

THE Journal

October 2021



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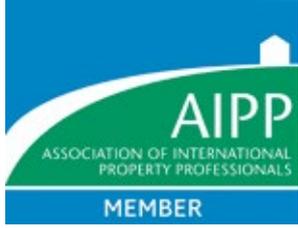
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THE Journal

October 2021



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 and Columbus Day (Dia de La Hispanidad) on its way we look at the traditions in Spain surrounding some of these celebrations.

Our thoughts go out to all the areas severely hit by recent storms as well as the destruction created by the erupting volcano on the island of La Palma.

The Mabs Race for Life is on 31st October. A fantastic event bringing our great community together. Whether you walk or run, it's the taking part that counts. Let's raise as much money as we can this year.

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.

"Go Green" with The Journal and subscribe to receive your copy in your inbox every month. Keep up to date with local community groups, charities, what's on, fashion, motor sports, entertainment, recipes and much, much more.

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

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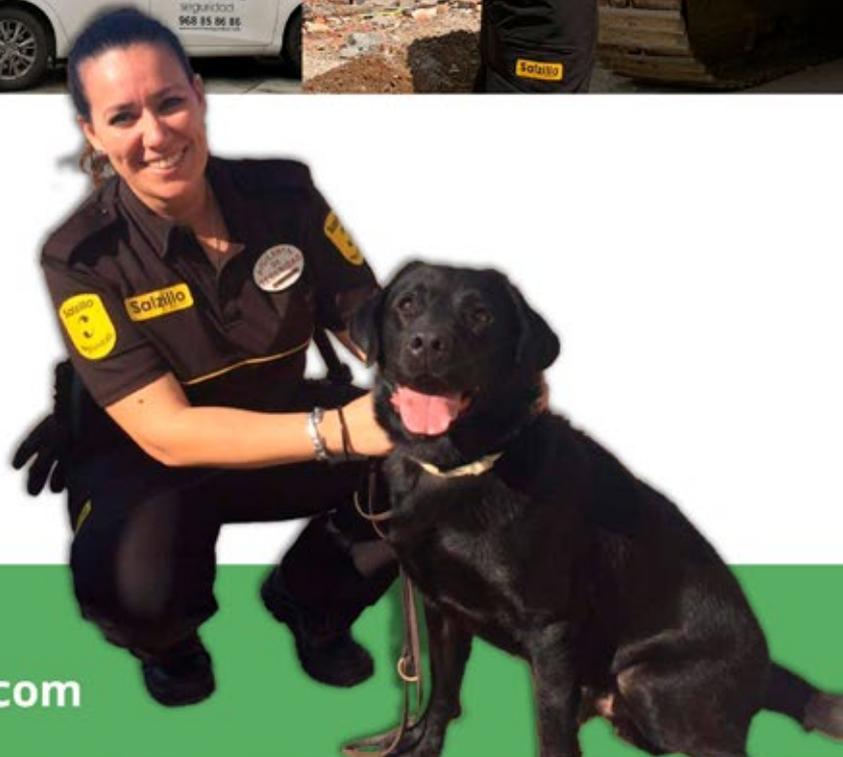
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12 de octubre

Día de la Hispanidad



Ministerio de Relaciones Exteriores

Consulado de la República Dominicana
Valencia, España

Día de la Hispanidad

History

October 12, 1492 was the day Christopher Columbus first set foot on American territory. Finally, two worlds were connected, two worlds that hadn't known of each other's existence up until then.

After the United Nations established a way to celebrate Spanish speaking countries all over the world, October 12 is also known for being Spanish Language Day since the year 2014.

The fact that Columbus was the one who had discovered America, was not initially perceived that way, as he had

never actually been fully aware of setting foot on American soil. He believed he had arrived in India, and that is why he called its inhabitants Indians.

October 12 is also the day of another festivity, as it coincides with the Day of the Virgin of Pilar. She is the patron saint of Zaragoza and Spain.

Día de la Raza in Latin America

On October 12 we celebrate Día de la Raza in Latin America, Spain, the United States and some other countries. Día de la Raza started as a spontaneous and unofficial holiday in the 20th century, as a way to commemorate a new cultural identity, the meeting of American indigenous people and

Spanish colonists and the Hispanic American cultural heritage's values.

Although Día de la Raza is what we like to call this holiday nowadays, different countries have different names for it: in Spain it is called Día de la Fiesta Nacional or Día de la Hispanidad, the United States call it Columbus Day or Día de Cristóbal Colón, in Chile and Peru it is called Día del Encuentro de Dos Mundos and in Argentina they call it Día del Respeto a la Diversidad Cultural.

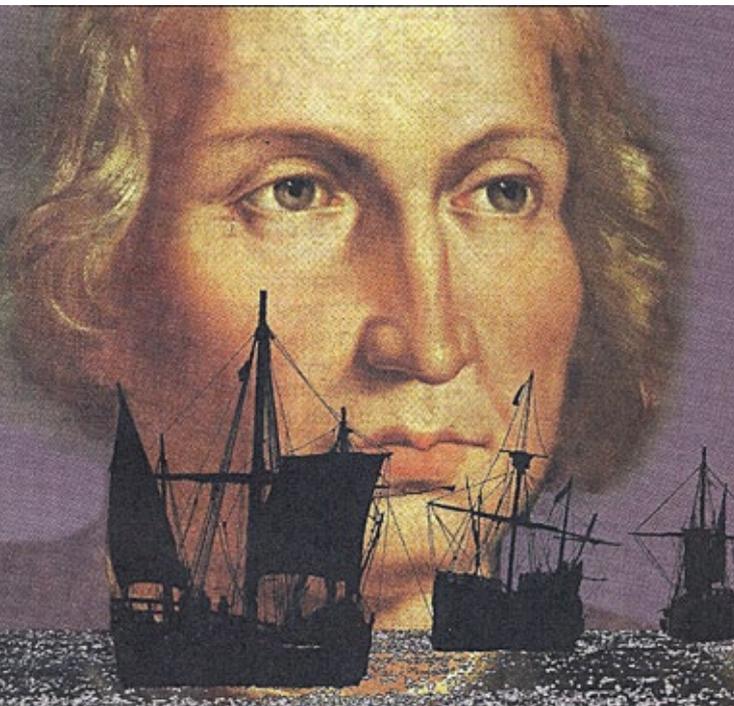
A controversial issue Christopher Columbus and the holiday are a controversial issue at the moment, especially since native Americans were not treated well by Columbus and other European explorers and settlers. For years now, there have been campaigns to celebrate Día de los Pueblos indígenas.



In the late 19th and early 20th century people had another problem with Columbus: some say the discovery of North America should be attributed to Erikson, who is believed to have discovered the area 500 years before Columbus had.

Although October 12 is a national holiday, there are Catalan independency organizations that have been refusing to celebrate Día de la Hispanidad for a couple of years now.

What do you think of Día de la Hispanidad? Do you know other interesting facts?





OAS- Santuario Animalista Otteando el Horizonte. (Otto Animal Sanctuary). Find us on the back service road near Camposol sector A
Contacts Juan and Yolanda.
Telephone number/WhatsApp 653 958 705 (please bear with us the phone is misbehaving!)
Registered Charity Number G02839298
Facebook Page: Santuario Animalista Otteando el Horizonte
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Animalista

The Sanctuary

We are a local, legal animal charity based near sector A on Camposol. We have horses, donkeys, dogs, cats, rabbits, tortoises and pigs with more and more animals arriving all the time. Our mission is to never turn away an animal in need.

Latest News

Now that the weather has finally cooled down, we are able to start thinking about all the new projects that we need to complete, this Autumn. The first major one is a concrete base for our storage facility. A local tradesman John Ankells Mansell, has very kindly agreed to do this for us and has agreed a date of 10th October. This will make such a difference to us, as since the caravan was stolen there has simply been nowhere to store anything!

Feeding

Whilst we know that people have the best inten-

tions, please, please do not try and feed the animals unless under the supervision of one of our volunteers. We have had incidents recently where someone has thrown food into the animal enclosures from the roadside. The food our residents get is carefully managed, some have special dietary requirements and there has to also be a daily limit of things such as apples and carrots. Too much can be dangerous.

Donated items

We are delighted with the responses we have had by putting out appeals for donated items and we are truly grateful for the generosity of our community. We do ask though, please, as we have no storage facility yet, the items brought to The Sanctuary at this current time need to be in good condition and weather proof. For example, some kind person did give us a nearly full bag of cement, however it got wet, and it is now a big solid lump that we cannot dispose of. If you have building materials, please can you contact Yolanda first, as it may be better to arrange collection at the current time.

Fund Raising

Our volunteers have been hard at work looking at future fund- raising events which we hope will soon include an "open day". We have plans for more local quizzes, which are very popular, a themed music night (once restrictions have eased), and a number of raffles with some very nice prizes. We have already got a really hard working, dedicated team of volunteers with a multitude of skills that enable us to continue our work, but we need more. Can you spare a few hours a week to help out with some physical work at The Sanctuary? If you prefer to help with a few events or raffles we would be delighted to hear from you. Our team also have a lot of fun in the process, and it is so worthwhile to help the animals.

Volunteers

We are still looking for both volunteers and sponsors for our animals. This week marks a very special event in that Tyler, one of our dedicated volunteers has now been with us a whole year. Thank you Tyler!

In order to continue helping to rescue, recover and rehabilitate other animals, please support us in any way you can by making a donation, details below.

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We are now up to 124 teamers which is fantastic. Let us try to get our first goal of 150 before Christmas.

Thank you! v

Whilst writing this in early September we at FMA are looking forward to the resumption of our musical events with the addition of alternative fund raising ideas, such as coach trips and race nights. I'm sure they will all be success-

ful knowing the fabulous support we always receive.



Unfortunately however hard we try to look after our dogs, accidents and mishaps happen and your dog can end up missing and lost. In this article we would like to concentrate on ways we can all mitigate against this happening. I know that it may seem we are 'preaching to the converted' but even some of the most experienced dog owners will forget things in a crisis. Firstly prevention is always better than cure, so make sure you put systems in place for various situations. If necessary think of double leading your dog or purchasing a GPS. Buy a dog tag and of course make sure your dog is microchipped with up to date information. If the worst happens the following are guidelines on what you might do. Thank you to Kathy Horgan for providing this invaluable advice.

Mark the spot where you last saw your dog, ideally with a GPS location. If you aren't able to do that leave a pile of rocks or something to identify the area for future reference. Leave a piece of your clothing nearby, water and food. He or she may return. Post to local Facebook groups and detail the location, area, nearest town and province. Dogs can travel large distances in a short space of time. Post lots of photos showing size and distinctive markings. Mention if they are wearing a collar, harness or lead. Give exact date and time that he or she went missing and detail if he or she is microchipped and neutered. Don't forget a contact number! Put up posters, talk to local dog walkers, inform the local vets and check your microchip details are correct. Basically spread the word as much as possible.



Contact local rescues, pounds and the police to check if your dog has been collected. Prompt action is the key and hopefully Kathy's suggestions will result in a positive and happy outcome.

For more information private message our Facebook page at Friends of Mazarrón Animals +34 711032574 (WhatsApp or Message) Spanish and English



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Autumn decor ideas and trends – 13 ways to embrace the season at home

Cosy up your home this season with the best autumn decor looks for every room in the house

It's the perfect time to add more warming colours, or another colour palette altogether, to rethink lighting, choose exciting prints, comforting textures and more for your home to



make every space even more inviting. Thankfully, it's easy to bring the best of autumn into your surroundings too, without spending a fortune. With some simple additions to your hallway, living room and even bedroom, you'll be able to feel all the pumpkin spice latte, cosy evening and halloween vibes at home.

HOW CAN I MAKE MY HOUSE AUTUMNAL?

It's all about incorporating the best autumnal colours and textures from the outside with more contemporary interior design trends and looks. Think neutrals with burnt orange or a splash of something bright, cosy throws with modern sleek shapes.

1. POPS OF COLOUR

Fresh from the H&M fall collection, even the addition of one eclectic colour to contrast a minimal decor scheme can bring your space up to date in autumn.



2. COOL COLOURED DECOR

It doesn't always have to be all burnt orange and burgundy. 'Neutral autumn décor radiates a calming feel as we welcome the outside in. Combin-



ing muted tones through shades of green lily and cool grey with ceramic touches and faux foliage, working together to offer a soothing sanctuary from home.

3. PRETTY PASTELS AND GILD-ED ACCENTS

Forma Light pink and blue cushions on hallway bench in grey

Contrast rich gold with a lighter colour palette for a polished autumnal look. Plus, the contrast of cosy textures from the throws and cushions against the sleek, modern coffee table creates a balanced finish.

4. TEXTURED TABLESCAPES

'Harvest inspired decor is perfectly on trend this year as we focus on the burnt orange tones, pampas grass and tinted glass. Autumnal wreaths can be used to decorate both indoors and out, adding an elegant accompaniment to your set-up and can be styled on their own or entwined with micro lights to add to their appearance. They can even double up as a centrepiece for your dining table! Style the wreath alongside a garland and position it like a runner within the centre of your table. You can then place mini pumpkin lights in and around the garland.

5. MINIMAL PRINTS AND COSY



TONES

Forma Warm terracotta florals in neutral living room with cosy fire

Mix minimal and modern textile prints in gorgeous burnt orange colours with bold black and white numbers for a modern finish that works so well as a quick and easy autumn upgrade. Earthy vases and autumnal foliage

nod furthermore to the season in this H&M Home setup.

6. WARM LAYERED LIGHTING

Forma gray hallway with pumpkins and halloween decorations

What better way is there to make your home feel cosy in autumn than with soft warm lighting to welcome you home. Layer classic candles with LEDs and even your best fairy lights for a more interesting display which will feel super seasonal.

'Ceramic crafted pumpkins, illuminated by warm white LEDs radiate a soft shine to sideboard tops and entrance halls. Black metal lanterns and wooden lanterns are popular choices for the season, featuring neutral LED candles within them to add a calming glow in doorways and homes. Faux or real foliage is a great way to complete your display and can be intertwined between elements of the arrangement or you can hang a sprig or two as a feature on a wall or door inside your home on those chilly autumn evenings.

Sure to elevate all types of hallway ideas for a mini makeover.



7. CRAFTY PUMPKINS

Forma White pumpkins with lettering

Pumpkins don't just need to be ghoulish. Try your hand at some no-carve pumpkin ideas and paint yours (spray paint works really well) then add some inviting lettering to help brighten up your hallway or living room space all throughout autumn.

8. SWITCH UP THROWS

Forma Fall colored throws and cushions scattered over a wooden bench on front porch

Ideal in a hallway or if you want to make your conservatory a little more autumnal, find burnt orange and foliage-filled throws then swap out a couple of cushion covers and you'll pull a seasonal look together in a mat-

ter of moments.

9. DECORATE WITH PLENTY OF NATURAL TEXTURES

Forma Garden Trading autumn trends

Cosy is autumn's buzzword after all and the fireplace is where it's at. Surround yours with pumpkins and more lovely natural textures – think wicker baskets, foliage and woody accents – to create an inviting space.



Baskets are also a budget-friendly way to add warm colours (and a little storage) to your space. These tangled weave baskets are from Garden Trading and are such lovely quality, but if you are shopping on more of a budget check out Dunelm too.

10. CANDLESTICKS IN BLUE

Forma Four blue candlesticks in black ceramic holders

You can add a pop of colour in autumn without a big spend, choose cool eucalyptus blue to brighten up your kitchen worktops or dining room.

Taper candles are an elegant option for your dining decor and can line the centre of your table whilst pillar candles can be positioned within your chosen wreath as a stylish centrepiece. Kitchen styling is on the rise this year, with more people turning their attention to using autumnal decorations throughout their homes to tie in with their seasonal interior.'

11. NOD TO COTTAGECORE

Forma wooden chair by the fireplace

If you lead a Cottagecore lifestyle, i.e. a very wholesome, pastoral and rural-loving life then you should definitely embrace that even more in autumn. An inexpensive way to bring more of the cute prints and mismatched trinkets into your home is to



scour eBay and Etsy for unique bargain buys. The quirkier, the better.

12. FELT TEXTURES

Forma Felt grey pumpkins arranged in glass globe

Felt is a nice fuzzy fabric that adds fun to all kinds of spaces. Arrange pumpkins elegantly in and around glass jars on a coffee table for a cool and modern autumnal look.

13. LAYER UP NEUTRALS

Layering up a duvet with throws, pillows and cushions is a really easy and budget-friendly way to bring your bedroom space into season.

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Vicente Munitiz



The Camposol Health Clinic would like to introduce Doctor Vicente Munitiz, M.D, Phd to the medical team as our new specialist in General and Digestive Surgery.

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- Breast diseases.

Doctor Vicente Munitiz, Graduated at Murcia University 1993 specialising in General and Digestive Surgery, Phd in 1999 working for the National Health at "University Hospital Virgen de la Arrixaca" and professor at Murcia University.

Doctor Munitiz also collaborated in the USA within hospitals in both Los Angeles and Pittsburgh.

A member of 3 surgical societies: AEC (Spanish Surgical Association), ISDE (International Society for the Diseases of the Esophagus) and SSAT (Society for Surgery of the Alimentary Tract).

Reviewer of the journals "Cirugia Española" and "Diseases of the Esophagus. Also, a member as a clinical researcher in area 3 (Digestive Diseases) of the IMIB (Instituto Murciano de Investigacion Biosanitaria).

Secretary of the esophago-gastric diseases department from the AEC (Spanish Surgical Association) 2005-2018 and has more than 80 published papers in Medline (Pubmed.gov), 65 in international journals and 15 in Spanish journals. To make an appointment with Dr Vicente Munitiz, M.D, Phd, you only have to call Camposol Health Clinic 968 103 008, send us an email to info@camposolhealth.com or visit our website www.camposolhealth.com

Dra. Maria Eugenia Felices Quesada

Graduated in 2009 in Medicine at the University of Murcia finishing her speciality of Ophthalmology at the Complejo Universitario Hospitalario de Ourense in 2014.

In 2015 he completed the "University Master's Degree in Advanced Aesthetic Techniques and Laser" at the Cardenal Herrera University (CEU) in Valencia.

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



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She has also edited two more books on ophthalmology and published more than fifty medical articles and attend numerous congresses and courses to improve aesthetic techniques and has organized courses and advised clinics for the implantation of aesthetic medicine in their facilities. She currently works as a specialist doctor in ophthalmology at the Virgen de la Arrixaca University Hospital, in Murcia, and now, at the Camposol Health Clinic in Mazarrón too.

Camposol Health Clinic, with the incorporation of Dra. Maria Eugenia to its team of Doctors, increases its in house services on a regular basis by offering aesthetic medicine and facial rejuvenation services, such as botox, Hyaluronic Acid, mesotherapy, CO2 laser, Collagen, PRP, Berrugas etc. The first consultation with Dr. Maria Eugenia is free and the patient will be able to obtain individualized advice.

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

Dr. Francisco Pedreño Guerao.

Doctor in Medicine specialist in Plastic, Repair and Aesthetic Surgery.

Bachelor of Medicine and Surgery from the University of Murcia in 99 with Honors



Degree. Internal student of the Department of Morphological Sciences of the University of Murcia in the courses: 93/94 and 94/95. Internal student of the Department of Surgery, Pediatrics, Obstetrics and Gynecology in the 96/97 academic year. Scholarship for surgical practices of more than 140 hours in the Department of General Surgery of the Faculty of Medicine of the Federal University of Rio de Janeiro (Brazil), in the period from September 1 to 29, 1998. Training period as a Resident Internal Physician in the speciality of Plastic, Reconstructive and Aesthetic Surgery at the Reina Sofía Hospital in Córdoba.

Dr. Fernando Pedreño has also collaborated Orthognathic and facial trauma in the Maxillofacial Service of the Reina Sofía University Hospital Córdoba

- Unit for major burns of the University Hospital of Getafe Madrid
- Coupure Center for Plastic Surgery Ghent, Belgium

Medical Director of the Plastic and Aesthetic Surgery of Came Clinics with more than 20 years of experience in the surgical área Dr. Pedreño is a pioneer in minimally invasive breast surgery techniques such as reduction or breast increase, elevation and reconstruction after mastectomy or for traumatic congenital causes.

In body remodeling surgeries such as the extraction of extra fat to remodel the figure using high-definition liposuction techniques, or buttock increase with implants, calf or pectoral increase.

Congenital or acquired deformities of the nose or ears through rhinoplasty and otopasty respectively.

With regards to facial surgery, he uses the worldwide recognized Macs lift technique to minimize the risks and scars in facial lifting surgery, which can be performed in conjunction with other techniques such as blepharolasty to eliminate bags and extra skin from eyelids, or facial lipofilling to fill with the patient's own fat those áreas of the face which lack volumen or very marked wrinkles.

To make an appointment with Dr. Francisco Pedreño Guerao, you only have to call Camposol Health Clinic 968 103 008, send us an email to info@camposolhealth.com or visit our website www.camposolhealth.com

Camposol HEALTH CLINIC



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

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

2 Physiotherapists

Dr. Jose Andrés Sánchez

Dr. Juan Antonio Conesa



3 Surgeon Doctors
Dr. Antonio Murcia
Traumatologist Surgeon

Dr. Francisco Pedreño
Aesthetics Surgeon

Dra. Maria Eugenia Felices
specialized in aesthetic
medicine and facial
rejuvenation

Dr. Carlos Munitiz
General Surgeon

1 Psychologist
Dr. Fernando Lazaro

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TEAM

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3 Nurses

Dra. María Sánchez
Chief Nurse.

Dra. Laura Conesa

Dra. Noelia Carrion



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

Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.

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The Addams Family 2 Movie

Everyone's favorite spooky family is back in the new animated comedy sequel The Addams Family 2. In this all new movie, The Addams get tangled up in wacky adventures and find themselves involved in hilarious run-ins with all sorts of unsuspecting characters. Always staying true to themselves, the Addams Family brings their iconic spookiness and kookiness wherever they go.

Release Date
Friday, October 1, 2021

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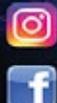


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After 60-something neighborhood activist Lupita (Adriana Barraza) discovers that her beloved local bingo hall has been taken over by a mysterious businessman named Mr. Big (Richard Brake), she rallies her elderly friends to fight back against the enigmatic entrepreneur. But when her longtime neighbors begin turning up dead under grisly circumstances, Lupita suddenly discovers that gentrification is the least of her problems.

Something terrifying has made itself at home in the quiet barrio of Oak Springs, and with each new cry of "Bingo!" another victim falls prey to its diabolical presence.

As the cash prizes increase and the body count steadily rises, Lupita must face the frightening realization that this game is truly winner-takes-all.

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AUTHOR OF *THE RETURN*
RACHEL HARRISON

Cackle



A NOVEL

IT'S GOOD TO BE WICKED.

Cackle

Rachel Harrison

All her life, Annie has played it nice and safe. After being unceremoniously dumped by her longtime boyfriend, Annie seeks a fresh start. She accepts a teaching position that moves her from Manhattan to a small village upstate. She's stunned by how perfect and picturesque the town is. The people are all friendly and warm. Her new apartment is dreamy too, minus the oddly persistent spider infestation.

Then Annie meets Sophie. Beautiful, charming, magnetic Sophie, who takes a special interest in Annie, who wants to be her friend. More importantly, she wants Annie to stop apologizing and start living for herself. That's how Sophie lives. Annie can't help but gravitate toward the self-possessed Sophie, wanting to spend more and more time with her, despite the fact that the rest of the townsfolk seem...a little afraid of her. And like, okay. There are some things. Sophie's appearance is uncanny and ageless, her mansion in the middle of the woods feels a little unearthly, and she does seem to wield a certain power... but she couldn't be...could she?

Release Date

5 October 2021.

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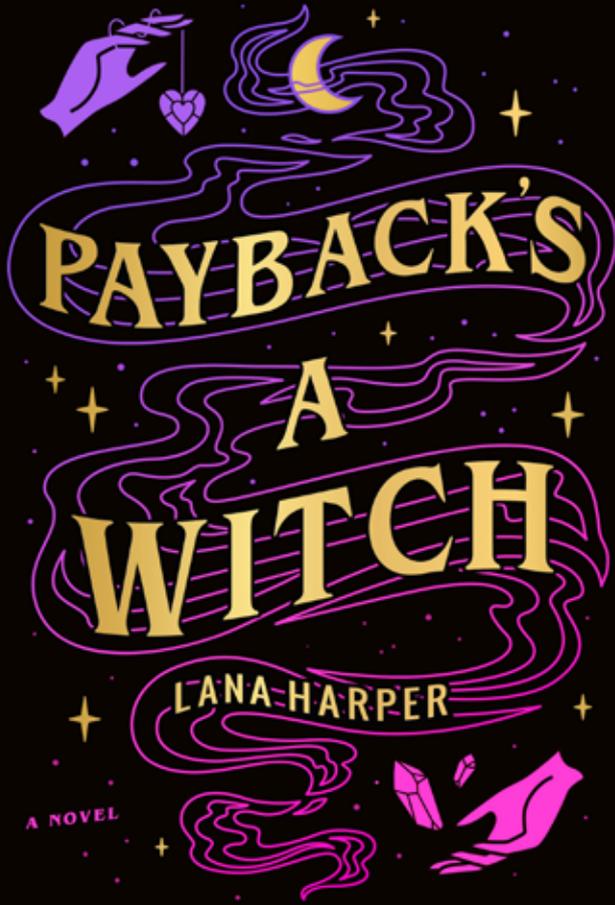
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"A sexy, funny, charming romp of a novel that scratches that witchy, autumnal itch just right."—NEW YORK TIMES BESTSELLING AUTHOR EMILY HENRY



Payback's a Witch by Lana Harper

Emmy Harlow is a witch but not a very powerful one—in part because she hasn't been home to the magical town of Thistle Grove in years. Her self-imposed exile has a lot to do with a complicated family history and a desire to forge her own way in the world, and only the very tiniest bit to do with Gareth Blackmoore, heir to the most powerful magical family in town and casual breaker of hearts and destroyer of dreams. But when a spellcasting tournament that her family serves as arbiters for approaches, it turns out the pull of tradition (or the truly impressive parental guilt trip that comes with it) is strong enough to bring Emmy back. She's determined to do her familial duty; spend some quality time with her best friend, Linden Thorn; and get back to her real life in Chicago.

On her first night home, Emmy runs into Talia Avramov—an all-around badass adept in the darker magical arts—who is fresh off a bad breakup . . . with Gareth Blackmoore. Talia had let herself be charmed, only to discover that Gareth was also seeing Linden—unbeknownst to either of them. And now she and Linden want revenge. Only one question stands: Is Emmy in?

But most concerning of all: Why can't she stop thinking about the terrifyingly competent, devastatingly gorgeous, wickedly charming Talia Avramov?

Release Date

5 October 2021.

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U2

It all began in 1976 when Larry Mullen pinned a 'musicians wanted' ad to the notice board at Dublin's Temple Mount School: Drummer seeks musicians to form band. 'This odd group of people



convened in my kitchen in Artane. And that's where it started.' Adam Clayton had discovered rock'n'roll as a thirteen-year-old, buying his first acoustic guitar and then talking his parents into buying him a bass guitar. 'It just sounded good to me.'

From the beginning, U2 were marked out by their passion. "A band before we could play" was how Bono put it in early interviews. Edge remembers

reading UK music papers NME and Sounds every week and then hearing about this 'wild kid called Paul Hewson.'

The four teenagers, who initially called themselves 'Feedback', rehearsed in Larry's Dublin kitchen, Bono on vocals, The Edge on guitar, Adam Clayton and Larry making up the rhythm section of bass and drums. Inspired by punk, but insulated from the stand-offish cool by the Irish Sea, Feedback had become 'The Hype' and then 'U2' and were soon building a local reputation based on the passion of their performances.

'I suppose a watershed moment would have been seeing The Jam on Top of the Pops, 'remembers 'Edge. 'And realizing that actually not knowing how to play was not a problem... music was more about energy and trying to say something and not necessarily about great musicianship.'

After a brief period being managed by Adam, they had met up with Paul McGuinness but an early Irish release in 1979, the 'U23' EP on CBS, proved a one-off. They would wait until the following year to sign a long-term deal with Chris Blackwell's Island Records. 'I was amazed at the qual-

ity and talent and ambition of these four musicians and yet we couldn't get a record deal,' recalls McGuinness. 'Everyone in the world passed on U2 before we finally found a home at Island Records.'

Back in the 1980's, the nine-month tour following the release of 'The Unforgettable Fire' took in 54 US dates and led to the band's unforgettable appearance at Live Aid in July 1985.

The Joshua Tree went on to sell more than 20 million copies and at the 1987 Grammy Awards, won the band 'Album Of The Year' and 'Best Rock Performance', the first of which has become a record-breaking run of Grammy wins. At the 1987 Grammy Awards, U2 won Album Of The Year and Best Rock Performance for The Joshua Tree, their first Grammy Award wins.

"The Joshua Tree" was a high-water mark of an era when leading rockers were eager to be role models and do-gooders, putting on benefit concerts like Live Aid and Amnesty International's Conspiracy of Hope tour, which both included U2. A backlash would soon dismiss similar efforts as naïve or pretentious, but U2 has persisted. It doesn't write scolding protests; it strives for empathy, hope and, ultimately, exaltation.'

London Grammar

London Grammar's music has been described as "a blend of ambient, ethereal and classical sounds" with



melancholy guitar, soaring vocals, plaintive lyrics, and often displaying trip-hop and dance influences. Hannah Reid's powerful, haunting vocals, prominent on all of London Grammar's tracks released to date, are often compared to those of Judie Tzuke and Florence Welch.[40] The songs are a collaborative effort as Reid explains: "I write the lyrics and the top lines. But the songs initiate from all three of us. Dot will write a piano part



or a music score. Dan will add some guitars." She describes the songs as "emotionally affected" and said that she "writes about people who come in and out of my life."

Some of their hits include

"Wasting My Young Years", "Nightcall",

"Strong" with some of the awards include;

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2015 International Dance Music Awards "Hey Now" (Sasha Remix)

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FAST needs more volunteers to enable us to provide the valuable life saving service. It has been more than 16 months since we were responding in person. As regulations ease we may be able to resume our valuable service by responding in person.

recruitment@fast2016.org



As the Pandemic restrictions are easing we can get back to some sort of normality. The Cultural Centre is now open so we can train and refresh our Responders. We can also train our new Responders. This has been achieved through negotiation between our President and the local authorities. Training resumed early September. Mr. Hamilton (President) and one of the training team (Tony Dwyer) also managed to train a team of people in basic first aid at a Sierra Golf Club in San Javier. Training on Camposol is on Tuesday at 09.00 and Friday at 15.00. If you would like to see what we do and maybe join us as a Responder then come along, you will be made welcome. Present COVID restrictions will apply.

Our President is in discussions with the local authorities regarding the purchase and siting of Defibrillators for the Camposol commercial areas. We hope to have an answer soon. You may have heard the President on the local radio explaining what we do and what we aim to achieve for the people of Camposol and Saladillo. We have been told by Bev Thompson (MABS) that the bed that FAST paid for is now being used for a patient. If you need medical assistance then call 112 first then call FAST on 868487015 we will give assistance and advice normally before an ambulance arrives. When calling 112 ask for an operator who speaks your language if you are not fluent in Spanish. The FAST nurses are out most Monday mornings collecting, it is only with your donations that we can provide this valuable and unique service. When the British Ambassador to Spain visited Camposol he was very impressed with the

service we aim to provide. We have a number of trained Mental Health First Aiders who will listen to you if you are worried or depressed. They can give you information on the help that is available. Call 634308362 and speak to one of the team. We are still planning a Health fayre for the future, where there will be help and advice on eating healthier and exercise that will keep away those aches and pains. There will also be demonstrations on various things. We would like to thank the various businesses who give us help and support, to name a few; Alan's shop on A, T.J. Electrics on B, the Tech shop and the Golf Club. Without that support we would not be able to continue.
Regards Gordon



Welcome October, it's a little cooler thankfully , I need not tell you that we had temperatures in high 40 in August. We, or should I say the donkeys coped really well with the heat and only spent an hour or so each afternoon in the shade. Must be nice to have no worries, and spend days wandering and munching , Anyway cooler weather, bits of greenery growing at the sanctuary but it doesn't last long when the donkeys spot it ! One of our ponies, Flash, is now living the high life with a French family in El Paraton , He is a companion pony for their two horses. He settled well



within three days and when one of the horses was taken for her exercise Flash found a way out of the paddock area and joined in the fun. We think there in love, horses pony and humans alike. We know that it was a great move for flash. One out And one in !!!!! There is a small town near Cartagena called Santa Ana, known locally as Santana. Well we were called to an area of the township by UCECO, (the animal protection section of Policía Local in Cartagena) where a horse had been abandoned in a lane. Due to the late evening and our feeding g duties we could not attend that day so he was put in the garden of a friend of the policeman overnight. The following day we collected him and put him into livery for now. He was

hungry, needs a farrier, and suffers with a sway back,he's also drastically underweight, he is a really well behaved boy and appears to have



been trained. By the time this has gone to print we should be fully aware of his health and potential and should be fully settled. We will give further update next month, however updates will also be on our Facebook page. Which includes details of how you can support us, by donations, adoption or sponsorship of one of our 89 equines, yes that's not a typing error, we do have 89 equines now, horses ponies but majority of which are donkeys. Sanctuary news is that now the summer is over and the town hall should be back on track we are hopeful that we will be able to start building the stables. We are not ones for pushing our luck by pre-empting and starting the build. Give us the papers and we can start.

- Don't forget that I am on Camposol B sector carpark , 11.30/1.30 each and every Monday collecting items for our shop. Until next month take care .
Andrea



Thank you!

As always a big thank you to everyone that has donated, clothes, furniture, bric-a-brac, books etc to raise much needed funds to support those that need our help. Without you and all the volunteers that give up their time freely as workers in the shop, van workers, patient drivers, fund raisers, manning the helplines, reception at the Respite Home. Without you all we couldn't continue.

So, with your help

In August we assisted with:

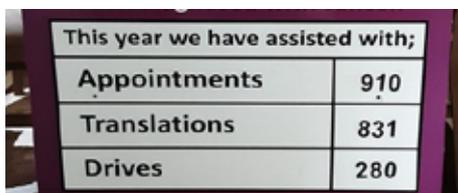
- 134 Appointments
- 112 Translations
- 51 Drives to hospital
- 5 loans of equipment

And year to date to the end of August:

- 910 Appointments
- 831 Translations
- 280 Drives to hospital
- 52 loans of equipment

Volunteers needed

We urgently need more volunteers to help out in our shop in Totana, as Fundraisers and to man the Helpline. And as patient drivers to drive patients to their hospital appointments MABS car can be used or if you use your own car expenses are paid. If you can spare any time per week or month. We desperately need more people to help in any capacity. So if you have any spare time and would like to help please phone 634 362 954, email mazvolunteers@mabscancerfoundation.com or call into our Respite Home



This year we have assisted with;	
Appointments	910
Translations	831
Drives	280

on Avenida de Los Covachos 278 on Camposol B4.

Patient drivers

We are always in need of more patient drivers. As you can see so far to the end of August alone we had 280 drives to hospital for appointments. MABS has a car which can be used or, if you prefer, you could use your own and claim expenses. Pick up the patient from their home – possibly a translator as well and take them to their appointment often at Santa Lucia. Best to give them your mobile number so they can call you when they are ready. Grab a coffee and a sandwich and then pick them up when they have finished and take them home. It is very rewarding. If you're interested phone the number or email as above.

September/October

News on how the World Coffee Morning, the Pop up Shop and the Red Carpet Film Premier of No Time To Die went in the next edition (darned deadlines!)

Upcoming events

Race for Life

This year's Race for Life will be going ahead (at the time of writing) 31st October. Entry is 10€ for adults and children over 12 years old, 5€ for

children. Entry forms are available from On Camposol: Best Wishes, Alley Palais, Branded and MABS Respite Home on Sector B and Tel's bar, Cat's bar and Rendezvous on Sector A. Puerto de Mazarrón: Best Wishes, Decklid and Citröen (Autos al Mazarrón)
Totana: MABS Charity Shop

Winter Fayre

Our annual Winter Fayre at Marianos on Sector A will take place on 27th November from 11 am. All favourites: Christmas cakes; cards; gifts, fashions; shoes; jewellery; household linens; Christmas gifts; raffle; tombola. Free entry.

Don't forget

MABS bookcase in Alley Palais on Camposol Sector B, feel free to take a book(s) just leave a donation in the Mabs 'tin' at the bar. Enjoy! And a big shout out to Zoe Kingdon who has been looking after it for us unasked and made this ad. Collections: Furniture and larger items? Our van runs Mondays, Wednesdays, Thursdays and Fridays.

Smaller items

We have donation 'boxes' for clothes, bric a brac, books etc. in our Respite Home and Alley Palais bar on Sector B, The Club House on Sector C. If you can help - Phone 634 313 478 to arrange collection. If you need help - Phone our Helpline 620 62 24 10 - For more information <http://www.mabscancerfoundation.com>



AGE CONCERN SOCIAL CENTRE: Many thanks to all who came along to the opening of our Social Centre on Monday 6th September and to all our volunteers who worked so hard to make it the success it was. It was great to see so many of the local community come along – to meet up with old friends and make new. The amount raised from the raffle and the Table Top Sale totalled over €620. The Centre is open Monday to Friday, 10am to 2pm with daily activities. Please feel free to drop in any time.

THE DINER & BAR: We would like to thank the Quiz Team at the Diner and Bar for donating their winnings of €100 to Age Concern to help swell

our much needed funds, gratefully received with thanks.

VINTAGE SHOP: With new premises it was fitting to upgrade our original Table Top Sale, which has now been relocated in the grounds of the Social Centre, and to give it a new name. So come along and browse through our bric-a-brac, books, puzzles and other items and bring along any items you would like to donate to our Vintage Shop. Open Tuesdays and Wednesdays between 10am and 2pm.

FUTURE EVENTS

Thursday 7th October: Menu Del Dia, 1.30 at Pekin 6, Camposol. Tickets €11.00. Seating is limited so please telephone 603 304 121 with your menu choices as soon as possible. See our Age Concern Costa Calida Facebook site for full details of menu.

Tuesday 12th October: Quiz Night at the Black Bull 6pm. Details to follow. Check out our Facebook site for more info.

Sunday 31st October: Hallowe'en Spooktacular, Costume Party with hot food at Buena Vista, El Alamillo, Puerto de Mazarrón. 7pm, Tickets €15.00. So dress up in your scariest outfits and call 603 304 121 to make a reservation.



DATE FOR YOUR DIARIES

Friday 5th November; Bonfire Night Party at the Age Concern Social Centre at 7pm, Details to follow.

Age Concern Social Center, Avenida de los Covachos, 2B Camposol C, Mazarrón Enquiries – 634 312 516 Lifeline Puerto de Mazarron Area – 634 325 408 - Equipment Loan - 634 306 927 (Lines Open 10am - 4pm Mon – Fri) email: ageconcerncostacalida@gmail.com - Facebook: Age Concern Costa Calida

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

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

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

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



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

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

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

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

GAS SAFETY CERTIFICATE ISSUED WITH EVERY INSTALLATION



Preparation for winter is in full swing – fruit and autumn veg are ready to be brought in and stored, and plants should be cut back, wrapped up or brought inside to help them survive the chilly winter temperatures.

SOWING & GROWING

Collect seeds from summer-flowering plants for planting next year. Or with beautiful seed heads such as alliums, cut off from the plant whole, dry and spray paint in silvers or golds for glorious Christmas decorations. It's also a good idea to leave some seeds in situ in the garden for hungry birds.

Plant out the hardy annuals you've been bringing in inside and any biennials still not placed. Sow your sweet pea seeds now, to ensure larger, more robust and earlier flowering plants next spring.

Save seed from your favourite plants – it is easy to do and will provide you with plenty of plants to fill gaps or make an existing scheme have more impact. Leave a few seedheads on your plants after they've finished flowering to allow the seeds to ripen, then collect them and



store in paper bags in a cool dry place until you are ready to sow them.

BULBS & TUBERS

You can continue to plant spring bulbs in the still-warm ground, to give them the longest possible growing time ahead of next year. Narcissi can be planted in pots, or in borders under-planting dahlias etc

Alliums are also happiest planted while the soil is still a little warm in early-mid Autumn, in contrast to tulips, which benefit from going in to the ground when the temperature has dropped (when the diseases and fungus that they are prone to during the warmer months have died off).

Plant peonies this month as well, and established peony plants should be pruned shortly after the first frost.

Brighten up shady bits of your garden with spring-flowering, shade-tolerant bulbs. Go for snowdrops for January and February, followed by Anemone blanda 'White Splendour' and narcissi (such as the native *N. pseudonarcissus*) for March and April, finishing with blue-

bells in April and May.

Lift and divide large clumps of crocosmia, and replant into freshly prepared soil. If you have any spring bulbs in storage that you lifted earlier in the year, now's the time to check them over before replanting. Dispose of any that are showing obvious signs of rot, or that feel soft to the touch.

This is a good moment to create your winter ornamental tubs, too. Plant a tall and stately tulip such as the scented 'Ballerina', with an equally fragrant 'Brown Sugar' or 'Orange Favourite' to push their way up through the deep red wallflower 'Fire King'.

Pot up roots of lily of the valley to provide fragrant winter flowers. Any spent compost from containers of summer bedding can be spread around the borders to use as a mulch.

Plant new amaryllis to give you beautiful flowers for winter and early spring. Plant them firmly, cramming the soil around the bulb. Amaryllis like their soil rich, but exceptionally well drained. Plant forced bulbs for Christmas.

Plant some mini iris (*Iris reticulata* and *Iris histrioides*) for pots inside, cramming them into pots with the bulbs almost touching. Planted now, they will be in flower in February when forced on a sunny windowsill.

Most gladioli should be planted in the spring, but there are some lovely varieties – such as *Gladiolus communis* subsp. *byzantinus* and 'The Bride' – that can be put in the ground now for flowering in May and June.

HARVESTING

Lovely things to pick and arrange from your garden in October:

Hardy annuals: late-flowering varieties, *Euphorbia oblongata*, sunflowers and scabious

Half-hardy annuals: long-flowering varieties, eg. cosmos, cleome, nicotiana and moluccella, and some from second sowing, eg. amaranthus, antirrhinum, tithonia and zinnia

Tender perennials: chrysanthemums and dahlias

Perennials: rudbeckias and nerines

Shrubs and trees: hydrangeas, spindle (*Euonymus alatus*) and autumn leaves

PERENNIALS, SHRUBS & TREES

pruning & tidying

Continue deadheading.

Keep weeding. Perennial weeds may pull out easily now, but make sure that you don't leave any of the root to overwinter!

Bring tender plants, eg. pelargoniums, in out of the frost and begin to cut them back.

Divide and replant overcrowded spring and summer flowering perennials, such as geraniums.

Lift, divide and replant congested clumps of perennials. Use two garden forks back to back to split larger clumps.

Remove plant supports and store away.

Prune climbing roses and rambling roses once they've finished flowering and tie in the stems before autumn winds cause damage. Cut back any dead, diseased or damaged branches to the ground or a healthy bud. Cut side shoots back by about two-thirds to a outward facing bud, and tie in horizontally to encourage flowering shoots. Collect fallen leaves from under rose bushes so they don't carry diseases over

to next year.

Prune tall summer flowering shrubs such as Buddleia to about half their height in order to prevent damage by winter winds and to tidy their appearance. Remove suckers growing around the base of trees.

Planting

Plant evergreen shrubs and new climbers.

Prepare the ground for any bare-rooted stock coming next month.



THE KITCHEN GARDEN vegetables

Peas and beans that have gone over can be cut down to ground level, and their roots left in the soil to be dug over – they then break down and return vital nitrogen to the earth. You can also sow broad beans this month for good early pickings in May and June next year.

Plant shallots, onion sets and garlic now for the best sized bulbs next year.

Cut back Jerusalem artichokes and asparagus to ground level. After cutting the asparagus ferns, carefully weed the bed and cover with a layer of mulch or manure. You can then mulch with grit over the top and scatter a handful of granular dishwasher salt, which acts as a weedkiller. The saline environment kills annual weed seedlings, whereas asparagus – as a seashore plant – is fine.

Cut down the dying tops of other perennial vegetables.

Dig over veg beds as their contents go over. Cold weather can often help to break down any large clods of soil in to smaller, more free draining particles, ready for the next sowing. Cover any productive salad plants with cloches to protect from the frosts.

Earth up leeks to cover and blanch their stems.

Make sure Brussels sprouts are firm in the ground as wind-rock breaks the tiny hairs on the roots that take in the nutrients. Earthing up a few inches around the stems and treading in or staking will keep them secure. If you haven't already done so, net your brassicas as they will be under attack as other food becomes scarce.

Florence fennel is one of the best autumn and winter crops. Mound up a little around the base of the bulb before covering to increase the size of the swollen part and help prevent bolting.

Remove yellowing leaves from Brussels Sprouts plants and other brassicas to prevent the spread of disease and dispose of them.

A warm autumnal day is the perfect time to add manure to your potato patch. On thin soils – chalk and sand – double dig, adding manure to the base of a trench before turning the soil of the next trench over that manure. On improved heavy clay soil, spread the manure and tease it in with a fork.

Camposol 'C' Green Fingers Gardening and Social Group

to everyone who has donated plants so far.

ing scrub along the verges outside the new Age Concern house. They have also been watering, weeding and pruning. Paco from the garden centre in Bolnuevo has begun cutting back the massive growth on our trees and will continue next month.



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! People on holiday here even gave up their time to help with our bucket collection, which was so kind of them all.

It is nice to see the Autumn season, with showers and cooler nights, but perfect growing weather for weeds! Also perfect weather for transplanting, so if you have any plants you'd like to donate, just get in touch and we will collect. Please note, we're not able to dig up and transplant trees! Thanks

Our Maintenance Team have continued with street cleaning and weeding throughout all the poligonos, and spraying with pet-friendly weedkiller.

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 dry Summer and it makes a huge difference.

The Wednesday volunteers this month have spent many hours clear-

Further information can be found on our chalkboards or contact John our Chairman, on 634 325 427 or on our Facebook groups: Camposol C Sector Group & Green Fingers Camposol.



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Los Palacios



Although the temperatures have dropped a bit we have still had some very warm weather for the first half of September. We have seen quite a few visitors to Camposol, with Spain going on the amber list and people not having to quarantine upon their return; it has enabled more people to visit family and friends. The pre-flight antigen tests have certainly kept the Medical Centre next to the Farmacia on A very busy !

Our volunteers are out regularly trimming the trees, weeding and sweeping the roads in order to keep the area looking smart. Our volunteers also maintain the area outside the Doctors surgery which I am sure you will agree always looks nice. We also have a Sunday "blitz" clean planned later this month when we all get together and concentrate on one particular area.

A stone table and seats have been donated by Brian & Angela. This has been placed by the new children's play area. (a lot of muscle was needed as they are very heavy !!!) The next job is to set these in concrete so they remain a permanent fixture. This will be a nice shaded area for people to sit while their children use the play area.

With the restrictions still in place we have unfortunately had to cancel various events that we had planned. With limited numbers inside still in force it has not been viable to hold our planned games night at the Vista. Also we had other plans in the pipeline for more social events but we are putting these on hold until the restrictions on numbers inside are lifted.

Our library has remained open throughout the summer and continues to be open every Friday from 10 am to 12.30 pm manned by our volunteers. We are grateful for your contributions of books which ensures a regular supply of new material.

We are always happy to welcome new members. If you have a few hours to spare and wish to join please contact us either by e-mail which is :- lospalaciosgardening@icloud.com or via



our mailbox which is situated in the post room on A under number 915.

We thank you for your continued support. "At the time of writing, the sunshine is still with us, albeit with a few clouds, and it's still quite humid. Summer has officially come to an end but, in Spain, the sun hasn't heard yet but the wind is beginning to pick up. As things cool down a bit, our work party will recommence before the end of September. First on the list of jobs is tidying around the green skips at the bottom of lower B car park. Unfortunately, waste in plastic sacks is still being left in and around the skips instead of emptied into the actual container. During the break, volunteers have done some tidying up but a proper clean-up is required again and, no doubt, some inappropriate waste will have to be cleared away too. Attention will then be turned to the road down by the rambla where the False Pepper trees are booked in for their annual trim.

On the subject of waste, during the Summer break, the usual three problems have continued to plague B sector and the urbanisation in general. The fly-tippers have been dumping their waste around the area, the vandals have been damaging property and the weeds keep growing. At least the weeds do the only thing they can do but the dumpers and vandals act by choice which might suggest that the level of intelligence of all three lifeforms is about the same.

Fortunately, a much higher level of intelligence is displayed by those stalwart individuals who form the B Clean work party. When you see them out and about on the sector please make certain that you pop some of your hard-earned cash into the collection buckets. More cash is always needed as is people power. We cannot rely on just four volunteers to keep B sector looking smart and tidy so please consider joining the group and becoming a member of the work party. You will be most welcome."

Camposol D Community & Gardening Group

Camposol D Community & Gardening Group is run by Volunteers and we rely on donations to keep Sector D looking nice and welcoming.

Every Wednesday we have a Gardening Team that meet up to carry out work needed, maintain the Janes Memorial Gardens and also the Community Gardens on D, also they do weeding, pruning, planting all over D sector.

However in May 2020 our Trailer was stolen, and sadly it was never found.

We also found out that Theft was not covered for the trailer on our insurance.

so we had to allocate some funds to purchase another Trailer, as we needed a trailer to carry out work, we could not continue without one.

Then one our D Residents (John Ankles Mansell) decided to organise a fund raiser to collect



funds to help us purchase a Trailer. Camposol residents were asked to donate whatever they could to help raise funds.

We were amazed how generous people were in donating, and within a week the total raised was €1830.03. The Group volunteers were overwhelmed with this generous show of support.

With this boost to our funds our Group was able to order a new trailer.

There was a bit of delay, due to summer holi-



days but on 13/9/21 we took delivery of our new Trailer

As you can see it is bright orange, this is to match the new colour scheme of our Polo Shirts, which we also able to purchase from another separate donation from Dawn of 2Let-2Sell2Buy business.

So you will definitely see us out and about on Camposol D.

Once again the Camposol Community Spirit shows the residents care.



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Juan Francisco Orenes



Denise Birch



Pilar Rubio Martínez



Julia Nieto Olivo



Francisco Aguirre Páez

Corral Associates is an independent law firm founded in 2001 by the current director Celso Rodríguez-Corral, with many years working on a Public Organisation and in quality Law Firms in Madrid and Murcia.

The aim and the spirit of the law firm is to offer our clients the best quality advice on legal and tax issues helping individuals and companies to achieve their objectives. For this reason, the Corral Associates "family" has always been formed with high-quality professionals, with extensive experience.

A few years after Corral Associates extended it



success with Spanish clients to foreign clients, mainly from the UK.

Lawyers, Barristers, Accountants, Economists and Auditors work side by side in two offices in Murcia city and Puerto de Mazarrón, to attend all the needs of our clients.

Don't hesitate to contact us for any enquiry at info@corralassociates.com (Denise Birch) or calling **+34 968 07 87 54**. Feel free to visit us at our office in  Murcia 30.001, Calle González Adalid nº9 3ºF, or in  Puerto de Mazarrón 30.860, Avenida Doctor Meca nº34.

Why hire us?

For us the clients are the most important, not a number or a file, but part of our family and our team will do everything to make them comfortable and safe.

Our specialized team offer a complete service in several areas of the legal and tax sector.

With Corral Associates the client feels they are protected and that they are being cared for by a great team of professionals.

Our Team:

Our team is formed of highly experienced professionals. Lawyers, Barristers, Accountants, Economists and Auditors who work side by side in our two-offices.

Celso Rodríguez-Corral (Director and Barrister) studied in the Law University of Santiago de Compostela University and María Cristina Royal University of Madrid, obtaining his Law Degree in The Complutense University of Madrid. Studied a Master Degree in Law and Information Technologies in the Complutense University of Madrid and in the School Law Practice of the University of Murcia. He has extensive experience acquired working in a public organisation and reputable law firms in Madrid and Murcia.

Juan Francisco Orenes Hernández (Economist and Auditor. Manager of the Tax & Accounting department) obtained his Degree in Business Administration in the University of Murcia and also his Masters Degree in Auditing and Forensic Accounting. **Juan Francisco has over 25 years given a high-quality advice to individuals and companies.**

Denise Birch (Client Liaison and Branch Manager in Puerto de Mazarrón)

Denise studied in the UK and has been living in Spain for over 20 years, acquiring her extensive experience in conveyancing, tax issues and other legal and tax areas, working in another law firm for more than 14 years.

She offers the clients of Corral Associates the most professional and friendly service.

Pilar Rubio Martínez (Manager of the Conveyancing-sale and purchase- and Wills & Inheritance Department) obtained her Law Degree in The Complutense University of Madrid, and studied the Master degree in Access to the Legal Profession on the Rey Juan Carlos University of Madrid. She has an extensive experience working in law firms for more than 7 years.

Julia Nieto Olivo (Manager of the General Law Department) studied in the UNED University in Cartagena and in the María Cristina Royal University of Madrid, obtaining her Law Degree in The Complutense University of Madrid. Studied a Master Degree in Law and Information Technologies in the Complutense University of Madrid.

Julia is member of Corral Associates since the foundation on 2001, contributing to the development of the company since the beginning with

her extensive experience.

Francisco Aguirre Páez (Accountancy Department) studied Degree in Business Administration in the University of Murcia and has been working for law firms in the accountancy areas for many years, acquiring extensive experience. He assists Juan Francisco in the managing of the Tax & Accountancy Department.

Our Services

We can attend all the needs of our clients in the legal and tax areas. There are no issues we cannot manage.

The main services that our clients ask us frequently.

PROPERTY LAW

Legal Research-Property Legalisation-Conveyancing (Purchase or Sale)-Urbanistic Law- Home or Holiday Rentals



This area involves all legal and tax aspects regarding properties which meets the needs of purchasers and property owners who want to sell the property or simply want to be sure that the property is legalised Spain.

Legal Research

Sometimes the owner simply wants to know the legal situation of a property, not only if to be sold, but also if the owner wants to develop the property and needs for example, to know the urbanistic situation.

Through this service we conduct a thorough investigation and verify the legal and financial state of the property. We write a report in clear terms for the client, explaining the current situation of the property and if necessary, include recommendations or solutions to comply with Spanish Law.

Not all professionals are able to conduct a

complete research of the property as we can, because we are lawyers and experts in property law.

Conveyancing (Sale/Purchase)

We manage completely the property transactions for our clients, doing all works required and obtaining the necessary documentation, drafting the private contracts, checking the deeds, obtaining the NIE, Public Authorizations, Property Certificates, Tax Certificates etc, to ensure the success of the conveyancing (Purchase or Sale).

This service also includes the legal research service and the tax service, necessary for the transaction.

With Corral Associates, the client only needs to find a purchaser if they are owners, or to find the property of their dreams if they are thinking of purchase.

Rentals and Holiday Rentals

If you are thinking to let or rent a house to live in, or you want to let or rent your house only for holidays, we assist you to comply with all legal and tax requirements. A good let or rental contract can avoid troubles and Court Process, saving money and time.

The holiday rentals in Spain need to be registered in the Murcia Region Registry and also need to comply with the regulation which is different for each region in Spain. It is important to comply to avoid fines or to lose the license.

ACCOUNTING AND TAX ADVICE

This is a complete service for individuals and companies.

Lawyers specializing in tax law know how to optimize your tax calculations through a fiscal strategy, or simply applying their extensive knowledge on tax rules. If any problem arises

with the tax office, our lawyers have the experience in managing this, even with Tax Court Actions with a high success percentage.

Our accountant department, managed by an economist and auditor will guarantee you that you are complying with the accountancy rules in Spain.

Our clients usually ask us for:

- "Autonomos" and Companies Accountancy.
- Income Tax Return (ITR)
- NRT (Non-Resident Tax)
- Corporate Tax
- Fiscal Strategy
- Donation
- Inheritance Tax
- Capital Gain Tax

FISCAL REPRESENTATION

This service usually is involved in our tax and accountancy service.

It is usual that clients only know they have a problem with the tax office when an embargo (charge) on their bank account occurs. This usually happens because the client hasn't received the first notification from the tax office because they were abroad or because the address which the tax office has is not current. Most tax issues can be resolved quickly and successfully but it is necessary to take actions within strict time frames, if not, even if the tax decision is not fair, there is nothing you can do after the dead line.

For this reason, our law firm offers our clients this service which means that we receive your notifications and manage it in time informing you previously of any action our law firm takes. We receive your notifications electronically. For this you only need to sign to us a tax representation at the notary close to our office in Puerto de Mazarrón or Murcia City.

NIE/CIF

If you are thinking about doing any transaction, or set up a business in Spain, you will need an identification number (NIE) similar to your ID card but necessary for the Spanish tax office control. For companies this number is named CIF.

This document is obtained in the foreign office (only for individuals) and needs to be registered in the tax office. We manage this in your name to obtain it quickly.

WILL & INHERITANCE

According to the Spanish Law, it is possible to grant a will in Spain according to the Inheritance Spanish Law or according to the Law of the original country of the clients. We advise you to make a state plan according to your circumstances and wishes. We also draft your will and assist you at the notary.

We can also manage the inheritance process and taxes applicable to avoid stress during sad times.

GENERAL LEGAL ADVICE & LITIGATION

Our Law Firm, in addition to the property law and tax law services, offers for 20 years a portfolio of legal services in several areas. General Civil Law, Family Law, Contract Law, Corporate Law, Labour Law, Criminal Law, Public Law... etc, to give our clients the best advice in all their concerns.

We will advise you on your legal situation and your possibilities and try to solve your problems by a negotiation or mediation way. However if court action is necessary or you are involved in a Court Process we will defend your rights with our specialized Barristers.

We can attend all your needs, please do not hesitate to contact us. We are sure we can help you.

CORRAL



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Lawyers, Barristers, Accountants & Tax Advisors

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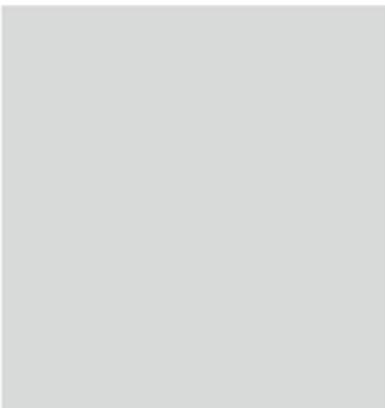
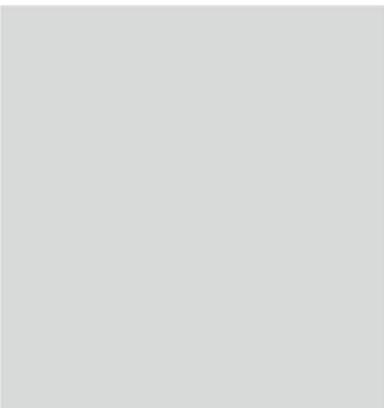
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WEDNESDAY

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

- 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 on holiday for July & August
- 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 & Mazarron Bridge Club at 9.30am in Trevi Bar

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

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- Karaoke at Cats Bar, 9pm
- Los Palacios Garden & Community Group Bucket Collection Outside Tells 10 am to 12 noon

18

19

20

21

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

- 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 on holiday for July & August
- 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 & Mazarron Bridge Club at 9.30am in Trevi Bar

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

25

26

27

28

JOKES

1. Why did the tree worry that he would never get his leaves back after autumn? He didn't be-leaf in himself!

2. Why was the robot couple's anniversary in the fall? They were autumn mated.

3. What month does every tree dread? Sept-timberrrrrrr!

4. What did the leaf say to autumn? I'm falling for you!

5. What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi.

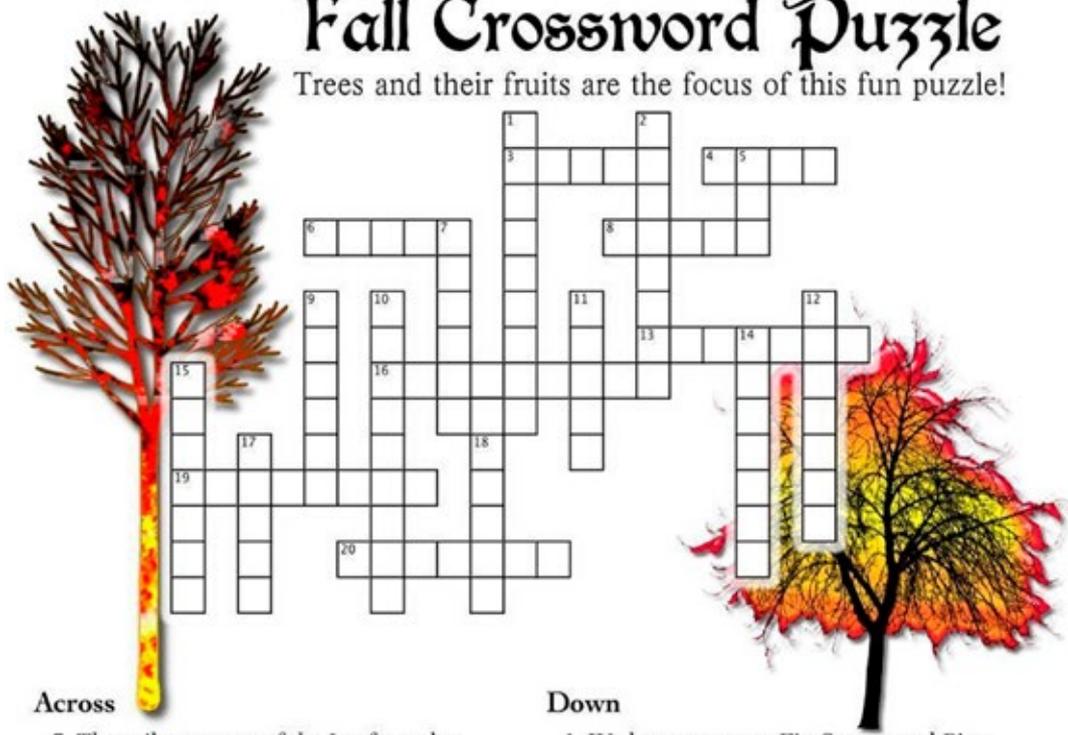
6. What type of vehicle should you use for a fall hay-ride? An autumn-mobile!

7. Why did the scarecrow win the Nobel Prize? Because he was out-standing in his field.

8. Why did the lions move at the end of summer? Because the pride goeth before the fall!

Fall Crossword Puzzle

Trees and their fruits are the focus of this fun puzzle!



Across

3. The spiky partner of the Ivy from the holiday song.
4. You've got to hand it to Florida for picking this as their State tree!
6. This tree grows in Indiana, not Amsterdam! It's the State tree.
8. Looks like an evergreen, but loses its leaves.
13. This giant is the State tree of California.
16. Shellfish meets orchard fruit?
19. A horse doesn't eat them, despite the name; this tree is also known as the conker tree.
20. I've no "eye-deer" why they thought this tree's fruit looked like a mammal's optical organ!

Down

1. We harvest young Fir, Spruce and Pine trees at this time.
2. The seeds of this tree whirl down to earth like miniature helicopters!
5. If you burn the wood of this tree, you're left with its name.
7. This tree sounds like it has a lot of friends...
9. The tree's not built from bricks and the nuts are hard to crack.
10. All trees which lose their leaves are called this.
11. The tree we get syrup from.
12. Four-legged friends might be tempted to tinkle on the State tree of Missouri.
14. This Willow doesn't really have much to cry about.
15. If there's a shortage of coffee, then the root of this tree is roasted and ground as a bitter-tasting substitute.

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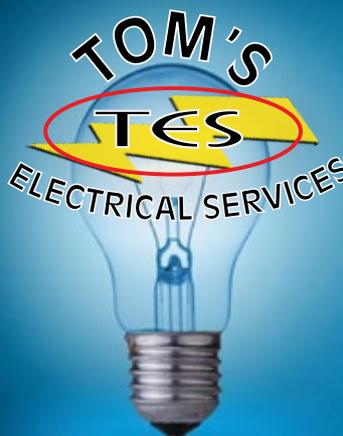


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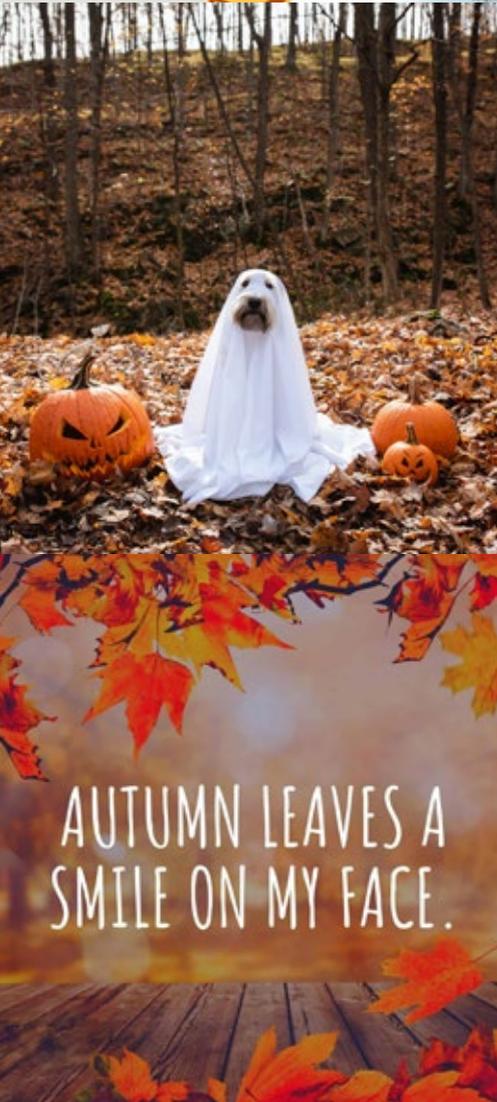
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SUMMER

FALL

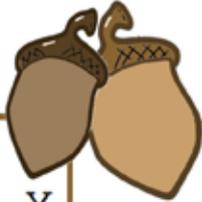
WINTER



AUTUMN LEAVES A SMILE ON MY FACE.

Autumn

WORD SEARCH



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



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ACORN
HAY

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FALL
PUMPKIN
SWEATER

BOOTS
RAKE
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About this item

- 2 in 1 Heat Sealer and Cutting Machine Fast sealing and cutting. You only need to install the battery for the first use. Remove the hook. The “+” side is the heat sealer, press and preheat for 3-5 seconds before use, and then just slide along the bag. The “-” surface is a cutter that can cut plastic bags. After use, connect the hook and it will close automatically.
- Small and Convenient This portable plastic sealing machine is more compact, easy to carry, and can be easily put into your bag or pocket. Whether you go camping, or in the kitchen and living room at home, you can use it to cut and seal easily and conveniently.
- Please press 3-5 seconds to open the lid to preheat the item before use, and then just slide along the of any bag to seal it airtight. You only need to press and pull the food cutter, no need to use scissors.
- The bag sealer is made of ABS material, which can withstand high and low temperatures and has a longer life. Using this heat sealer, you can reuse the bags, keep food and snacks fresh, longer, and reduce food waste. The heat sealer is a must-have for those who like snacks to keep your family healthy!

Amazon.es

Toilet Night Light Motion Activated by ZSJT, Two Modes with 8 Color Changing, Sensor LED Washroom Night Light Fits Any Toilet

About this item

- MOTION-ACTIVATED-- Light Sensitive (Only activates in darkness).

ZSJT toilet nightlight will activate



instantly when you get within 6.5 feet of it and will go out 110 seconds after you walk out of its sensing range, energy-saving and user-friendly.

- ENERGY EFFICIENT-- Operated by three AAA batteries, which can be easily get and change. (Battery not included).
- SANITARY DESIGN-- 100% Water resistant and easy to clean.
- FITS ANY TOILET-- Flexible arm with 180°bending angle, fix any shape of toilet bowl and will stay in place. No tools are required.
- TWO MODES WITH EIGHT COLORS-- Alternate from 8 LED colors in 120 seconds with just the press of a button. (pink, blue, yellow, purple, white, azure, red, and green). MODE 2: Stay on one color.

Electric Arc Lighter Candle Lighter Flameless Windproof USB Rechargeable Lighter for Camping Grilling BBQ Stovetop Fireworks No Spark & Smell

About this item

- USB RECHARGEABLE & BATTERY INDICATOR - The USB lighter charged like a cell phone via SUPPLIED micro USB cable, save your money on disposable lighters. High quality lithium battery, 1.5-2 hour fast charge last at least 300 times. Smart chip features 10s automatically shut off. Just clean the arc tip with a soft cloth after lighting candle
- NO SPARK NO SMELL & SAFTY DESIGN - Use cleaner electricity versus butane or other traditional fuel, no open flame or smell. The Ethinc arc instantly catches whatever you are trying to light on fire, it does anything a traditional

lighter can do but safer and more environmentally friendly .Note: During the ignition, there will be noise of “ zee, zee”, which is high-voltage power generation, please use with release.

- ERGONOMIC DESIGN, SAFER & MORE DURABLE – Ethinc electric arc lighter use more innovative technologies to optimize the durability and performance. Childproof safety switch prevents it from starting accidentally while not in use. Sleek with solid zinc alloy, unlike cheap plastic lighters broke or melt easily.



- FLAMELESS, WINDPROOF - Thanks to the flameless plasma technology that is windproof & moisture proof, it works perfect even in a wind. Easy to carry for both indoor and outdoor use, ideal for candles, gas & propane stoves, pipes, BBQ grills, camping, hiking, fireworks etc. Please don't touch the arc with hands to avoid burns.

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Skoda Yeti



The Yeti is no longer on sale, but it stands as a landmark in Skoda's history. Skoda has replaced it with the Karoq, and to some extent the Kodiaq is a larger alternative, too. However, Skoda's first crossover remained a competitive model against its newer rivals, with a very likeable, no-nonsense character.

While you might automatically assume that the tough-looking Yeti is best suited to a diesel engine and four-wheel drive, actually it's the front-drive petrol model that makes the most sense. It has perky performance, surprisingly good real-world fuel economy and is much more refined than the diesel.

If you're doing big miles or you live at the far end of a rutted track, then fair enough, a diesel 4x4 is best, but for the rest of us the 1.2 TSI will do nicely. It's a mark of the Yeti's quality that it remained so competitive in the crossover and compact SUV class after such an extended period on sale, and now it makes a lot of sense as a used family car buy.

The Skoda Yeti is a curiously named family



car with plenty to recommend it to the family buyer - despite the oddball name, divisive looks and undesirable badge. It's been a massive success for Skoda since its release, remaining near the top of the class for practicality and value, and holding its own against talented rivals like the Peugeot 2008, Kia Soul and Nissan Qashqai.

As with many of Skoda's cars, the Yeti operates between two classes of car - bigger than the smallest supermini-SUVs like the Nissan Juke, but smaller than bona fide family crossovers like the Renault Kadjar. It's priced pretty neatly in between them, too, giving family buyers an-



other buying choice.

Since its release, the Yeti's had a minor facelift, which tidied up the front end and removed the bulbous dual headlamp arrangement. It also split the range into regular and Outdoor trim - with the former losing the black plastic body cladding and adopting a more 'on-road' style.

There's no performance version of the Yeti as such, but buyers can have it in Monte Carlo spec, which has a sporting look thanks to a contrast black finish for the roof, mirrors and the 17-inch alloy wheels. There are also some (faintly silly) fake carbon-fibre inserts and a smaller looking three-spoke steering wheel in the cabin. The standard trim levels run from S and SE to the top spec SE L.

Ricciardo wins F1 Italian GP after Verstappen/Hamilton collision



McLaren's Daniel Ricciardo claimed a sensational victory at the Italian Grand Prix after Formula 1 title rivals Max Verstappen and Lewis Hamilton crashed out.

Ricciardo took the lead from Verstappen with a great start and led every lap on his way to scoring a famous win for McLaren, heading home a 1-2 for the team ahead of Lando Norris.

It ends a nine-year winning drought for McLaren, with the British outfit's previous victory coming at the 2012 Brazilian Grand Prix. Ricciardo had dominated the opening stint of the race to stay ahead of Verstappen but the Australian's route to an eighth career victory was cleared when Verstappen and Hamilton came to blows at Turn 1 in a dramatic incident.

Polesitter Verstappen had dropped down the order following an awful pit stop and was trying to pass Hamilton as the seven-time world champion emerged from the pits following his own stop.

Verstappen attempted to go around the outside but the pair collided at the exit and both cars ended up beached in the gravel, with Verstappen's Red Bull landing on top of Hamilton's Mercedes.

Ricciardo aced the restart following a lengthy safety car period, while teammate Norris jumped Ferrari's Charles Leclerc to move into second, securing McLaren's first 1-2 finish since the 2010 Canadian Grand Prix.

"For anyone who thought I left, I never left," Ricciardo exclaimed over team radio after crossing the line.

Mercedes' Valtteri Bottas turned in a stunning recovery drive from the back of the grid to complete the podium in third after Sergio Perez,

who finished third on the road, was demoted to fourth with a time penalty for leaving the track and gaining an advantage when he passed Leclerc.

Francesco Bagnaia brilliantly held off a fast charging Fabio Quartararo to claim his second consecutive MotoGP win in Misano.

After initially getting past Jack Miller into turn one, Fabio Quartararo was then repassed by the Australian on the outside of turn two. Bagnaia's opening lap was a sensational one as he already gapped team-mate Miller by 1.2 seconds.

The gap between Bagnaia and Miller stabilised at around 1.3 seconds, while a similar margin was in Miller's favour over Quartararo. The man



on the move with seven laps gone was Enea Bastianini as he reeled in Aleix Espargaro and Marc Marquez, before completing back-to-back overtakes for fourth.

Bagnaia's lead then doubled on lap nine (2.5 seconds) as Miller ran wide at turn 12, as did Quartararo in third. As the race approached midrace distance, Quartararo began closing down Miller for second.

Then came a scary moment for Bagnaia as his rear tyre marked up quite considerably and Quartararo reduced a 2.8 second lead to 1.2s.

Bagnaia responded on lap 21 to increase the gap back to 1.5 seconds, however, Quartararo



continued to close in during the final five laps.

Quartararo reduced the gap to just three tenths at the start of the penultimate lap, but Bagnaia's impressive sector three enabled him to keep the lead into the final corner. Quartararo got as close as we saw all race on the final tour, however, Bagnaia put in a sensational final lap to hold on, while Bastianini came home third for a maiden MotoGP podium.

Position	Entrant	Points
1	Mercedes-AMG Petronas Formula One Team	362.50
2	Red Bull Racing	344.50
3	McLaren F1 Team	215.00
4	Scuderia Ferrari Mission Winnow	201.50
5	Alpine F1 Team	95.00
6	Scuderia AlphaTauri	84.00
7	Aston Martin Cognizant Formula One Team	59.00
8	Williams Racing	22.00
9	Alfa Romeo Racing Orlen	3.00
10	Uralkali Haas F1 Team	0.00

2021 F1 World Championship Constructors' Standings

Position	Entrant	Points
1	Max Verstappen Red Bull	226.50
2	Lewis Hamilton Mercedes	221.50
3	Valtteri Bottas Mercedes	141.00
4	Lando Norris McLaren	132.00
5	Sergio Perez Red Bull	118.00
6	Charles Leclerc Ferrari	104.00
7	Carlos Sainz Ferrari	97.50
8	Daniel Ricciardo McLaren	83.00
9	Pierre Gasly AlphaTauri	66.00
10	Fernando Alonso Alpine	50.00
11	Esteban Ocon Alpine	45.00
12	Sebastian Vettel Aston Martin	35.00
13	Lance Stroll Aston Martin	24.00
14	Yuki Tsunoda AlphaTauri	18.00
15	George Russell Williams	15.00
16	Nicholas Latifi Williams	7.00
17	Kimi Raikkonen Alfa Romeo	2.00
18	Antonio Giovinazzi Alfa Romeo	1.00
19	Mick Schumacher Haas	0.00
20	Nikita Mazepin Haas	0.00

2021 F1 World Championship Drivers' Standings

MotoGP Points Tables

1 Fabio Quartararo Monster Yamaha	234.00	11 Jorge Martin Pramac Ducati	71.00
2 Francesco Bagnaia Ducati Team	186.00	12 Takaaki Nakagami LCR Honda Idemitsu	70.00
3 Joan Mir Suzuki Ecstar	167.00	13 Alex Rins Suzuki Ecstar	68.00
4 Johann Zarco Pramac Ducati	141.00	14 Pol Espargaro Repsol Honda	64.00
5 Jack Miller Ducati Team	140.00	15 Enea Bastianini Avintia Ducati	61.00
6 Brad Binder Red Bull KTM	124.00	16 Alex Marquez LCR Honda Castrol	50.00
7 Aleix Espargaro Aprilia Gresini	104.00	17 Franco Morbidelli Petronas Yamaha/Monster Yamaha	40.00
8 Maverick Vinales Monster Yamaha /Aprilia Gresini	98.00	18 Iker Lecuona KTM Tech3	38.00
9 Marc Marquez Repsol Honda	92.00	19 Danilo Petrucci KTM Tech3	37.00
10 Miguel Oliveira Red Bull KTM	87.00	20 Yamaha/Monster Yamaha Valentino Rossi Petronas Yamaha	28.00

2021 motorsport.com

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

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

2021 MotoGP™ CALENDAR

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

* Evening Race

** Subject to the Homologation



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Dawn Llewellyn-Price

It's October and I'm missing my menu del dia. Great Spanish lunches can still be eaten in a couple of restaurants in my part of Wales, but they're never going to be a cheap as the original, and I'm always going to wince when 'la cuenta' arrives, even if it's a genuine Juan from the Canaries presenting it. Ouch! It will be once a week, instead of maybe three, and indoors hiding from the rain instead of on a sun kissed, fresh air filled terrace.

All those dining experiences in Murcia, costing a fraction of the price of a 'ladies wot lunch' on British soil, fill every paseo and backstreet. Paying a whopping ten euros for three courses, salad, bread, and a drink, means it's barely worth cooking and shopping. The buzz is all around, with dedicated social media pages, and every man and his dog snapping course after course ready to upload, accompanied by menu

boards and pots of alioli. So many places have upped their game, with fabulous dishes to tempt you back. We all want to see what's on offer in the various restaurants and make our decisions on 'Louise from Isla Plana's' latest sardines



photo with a star rating. Preferably without testing it out and possibly repenting at leisure later. Are there any of those mealy-mouthed moaners who used to complain about food pics, actually left in the province? We're all salivating and



hanging on each sentence, plotting our visits with military precision. Usually followed by;

'How can they do it at those prices?' Throw a handful on the plancha, I'm on my way. Well, give me 90 days and I will be.

Before our September exodus, we headed down the port in search of a Gallician Chuleton,



that monster piece of meat with a beefy price tag. We found it in a blue-themed gastro bar, and shared it, cooking the cut-up pieces on a hot plate alongside. I could feel my cholesterol rising.

Pass the Benecol. (Other plant stenols are available.)

Oh, but it was luscious and tender, and everything the television cooking programme had promised. Vegans look away. It would have served three, so skip the starter and dessert and head straight home to bed. No, it's not an aphrodisiac, it's a soporific sleep-inducer. We'd attempted to tackle this beast in Mojacar, at the Argentine restaurant hidden amongst the pueblo's 'mini-mall', but they were awaiting delivery. It turned up just as we finished our second choice, a much smaller Galician steak. The chef and delivery man went to great pains to show us this marvel that we'd missed, standing like gauchos alongside our table, with typical Spanish gesticulating, and we made use of our napkins to mop up our dribbles and tears. Sometimes you just have to get that credit card out.

Winter's coming as Game of Thrones warned repeatedly. Time to lay down extra fat. So at month's end, when all things grow creepy, get those trick Halloween vampire teeth into a treat.





Los Amigos
De Mazarrón F.C

LATEST NEWS FROM LOS AMIGOS DE MAZARRON FC



Mazarron FC's start to the 2021/22 season got off to an embarrassing start. The supporters who travelled to the game away to Archena Sport were unaware of the problems behind the scenes which resulted in the delay in registering six of our players, five Colombians and Allan Mike from Brazil.

In addition, Chiky Ardil was still on beach soccer duty with his club CD Benfica Loures in Portugal which meant that only nine senior players were available for selection. Four players from the various Mazarron Futbol Base teams were called up which meant that we were only able to field two substitutes. Unfortunately, it later transpired that one of the players, Antonio Jose Lorente,

was aged 25, which apparently contravened with a rule that says that any player called up from a subsidiary team must be under 23.

The game ended in a 1-1 draw but Archena complained to the Murcia Federation that Mazarron had fielded an ineligible player and the Federation awarded the game to Archena by the statutory 3-0 margin and fined them €1001. Mazarron have appealed against the decision and also apologised to its supporters in an official statement outlining the events.

It is a pity that all this overshadowed what had been an excellent performance by

the makeshift team, especially as they had been further weakened by the sending off of Quintero and the hospitalisation of Riquelme in the second half. The team dominated for most of the game until they were reduced to ten men 15 minutes be-



fore time.

For the first time since the start of the Covid-19 pandemic, Los Amigos were able to take a supporters coach to the game and enjoyed a drink in a local bar before the game. It is hoped that this will once again be a regular occurrence as the provision of a coach to away games is one of the main aims of the Los Amigos Constitution.

The following week saw the first home game of the season with the visit of El Palmar. A number of members and friends took advantage of coach travel to the game followed by a meal and drinks at Bar Sienna opposite the football ground after the game where they were joined by four members of the Football Club support team, Manager Joni, fitness coach Pol, analyst Armando and Commercial Director Jairo.

Mazarron were again without Chiky Ardil, four of the Colombians and Brazilian Allan Mike although one of the other Colombians Julian David had now been registered along with English born Aaron Fothergill who had been a successful player in the Mazarron junior teams and South Korean born Kyeolming Nan. Even then, Mazarron had to call on six players from the junior teams to enable them to field a full team and five substitutes.

The game again ended in a 1-1 draw after Mazarron had taken the lead through Adrian Silva in first half stoppage time. However, the lead lasted only two minutes into the second half before El Palmar equalised. Again, it was a good performance considering the strength of Mazarron's team and the prospects are looking good once all the necessary documentation is in place for the players who are not yet registered.

The Football Club have now taken responsibility for the Man of the Match award and supporters are encouraged to vote online with the winner being announced on the day following each game. Julian David Tavorda was the first winner at the home game against El Palmar.

Mazarron's home games are normally played on Sundays with varying kick off times. Kick off times are not normally known until the Tuesday before the day of the game. Full details of all games, dates and kick off times are advertised in the local media, on www.mazarronfc.com, on our own Los Amigos de Mazarron FC Facebook page, fb.me/mazarron2016, and will be shown on posters at various points throughout Camposol and Mazarron.

Forthcoming fixtures are:-

- October 3rd Real Murcia "B" Away.
- October 10th RACING MURCIA CF HOME
- October 13th CF Lorca Deportiva Away *****
- October 17th FC LA UNION ATLETICO HOME
- October 24th FC Cartagena "B" Away

October 31st CD BULLENSE HOME

November 7th Yeclano Deportivo Away

***** The Lorca away game is provisionally on the Tuesday but could be moved to either Wednesday or Thursday in that week

As mentioned earlier, Los Amigos has always tried to organise a supporters coach to away games but this practice had to be suspended during the Covid-19 pandemic. We have now re-introduced this benefit to our members subject to demand and a trip was organised to the second away game at CD Minera in Llano del Beal. Coach prices are €10 for Los Amigos members and €12 for non-members and we ask everyone to email janperks1@gmail.com to indicate that they wish to travel on the coach well in advance of each game. Payment can be made at our Thursday meetings.

For the away game at Yeclano on 7th No-



ember we will be arranging to stop at our usual hotel on the way to Yecla for a pre-match meal. Full details and prices will be made available as soon as possible.

A meeting was held with the new owners of the Hotel la Cumbre in September with regards to the forthcoming Gala Dinner scheduled for Tuesday 29th March next year. Final details will be released very shortly on our Facebook page and by email to our members.

The venue for Los Amigos's weekly meetings has been altered to Mariano's Bar &



Restaurant (Camposol A) each Thursday at 4 pm. All are welcome to attend except for the Business Meeting which is held on the last Thursday of each month and open to members only. Los Amigos membership costs €20 per year and entitles the member and a partner to discount on coach travel to away games and on all social activities. Please email stevebarrow01@gmail.com for a membership form or just call at one of our meetings.

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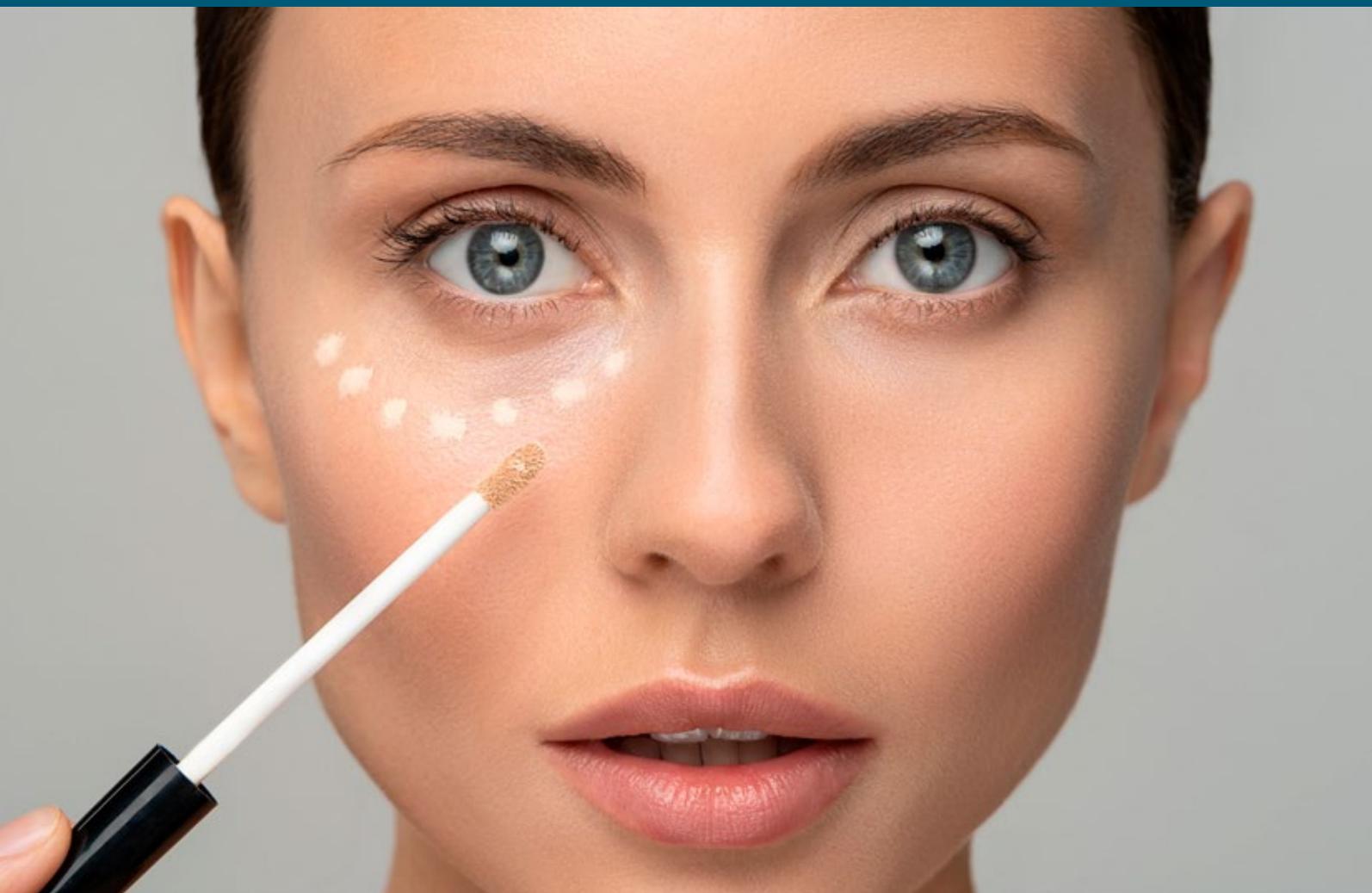
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How to Apply Concealer to Flawlessly Disguise Dark Circles, Acne and More

Acne, age spots and hyperpigmentation and dark circles are normal part of life and having skin, and they're nothing to be ashamed of. But for when you're looking for even-toned, flawless coverage, the right concealer can feel like a magic wand that can cancel out discoloration and glide over uneven

texture.

Great concealers come in a myriad of consistencies, forms and finishes, from liquid to cream to stick and beyond. The key is to find the right formula and tone for whatever issue you're trying to hide.

Start by choosing the right concealer

Finding the right tone and the right colour for the task at hand is crucial. For under eyes, you'll want to opt for a colour that's a shade lighter than your natural skin tone. This will brighten up the under eye area and disguise the dark circles. For age spots, scars and hyperpigmentation, choose a concealer shade that matches your foundation colour.

When it comes to tone, professionals say peach shades cancel out blueish under eye circles and dark spots from sun or aging. Green tones hide red blemishes — follow up with a concealer that matches your skin tone exactly for ultimate camouflaging. Yellow-toned concealers help to correct uneven skin tone from redness or hyperpigmentation. For mature skin and under eye puffiness, pick a luminizing formula that will reflect light and add a glow to the skin, but make sure it's not shimmery, which will settle into

fine lines and wind up accentuating what you're trying to disguise.

Apply skincare and foundation first

Apply any moisturizer, primer and foundation before reaching for concealer. If you apply your foundation first, you're blurring the look of imperfections and likely won't need to use as much concealer. If you don't use foundation at all and just spot-conceal, be sure to hydrate your skin first!

Hide dark circles and under eye discoloration

If you want to brighten dark under eye circles, grab a concealer that has a radiant or luminizing formula. Use liquid formulas for the thin skin around the eyes, since creams and thicker formulas can settle into fine lines and wrinkles.

Instead of sweeping over the discoloration in a semi-circle shape, draw an inverted triangle which highlights the front area of your face and creates a lifted illusion. For best results, "dot the concealer under the eye and tap the product into place with your ring finger or a small fluffy eye shadow brush.

Cover up blemishes and acne





If you've already addressed acne with your skincare routine but are looking to hide any bumps or redness in the interim, choose a heavier cream formula like a stick concealer and apply with a fine pointed brush to place the concealer exactly where you want it to go.

Gently blend the edges of the concealer with a brush, edge of sponge, or finger to blend into the skin for a seamless blend.

Camouflage dark spots and hyperpigmentation

Choose a heavier cream formula

Cover up scars and pockmarks

For a small scar, a crayon or pencil formula is great; simply trace or fill in the mark with the fine point. For larger scars, liquid wouldn't be a good choice because it moves around on the face and its formula isn't heavy enough to conceal.

Stop cakey concealer in its tracks

Prevent concealer from getting cakey or settling in the creases around your eyes by blotting the excess product after application. Split a tissue into two layers, and press one of the sheets against skin to remove excess oil or



to cover sun/age spots, It should be dense enough to fully camouflage the darkness. Apply foundation first to even out the skin tone, then apply concealer to the spot for maximum coverage.

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Pot-roast Bombay chicken

- Ingredients
- 1 small whole chicken
- 5 tbsp tikka masala paste
- 1 tbsp sunflower oil
- 1 large red onion, halved and sliced
- 2 large tomatoes, halved and chopped
- 1 tbsp fenugreek seeds
- 1 thumb-sized piece ginger, grated
- 2 x 400g cans full-fat coconut milk
- 500g new potatoes, halved
- 100g baby spinach
- 25g pack coriander, torn, to serve
- poppadums and chutney, to serve (optional)

Method

STEP 1

Heat oven to 220C/200C fan/gas 6. Put the chicken on a chopping board and, using your hands, rub the skin generously with half the spice paste. Season well, tie the legs together and set aside.

STEP 2

Heat the oil in a large flameproof casserole dish over a medium heat. Add the onion and a good pinch of salt and cook for 5 mins or until beginning to soften. Add the tomatoes, fenugreek seeds, ginger and remaining spice paste, and cook for 3 mins more. Stir through the coconut milk and bring to a simmer. Add the chicken and the potatoes to the dish, and cook in the oven for 20 mins, uncovered.

STEP 3

Lower the heat to 180C/160C fan/ gas 4 and cook for 55 mins more. Check that the meat is cooked by cutting

through one of its legs – the flesh shouldn't be pink.

STEP 4

Remove the chicken and place on a chopping board. Stir the spinach through the sauce and leave to rest for 5 mins. Put the chicken back in the dish, top with the coriander and carve at the table. Serve with poppadums and chutney, if you like.

Roasted squash risotto with wensleydale



Ingredients:

- about 1kg/2lb 4oz peeled, deseeded squash, cubed
- 1 tbsp olive oil
- handful pumpkin seeds
- 1 onion, chopped
- 1 garlic clove, crushed
- 25g butter
- 300g risotto rice
- 150ml white wine
- 1.2l hot vegetable stock
- 100g wensleydale cheese or veg-

etarian alternative, crumbled

- small bunch chives, snipped

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. Toss the squash in the oil in a roasting tin and roast for 15-20 mins until tender and golden. With 4-5 mins to go, toss the pumpkin seeds with a little salt, make a little space amongst the squash and spread out the seeds, then finish roasting. Remove half the squash and purée or mash, and keep the rest warm in a very low oven until ready to serve.

STEP 2

Meanwhile, soften the onion and garlic in the butter in a frying pan. Stir in the rice for 1-2 mins. Add the wine and cook, stirring, until the wine has evaporated. Add the hot stock, a ladleful at a time, stirring until each addition is almost completely absorbed.

Once all the stock has been added, the rice should be tender and creamy. Stir in the puréed or mashed squash until warm, then season if you like. Serve in shallow bowls, scatter over the reserved roasted squash, crumbled cheese, chives and pumpkin

seeds.

Butterscotch banana pie

Ingredients

- 100g dark chocolate
- 125g malted milk or digestive biscuits
- 66g pack butterscotch pudding whip (we used Angel Delight)
- 300ml milk
- 2 medium bananas
- 60g salted caramel sauce (or add a



pinch of salt to caramel sauce)

Method

STEP 1

Melt 75g of the chocolate in the microwave in 30 second bursts. Whizz the biscuits in a food processor into crumbs. Pour the melted chocolate onto the biscuit crumbs and whizz again. Spread the biscuit mixture across the base and up the sides of a 16-18cm shallow pie or cake tin, then put in the fridge to set

STEP 2

Sprinkle the butterscotch pudding powder into the milk and whisk together until smooth. Slice the bananas. Take the tin out of the fridge and spread the salted caramel sauce over the base. Cover the caramel with the banana slices. The pudding will have started to thicken, so give it a brief whisk, then spoon it over the bananas. Put in the fridge for 5-10 mins to set. Melt the remaining chocolate and drizzle over the pie to serve.

Lobster muffins with poached egg, caviar, spinach & hollandaise



Ingredients

- ½ lobster , about 300g meat
- 25g butter
- 2 eggs
- 1 tsp white wine vinegar
- large knob of butter
- 100g bag baby spinach
- whole nutmeg
- 2 tsp caviar
- For the muffins
- 350g strong white bread flour
- 7g sachet fast-action dried yeast
- 175ml warm milk
- 1 egg , beaten
- fine polenta or semolina , for dusting
- For the hollandaise
- 50ml white wine
- 100ml white wine vinegar
- 1 shallot , finely chopped
- ½ small bunch tarragon
- ¼ tsp whole black peppercorns
- 1 large egg yolk
- 1 tbsp double cream
- 125g butter , melted
- cayenne pepper
- 1-2 tbsp lemon juice
- Method

STEP 1

Muffins. Mix together the flour, yeast and 3/4 tsp salt. Add the milk and egg, and mix to a dough. Knead the mix for 5-6 mins until it becomes elastic and smooth, or for 10-15 mins by hand. Place the dough in a bowl, cover with cling film and place in a warm spot to

prove.

STEP 2

When it has doubled in size, punch the dough down with your hand and turn out. Dust your work surface and a baking tray with the polenta or semolina. Roll out the dough until 2.5cm thick and cut out muffins using a 9cm straight-edged cutter. Transfer them to the tray, cover with cling film and leave to prove for 20-25 mins or until doubled in size.

STEP 3

Put a piece of baking parchment in a non-stick frying pan and put the pan on a low heat. Gently transfer the muffins to the pan and cook them in batches for 5-6 mins each side until they are toasted and brown.

STEP 4

Hollandaise, put the wine, vinegar, shallot, tarragon and peppercorns in a small pan and bring to the boil. Simmer for 8-10 mins or until the mix is reduced to one-third of its original volume. Remove from the heat and leave to cool. Meanwhile, fill a pan one-third with water, bring to the boil, then reduce to a simmer. Strain the infused vinegar mixture into a mixing bowl, add the egg yolk and a large splash of water. Place the bowl over the top of the pan of simmering water and whisk. The sauce will lighten in colour and fluff up. When it is fluffy but firm, add the splash of double cream, then slowly pour in the melted butter, season with salt, cayenne and lemon juice.

STEP 5

Prepare the lobster. Twist the claws and pull the tail off the lobster, then bash the claws with a rolling pin to crack the shell and reveal the meat. Remove the shell from the tail, then cut the tail in half lengthways and remove the intestine. You should now have half a tail and a claw per person. Remove the meat from the shell. To reheat the meat, melt the butter with 2 tbsp water in a medium saucepan. Add the lobster meat and warm over a gentle heat.

STEP 6

Poach the eggs for 2-3 minutes

STEP 7

Melt the knob of butter in a pan. Add the spinach and stir until it starts to wilt. Season and grate over a little nutmeg. Put half a muffin on each plate and top with the spinach, then add the portioned warm lobster. Place a poached egg on top, then spoon over the hollandaise and a dollop of caviar.

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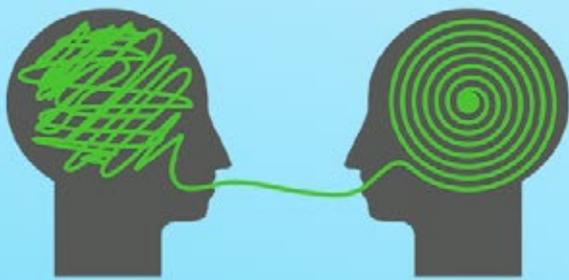


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Breast Cancer Awareness Month 2021

October 1-October 31

Breast cancer it's a scary thought and all too many women assume that it won't happen to them. Fact is though, every person is at risk and should be vigilant.



National Cholesterol Month 2021

October 1-October 31

National Cholesterol Month is an entire month devoted to raising funds for HEART UK and raising awareness of the dangers of high.



World Arthritis Day

October 12

Since 1996, October 12 is recognized as World Arthritis Day, a global initiative bringing people together to raise awareness of rheumatic and musculoskeletal diseases (RMDs).



International Astronomy Day 2021

October 9

Astronomy Day is an annual event intended to provide a means of interaction between the general public and various astronomy enthusiasts, ...

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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 - that involves o You Eat Too Much Junk Food

You Eat Too Much Junk Foo



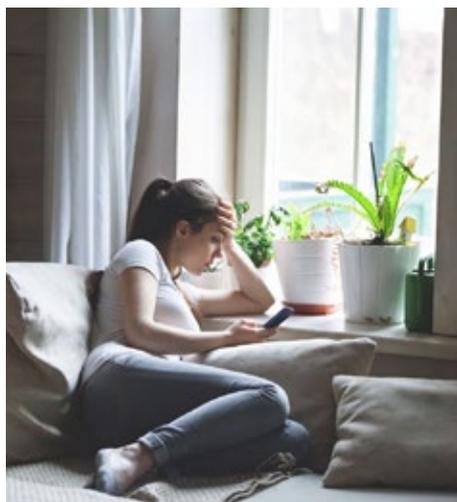
Parts of the brain linked to learning, memory, and mental health are smaller in people who have lots of hamburgers, fries, potato chips, and soft drinks in their diet. Berries, whole grains, nuts, and green leafy vegetables, on the other hand, preserve brain function and slow mental decline. So next 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 ex-



ercise, 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 neighborhood 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.

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 Día 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 Día de las Brujas (Day of the Witches), continues with Día de Todos los Santos (All Saints Day) on November 1st, and culminates with Día 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 Día 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 Party in Barcelona Photo by Martí Mayans I via CDLC Barcelona

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

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.



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.

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.

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August saw Samaritans in Spain involved in the FundFest 21 held at The Madhouse and Pitch and Pint in Orihuela. The event was held in aid of 4 charities – Samaritans in Spain; Finca Villamartin; Help at Home; Little Pods – on Sun 15 Aug, the hottest day of the year so far. Our volunteers, those of the other charities and the organisers toiled away throughout the day but the heat kept some people away. Nonetheless



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the event was a success, and Samaritans in Spain were lucky enough to be presented with €577.45 as our share of the proceeds. Below are some photos from the day.

The shop continues to do extremely well, thank you to all of our wonderful shop volunteers who toil away tirelessly, especially in the heat of the summer. Our call volume has levelled out a little this month but is still higher than average for Aug, thank you to all of our listeners for their sterling efforts.

During the week 3-10 Oct 21 (Mental Health Awareness Week) we hope to arrange various events, in various locations, to raise awareness and some well need funds. More details to follow soon, please follow us on Facebook to be sure you don't miss out.

Don't forget about our new Partner. Fox & Wolf Collection have agreed to partner with us and donate €1 from every sale of their home fragrance products over €30, €1.50 for every sale over €40 and €2 for every sale over €50. They sell luxury candles, wax melts and home fragrances, their website is www.foxandwolfcol-

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THE FOOL 0

Lets work our way through the major arcana cards each week to get a better understanding of the meanings.

The Dog: Dogs typically represent loyalty and faithfulness. In this case, the dog symbolizes our reward when we express true faith on our path. As we continue to step out in faith, and blindly follow our bliss we shall gain the loyalty and recognition from people, places and events in our lives. Other Tarot decks depict the dog loyalty tugging at the Fools robes, preventing his fall into the chasm below. Yet another confirmation that when the Fool continues on his mission of passion, protection is available and the details miraculously fall into place.

Knap Sack: How long do you think the contents of the little knap are going to sustain our hearty fool? Exactly, here again, the Fool is taking little time to consider the practical matters of his journey. However, what if the knap sack contains something far greater than consumables. Look closely at the image. Some say it resembles testicles, and these represent the seed of the Fool's philosophical offspring. This depiction is a reminder of personal responsibility. We all carry the seed of consequence upon our own journey.

The Fool is about beginnings, entering a new phase, striking out on a new path, expanding horizons, starting something new adventure, going on a journey, heading into the unknown.

The fool is spontaneous, living in the moment, letting go of expectations, doing the unexpected, acting on impulse, feeling uninhibited, surprising someone, and feeling carefree. The fool is about having faith, trusting the flow, staying

open, letting go of worry and fear feeling protected and loved, living in joy, recapturing innocence, believing, embracing folly, accepting your choices, taking the "foolish" path, pursuing a pipe dream, being true to yourself, taking a "crazy" chance, trusting your heart's desire

The Fool lies at the beginning of the major arcana, but also somewhat apart from the other cards. In medieval courts, the court jester was someone who was not expected to follow the same rules as others. He could observe and then poke fun. This makes the Fool unpredictable and full of surprises. He reminds us of the unlimited potential and spontaneity inherent in every moment. There is a sense with this card that anything goes – nothing is certain or regular. The Fool adds the new and unfamiliar to a situation.

The Fool also represents the complete faith that life is good and worthy of trust. Some might call the Fool too innocent, but his innocence sustains him and brings him joy. In readings, the Fool can signal a new beginning or change of direction – one that will guide you onto a path of adventure, wonder and personal growth. He also reminds you to keep your faith and trust your natural responses. If you are facing a decision or moment of doubt, the Fool tells you to believe in yourself and follow your heart no matter how crazy or foolish your impulses may seem.

If the Tarot is seen as a journey of the Fool, then the Fool stands for each of us as we begin our journey of life. He is a Fool because only a simple soul has the innocent faith to undertake such a journey with all its hazards and pain. At the start of his trip, the Fool is a newborn – fresh, open and spontaneous. The figure on Card 0 has his arms flung wide, and his head

held high. He is ready to embrace whatever comes his way, but he is also oblivious to the cliff edge he is about to cross. The Fool is unaware of the hardships he will face as he ventures out to learn the lessons of the world. The Fool stands somewhat outside the rest of the major arcana. Zero is an unusual number. It rests in the exact middle of the number system – poised between the positive and negative. At birth, the Fool is set in the middle of his own individual universe. He is strangely empty (as is zero), but imbued with a desire to go forth and learn. This undertaking would seem to be folly, but is it?

The fools is a jester and jesters play tricks! The fool can be a trickster! I am Hugh Fox and my name literally means "fox spirit". The fox is a trickster in many European tales so maybe I am a fool. A trickster may think he is doing a trick for personal gain but the trick is on the trickster, actually the trick may serve a deeper purpose unbeknown by the Fool!

OPPOSING CARDS

- Hierophant – following convention, routine
- Death – ending, closing down
- Devil – feeling cynical, lacking faith
- Two of Swords – blocking off experience, feeling tense, holding back
- Four of Pentacles – order and regularity

REINFORCING CARDS

- Hanged Man – having faith in what is, going with the flow
- Star – innocence, faith, trust
- Judgment – rebirth, new starts
- Three of Wands – expanding horizons, going into unexplored territory



0. The Fool

Ruling Planet: Uranus
Kabbalistic Letter: Aleph
Crystals: Clear Quartz, Green Tourmaline

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Aries

Marital life may be a little disturbed by financial issues. Single persons will have a problem taking decisions on love matters. Family affairs will be smooth sailing. Health prospects are fabulous. Professionals will have a good career development. Businessmen will have a tough time.



Taurus

Married people should be ready to face conflicts. Singles will get love mates if they drop their suspicions. Children will have problems with their activities. Career professionals will face rough weather. Prospects for health are encouraging. Travel engagements are profitable.



Gemini

Marital life may be difficult. Singles fail to get into love relationships. Health will not pose any hurdles. Family will present a number of problems. Businesses fail to make money, while career prospects are not propitious. Educational prospects are good for students.



Cancer

Planetary support is available for marital bliss and pregnancies. Singles will easily get into love. Health will be excellent without any serious hazards. The family environment will be congenial. Career persons will make excellent progress. Gains can be made from travel activities.



Leo

Married people can hope for good times after the first week. The month is lucky for singles to get love mates. Health conditions will not be encouraging. The family atmosphere will be cordial. While finances are bleak, a career offers very good opportunities for advancement.



Virgo

Single persons may get into love affairs with the wrong people. Married life will be both romantic as well as sensual. Health will be wonderful. Family affairs are turbulent. There will be obstacles to the career growth of professionals. Businessmen will reap good profits. Students will do well.



Sagittarius

Compromises are necessary to keep marriages going. Singles will get love partners during the last week. Star influences will make family life harmonious. Health affairs will be exceptionally good. There will be hurdles for career growth. Business prospects are excellent.



Capricorn

Marital bliss can be attained after the second week. Singles will go all out to get into love relationships. Children fail to make good progress. Health will not pose any serious problems. Business persons make huge profits. Career prospects are very much bleak.



Aquarius

Family conflicts mar the happiness of marital relationships. Planetary support is available for the love affairs of singles. Health will be problematic. Family relationships will be stressful. Travel activities will bring good gains. Professional growth will be retarded. Finances face tough times.



Libra

Patience will help married people to regain harmony in the relationship. Singles will find love during the second week. Family affairs will get beneficial support from the stars. Health prospects are fantastic. The career will be a little problematic for professionals. Finances will be bleak.



Pisces

Love life of married people will be enjoyable after the 17th. Single will be forced into love alliances by the stars. Health condition will be marvellous. The family atmosphere will not be harmonious. Professionals will make good progress in their careers. Finances face hard times.



Scorpio

Career responsibilities will not hinder harmony in conjugal matters. Single persons will be able to attract love. Health prospects are very much encouraging. The family atmosphere will slightly be filled with discord. Career people fail to get support from colleagues. Finances may not be available for new ventures.

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Camposol Aluminium	686 733 844

Dentists

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Electricians

TES: Tom's Electrical Services	666 133 674
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Estate Agents

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Luz del sol	968 199 068
Mercers	968 199 188

Food and Drink Suppliers

Reeves Butchers	711 003 354
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Garden Centres

Jardinería La Alcayna	ES 609 248 719 EN 680 374 230
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Graphic Design, Vehicle Graphics,

Printing

VNBenny	650 078 846
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Health

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

Heating, & Air Conditioning

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

Salus Health Insurance	96512 61 35
Ibex Insurance	968 595 945 689 157 126

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Construction & Services

David Pools	686 733 844
Pool Covers Spain	660 080 201
Megarsa	602 103 980

Television Services

Rainbow satellites	686 358 475
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Translation and Fiscal Services

Debbie Shaw Translator & Interpreter	677 35 31 36
Shirley Fisher	968 103 008

Window Blind Repairs

Richard the Blind Man	611 250 819
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Emergency Numbers

Coast Guard - sea Rescue	900 202 202 968 529 594
Cartagena Port Control Room	968 325 801
Emergency Number*	112
FAST Camposol Only	968 970 626
Fire Mazarrón	968 590 200
Guardia Civil Mazarrón	968 590 005
Puerto De Mazarrón	968 594 103

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

Legal

Coral	968 078 754
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Medical Clinics & medical centers

Medical Centre's Mazarrón	968 590 411
Medical center + Puerto De Mazarrón	968 595 342 968 154 202
Medical Center + Camposol	968 131 695 968 228 250
Pharmacy Camposol	868 102 623
The Camposol Health Clinic	968 103 008

ITV

Cartagena	968 528 319
Lorca	968 460 761

Police

Mazarrón	968 591 496
Puerto de Mazarrón	968 418 181

Post Office

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

Red Cross

Hospitals

Santa Lucia Cartagena	968 128 600
Maria Roselle	968 325 000

Mazarrón	968 590 140
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Samaritans Spain

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

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

Security services o social security,please	(0034) 641 11 63 15
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Hair, beauty and nail salon

The Salon	691 916 717
Kelly CBD	34609801594

Town Hall

Mazarrón	968 590 012
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Utilities

Aqualia Emergency	902 136 013 902 236 023
Aqualia Premium rate	985 794 121
Aqualia Mazarrón	968 592 266
Iberdrola Puerto De Mazarrón	968 332 016
Iberdrola Special number English	900 322 044
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 talk to a trained listener in total confidence.

**COVID
 HELPLINE
 900 121 212**

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

Local Community Groups

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

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

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

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

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

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

Bus Timetables

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

autocaresmartinez.portaldetotana.es/horario.asp



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

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