30,000 and remained in a shipping state since it was made, with the front wheel removed and the exhaust silencer also packed separately into the wooden box.

### Commando 850 Interstate



**Norton**

The 1977 850 Interstate - notable for having an electric start as well as a kickstart - is one of the final examples of the original Norton Commando, which features an 828cc air-cooled parallel-twin engine, a four-speed gearbox and a top speed in excess of 115mph.

You might be wondering why a motorcycle built in Britain - with production of Norton motorcycles at the

time taking place in Wolverhampton and Small Heath, Birmingham - is being sold in a shipping container.

That's because it was sold to a customer in Belgium in 1977, with the dispatch documentation even included in the November sale.

The bike remained untouched and unpacked from the time it arrived with its first keeper to when they decided to part with it.

It was subsequently sold and transported to a buyer in Holland who shipped it to Spain before it was recently purchased by the vendor and returned to the country where it was made. That means it has had three owners in four different countries in its 43-year history.

However, not one of these collectors removed it from its crate, let alone rode it.

'They were simply happy to admire the bike and imagine its potential', according to the selling auction house.

Mark Bryan, head of motorcycles at

H&H Classics, said: 'Every now and again one of these remarkable things appear in the collecting world.

'This particular instance is quite amazing. How on earth has everybody over 43 years managed to restrain themselves and not uncrate this bike?' The motorcycle has been consigned by Kevin Maddocks, who has been a long-time Norton fan and collector.

'Imagine how excited I was when I recently heard of a 1977 Norton Commando 850 Interstate that was still in its original packing case - 43 years old and still 'brand new'. I just had to buy it and I tracked down the owner in Spain,' he explained,

'The Spanish collector, who owned 98 bikes, had bought it 10 years earlier at an auction in Belgium, after the owner of a Belgian motorbike shop passed away.

'Apparently he had kept it in his store room, in its original packing case, for about 35 years and for some strange reason refused to sell it to anyone!' He added: 'Since owning her I have

never really touched her - she would look even better if I could give it a spring clean but to do it properly, I'd have to remove her from the packing case.

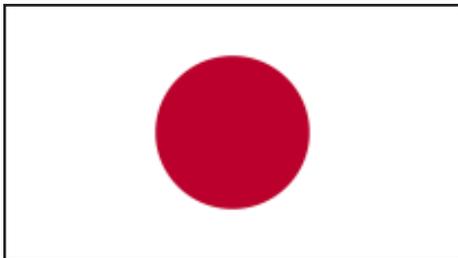
'Everything is there; three sets of keys, manufacturer's advice sheets for the dealer, owners manual, service book, plus even a small spray can of Norton chain lube!'

Mr Maddocks said his intention was to show the motorcycle at events across the country and display it in museums, but the impact of the Covid-19 pandemic has seen his circumstances change and he's been resigned to selling the timewarp bike.

Compared to some of the 'barn-find' classic cars we've seen sell for staggering sums in recent years, this untouched collectible will be a worthy addition to an motorcycle collection.

The bike's auction sale includes three sets of keys, manufacturer's advice sheets for the dealer, owners manual, service book, plus even a small spray can of Norton chain lube - possibly the last in existence





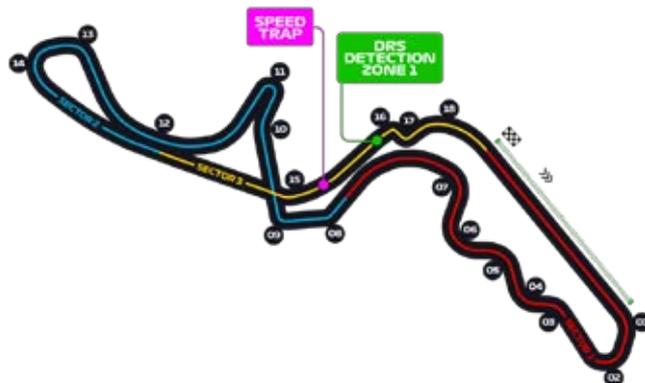
**Pirelli Japanese Grand Prix 2020**  
**Race 11th October, 06.10 – 08.10**  
**Round 18**  
**Suzuka International Racing Course**  
**First Grand Prix 1987**  
**Number of Laps 53**  
**Circuit Length 5.807km**  
**Race Distance 307.471 km**  
**Lap Record 1:30.983 Lewis Hamilton (2019)**  
**Suzuka**

### When was the track built?

In 1962. Soichiro Honda, whose car company you may have heard of, was a man with big ambitions. Seeking to turn Honda into an automotive powerhouse, he decided his company should have its own test track. Dutchman John Hugenholtz got the nod, and drew up the now-iconic 'crossover' Suzuka track – although original drawings saw the track pass over and under itself a full three times, which would have been sweet!

### When was its first Grand Prix?

Despite most people agreeing that Suzuka is a worthy successor to sliced bread in the 'Best Thing' stakes, the Japanese track was a relative latecomer to the F1 calendar, making its first appearance in 1987. Nigel Mansell would remember that weekend well, after he suffered a crash in qualifying that ruled him out of the race, gifting that year's championship to his bitter rival Nelson Piquet.



### What's the circuit like?

Show us a racing driver who doesn't love Suzuka, and we'll show you a liar. The high-speed track remains one of the ultimate driving challenges, with the snaking 'S' Curves, the two commitment-rewarding Degners and the white-knuckle ride of 130R all highlights in a series of

highlights at what is one of F1's seminal tracks. And hey, it's got a crossover, which is always cool, right?

### Why go?

A track that has witnessed an unfair share of legendary F1 moments (not least between Messrs Prost and Senna), a unique set of fans with an unabashed commitment to playing Formula 1 dress-up, a Ferris wheel, and great food. Okay, for most of us it's a long slog to get

there, but surely a better question is: 'Why not go?'

### Where is the best place to watch?

Take your pick. Grandstands D and E overlook the 'S' Curves, giving you an amazing chance to watch downforce and commitment working in perfect harmony as the drivers negotiate the sinuous turns.

Elsewhere, the left flank of Grandstand G places you at the inside of 130R, which should be a bit of a treat, while if it's overtaking you want, Grandstand I will give you a view of the incident-attracting Hairpin.



**United States Grand Prix 2020**  
**Race 25th October, 20.10 – 22.10**  
**Round 19**

**Circuit of the Americas**  
**First Grand Prix 2012**  
**Number of Laps 56**  
**Circuit Length 5.513km**  
**Race Distance 308.405 km**  
**Lap Record 1:36.169 Charles Leclerc (2019)**

### Austin

### When was the track built?

The Circuit of The Americas, designed by Hermann Tilke in collaboration with American architectural firm HKS, endured something of a nervy start, with construction suffering several setbacks. It was well worth the wait, though, when 1978 F1 champion Mario Andretti opened the track on October 21 2012.

### When was its first Grand Prix?

F1 first raced at the Circuit of The Americas in 2012, for the first United States Grand Prix since the 2007 race at

Indianapolis. Unsurprisingly, over 100,000 spectators packed out the Austin venue, witnessing Lewis Hamilton's last ever win in a McLaren before his switch to Mercedes for 2013.

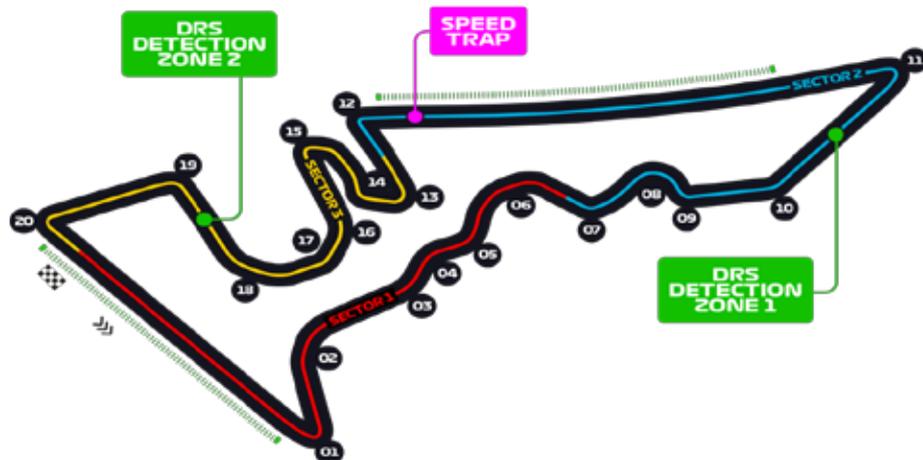
### What's the circuit like?

If the corners at COTA seem familiar, they should be. Turns 3 through 6 look not dissimilar to Silverstone's high-speed run through Maggotts/Becketts or the S Curves at Suzuka, while Turns 12 through

and a vibrant nightlife, all united under the banner of the city's unofficial slogan: 'Keep Austin Weird'. Then when racing starts, you'll be in attendance at one of the great modern race tracks. With the Americans' attitude to partying, you won't want to miss out!

### Where is the best place to watch?

You're spoilt for choice. If you sit in the main grandstand on the start-finish straight you'll get – in true US style – the



15 mimic Hockenheim's stadium section. Meanwhile, the uphill run into wide, wide Turn 1 – hey, everything's bigger in Texas, right? – has provided some fine overtaking action in the track's short life.

### Why go?

There's a reason Austin is often regarded as America's coolest city, with great food

benefit of an in-seat food and drinks service, while those in the stand at Turn 1 enjoy a view all the way to downtown Austin. But if you want to see the racing action up close, find a way into the the Stadium Section stands at Turns 15/16.

## LATEST NEWS FROM LOS AMIGIS DE MAZARRON FC

Mazarron FC's hopes of gaining promotion to Segunda B Division of the Spanish league for only the second time in their history were dashed in the Semi Final of the Tercera Division Play-Offs



*Los Amigos supporters watching the Play Off Game live in Alley Palais*

when despite holding league Champions Lorca Deportiva to a 0-0 draw they did not proceed to the Final as Lorca had finished higher in the table.

Despite the Covid 19 situation the Executive Committee has continued to meet to discuss the way forward. Los Amigos membership renewals (usually 1st August) have been deferred to 1st January 2021. If anybody, who is not a current member, wishes to join before this date their membership will expire 31 December 2021 which will now be the same for everybody. We have also had to postpone our AGM to a future date which will hopefully be early in the New Year.

A couple of social events have been organised, the first of which was a Quiz Night at the Diner, Camposol B on Tuesday 22nd September. The evening included supper for which there was a choice of Sausage and Mash, Fish Goujons and Chips, Pork Pie Ploughmans, Chilli & Rice, Cheese & Onion Quiche with Salad and a Veggie Option. Thanks to Sue and her excellent staff at the Diner in these difficult times.

Then on Friday 23rd October we will be staging the Race Night which was postponed in March because of the crisis. We have moved the venue to Alley Palais on Camposol B and because of current restrictions, doors will open at 6 pm with the first race at 6.30 pm prompt. A supper will be served at about 7.30 pm and the racing should be finished by 9 pm. We will then be entertained by our compere for the evening, singer Sharna Knight. Under the current restrictions we have to vacate the indoor seating area by 10 pm.

We have re-printed the tickets for the Race Night so those people who purchased tickets for the original event

can exchange them at the Club House Camposol any Thursday afternoon between 4 pm and 5 pm. Anyone wishing to purchase tickets for the Race Night (€8 for members and €10 for non members) should email pamada.1130@yahoo.co.uk.

Will all ticket holders also email their choice of menu to pamada.1130@yahoo.co.uk as soon as possible. The choices are 10" Pizza, 3 pieces of chicken, or scampi and mushy peas all served with chips and garlic bread. Currently tables are limited to 6 people per table so if you wish to sit together please let Barbara know on pamada.1130@yahoo.co.uk

The 2020/21 season for Mazarron FC will start on the weekend of 17th and 18th October. At the moment we expect that the games will initially be played behind closed doors and then later, hopefully, with a limited number of spectators depending on the Covid 19 situation.

Obviously this will have a great financial impact on the club's budget so Mazarron FC has launched a season ticket for the forthcoming season.

Prices are €50 except for ladies and younger people aged 16 to 23 who will pay €35. Season Ticket holders for the 2019/20 season can request a 10% discount on presentation of their 2019/20 ticket.

The first 100 subscribers will receive, free of charge, an official club scarf. In the event of some games being played behind closed doors, the season tickets are valid for 19 regular league matches so, if it is not possible to use some or all of the tickets, the remaining matches will be valid for the 2021/22 season. If and when fans are allowed to enter with limited capacity, preference will be given to season ticket holders. The cards will all be numbered, counting from subscriber number 1 to the last number sold. Example: if 300 people are allowed in, subscribers 1 to 300 will be able to gain admission.

If you wish to support the Football Club at this difficult time you can do so through LoA Amigos by emailing pamada.1130@yahoo.co.uk to book a season ticket. Obviously the sooner you do so the better chance you will have of being among the first subscribers. You can also book your season ticket online via the Club's website [www.mazarronfc.com](http://www.mazarronfc.com). Tickets can be collected from Los Amigos or from the Estadio Municipal when they are ready and subscribers will be notified as soon as the collection date is available.

The League this year is to be played in a different format. There will be 22 teams

divided into two groups of eleven playing each other at home and away. After the end of these 20 games for each team, the top six teams in each group will combine to play each other on a home and away basis to determine the promotion place(s), a total of 22 games for each team. The bottom five teams in each group will also combine to play each other home and away to determine the relegation places.

One thing is certain - the playing surface at the Estadio Municipal should be in its best condition for a very long time! There have been many changes behind the scenes with Manager Juanjo and his staff leaving but we have a more than capable new Manager in Sergio Sanchez who has been successful in the past with Lorca Deportiva.



*Mazarron's new Argentinian born striker*

Departures on the playing side include goalkeeper Ivan Martinez who has joined newly promoted Segunda B team Lorca Deportiva, Miguel Ruiz (El Palmar), Asensio, Cayuela and Adrian Campoy (Lorca FC), Alvaro Gonzales (Mar Menor), Nacho (Muleno) and Jose Da (Bala Azul) and Borja Mir (Silla FC). Dani Morales has surprisingly dropped down a division to join Cieza in the Preferente.

Mazarron have moved quickly to sign replacements and have currently 18 players on their books with a further two expected signings. The players are:-

Zurdo Defender  
Jaime Vera Forward  
Salva Ballesta Midfield/Forward  
Matallana Midfield  
Monas Winger  
Diego Midfield  
Angel Lopez Midfield  
Sergio Gonzalez Goalkeeper  
Simpara Midfield  
Chiky Ardil Forward  
Kaka Defender  
Ortuno Midfield  
Josema Defender  
Dani Barriles Forward  
Vina Defender  
David Ardil Defender  
Juan Duran Defender  
Fede Osterwalder Forward



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](http://www.ecoadventure.es)

+34 675 551 600



@hola@ecoadventure.es

**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 634 312 516



*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](mailto: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

# **+** 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**

Take a  
step  
into grey  
jeans this  
autumn





All available [www.hnmonline.com](http://www.hnmonline.com) & [www.zara.com](http://www.zara.com)

## HOW TO KEEP YOUR SKIN COOL IN OCTOBER

Our skin can take a major beating due to the hot weather conditions. After all, it is during this second summer that our skin feels irritable and yearns for something cool. Precisely why we're giving you 5 skin care tips for the summer that will ensure it doesn't get under your skin... · Embrace a cooling potion for your skin · Rely on a face mist · Use an eye mask.

### Embrace a cooling potion for your skin

The hot weather can make your skin rather dry and parched. This is when you need your skin to cool down by way of a cream that lends your skin optimum hydration. Do this by relying on the Lakmé Absolute Skin Gloss Gel Crème. This one feels absolutely cool on your skin as well as keeps your skin hydrated all day. Giving your skin the nourishment and sheen, it deserves, this gel crème contains a light glaze with mineral laden glacial water to keep your skin moisturised.

### Rely on a face mist

If your face feels parched after a day out in the sun, a face mist is all you need. This is like the perfect pick-me-up for your face when you're feeling tired. Our suggestion is to cool the spray in the fridge and then apply it on your face once you've returned home from an

outing. All you need to do is mix equal amounts of coconut water and aloe vera juice. Follow this up by adding 1 tsp almond oil to the mix and then refrigerate.

### Use an eye mask



Your eyes need some considerable amount of cooling too during this weather. This is why you must rely on a gel-based eye mask. This will help puffy eyes and also combat fatigue to a great extent.

### Rub ice cubes



After a hot day outside, your skin feels rather tired. Exactly why an ice massage will come of use because it not only reduces swelling and shrinks pores but also

leaves your skin feeling cool and gives you a natural glow.

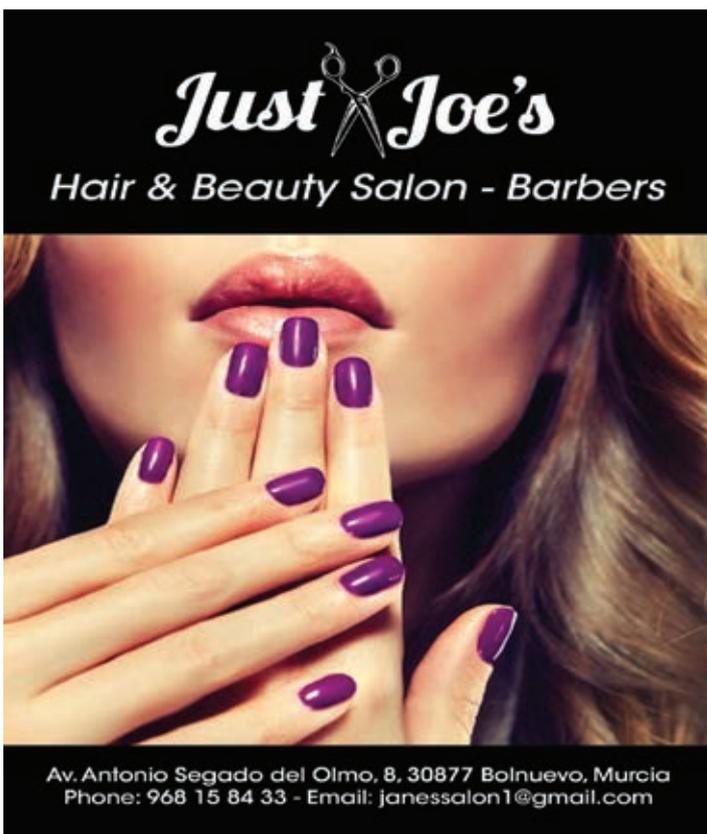
### Hydrate your body



One of the best and most effective ways to internally keep your body cool is by drinking at least 3 litres of water every day. Drinking water will reduce body heat and in turn, cool your skin down.

### 3 REASONS WHY YOUR SKIN NEEDS MOISTURISER EVEN IN OCTOBER

The month of October can be a trying time for the skin. The humidity in the air stimulates our sweat glands that leave our skin irritated and full of impurities. Worse, when sweat comes in contact with the pollution and grime, it leads to bigger skin concerns like acne, blackheads and more. It is this time that you assume you don't need a skin moisturiser or lotion thinking that your skin doesn't require added hydration. But sadly, this could be the biggest skin care blunder you're committing.



**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



**Barbers Opening Offer**

**Free**  
Hair Cut For Gents  
During  
October!!

When your wife is  
booked in for a colour -  
at the same time!!

Kill two birds with one  
stone!!

**Just Joe's**  
HAIR & BEAUTY  
T: 968 15 84 33



How to make fake wounds with 3 simple ingredients

You will need -  
Liquid Latex  
Tissue  
Fake Blood

Step 1 - Apply the tissue paper onto the painted area of skin.

Step 2 - Let the glue dry for a minute or so. When your paper is firmly attached, repeat the process.

Step 3 - Use your brush to add another layer of glue on top of your toilet paper. Two layers will work but adding more layers will give your wound more depth.

Step 4 - Apply fake blood over the wounds!

Top Tip - Apply some black eyeshadow inside the fake wound to make the wound appear deep!



With  
Danielle Wrigley

## Spooky Glam Halloween Makeup

First of all start with the eyes.

The reason why I apply eye makeup first is because the dark colours used on the eyes can easily drop down onto the face and ruin your base makeup.

For the eye makeup I used Stila Cosmetics Eyes and the Window palette in 'Soul' and used the tan shade in the crease of the eye, and the black all over the eyelid.

If you have any drop down eye-shadow simply just wipe away using a face wipe.

Over the eyeshadow I applied Stila Cosmetics glitter and glow liquid eyeshadow in shade 'vivid amethyst' to add some sparkle to my models dark smokey eyes.

I then applied some black eyeliner in her waterline and underneath her eye and popped on some black mascara and false lashes to complete the eyes.

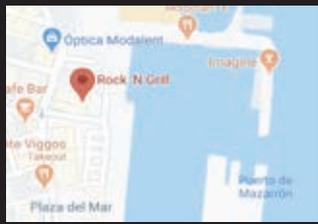




*Restaurant, Bar & American Grill diner*

Tel: 868 96 87 20

 Rock n grill



Paseo de la sal,  
1 (6.24 km)  
30860  
El Puerto De Mazarrón,  
Murcia, Spain

*"If you like Tex Mex and American grill then you'll love Rock n Grill"*

Choice of starters such as super crunchy potatoes with extra mozzarella, cheddar cheese, ranchero sauce and crispy bacon, or try the Texas style chicken wings, pulled pork rolls, uncle Bills nachos, or Tex Mex style mini burritos to name but a few starters. A choice of popular American style salads, and house specials such as.

American style menu with ribs (port ribs St Louis style), Cajun chicken or pork tenderloin. There is also a substantial choice of hamburgers served in a variety of styles and with a choice of toppers and side orders. The ever popular pizza menu is available in a variety of recognised favourites.



Home delivery service available



*Café Et Bakers*  
Eat in or take away

T: 868 08 02 26

kimmercafeteria@hotmail.com

 Kimmer Cafeteria

Scan to see our Menu



Bar Kimmer is a popular spot for a coffee and cake, or tea and savouries. Fresh rolls, bocadillos and sandwiches. Tostadas, fresh orange juice and coffee

Tarts and Pies, such as the popular apple pie, carrot Cake, Strawberry cheesecake, Chocolate tart & Swiss Rolls.

Sweet Crepes / pancakes made on the premises in front of you to order with a choice of toppings from vanilla ice-cream and caramel sauce to chocolate syrup. Try the waffles and our kimmer Cafeteria crepes we also have American pancakes that you can accompany with chocolate, honey or maple syrup

A variety of teas and infusions to suite all tastes from Salzillo or a Marshmallow hot chocolate

Centre of town opposite the covered market. Ideal for a pre or post Sunday market coffee and cake.

Cool inside seating with open area with plenty of seating.

Coffee all style and flavours are offered and add a dash of something stronger – coffee liquor, Asiatico

Fresh pastries such as croissants, Danish pastries, or empanada.

We cater for Gluten free and lactose free

**Open from 8.00 - 14.00 / 16.00 - 21.00**

**Let us cater for your birthday party or events, complete with cakes and more !**

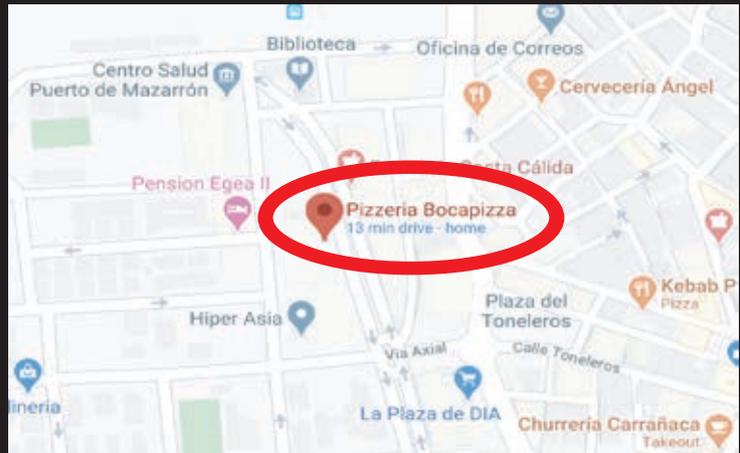


# BOCAPIZZA

## PIZZAS, MEAT & FISH TO EAT IN OR TAKE-AWAY

*All your favourite toppings  
to eat in or take away  
in a family friendly atmosphere*

*Open from 12am to 12pm*



TEL: 968 15 40 05

OR CHECK OUT OUR  
FACEBOOK PAGE

 **Bocapizza Mazarron**

AVDA. COSTA CALIDA N.57 (5.88 km)  
30860 El Puerto De Mazarrón, Murcia, Spain

SCAN THIS CODE  
TO SEE OUR MENU



# 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.



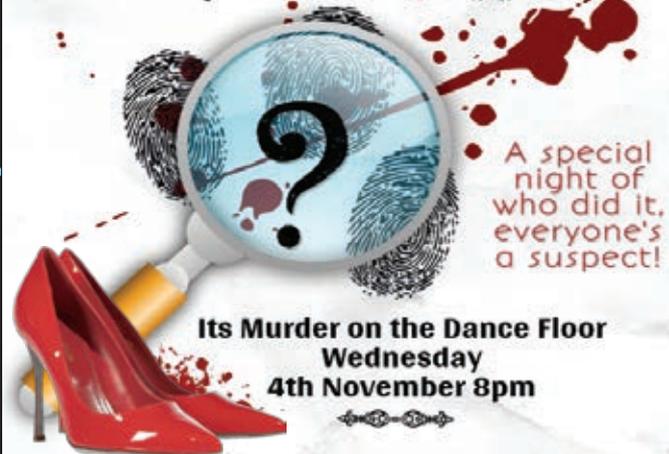
Tapas Available 

Tasty and Filling Menu Del Dia  
Only 12.50 euros

Roast Sunday Dinners

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

# MURDER MYSTERY DINNER



A special night of  
who did it,  
everyone's  
a suspect!

Its Murder on the Dance Floor  
Wednesday  
4th November 8pm

Get your sequins out and come along and enjoy this special night we would like to host for you, in conjunction with Cloud 9 Drama Group. Select food from our prepared menu when you book your table

Reservation Must be Made Call Now On 622 14 98 96

3 Course Meal

Murder Mystery Entertainment

Only €20

Fancy Dress Optional



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

## Crab & Smoked Salmon Stack



### Ingredients for 6:

- 12 slices smoked salmon
- 4 tins of Kamchatka king crab meat
- 4 shallots
- 1/2 bunch parsley
- 1/2 bunch of chives
- 1/2 bunch of basil
- Olive oil
- Ground pepper

### Method

- Spread the smoked salmon slices on a chopping board and cut them into 18 discs with a cutter or mouset ring.
- Reserve in the fridge.
- Finely chop the salmon scraps with a knife.
- ... chop the parsley, basil and chives.
- Strain the crab meat and shred into a recipient. Add the shallots...
- ... and the chopped herbs.
- Add 4 tablespoons of olive oil and season with pepper.
- Place a stainless steel ring in the centre of each serving plate. Arrange a smoked salmon disc at the bottom.
- Fill with the crab preparation halfway up.
- Press to make it compact.
- Arrange a second disc of smoked salmon and fill up with the crab preparation.
- Cover with a disc of smoked salmon.
- Gently remove the ring. Reserve in the fridge until ready to serve.
- Just before serving, arrange a few sprigs of chives on each crab and smoked salmon stack. Enjoy!

## Stuffed Chicken Breast – Baked Spinach Stuffed



### INGREDIENTS

- 4 chicken breasts, boneless, skinless
- 2 bunches of spinach
- 2 tsp Italian Seasoning
- 3 heaped tbsp mayonnaise
- 4 ounces cream cheese
- 1 cup grated Parmesan cheese
- 1/4 tsp garlic powder
- 1 tsp oregano
- 1-2 tsp paprika
- salt and pepper
- 4 tablespoon olive oil

### INSTRUCTIONS

1. Preheat the oven to 375 F (190 degrees C).
2. Wash the spinach leaves carefully and boil the leaves for a few minutes until wilted and drain all the water and finely chop the leaves.
3. In a bowl, add the spinach, cream cheese, grated parmesan, and mayonnaise and mix all together.
4. Take the chicken breasts on a parchment paper then to the cutting board and make pockets on each with a sharp (Without any holes!).
5. Season each breast with Italian seasoning, salt, and pepper.
6. Now stuff each chicken breast with the spinach mixture and secure the pockets with toothpicks.
7. Transfer the chicken with parchment paper to your baking sheet.
8. Season with more salt and pepper, paprika garlic powder, and oregano, drizzle with olive oil and bake for 25-30 minutes at 375F until chicken is cooked through.
9. Garnish with Parsley leaves.

## Pecan Pie



### Ingredients

- Short crust pastry base
- 100g/3.5 ounces bittersweet chocolate, finely chopped
- 4 large eggs, at room temperature
- 1 cup (213g/7 and 1/2 ounces) light brown sugar, packed
- 1 cup (312g/11 ounces) light corn syrup
- 2 and 1/2 Tablespoons unsalted butter, melted until browned then slightly cooled
- 1 and 1/2 Tablespoons Kahlúa liqueur
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 2 and 1/2 tablespoons all-purpose flour
- 2 cups (227g/8 ounces) pecan halves, coarsely chopped, (plus extras to line the top, if desired)
- 1 cup (170g/6 ounces) semi-sweet chocolate chips

### Instructions

1. Preheat oven to 350°F (177°C). Have ready and refrigerated one pastry-lined 9-inch pie plate
2. Fill a medium pot one-third full with water and bring it to a low simmer over medium heat. Place a heat-proof bowl that will fit on top of the pot. Reduce the heat to low and add the chopped chocolate into the bowl over the pot. Heat until the chocolate is completely melted, stirring occasionally. Remove the pot from heat, leaving the bowl over the pot. Set aside until needed.
3. In a medium mixing bowl, whisk the eggs until well combined. Whisk in the brown sugar, breaking up any lumps in the mixture. Whisk in the corn syrup, browned butter, Kahlúa, salt, cinnamon, and flour. Using a rubber spatula, fold in the pecans and chocolate chips. Fold in the melted chocolate.
4. Pour the filling into the prepared crust. Then if desired, line the top of the filling with extra pecan halves.
5. Bake for 65 to 75 minutes, or until the center is puffed, the edges are set, and the center is just a little jiggly. If the top of your pie is getting too brown, loosely tent a piece of tin foil on top. Place pie plate on a wire rack and cool completely before transferring to the fridge to chill for at least 3 hours.
6. Store pie, covered in the refrigerator, for up to 5 days. Serve cold, or bring back to room temperature before serving.



# Reeves Butchers

*Traditional Butchers since 2005*

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



 **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*



## **Autumn Abundance Quiche**

12 eggs  
salt and pepper  
1 cup sautéed winter greens  
1 recipe roasted wild mushrooms (recipe follows)  
2 cups nutmeg sage roasted squash (recipe follows)  
1 cup roasted brussel sprouts (optional)  
6 oz goat cheese  
coconut oil (for greasing the bakeware)

Directions:

1. Preheat the oven to 375 F. Generously grease a 10" pie dish with

coconut oil. Place the focaccia crust in the bottom.

2. Beat the eggs well, and season with salt and pepper.

3. Sprinkle the sautéed greens, wild mushrooms, squash, and brussel sprouts (if using) on top of the crust.

4. Pour the eggs on top, and sprinkle the goat cheese on top of the eggs. Bake for 35-40 minutes. You will know the quiche is done when the top begins to brown and the filling is fluffy (and not runny in the middle). Wait 5-10 minutes before cutting. Serve warm.



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



### Where To Eat.....I know!!!

Restaurante La Chara located in Isla Plana, is a favourite for many a local resident and holiday maker alike.

With an extensive selection on the menu, menu del dias, and the menu especial – its no wonder this popular restaurant has been around for so long!!

With Cristobal the owner at the realm, along with his wife, a warm welcome is always given and the food is delicious each and every time.

With specialities in various meat, and fish dishes, along with lovely wines to compliment, it is not just about a typical menu del dia – its more than that! It is the food, the presentation, the ambience, the welcome and with the prices being just as reasonable and comparative to other restaurants in the area, it is well worth a visit.

As mentioned Restaurante La Chara is located in Isla Plana, a beautiful little village, offering a lovely walk along the front near the church, or a little snooze on the beach after you have eaten, it is a great little gem of a village to visit.

And as we have mentioned a number of times before during these last few months, it is so important we support these local businesses, so please keep La Chara in your mind and make sure it is a place you visit this month!

Cristobal has asked us to mention his special offer of ..... An extra bottle of wine for every 4 diners / extra half bottle for 2 diners INCLUDED FREE when ordering the menu especial!!

It is a great offer he is giving to his customers, so let us give him something back too, our support by turning up at his restaurant and saying hey, Covid will not keep us away!!

Cristobal is taking all the safety hygiene precautions necessary to make your dining experience safe and pleasant.

**Go to page 35 and cut out his coupon offer!**

# 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](http://www.salus-seguros.com)**



'Look up dear Friend and see the Light for you it shines both day and night'

Hello everyone,

Well, where did the summer go?! I hope you had a peaceful time. For me, it has been busy with developing myself, spending quality time within Spiritual Energy and feeling the Unconditional Love of the Universe.

Recently, I have been asked a lot of questions about my understanding of a Spiritual Pathway and I have been overwhelmed by your comments and interest in this page. It really has aroused the interest of those already walking a path of enlightenment and those who have had their interest piqued. Who would have known when we first started this page? I know some like to keep it on the quiet and others are fully open with their interest. Whichever you are, please keep an open mind and keep the questions coming.

In the last article I said that we would explore the, sometimes, very confusing world of 'having a Reading' and what is meant by this.

I am a Healer (Energy & Reiki Master), Psychic, Spiritual Medium, a Way Shower, Teacher and a Light Worker. I am a Demonstrating Medium and Reader, giving messages and guidance through Readings and Sittings for those who are seeking truth and guidance.

I do not believe in fortune telling or telling people what to do with their lives. Although, some come to me wanting just that! I follow a Universal Spiritual Law, which has firm guidelines of conduct, however, you will not find a book telling you what these are. This information comes from years of working with the Higher Consciousness, Guides and the Spirit World. A strong moral ethic and belief in working for Humanity are required of anyone wanting to do this work, because believe me, the journey to get to where I am was tough and definitely not for the faint hearted. I am a normal person, living

a normal life, with knowledge and a Divine Gift.

Some people feel they have the right to ridicule someone like me, however, I have found that when the going gets tough in some people's lives, then they seek me out and people like me. I have never forced my knowing and beliefs on anyone or told people they should follow the same path as me. Again, as I have mentioned previously in articles, this has nothing to do with Religion or be against those who have a strong faith. We are all one and everything has its place.

Many have come to me and said they had a Reading or a Sitting previously and it was not what they had expected, normally not knowing what to expect. So, I hope to help you out here and give you more understanding of the difference.

I will start with having a 'Reading'. We call someone wanting a Reading 'a Sitter or a Querant'. The first question you have to ask yourself is:

Why do you want a Reading in the first place?

And the next question is:

Who do you go to?

Personally, I would stay away from those who advertise themselves a lot, the first reason for this, is why do they have to do that? Don't they get many Sitters, are they only looking for financial gain, or are they flexing their Ego's. There should be some 'exchange' for the time of the Reader, not their Gift, as they have paid more than financial costs than you can imagine honing their abilities. Normally, I find people are guided to me by various sources quite naturally.

Once you have found someone, who you feel comfortable with and who is genuine, then go for it, you have nothing to lose.

A Reading will take between 20 minutes to an hour normally. It should make you feel empowered, have a better insight to a situation, uplifted, happy and above all safe. Any Reader who makes you feel any less, should be avoided. Your own natural intuition / gut feeling (remember what covered this last month) will give you a nudge, listen to it.

Having a Psychic Reading will usually involve the use of cards. Tarot cards normally come in a deck of 78 Guidance cards and Oracle cards have less. My choice of Deck is the Ryder Waite Original (I also have many others). The Psychic should make you feel relaxed and calm and know their trade. If anyone gets out a Manual or Book to read the cards, or makes you feel none of the above, run for the hills!

Here are some examples of my beautiful Tarot cards.

All you need to do is be open minded, positive and accepting of the guidance that is being shown to you. The cards have much to say. You have 'Free Will', nothing is set in stone and a good Reader will show you how to make your own decisions and listen to your inner self. Again, I must reiterate, any Reader who is telling you what to do, what decisions to make in your life, is not working with the Light and is definitely not working for you best interests. Advice is key, not the Reader being a know it all and nor should the Sitter expect to be led by the hand to get out of bed in the morning.

The Reader will 'connect' with the energies surrounding the Sitter in a compassionate manner and use the cards to bring about positivity, not negativity, see different sides to a situation, will bring healing and guidance, not prediction of the future and lastly to assist the Sitter to be empowered and not to be dependent on the Reader. The connection should be beautiful, easy, natural and should flow, bringing harmony and peace to the Sitter.

As the Sitter, have questions in your mind that you would like assistance with. Do not get into conversations with the Reader before the Reading, you should just reply with a simple Yes or No response, or say I understand. If better clarification is required, just ask and the Reader should be able to give you a clearer understanding of the information that they are receiving. Readings can cover many facets of life, from business, family situations, relationships, etc. Once the Reading has finished, you can then discuss it and share a conversation, preferably with a nice cup of tea. The Tarot will always tell you what you need to know, not necessarily what you want to hear. Even if you have not heard what you want to hear, usually, all becomes clear after or at a future date.

After the Reading, the Sitter should feel good about themselves and their situation. It is important to realise that we can influence the outcomes of our fate, but we cannot influence someone else's life journey or lessons.

I have enjoyed being able to read Tarot cards for over 13 years and also enjoy teaching others to do the same.

We can learn a lot about ourselves and our own personal life journey.

So, if you are curious or interested, find a Reader that you feel connected to and enjoy the beautiful gift that will present itself. You may be surprised to know that there are quite a few of us in our local area.

In next the issue of the Journal Magazine, we will continue to explore this journey and find out more about 'having a Sitting'.

**'Release your fears and look ahead, today has gone and the past has fled'.**

Have a good month everyone.

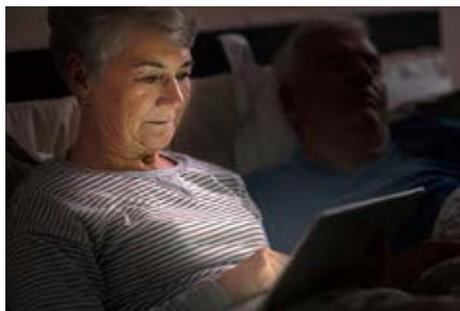
Namaste my friends,

Corina



## Bad Habits That Can Hurt Your Brain

### You Miss Out on Sleep



You do a few things you know you shouldn't - we all do. But some of those bad habits can take a toll on your brain. For example, lack of sleep may be a cause of dementia, including Alzheimer's disease. It's best to have regular sleeping hours. If you have trouble with sleep, avoid alcohol, caffeine, and electronics in the evening, and start a soothing bedtime ritual.

### You Have Too Much Alone Time



Humans are wired for social contact. It's not about how many Facebook friends you have - what matters is a real sense of connection. People who have that with even just a few close friends are happier and more productive. They're also less likely to suffer from brain decline and Alzheimer's. If you feel alone, call some friends or start something new - salsa dancing, tennis, bridge.

### You Eat Too Much Junk Food



Parts of the brain linked to learn-

ing, memory, and mental health are smaller in people who have lots of hamburgers, fries, potato chips, and soft drinks in their diet. Berries, whole grains, nuts, and green leafy vegetables, on the other hand, preserve brain function and slow mental decline. So next time you start to reach for a bag of chips, grab a handful of nuts instead.

### You Blast Your Headphones



With your earbuds at full volume, you can permanently damage your hearing in only 30 minutes. But it's not just your ears: Hearing loss in older adults is linked to brain problems, such as Alzheimer's and loss of brain tissue. This may be because your brain has to work so hard to understand what's being said around you that it can't store what you've heard into memory. So, turn it down - no louder than 60% of your device's maximum volume - and try not to listen for more than a couple of hours at a time.

### You Don't Move Enough



The longer you go without regular exercise, the more likely you are to have dementia. You're also more likely to get diabetes, heart disease, and high blood pressure - all of which may be linked to Alzheimer's. You don't have to start running marathons - a half-hour in the garden or a brisk walk around the neighbourhood will work. The important thing is to do it at least 3 days a week.

### You Still Smoke

It can shrink your brain - and that's not a good thing. It makes your



memory worse and makes you twice as likely to get dementia, including Alzheimer's. It also causes heart disease, diabetes, stroke, and high blood pressure.

### You Overeat



If you eat too much food - even the right kind of food - your brain may not be able to build the strong network of connections that help you think and remember. Overeat for too long and you may get dangerously overweight, which can cause heart disease, diabetes, and high blood pressure - all linked to brain problems and Alzheimer's.

### You Stay in the Dark Too Much



If you don't get enough natural light, you may get depressed, and that can slow your brain. Research also shows that sunlight helps keep your brain working well.

# 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.**

## Just Ask

There has been more general questions around the escalating figures of the Covid-19 virus, which are especially high in Spain. This has concerned people locally of all ages due to some in vulnerable groups and parents of children returning to school. My page this week will therefore be addressing some of these generic issues and will hopefully provide some perspective to the current situation.

Firstly many people have questions around testing. Tracking and testing people is the main tool the government has to manage, monitor and therefore contain the virus, whilst waiting for a vaccine to be available. There are two main types of testing as below, but individuals would need to pay privately for their own tests for travel requirements to certain countries or personal choice. However, if you have symptoms ie dry cough, fever, loss of sense of smell/taste then these are provided by the local health service.

## Types of Tests

There are two different types of tests – **diagnostic tests** and **antibody tests**.

1. A **diagnostic test** can show if you have an active coronavirus infection and should take steps to quarantine or isolate yourself from others. Currently there are two types of diagnostic tests which detect the virus – **molecular tests**, such as RT-PCR tests, that detect the virus's genetic material, and **antigen tests** that detect specific proteins on the surface of the virus.

2. An **antibody test** looks for antibodies that are made by your immune system in response to a threat, such as a specific virus. Antibodies can help

fight infections. Antibodies can take several days or weeks to develop after you have an infection and may stay in your blood for several weeks or more after recovery. Because of this, antibody tests should not be used to diagnose an active coronavirus infection. At this time researchers do not know if the presence of antibodies means that you are immune to the coronavirus in the future.

Regarding the growing numbers, which seem startling as some areas the figures are higher than in the lockdown period, we need to understand who the targeted population is at this time. Spanish people are traditionally tactile and get very close, skin to skin, when greeting each other and this has been a small contribution to the current spread. The most numbers being identified positive in recent weeks have been the 20-50 age group. This has been spread through large social groups especially in clubs, which have now been closed. The other difficulties for the Spanish government has been that those traced to have been at the same venues as those infected, have not all have been sticking to the 14 day self-isolation. This would be easy to judge negatively, but these young people will not be paid to stay at home, often feel perfectly well and may not have the virus.

The original state of alarm was due to the acceleration of older and vulnerable people being hospitalised due to the unprecedented pressure on the hospitals and staff. This current surge in numbers is not having that same detrimental effect on the health services, hence the regional based actions to curtail the spread, without having to so far resort to another lockdown.

Members of my own family in the

above age group have recently had the virus and described the experience as; flu like symptoms for a day or two, feeling very tired, dry cough and loss of smell. The whole experience last 5-7 days and then they felt 100% again, but continued to self-isolated for the required period.

The WHO and all governments are trying to curtail this virus, but at the end of the day we all have to take personal responsibility and look after ourselves. Use masks, limit, but don't stop socialising and meet people outdoors where possible, eat well and keep positive as we all have to make the best of the temporary situation we are in.

Darcy Clarke

justaskthejournal@gmail.com

“Just Ask” is completely confidential



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

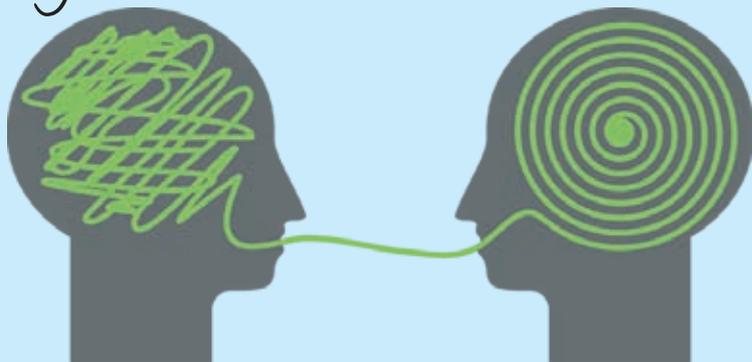
Tel +34 646 290 420

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

**Please Contact Us Before Travelling To Any Meetings**

**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**

**ECO 250**

**Ecological & Economical**



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



Thank you for  
helping to  
Turn the Tide  
on Plastic  
Waste



ECO THE FILTER HERO

waterfiltersspain

**For all the family**

**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

1)



2)



3)



4)



**EASY INSTALATION,  
NO EXTRA TAP**

RRP €99,99 Now on offer for  
**ONLY €49.99** supply only  
Call Debbie on 677 35 31 36



## According to Studies Being Kind Can Help Your Age More Gracefully

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

In addition to this, kindness has been shown to slow down the aging process as well, helping you age with grace.

Can you imagine that a simple act of kindness can actually have so many benefits for your health? And the best thing is that it won't cost you a penny, all you need to do is open the door for someone or help them load their shopping and you'll make someone's day.

But the benefits don't end there, it's not just the person you're being kind to that benefits from this act, you too will feel better for being kind to them. Can you imagine what a different world we'd have if people would just be kinder to each other? Kindness is actually contagious and it can spur others into action as well, motivating them to be kinder as well.

But what does being kind really mean? It's not about the big things, it's about being friendly, considerate, compassionate and generous to the people around you, even to complete strangers. It's a sentiment that should come from a selfless place and not because you expect them to return the favour. You should do it because you

want the world to be a happier place and it's quite simple to adopt this mindset if you really think about it. If every person was to perform one simple act of kindness a day, the world would be such a harmonious place, can you imagine it?

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

### Kindness Has Numerous Health Benefits And Slows Down Aging

Being kind to others can significantly improve your physical, mental and emotional health and if that wasn't enough, it can also help you slow down aging. It can help you lower your blood pressure, it boosts the feel good hormones, it boosts happiness, reduces pain and eliminates feelings of anxiety and depression. But how does it slow down aging?

A University in America conducted a randomised controlled trial which revealed that people who engage in loving-kindness meditation actually age slower. The trial included 142 adults which were divided into 3 groups: people who did loving-kindness meditation, people who took mindfulness medication classes and a control group. All three groups participated in a 6-week workshop and

at the end of the study the scientists measured their telomeres (the protective caps of chromosomes which as we age wear down and shorten thus preventing more damage). Why are these telomeres important for the aging process? Well, because according to studies, the shorter the telomeres the higher the risk of some common health problems, the longer they are the higher the life-span.

The trial revealed that the people who were involved in the loving-kindness meditation lost the least telomeres length, followed by the mindfulness meditation group and the control group lost the most telomere length. They added that the loving-kindness meditation may act as a buffer for telomere attrition which in turn can help you slow down the aging process.

There are so many benefits to being kind that include improving your mental health, lowering the stress levels, lowering anxiety and now it seems that it slows down aging. This is just the tip of the iceberg as scientists are just now starting to study the whole scope of benefits of kindness and its effects on the aging process but the initial results seem promising. Regardless of everything, a simple act of kindness doesn't cost a thing, so why don't we try and do it more often?

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



Clare Tam-Im Photography

## Autumn

By Hayley Scott

To say this year has been strange is quite the understatement. And to think that we're now preparing to say goodbye to those long hot summer nights as we head slightly dazed and confused towards Halloween and then dare I say it, Christmas, feels almost impossible!

With Autumn creeping in, I can already feel the deep visceral yearning to shed some of the emotional baggage and stress that has accumulated over the year. Like leaves parting ways with trees, the Autumn for me has always felt like the perfect opportunity to take stock of what I really need and to let go of what I don't.

As I think about this I'm reminded of the beautiful line from Roy T Bennet.... "If you want to fly, you have to give up what weighs you down".

Over the years, a huge part of this "letting go" process for me has been to assess my beliefs. To check in with myself, my core values and see if my actions are aligned with the life I desire.

It may sound obvious but I don't think we spend enough time thinking about the fact that we are not born

with the beliefs that we hold, that we learn them along the way. From the moment we're born, the world begins to bombard us with who we should or shouldn't be. What we should think, feel, do, like or who we should and shouldn't love. We receive messages about all these things and then form beliefs about ourselves and the world around us. All based on our experiences with parents, family, friends, teachers, religion, media & social media, the list is endless!

Some of these learned beliefs help to keep us safe....And then, some are

straight up toxic and damaging, for example, "Boys don't cry" or "Being slimmer makes you happier".

It goes without saying that some of the beliefs we learn actually help us grow, whilst others hold us back beyond measure. That what we believe to be true about ourselves will ultimately have a direct impact on what we accomplish. It will decide on what we believe we are or are not worthy of. It will decide on how we treat ourselves and others.

But here's the thing, because beliefs are learned opinions, it means we can choose to learn something new. Something better. To me, this is the very definition of growth. To look deeply inside of ourselves and at the beliefs we hold and figure out what really serves us & the people around us.

After a year like 2020, I believe its more important than ever to assess our values, our beliefs. To do away with opinions that no longer help serve us or humanity and to free ourselves from negative cycles so that we can live happy, rich lives.

So my friends, I was wondering if you'd like to join me this Autumn in a little self reflection? As the evenings grow cooler and darker, as we edge that bit closer to the end of the year, why not ask you the following questions... What beliefs do I carry that no longer serve me? What beliefs are weighing me down and holding me back? What is it time for me to let go of?





## What “Love” Actually Means To A Man

Even if a man is attracted to a woman or even says he loves her, chances are he still feels something is missing...

*“Does he really love me?”*

It may be one of the most pressing questions on a woman’s mind when she gazes into the eyes of her man or thinks about him when he’s not around.

*But what is “love”?*

*And do men and women experience it the same way?*

It seems to be different and unique for every individual. To confound things, it’s easy to confuse love with lust, companionship, respect, the fear of being alone, and obsession.

*“Love” means very different things to men than it does to women...and asking him if he “loves” her is not the best way to discover how he truly feels.*

The most common methods a woman might use to find out if a man really loves her can actually make a man feel distant, disconnected, or even push him away. For example, repeatedly asking a man

if he loves her is not the best way to discover how he truly feels.

*Why?*

Because he often thinks she is asking something completely different.

For most men, “love” means...

*“Do I like how I feel when she’s with me?”*

*“Am I satisfied with her?”*

*“Do I feel more like a man or emasculated in her presence?”*

*“Am I her hero?”*

But for most women, “love” typically means...

*“Does he desire me and only me?”*

*“Would he walk through miles of broken glass just to reach me?”*

*“Does he think about me all the time?”*

*“Will he be mine and only mine forever?”*

The simplest way to summarize this difference is this...

*When it comes to “love”, women typically want devotion, whereas men want respect.*

If they had to choose, many men would rather be respected than loved. That’s because for a man, “respect” is nearly synonymous with “love”. Does this mean men are incapable of deep and abiding love? Of course not. But it does mean that love means something very different to a man than it

does to a woman. A lot of men are terrible at letting women know how they truly feel. And that can lead to a lot of anxiety, doubt, and frustration for any woman who isn’t sure where she stands in the relationship. Many women are anxious about love because they want their man to express his love the exact same way they do and get upset if he doesn’t. But men aren’t women (and women aren’t men) and they don’t communicate or experience love in the same way. To be happy, both sides need to give a little (or a lot) and learn to read the signals the other is giving off.

*But that’s just the beginning. There’s so much more she can do to connect with him, so she feels truly loved and adored the way she’s supposed to...*

There are phrases she can say, texts she can send, and little actions she can take that will help her feel safe knowing she’s a huge priority in his life, desperately wanted and absolutely loved with no anxiety, doubt or fear that he’ll leave her the second another woman walks into his life. And because most men find it hard to resist a woman who understands him on such a deep level, it’s worth learning a few of these emotional trigger points, and using them, to help get a man to give her the attention and love she deserves, without pushing him away.



## Tips for More Energy, Better Mood With Age

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

### Focus on:

- ◆ Diet
- ◆ Exercise
- ◆ Sleep

### Manage Your Menu

If you've been eating the same things for a while, take a fresh look at what's on your plate.

The right types of food can raise your energy and make you feel better.

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

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

"High-glycemic" foods, like white rice, white bread, and sugar-sweetened drinks, can cause fast spikes in your blood sugar. You may feel a brief energy jolt, but when the dip comes, you may feel more drained than before.

### Quantity Matters, Too

Too few calories can leave your body starved for energy. Too many can make you gain weight, which can make you feel sluggish.

How much you should eat each day depends on several things, especially how active you are.

Talk to your doctor or a dietitian about how many calories you need.

### Get Moving

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

The more active you are, the more energetic you'll feel. Exercise and physical activity are great ways to

help your mood, too. If you have issues that stop you from doing the things you once enjoyed, feel free to get creative.

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

You shouldn't stop moving as you get older. Just move in a different way. Look for fitness programs at local senior centers or find a partner so you can motivate each other. If you have trouble finding time to be active, maybe a workout first thing in the morning, before you do anything else, can do the trick. Just make sure you eat some breakfast first.

Talk to your doctor before you begin a new routine.





## 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 Wisdom card. It is a Major Arcana card.

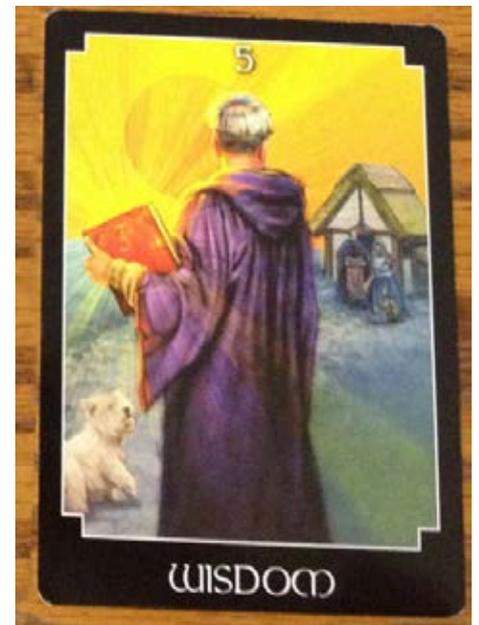
The number 5 Wisdom card....When the student is ready, the teacher will appear. The card illustrates there is a spiritual teacher who's about to influence you or step into your life to impact his or her wisdom. Look around - is there someone in your life who has acumen, education, knowledge, and ability to integrate spirituality and its laws into the constraints of the physical world? This could be a compassionate person who offers guidance and inspiration, and reminds you that you're so much more than a physical being with unlimited potential.

You may have also drawn this card to confirm that it's time to reach out and find an organisation or group of like minded souls.

Being part of a group where you can be yourself, share your thoughts, and get valuable feedback can infuse you and encourage you to be all that you can be. Kindred support helps you live life

to your highest ideals, finding the true inspiration and enlightenment that's part of your soul.

Over time, the student often becomes the teacher, so don't be surprised when others seek out and find you. This card of wisdom is letting you know that you have so much to share - whether you realise it or not.



# Horoscopes

Horoscope for Journal October 2020 ... by Marion Parmenter ... any questions or to request a natal chart email ... mp.whispersfromspirit@outlook.com

When in a social situation and people hear that I work with Astrology I will always get someone, either an avid follower or a full on sceptic say "Oh I am an???? (Aries) So ... what am I like"?

I laugh and reply with what IMO any Astrologer worth their weight would say and that is ... just knowing your date of birth is not enough for me to say what you would be like.

That is not a "cop out" but I can only tell you what are typical???? (Aries) traits which may or may not describe you.

The actual time of birth then tells me the sign that was on the horizon at that point in time which I often describe as "the shop front" ... The face you show the World and boy how different that can be to the real person.

This is also because the Sun and the his sign (goals in life) is just part of the puzzle that is you!

The Moon describes your emotions, Mercury, how you communicate (loud, soft with gesticulations, argumentative etc.) Venus will describe the feminine qualities you possess, or it will indicate what type of woman you would be attracted to. Mars will show your energy levels and sex drive). Jupiter will show how generous you are, your social and expansive qualities (maybe where you excel or are exuberant ). Saturn shows how restrained and controlled you are.

The outer and more recently discovered planets again IMO add colour to the personality and more often are generational in their influence.

All of these are then affected by the place they hold in the chart and the relationship to each other. As you may now be aware, we are indeed a "Sum of all the parts"

 Libra ... This is your time for new beginnings so shine and be proud of yourself. You may still have your trials with others as your Sun is being challenged if you were born at the end of the sign. Just plough on through letting go of old behaviour patterns and look for the positive.

 Scorpio ... Nothing too drastic for you this month apart from dear old Mercury going retrograde in your sign on 14th. That will be general for all and you will need to get documents and any important conversations sorted if possible before then. You may also find it difficult to explain yourself and your aims so try to keep focused. Just ... dot the I's

and cross those T's and have a plan B. But as I said that will apply to us all.

 Sagittarius ... Your energy should be quite good, and it will be a good time to blend with other likeminded friends, enjoying their good company. It is also a time to make an appraisal of what has worked and what hasn't ready for your birthday when a new cycle begins.

 Capricorn ... You may feel that there are projects you want to get moving and there are likely to be those who challenge you and your ideas. The next 3 months will be a time during which the success or failure of said projects is decided. You may also feel a difficulty with finishing those already started. The advice would be to keep going and complete them before moving on.



 Aquarius ... The energy you get in mind, body and spirit from the Sun's position this month should make it easy to be yourself. A good time to tie up loose ends doing what "lights your fire" ... Ask yourself what you need and just "go for it". You could find your enthusiasm for day to day chit chat takes and upturn, take care though to avoid clashes and petty arguments. A good time to broaden the mind with study.

 Pisces ... This month there is a bit of a struggle between material possessions and your emotional stability. Use those things you possess to get what you want done as that will be a big positive for you, rather than letting them sit around gathering dust. You will be concentrating your attention on your psychological welfare as well and finding out "what makes you tick" and if any areas of your psyche need attention ... now is a great time to fix or amend your thinking if you feel the need to ... Be honest with yourself now.

 Aries ... There is an air of challenge in your one to one relationships this month and it will be difficult for you not to rise to the challenge over the smallest of things. Try to hold your tongue and your temper and see the others point of view ... no matter how hard that is. Don't let the ego enter into a contest that there can be no winner!

 Taurus ... Getting your house in order with efficiency and effectiveness are what you need this month ... but that could prove a little difficult as your energy will be a little low. You will also feel a little frustrated and that you are having to "take a back seat"

and that others are not seeing your point of view or their understanding of you is not how you want it to be. You may well be more interested in your health and physical appearance than normal for you ... this is no bad thing provided it is not out of hand and based on self-denial.

 Gemini ... There will be a drive in you to just have fun and do what you enjoy at this time. This is great provided you don't get too carried away with yourself to the detriment of those close to you. What may seem great for you may not be so great to your friends. There may also be a contradiction between what seems fun now and your long-term hopes and wishes.

 Cancer ... This month there is a definite pull between the need to achieve and put yourself "out there" showing your individual flare and ... the need to spend some time at home in a secure environment where you can focus on yourself and your surroundings/family. Maybe try to strike a balance and recognise when that balance is going out of kilter.

 Leo ... There is a need to communicate with neighbours and those around you generally. You may want to take on a new subject and feel a restlessness to get out and about. Try not to get caught up in opposing views and defending your side of those views as if life depended on it ... remember that they are "just views" which could change in the blink of an eye ... they are not you!

 Virgo ... This month you should try to keep a balance with money within close relationships ... "what's yours is mine and what's mine is my own" really isn't a joke at this time. In fact, that also goes for the values of others as they could well be at odds with yours so there needs to be a little give and take and keeping a balance now.

## 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 Alcalá 603 304 121

Camposol Aluminium 686 733 844

German Küchen Studio 636 306 711

## Dentists

Camposol Business Centre  
968 103 008

## Electricians

TES: Tom's Electrical Services  
666 133 674

## Estate Agents

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

four Legs dog grooming  
+34 602 57 07 07

## Restaurants, Bars and Cafés

Boca Pizza 968 15 40 05

Cat's Bar 634 329 645

Kimmer Café 868 08 02 26

Restaurante La Proa 968 153 138

Rock and Grill (American Diner)  
868 96 87 20

## 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  
968595342/968154202

Camposol 968 131 695/968 228 250

Pharmacy Camposol 868 102 623

## ITV

Cartagena 968 528 319

Lorca 968 460 761

## Police

Mazarrón 968 591 496

Puerto de Mazarrón 968 418 181

### Last months Sudokus solutions

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

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

# Useful Numbers

## 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](http://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



**AGE** T: 634 344 589  
Concern  
COSTA CALIDA



**Andrea's Animal Rescue**  
& The Henrietta Foundation  
Tel 690 906 565  
[www.andreasanimalrescue.com](http://www.andreasanimalrescue.com)  
Charity no. 9.98014



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



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



0034 626 960 354  
[fma.murcia@gmail.com](mailto:fma.murcia@gmail.com)  
Friends of Mazarrón Animals



**LIONS**  
INTERNATIONAL  
T: 696 827 525



Costa Blanca  
634 311 690  
San Javier  
693 275 779  
Mazarrón  
620 422 410



Making A Difference  
Contact Kevin Mobile  
00 34 603 389 006



Noah's A.R.C. Animal Rescue  
Rescuing the animals of Mazarrón for a better future for all.



Don't suffer in silence...  
Call 900 525 100 between 10am and 10pm to talk to a trained listener in total confidence.

# 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](mailto: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](mailto:lospalaciosgardening@icloud.com)

Sector B Gardening Group is known as "B Clean" Contact [bcleangardening@gmail.com](mailto:bcleangardening@gmail.com). We have no current phone number on file at this moment.

 Sector C Green Fingers gardening group, Chairman, John Osborne- Tel 634 325 427 email: [johnos1943@gmail.com](mailto:johnos1943@gmail.com). Visit our Facebook page Green Fingers Camposol. We also have a website [www.greenfingersgardenandsocialgroup.com](http://www.greenfingersgardenandsocialgroup.com)

 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](mailto: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](mailto: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.

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

www.spanishproperty.co.uk



**mercers**

OUR PASSION IS PROPERTY



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