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September 2020



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THE Journal

September 2020



Dear Readers,

I hope you are having a lovely summer and coping with the extreme heat and humidity.

The Journal is developing and improving consistently and I would like to take this opportunity to thank all the amazing people involved. Their enthusiasm and commitment is the heart of The Journal. The aim is to develop a magazine which is truly a community magazine for you.

I am over the moon to have received such a large number of responses with correct answers to where last month's front cover is. Thank you all for your contact and you are absolutely correct....The front cover picture was the beautiful Fonts De Algar. The winners have all been emailed and a prize of a bottle of wine awaits them at The Camposol Business Centre.

The Journal is here for the community so I would very much like to hear from you with any community events, fundraisers and information. Please do not hesitate in contacting me.

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

CONTACT US:

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

DESIGN
Danny McCarthy, Insignia Graphics
info@igraphics.es

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

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

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

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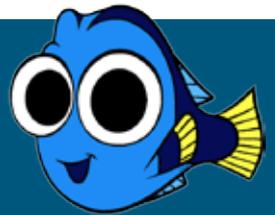
Cartagena is a fascinating city to visit at any time of the year, but it is particularly interesting during the Romanos y Carthagineses Fiesta. This re-enactment of the battles between the Romans and the Carthaginians is well worth seeing, as it has been declared

as being of National Tourist Interest. It takes place annually.

Each day during the fiesta various parts of this story are re-enacted, so you'll need to visit every day to get the whole story or return every year on a different day!! The acts for the fiesta take place in two main locations; one at the port and the other at the football ground. The 'Festival Camp' is located in the football stadium and is a great place to visit as there is lots going on. It is the site for some of the re-enactments and the headquarters for each association, the location of the artesian and craft market and the place to enjoy locally produced traditional food and drink! The port is the site for many of the battles, including the big one when the Romans arrive by boat and take control of the city. From about 600BC the area was inhabited by the Carthaginians. Originally from modern day Lebanon, they fled their homeland after it was invaded, and settled in the area to become seafaring traders around

the Mediterranean. The head of the main family was the Hamilcar Barca and he renamed the settlement Kart-Hardath which over time evolved into Quart-Hadast and then Cartagena. By 300BC the Romans had become very powerful and wanted to take control of these trading routes so embarked on the 1st Punic War. They didn't succeed and agreed to a truce. Peace reigned for a further 80 years, until 219BC. It was broken when the Carthaginians, lead by Hadrubal the son in law of Hamilcar Barca, decided to attack one of the Roman settlements. The Roman waited. Then Hannibal, after getting married to Himilce, departed in 217BC on his famous journey over the Alps with his 37 elephants, 100,000 infantry and 12,000 horsemen to attack Rome and claim it for the Carthaginian. The Romans took their chance, invaded and conquered a relatively undefended Cartagena during the 2nd Punic War. Unfortunately this year the fiesta is yet to be confirmed due to covid.

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Camposol Heating & Maintenance S.L. Lock down update



The 13th March seems a long time ago now, but that was the day we were officially told to prepare for a severe lock down. As a business supplying "essential services", we were not forced to shut down entirely, but able to carry out essential repairs and emergencies. Luckily, we do carry a fair amount of stock, which was fortunate as most of our suppliers had also been "shut down". We managed to carry on, and dealt with everything we could, but it was a very difficult time. 5 months later, and we have a very different story. In the 16 years that we have been trading here as a legal S.L Company, we have never been so busy. We deal with many of the rental agents, and often deal with keyholders, who may be a friend or a neighbour, we are used to that. What we had never experienced

before though were incidents where residents had literally "popped back to the U.K" for a short visit, and then for one reason or another, not been able to return for months due to the Covid 19 situation but they had not left a key with anyone, as they expected only to be away for a few days.

With any appliance, they need to be used regularly to get the best out of them. Gas water heaters do not like being left for months at a time unused, any more than a car would sit on a driveway and be expected to start first time. The same applies to oil boilers, electric water heaters and especially air conditioning units. Please remember to give them a "run" from time to time. Just opening a hot tap on a modern gas water heater is enough to fire the unit up. Long gone are the days of pilot lights etc.

We also experienced something new this summer which is that many residents who are never here during the hottest months and go back to their home Countries to stay with friends and relatives to escape the heat, this year, were unable to leave due to Covid 19. Some of these residents, one in particular comes to mind as she had lived here for 18 years with no air conditioning, as never needed it before, bought a unit by the first week of July as she could not sleep, so the busi-

ness has changed slightly over the last few weeks.

We are also experiencing a big increase in water leaks. This can be something as small as a valve in a bathroom behind a tile, needed a repair to a full mains water line. Again, absent owners have come back to some horrific discoveries, including massive water bills, flooded underbuilds, or worse.

The message here really is if you are resident, and do not need to have anyone "managing your property" than at least leave a key with someone who can pop in, even if only once a week to check these things. Even an over running toilet, can rack up a huge water bill within a few weeks.

Thank you.

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The one item that can make a house a home...can you guess what it is?

10 things that can transform a house

A recent study of 2,000 homeowners has revealed what transforms a house into a home. Sleeping in your own bed topped the list, with 65 per cent of people saying that their bed made a house feel like their home.

A further 48 per cent said that having a dedicated 'space' on the sofa made them feel at 'home'. Personal touches including children's paintings on the wall (20 per cent), fridge magnets (19 per cent) and even shoes by the door (19 per cent) also help complete a place.

This fascinating study confirms that it's a combination of favourite pieces of furniture along with all those familiar little touches that make a house a home.

It's clear that having furniture you love – like your bed and your spot on the sofa – is really important at the end of the day. But it's the simple things like family photos, flowers in a vase, and a well-stocked

bookshelf that can instantly make your home the place you want to be.

The research also revealed the living room is the biggest priority when it comes to making a house homely, followed by the main bedroom and the kitchen.



Decorating also has a big impact on making a house a home according to 53 per cent. However, 79 per cent admitted they feel like they will always have a never-ending to-do list of jobs around the house.

More than a quarter of those polled, via OnePoll, said a home has to be completely redecorated to feel like it's their own.

Almost half (46 per cent) feel a home represents an owner's personality. This explains why artwork, a full bookshelf and personal treasures, such as festival tickets on display, made the list of what makes a house feel like home.

10 things that make a house a home

1. Sleeping in your own bed
2. Family photos
3. Your own spot on the sofa
4. The memories made in the home
5. A fridge full of food
6. A bookshelf filled with your books
7. The smell of freshly cooked food

- 8. Freshly washed bed sheets
- 9. The location of the house
- 10. Natural light

While bedrooms, living rooms and kitchens score highly as places for homely touches, having distinct spaces carefully designed for entertaining friends, connecting with family, and keeping tidy and organised all help people feel happy, comfortable and relaxed at home. Home has always been an important space, and that's particularly true right now as so many of us are spending more time than ever in our homes. As well as emotional touches such as memories made and kids running around the house, it's important to have beautiful high-quality products which the whole family love and which add a touch of personality to the place.



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Camposol D Community and Gardening Group

Camposol as an urbanisation has been in existence since 1997. The last houses were built in approximately 2009, with the majority having been built, between 1998 – 2004, so some 10 -15 years ago. Camposol now, in 2020, whilst having a high percentage of British residents, also has a diverse population of Spanish, British, Dutch, French, Belgium, Norwegian, Swedish and German residents, making Camposol a real European development.

There are around 4,500 properties on Camposol, which boasts an 18-hole golf course, has 2 commercial centres, a state run and a privately run medical centre, a bank and a post office. There is also a high street chain supermarket and petrol station. Camposol, now has all the amenities that you would expect to find in any Spanish village, the only difference being is that has all been built within the last 20 years.

Following on from our previous articles about each sector of Camposol we now focus on sector D, the largest of all the sectors with regard to both properties and residents. There are more than 1,700 residents on sector D according to our last set of statistics.

Before the end of 2001, all the plots for sale on C sector on Camposol had totally sold out, but the demand for properties was still increasing. Masa, the building company responsible for building the majority of Camposol, therefore decided to extend the project and built many more villas on the area known now as Sector D.

Every sector of Camposol is unique in its' own way but D sector, is often the sector of choice, because it is the furthest away from the commercial centres and facilities which for many, is the best reason in the world. Some people simply want a tranquil and

peaceful location with lovely countryside views. D sector is often referred to as "The Suburbs" of Camposol, which is a perfect description. There are many mountain trails and established walking paths in this region, and the views are spectacular. The countryside lovers amongst us, simply love this part of the urbanisation.

The need for some sort of organised group became apparent as far back as 2008, when the D Community and Gardening Group was officially



formed. This is a very active group as it combines both gardening and the whole community, and is run as a legal entity and all by volunteers. This group was originally founded by Michael Drummond, Bob Owen, and Les Crook (affectionately referred to as The Three Amigos) as it was obvious by 2008 that if the area was to be kept clean and tidy then a lot of work would have to be done, by volunteer groups and not relying solely on the local council. For example, one of the first projects was to acquire 80 extra rubbish bins. Other projects included gravelling between 4 and 5 kilometres of the perimeter, which was a hugely ambitious and successful project.

Once the group had gained some momentum other projects were carefully planned which included repairing pot holes, the purchase of a trailer to assist residents with removal of green waste. Unfortunately, due to the sheer volume of the green waste the Council had to ask us to refrain from taking it to the ECO park. Other attempts were made to solve this problem including compost pits, fire pits etc which were eventually also banned. A second trailer was also purchased as was a "tow car". This car and trailer are available to residents too, just contact the team.

Clearly, all of the above needed funding, so as the money from the bucket collections increased a bank account was opened and the group was set up as a legal entity with the assistance of the local council. As the momentum of the group increased, roundabouts were tidied and gravelled, bulk supplies of weed killer and equipment

were also purchased and put to good use. Two petanque courts were also built, and pot holes were repaired as they appeared. Things were really improving.



By 2014 The "Three Amigos" had really "done their time" and resigned their positions and the money, trailers and cars were handed over to the new committee. A full list of current committee members can be found on our Facebook page until our new web site is up and running or look at the back pages of this publication for more information.

Recent projects include The Jane Taylor Memorial Garden, two petanque courts with one lane on D10. The other 3 lane court is on Calle



Piteras and now has a games table. It is open for everyone to use, so why not pop along and arrange a game of chess or draughts?

In July 2019, Patricia Ridler took over the position of “President” for D Community and Gardening Group and had an enormous task ahead of her as there is still much to be done. Fund raising is a key issue as with any volunteer group. The social secretary had well planned out events throughout the year, and these events are very popular and usually bring in sufficient funding to back these projects. Sadly, this year, due to the Covid 19 crisis, many events have had to be postponed but they will be back. There is still the possibility that the street party, and the hog roast could still go ahead but it is too early to confirm at this stage, so please watch out for further updates.

The group is actively seeking volunteers, and it is not just about gardening. We need help in so many areas which include, fund raising, helping at fund raising events, bucket collection, administration, updating the new website (soon to be available) and keeping our Facebook page up to date, and spreading the news. If you have any writing skills, or any mar-

keting experience we would love to hear from you. For a start, if someone could just contact all the local magazines, radio, newspapers etc with our updates it would be a huge help.

Our bucket collections are held weekly, every Friday 9-11am by the “Hut”, which is next to The Jane Taylor Memorial Garden, on the main road “Avenida De Los Covachos”. Please put a little extra in at this time as with none of our fundraising events being guaranteed we are going to need a little extra help!

There have been several other D sector related Facebook groups, which is very confusing for newcomers. Some are out of date; some have just been left to “fade away”. We fully intend to have this sorted out within the next few months so it is clear to all where to go for all the current news and views. Please look out for further updates in the back pages of this publication as any updates will be on Camposol Community and Gardening Group. This is a recognised legal entity with the correct registration number.

Camposol Character

Usually, when we write about a Camposol Character, it is about someone that we all know and usually with a big personality that we can all relate to. Whether that be a local business man or a member of the public is not important but usually it is because we have received a nomination about someone. Our character for this article has no name, and wishes to remain anonymous. He is known as “The Lone Gardener”. This man is out there every day working from day-break for hours at a time. He has been spotted trimming palm trees, spraying weed killer along the whole main carriageway. After 15 years, he has also gleaned a great deal of knowledge about gardening in the “campo” and is happy to chat and share ideas with anyone but wants no reward or recognition for his efforts.

His latest project is a walk! From the petanca court on D10 over the hill towards D9. He has spent 224 hours of hard work making this a lovely walk. The Lone Gardener is constantly adding new ideas such as adding seating along the route. I think we

should all try this walk, and take the time to thank “The Lone Gardener” for all his efforts, what a wonderful man. Shaun Matthews has also made a video of this walk which can be viewed at <https://www.youtube.com/watch?v=BaueX9AIy6o>.

Thanks, also to another resident photographer, Roger Bayliss who has sent us some stunning photos of butterflies spotted on D sector earlier in the year.



If you would like to be part of this wonderful group please call 604 206 018 or email dsectorphone@gmail.com.

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



Sunburns are an absolute pain (literally). A sunburn is essentially unprotected skin that is injured by ultra-violet radiation. These are charged molecules that are physically injuring our cells, our proteins, and our fats. Too much UV exposure causes inflammation, redness, and sometimes a lot of discomfort (you know that itchy, tingling feeling you experience after a sunburn).

Of course, if you can prevent sunburns altogether, that's ideal - because a sunburn (even a suntan) increases your risk of developing skin cancer. But hey, sometimes you forget to reapply before - or maybe you've purposely

skipped out on our SPF to ensure proof of a well-deserved holiday (tisk, tisk).

No matter the reason for the burn, you're going to want some quick and easy methods of relief, especially considering that a sunburn can last anywhere between a few days and several weeks. There are no magic overnight sunburn fixes (sorry!) - but there are a few things you can do to fast-track your healing. You want to focus on products that restore moisture back to your skin (think: lotions and creams) and relieve peeling or itching (think: ice packs or OTC pain relievers). For legit recommendations, follow this dermatologist-recommended treatment plan for fast sunburn relief. Your skin will thank you.

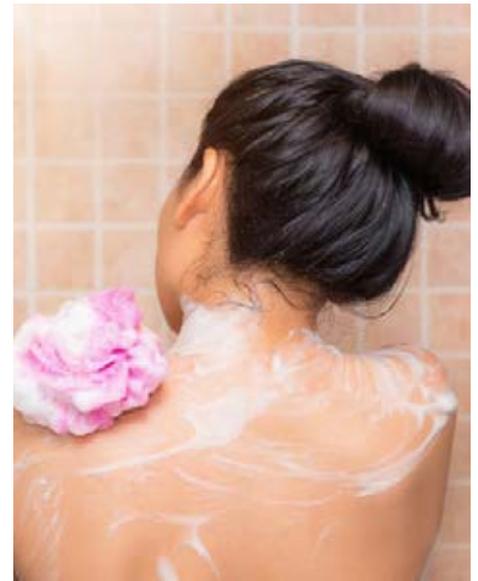
1 Take a cold shower



When your skin is on fire, the last thing you want to do is expose it to hot water. Taking hot showers can strip your skin of essential oils, which can dry it out even further and make it more sensitive.

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

2 Avoid using soap on the affected area



The reason sunburned skin feels so tight is because it's desiccated, dry, because you're losing water from the skin so readily. That's why it's so important not to use soap on the

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sunburnt area. Soaps, even mild ones can be very drying—and you don't need any more of that.



3 Grab a moisturizer with colloidal oatmeal

What you really want to focus on is bringing moisture back to the skin. While your skin is still wet from the shower, apply a moisturizing lotion to provide instant sun relief.

A great product to use would be one that contains colloidal oatmeal, and the ingredient is common in many topical products designed for helping with eczema. Colloidal oatmeal has both inflammatory properties as well as barrier repair properties. Both of which are perfect for sunburns. You're knocking down the inflammation and signaling to the skin to repair itself. Aveeno, is recommended but any moisturizer with colloidal oatmeal in the ingredients list will do the job.

4 Soothe with aloe vera

Aloe vera can help speed healing



of first- and second-degree burns, research shows. Lotions with aloe vera in them will provide a soothing and cooling feeling to the affected area. But make sure to apply this lotion when your skin is still wet

from the shower to ensure moisture is locked in. Do this several times throughout the day, for several days, until your burn has healed.

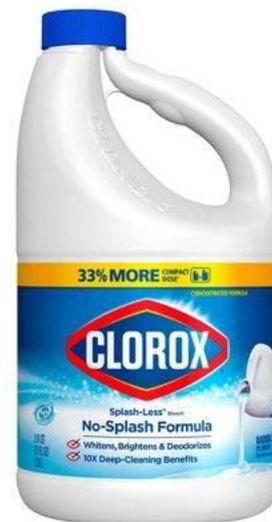
5 Try some topical hydrocortisone



This is probably the only topical steroid you can get over the counter. So if you're looking for some itch relief ASAP, hydrocortisone 1 percent is what you want. The cream will reduce swelling, relieve pain, and help

prevent you from scratching. Sounds perfect, right?

6 Take a diluted bleach bath



This sunburn trick called the diluted bleach bath. All you need is a quarter cup of Clorox bleach in a 40 gallon tub of water. When you put bleach into water, especially normal water that's a little on the acidic side, it forms hypochlorous acid (HOCl) acid, which actually our immune system uses to fight infections. But at very low concentrations it can be anti-inflammatory and antimicrobial. So not only will it soothe your sunburned skin, it will help protect you against developing a worse infection, too.

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Greenland

Greenland is a 2020 American disaster film directed by Ric Roman Waugh, from a screenplay by Chris

Sparling. It stars Gerard Butler, Morena Baccarin, David Denman, Hope Davis, Holt McCallany and Scott Glenn, following an estranged family that tries to survive an extinction-level event. There's nothing like timing a disaster film to coincide with a similar real-life event - minus the devastating consequences of course.

Ric Roman Waugh's Greenland had been released just as the comet Neowise was coursing through our skies. The astronomical phenomena was at its brightest on 22 July, becoming as bright as the North Star and visible without visual aids, creating a stir around the world. The film was first released around this time on July 29, 2020 in Belgium, and is scheduled to release in the United States on September 25, 2020, by STX Entertainment. The comet in Greenland however, had a very different idea.

Dubbed 'Clark', the cosmic entity was announced to be a spectacular and harmless viewing event. Then it became that a rogue piece had entered the atmosphere, but would mostly burn itself out and land in the ocean. Everyone was thrilled, until the piece made landfall... in Central Florida.

Greenland follows the Garrity family as they make their way to safety. Gerard Butler and Morena Baccarin are estranged couple John and Allison, who work together to bring their son Clayton (Scott Glenn) to their orphaned government shelter.

Replete with catastrophic events as the urgency builds up, the film's visuals are worth looking out for, both for its terrifying scale yet surreal beauty. It is one of the highlights, even as an extinction-level fragment is making its way within 48 hours of the first impact.

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SEPTEMBER 2020

Our Drop in Centre will remain closed for the time being and all our normal monthly activities, coffee mornings, afternoon teas, menu del día, Chair Exercises, Table Top Sales etc have been postponed for now.

But please remember we are still here for advice and information, equipment loan, to help with shopping or medicine collection and our befrienders for our clients are still very much active. Our phone lines as listed below will still be manned as usual.

New Year's Day Swim 2021 – the numbers are growing for our annual New Year's Day Swim on 1st January next year and sponsorship forms for this are available now. So please give us a call on 634 312 516 and we'll get them to you.

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

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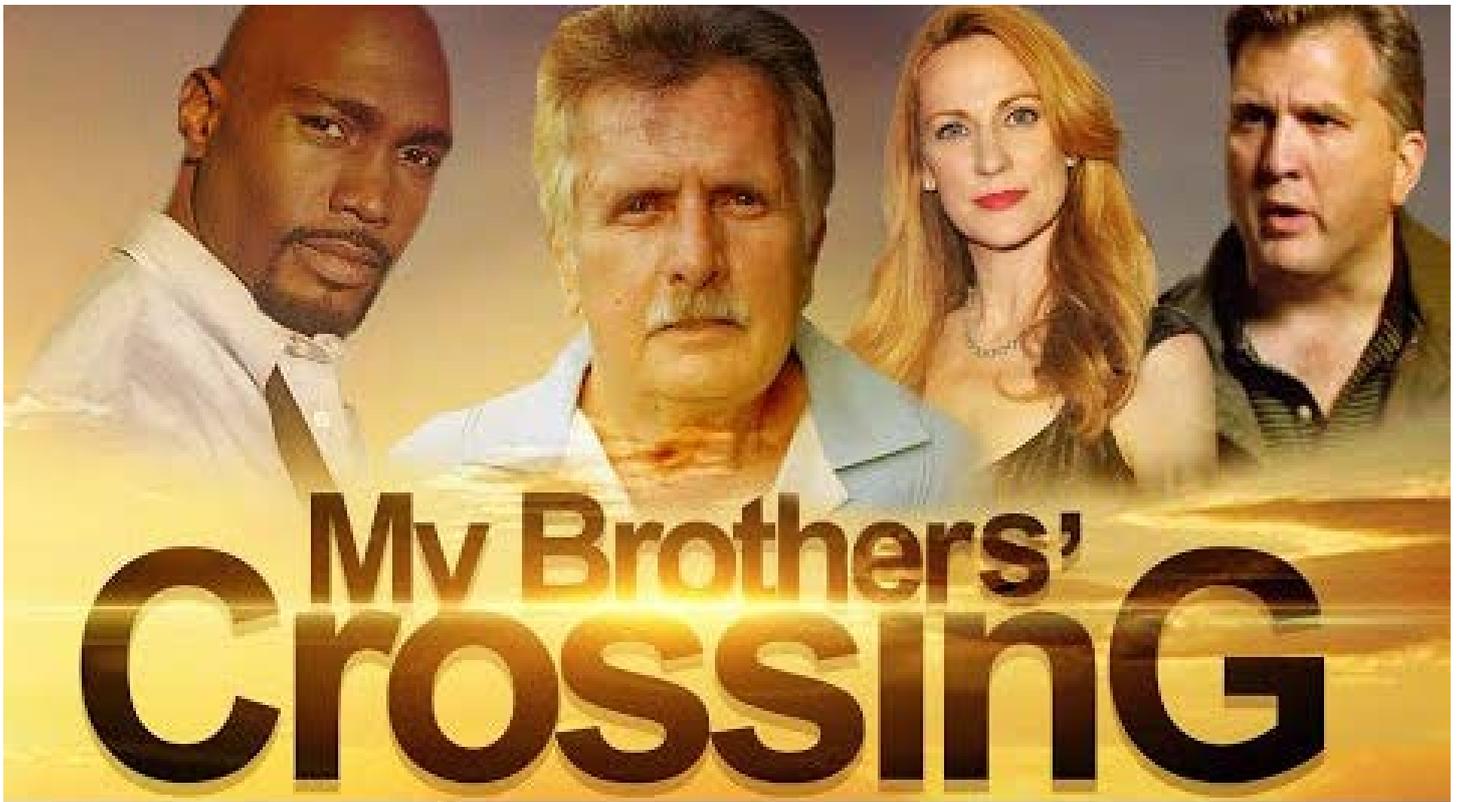
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My Brothers' Crossing is the true story about a tragic accident that happened in August 2015. In remote southwest Virginia, during the time when we were experiencing riots and racial hate crimes, an African-American man is involved in a horrific accident which claims the lives of Bobby

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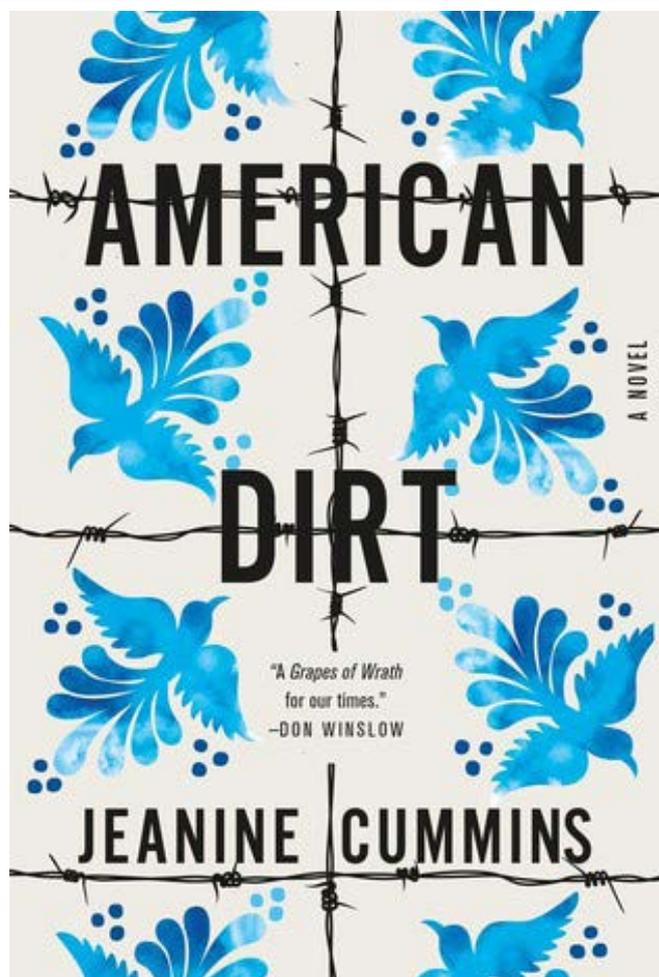
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American Dirt
by
Jeanine Cummins

Lydia Quixano Pérez lives in the Mexican city of Acapulco. She runs a bookstore. She has a son, Luca, the love of her life, and a wonderful husband who is a journalist. And while there are cracks beginning to show in Acapulco because of the drug cartels, her life is, by and large, fairly comfortable.

Even though she knows they'll never sell, Lydia stocks some of her all-time favorite books in her store. And then one day a man enters the shop to browse and comes

up to the register with a few books he would like to buy—two of them her favorites. Javier is erudite. He is charming. And, unbeknownst to Lydia, he is the jefe of the newest drug cartel that has gruesomely taken over the city. When Lydia's husband's tell-all profile of Javier is published, none of their lives will ever be the same.

Forced to flee, Lydia and eight-year-old Luca soon find themselves miles and worlds away from their comfortable middle-class existence. Instantly transformed into migrants, Lydia and Luca ride la bestia—trains that make their way north toward the United States, which is the only place Javier's reach doesn't extend. As they join the countless people trying to reach el norte, Lydia soon sees that everyone is running from something. But what exactly are they running to?

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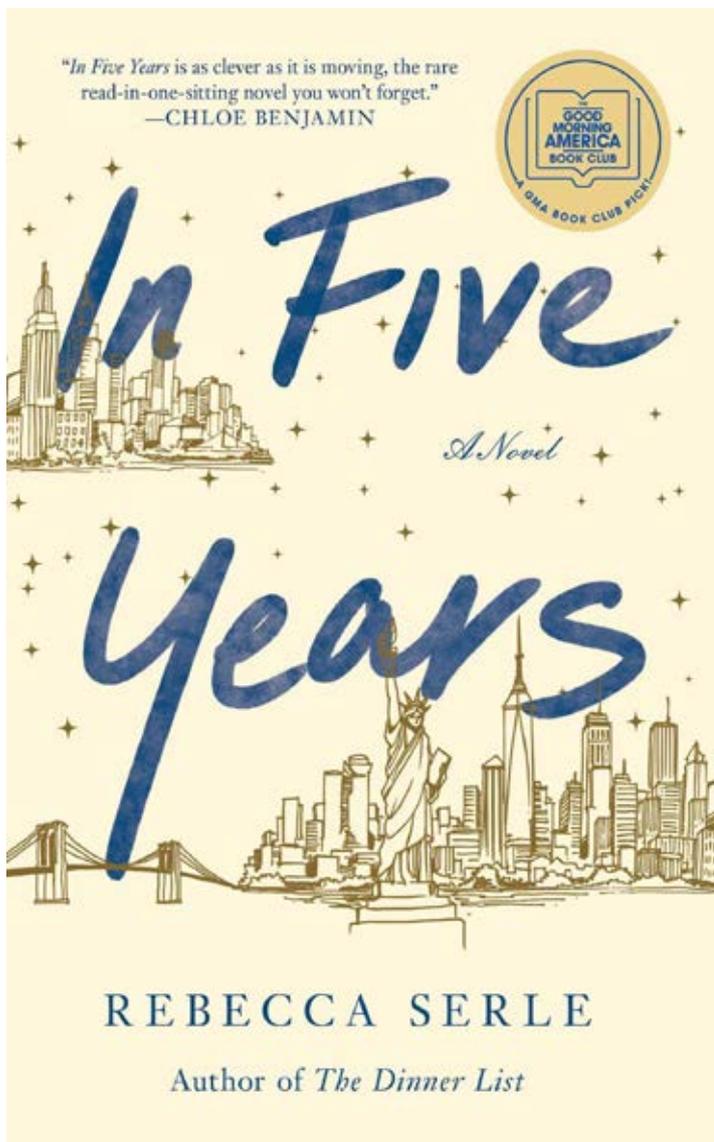
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In Five Years
by
Rebecca Serle

Where do you see yourself in five years?

When Type-A Manhattan lawyer Dannie Cohan is asked this question at the most important interview of her career, she has a meticulously crafted answer at the ready. Later, after nailing her interview and accepting her boyfriend's marriage proposal, Dannie goes to sleep knowing she is right on track to achieve her five-year plan.

But when she wakes up, she's suddenly in a different apartment,

with a different ring on her finger, and beside a very different man. The television news is on in the background, and she can just make out the scrolling date. It's the same night—December 15—but 2025, five years in the future.

After a very intense, shocking hour, Dannie wakes again, at the brink of midnight, back in 2020. She can't shake what has happened. It certainly felt much more than merely a dream, but she isn't the kind of person who believes in visions. That nonsense is only charming coming from free-spirited types, like her lifelong best friend, Bella. Determined to ignore the odd experience, she files it away in the back of her mind.

That is, until four-and-a-half years later, when by chance Dannie meets the very same man from her long-ago vision.

Brimming with joy and heartbreak, *In Five Years* is an unforgettable love story that reminds us of the power of loyalty, friendship, and the unpredictable nature of destiny.



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OZZIE OSBOURNE PART 2

In 1995 Osbourne re-released **Ozzmosis** and returned to touring, dubbing his concert performances **The Retirement Sucks Tour**. The album reached number 4 on the US Billboard 200. The album achieved gold and platinum in that same year, and double platinum in April 1999.

After undergoing treatment for his addictions, Ozzy continued to find success, winning his first Grammy for the song **I Don't Wanna Change The World** off the 1992 album **No More Tears**. He and Sharon then launched **Ozzfest**, a touring festival of heavy rock acts, which was so successful it went back on the road in 1998. His status as the "King Of Loud" was confirmed.

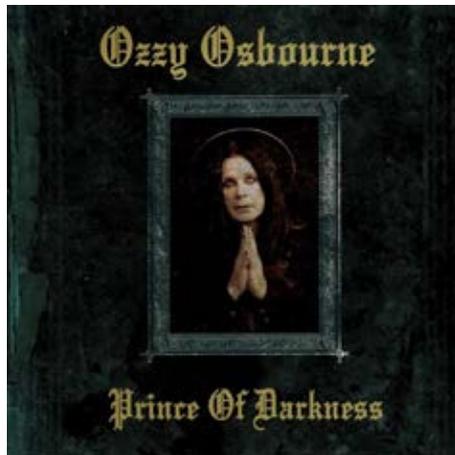
It is, however, **The Osbournes** TV



show which has made Ozzy, Sharon and teenage children Kelly and Jack, the world's most popular family. The planet's maddest dad is also the "King Of The Ratings," it seems, as his family's not so day-to-day lives continue to fascinate audiences on both sides of the Atlantic. And despite announcing his retirement almost a decade ago, Ozzy shows no sign of slowing down.

2001 saw Osbourne release his first new material studio album in six years. **Down to Earth** was a success and a live album **Live at Budakan**

achieved platinum in 2003 and in 2002 Osbourne appeared at the **Party in the park** for the Queens silver jubilee singing Black Sabbath standards. In 2003 He was rushed to hospital after suffering an accident on his quad bike on his estate in Buckinghamshire. He suffered a broken collar bone, eight broken ribs and a break to a vertebrae. It was also revealed that



Osbourne stopped breathing during one of the operations.

Whilst in hospital Ozzy achieved his first UK number one hit with **Changes** a duet with his daughter Kelly.

In March 2005, Osbourne released a box set called **Prince of Darkness**. The first and second discs are collections of live performances, B-sides, demos and singles. The third disc contained duets and other odd tracks with other artists, including **Born to Be Wild** with **Miss Piggy**. The fourth disc, is entirely new material where Osbourne covers his favourite songs by his biggest influences and favourite bands, including the **Beatles**, **John Lennon**, **David Bowie** and others.

Osbourne also helped judge the 2005 UK series of the **X-Factor** where his wife Sharon was one of the main judges. In March 2006, he said that he hoped to release a new studio album soon with Zakk Wylde. In October 2006, it was announced that Tony Iommi, Ronnie James Dio, Vinny Appice, and Geezer Butler would be touring together again, not as Black Sabbath, but under the name **Heaven and Hell**. The response to the news on Osbourne's website was that Osbourne wished Tony and Ronnie well and that there is only one Sabbath. Osbourne's album, titled **Black Rain**, was released on 22 May 2007. Osbourne's first new studio album in

almost six years, it featured a more serious tone than previous albums. "I thought I'd never write again without any stimulation... But you know what? Instead of picking up the bottle I just got honest and said, 'I don't want life to go to pieces, Osbourne stated to Billboard magazine.

Osbourne revealed in July 2009 that he was currently seeking a new guitar player. While he states that he has not fallen out with Zakk Wylde, he said he felt his songs were beginning to sound like Black Label Society (Wylde's old band) and fancied a change. In August 2009, Osbourne performed at the gaming festival **BlizzCon** with a new guitarist in his line-up **Gus G**. Osbourne also provided his voice and likeness to the video game **Brütal Legend** character **The Guardian of Metal**. In

November, **Slash** featured Osbourne on vocals in his single **Crucify The Dead**, and Osbourne with wife Sharon were guest hosts on **WWE Raw**. In December, Osbourne announced he would be releasing a new album titled **Soul Sucka** with Gus G, **Tommy Clufetos** on drums, and **Blasko** on bass. Negative fan feedback was brought to Osbourne's attention regarding the album title. In respect of fan opinion, on 29 March Osbourne announced his album would be re-named **Scream**.

On 13 April 2010, Osbourne announced the release date for **Scream** would be 15 June 2011. The release date was later changed to a week later. A single from the album, **Let Me Hear You Scream**, debuted on 14 April 2010 episode of **CSI: NY**. The song spent 8 weeks on the Billboard Rock Songs, peaking at No. 7. Osbourne held a Meet-And-Greet album signing at the main branch of HMV in his hometown Birmingham, followed later that day by an intimate show in the Birmingham Town Hall. The first four hundred fans that arrived at the store earlier in the day were given wrist bands, enabling free access to the show.

On 9 August 2010, Osbourne announced that the second single from the album would be **Life Won't Wait**

and the video for the song would be directed by his son Jack. When asked of his opinions on Scream in an interview, Osbourne announced that he is «already thinking about the next album». Osbourne's current drummer, Tommy Clufetos, has reflected this sentiment, saying that "We are already coming up with new ideas backstage, in the hotel rooms and at soundcheck and have a bunch of ideas recorded". In October 2014, Osbourne released **Memoirs of a Madman**, a collection celebrating his entire solo career. A CD version contained 17 singles from across his career, never before compiled together. The DVD version contained music videos, live performances, and interviews. In August 2015, **Epic Records** president **Sylvia Rhone** confirmed with Billboard that Ozzy was working on another studio album; in September 2019, Osbourne announced he had finished the album in four weeks following his collaboration with **Post Malone**. In

April 2017, it was announced that guitarist Zakk Wylde would reunite with Osbourne for a summer tour to mark the 30th anniversary of their first collaboration on 1988's **No Rest for the Wicked**.

In 2017, Ozzy was announced as the headline act for the Sunday of the **2018 Download Festival** held annually at **Donington Park** in Leicestershire, England. Having previously graced the main stage in previous years fronting Black Sabbath, this would be his first ever Download headline solo appearance. The Download Festival set comes as part of Osbourne's final world tour announcement that morning.

On 6 February 2018, Osbourne announced that he would embark on his final world tour dubbed **No More Tours II**, a reference to his 1992 tour of the same name, with support from Stone Sour on the North American portion of the tour. He later insisted that he would not retire,

«It's «No More Tours», so I'm just not doing world tours anymore. I'm still going to be doing gigs, but I'm not going on tour for six months at a time anymore. I'd like to spend some time at home".

In 2019, Osbourne featured on the song **Take What You Want** by Post Malone. The song would peak on the Billboard Hot 100 charts at number 8, making it Osbourne's first US Top 10 single in 30 years since he was featured on **Lita Ford's Close My Eyes Forever**. On 8 November 2019, Osbourne released a new single, **Under The Graveyard**.

Still busy making an album as we write we contemplate the life as the original rock madman starting life out as a burglar turning to music and becoming a rock icon.

Hard working and hard playing I give you the Brummie rock God

Ozzy Osbourne.



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

You can ask us to call for an ambulance for you if you are unable to do so. If you have to call for an ambulance, call 112 You can ask for an operator to speak in your language if you do not speak Spanish.

The operator will ask a series of questions so they can prioritise your call. If you are faced with a medical emergency would you know what to do? Just opening the airway by tilting the head back can allow someone to start breathing again. Applying direct pressure to an open bleeding wound may stop serious blood loss.

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

An apology: Last month I reported that we had a donation from the Club de Golf. That was not correct. The donation of €300 was from **The Camposol Golf Association**. We would like to thank Betty and Lloyd Roberts and the association for their continued support



of **FAST**.

Thank you to all those who have donated to **FAST** in the past and in the future!

Thanks to Gill for the donation after the sad passing of Tony. We can only provide the service as long as the funds keep coming in. We hope to be able to return to responding as soon as we are granted permission from the local authorities. The service that we provide is recognised by the British Consulate as a very important addition to the emergency services in Mazarron.

The nurses are back! The **FAST** nurses collect on Monday morning on the dual carriageway approaching the B commercial centre. Give them a wave and any

spare cash you have. Unfortunately Gladys de Bin was vandalised and has had to undergo a head transplant. This is the second occasion where Gladys has been assaulted. The public do comment on Gladys and say they have a smile when they are passing.

We are always looking for new responders as some of our present responders are not as young as they were. Even with the restrictions in place we are planning the training programmes for when we can resume. The feeling you get when you have helped someone is better than any payment. If you are interested just email us at recruitment@fast2016.org If you are feeling the pressure of the restrictions on your way of life why not talk to a friend about how you are feeling. You are not alone; the mental health of society in general has been affected by the change in our lifestyles due to the virus.

All we do is for all of you!



As many of you know MABS Costa Calida opened their Respite Home in April 2018 to provide Respite, Rehabilitation and End of Life care to those diagnosed with cancer.

Since then we have provided 24 hours care to over 30 patients from around the region.

Caring for the very sick is stressful and emotional but last year we began to experience difficulties in obtaining suitable transport for patients needing to come into our Home and after one particularly difficult situation a decision was made to try to purchase a vehicle that could resolve these problems.

In March we found the perfect vehicle, made the order and paid the 50% deposit for the adaptations to commence..... then 3 days later Spain entered the State of Emergency and our income stopped abruptly as our shops were closed and our fundraising events were cancelled. We



tried to cancel the order but it was too late.....we were committed to the deal.



MABS drivers

During the Lockdown period we admitted 5 patients into the Home each receiving the 24 hour specialist care they needed and we continued to provide the day to day support we had always done to the 200 people in the Murcia area, including 3 people who were unable to get back to the UK due to the border closures.

After Lockdown was relaxed we all breathed a huge sigh of relief as our shops reopened and our fundraising events could begin again. That was until the 23rd when Totana was placed back into Phase 1 and our charity shop in the town was closed yet again. Thankfully, our charity shop in San Javier is remains open. On Thursday 30th July we eventually took delivery of this fantastic adapted vehicle that will be so useful to our regular patients who have mobility problems and those who need the extra support in our Respite Home. It was a bitter sweet moment when we received the car because we needed the vehicle to improve our services but the cost would have helped us through this awful time but we are delighted to have it at our disposal and we know that the benefit it will bring far outweighs the stress it's purchase caused us.

The patients supported by our team in the Calasparra will also benefit from this purchase as the Mazarron car has been sent to the North West group to help them transport patients the 400Km round trip to hospital for treatments and consultations.

Yes, our finances are being stretched to the limit at the moment as we find ourselves helping more and more people who have been diagnosed with cancer but in these uncertain times all charities are struggling.

We are incredibly grateful that we have had your support in the past that allowed us to make this wonderful purchase and we sincerely hope that you will continue to support us in the future.

If you would like to know more about how you can become part of our teams in Mazarron; San Javier or Calasparra or if you would like to organise a fundraising event for us please contact our Volunteer Co-ordinator Jan.mazvolunteers@mabscancerfoundation.com or call 634 362 954.

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MABS our PayPal account is: donate@mabscancersupport.org or a donation can be made at La Caixa Bank to Account No. ES79 2100 6032 8702 0016 8624

Thank you, take care and stay safe



I can't believe it is September already. What a strange year it has been and I think the new normal is going to be with us for a long time. However, we are still managing to maintain operation of both our shops with the compulsory wearing of masks and our hand sanitization stations which I hope is reassuring to everyone. Please be aware of special awareness as this is another area we have to watch out for and one that is easily forgotten. We want to stay safe and be able to welcome you to our shops without the fear of another lockdown which would be disastrous for our charity.



We have had quite a bit of upset these last few weeks. First of all, we lost our

dear donkey Mac, he had been with us for a few years and become unwell, initially eating, but only a little! and weight loss was evident, so we decided the best thing for him was hospital. He had lots of tests, and his decline was rapid. Unfortunately the hospital couldn't save him, autopsy results revealed he had colic!!!! Which was a shock to everyone as all the signs were totally different, I can't say how devastated we all are at AAR. He is so missed every day, RIP burro Mac, always in our hearts.

Now the next two things just make me flaming well boil. We were contacted by the police about a horse which had been abandoned and found in an appalling state. So, at some ridiculous hour, off we went to collect him, I told the police they should have called a vet not me!!!!!! Well I have never seen anything so heart-breaking, this poor boy, such a terrible state! He not hang on and died in the horse box, The police just wanted the situation solved and the animal removed, and out of the way, yes I complained, and the complaint is still on going! I had so many emotions swirling around in my head, anger and sorrow being the main two. How can anyone let a living thing be treated so badly. Then don't get me started on the use of donkeys in some resorts as a means of transport. Tacked up to look pretty in 36deg of heat is not acceptable for anything, particularly when you are wearing a fur coat. Then you might have as much as 80kg on your back. Its not right it should be stopped and total exploitation of these poor innocent donkeys. To the humans ... don't even consider hopping on the backs of these poor donkeys .. you were given

legs, bloody use them! Rant over..... We had two newbies join us last month from the Parrera in Murcia. They had been there since lock down, one donkey and one pony. Nacho and Minstrel, I have never seen two animals be so happy about going into the horse box! Donkey Nacho was telling us a right old story and had such a spring in his step. Take a look at the video on our Facebook page it will bring a smile to your face.

SUDOCREM APPEAL .

A big heartfelt thank you to everyone who has sent us Sudocrem. This cream is truly wonderful for healing and keeping flies away from donkeys' ailments. However, we do go through an awful lot so any further donations of it would be greatly received. There is a link on our FB page to Amazon if that helps. If its good enough for babies bottoms its more than good enough for my donkeys!!

We still have 14 tickets left for our Benidorm trip 16th September. Pick up at various places ... let me know if you would like to join us. As usual I will be on Camposol every Monday 11.30-1.30pm to collect any unwanted items. The animals are very grateful for anything you may have that we can sell in our shops. I have missed some of my little chats, occasionally you may see Kevin there too and we are easily identifiable by our white and yellow vans on Camposol B car park. Alternatively, you can drop donations off at either of our shops, Mazarron between 10.30-1.30pm and Roldan 11-2pm.

Andrea x

Every week Costa Calida Radio are running the Who Cares Campaign, get in touch and nominate someone who you feel is deserving a mention on air and a lovely bunch of flowers, supplied in conjunction with Arnaldos Florist in Mazarrón. Contact 634 13 67 43 via whatsapp and show that deserving person they are appreciated.



WHO CARES ?



Camposol 'C' Green Fingers Gardening and Social Group

Although holiday time is here again there have been markedly fewer visitors to Camposol this Summer and, together with lockdown earlier in the year, this has had a knock-on effect on Green Fingers: the restrictions in place have unfortunately meant we have had to cancel both our AGM and the Street Party this year but safety must come first. However, €400.00 was raised from the raffles at our Quiz Night hosted with strict social distancing by The Diner and Bar on Sector B. Many thanks to Sue Pipe and her wonderful staff.

This month the Maintenance Team have continued their rota of the streets on Lower C; sweeping, spraying and clearing. They have also pruned back large shrubs at the street corners to improve visibility for drivers and completed diy tasks in the storage unit.

The hard work of our volunteers has made a huge difference to all the over-grown areas left during lockdown and we

are gradually catching up: This month our Wednesday Volunteers have been spending much of their time watering. They have also been moving yet more full and heavy planters, dead-heading, weeding, clearing fallen leaves and trimming roses and trees. We welcome new volunteer Margaret, to our group and would like to invite anyone interested in volunteering with us to come down to the Welcome Wall on C at 9am on Wednesdays: a free

breakfast is on offer! We were also ably joined this month by four young ladies here on holiday: Emily, Bethany, Lucy and Poppy, who wanted to help out with their Dad, Steve, which was really kind

Further info can be found either on our chalkboards or Facebook groups, or contact John, our Chairman on 634 325 427.



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What To Sow And Grow In September

September might be peak harvest time, but there's still plenty to sow and grow this month.

Here's a handy list of what to plant in September, along with the flowers, fruits and vegetables you can grow this month:

Flowers To Sow And Grow



In The Greenhouse/Indoors

- Surface-sow euphorbia seeds now in trays indoors.
- Sow dierama seed now on the surface of moist compost. Keep in a cool greenhouse over winter.

In The Cold Frame / Under Cloches

- Sow calendula seeds in pots now and keep in a cold frame, for fruity colour from early summer next year.
- Sow violas in a cold frame to plant out in the spring.
- Sow lupins, aquilegia, aconitum and hollyhocks in a cold frame now.
- Sow Eryngium and Echinops in pots and place in a cold frame this month to enjoy their silvery spiky foliage next year.
- Start verbasicum seeds off outdoors now in pots in a cold frame.
- Sow perennial salvias into pots and trays outdoors and leave in a cold frame or unheated greenhouse through the winter.
- Sow red hot poker into pots and trays outdoors for stunning flowers next summer.
- Sow helenium in a cold frame to attract bees and butterflies into your garden next year.

Direct Sow Outdoors



- Sow Ammi Majous (Bishop's Weed) directly in the ground now where you'd like it to flower. Autumn sowing will produce bigger, more robust plants to grow.
- Sow hardy geraniums outdoors and leave them to over-winter.

- Direct sow hardy annuals, such as cornflowers, poached egg plant, annual poppies and larkspur, for bigger plants next year.
- Sprinkle California poppies into your borders for stunning colour late next spring.
- Direct sow Love-in-a-Mist (nigella) - it will over-winter quite happily and will self-seed prolifically!
- Sow delphiniums this month for flowers next summer.

Plant Outdoors

- Fill gaps in your borders with autumn-flowering plants, such as sedum and chrysanthemum, to extend the colour to the end of the season.
- Plant hyacinth and amaryllis bulbs for forcing, to ensure a crowd of colourful blooms at Christmas. Keep them in a dark, cool place like a shed or garage and bring them indoors when the shoots are 5cm tall. Perfect for a homemade Christmas present!
- Plant spring-flowering bulbs, such as daffodils, crocus and hyacinths.
- Plant out any biennial plants sown earlier in the year. This includes foxgloves, wallflowers and violas.
- Plant new perennials, trees and shrubs. Now is a good time as the soil is still warm and increasing rainfall should be on its way.

Vegetables And Herbs To Sow And Grow



In The Cold Frame/ Greenhouse/ Under Cloches

- Direct sow spinach now and offer cloche protection as the weather cools. This will ensure harvests throughout autumn and winter.
- Sow spring cabbages, such as 'April' and 'Durham Early' into modules in the greenhouse.
- Sow pak choi under cloches now for an autumn supply of baby salad leaves.

Direct Sow Outdoors

- Sow corn salad (lamb's lettuce) now - it's a fully hardy crop which can be sown outdoors now for cropping throughout the autumn and winter.
- Sow 'green manures' on empty beds now to help improve your soil structure and prevent weeds establishing over

winter.

- Sow 'Hi Keeper' onions into a well-prepared seedbed - these are the best variety of onion for autumn sowing. Only thin your onion seedlings in the spring.
- Direct sow salad leaves now.
- Try sowing the very hardy 'Perpetual' spinach outdoors this month for winter harvests later in the year.
- Sow winter-hardy spring onions, such as 'White Lisbon' and 'Performer' for crops next spring.
- Make your last direct sowings of summer radishes this month - the cooler autumn conditions are ideal.
- Sow turnip seeds into well-prepared beds this September, for small roots.
- Sow winter lettuce, such as 'Arctic King', directly into the ground now.

Plant Outdoors

- Start planting garlic bulbs at the end of the month for cropping next year.
- Plant autumn onion sets this month.
- Plant out any spring cabbages sown during the summer.

Keep One Step Ahead - What To Order This Month

- Order sweet pea seeds to start in cold frames in October.
- Buy in autumn onion sets for an early summer harvest next year.
- Order rhubarb crowns and asparagus



crowns to plant next month.





Sting-Proof Your Garden With These Tips

It never fails: Once temperatures start rising, you inevitably step into your garden to a persistent, tell-tale buzzing and zipping. All it takes is one sting to develop a healthy respect for all manner of wasps, hornets, and yellow jackets. So keeping your outdoor spaces free of them is a priority. Read on for tips on how to rid your garden of wasps and hornets, and check out our guides for the best bug sprays and bug zappers to help with other home and garden pests you might be fighting off.

What's the difference between a wasp, hornet, and yellow jacket?

While often confused, they do vary in a few ways. The first is size: Wasps are smaller, anywhere from one centimeter to two-and-a-half centimeters, while hornets are larger, at about one to one-and-a-half-inches long. Unlike bees, which are important

pollinators wasps and hornets are carnivorous; they prey on smaller insects like aphids and houseflies (so they are beneficial in their own way). Wasps love your sugary drinks and may hover over your picnic pickings hoping for a taste.

While it's possible to get rid of wasps, hornets, and yellow jackets on your own, remember that they can be dangerous, especially in large numbers, so if you're in doubt, it's best to call a professional to help. Of course, if you are allergic to wasp or bee stings, you need to take precautions and seek outside help. If you feel confident handling your situation, read on for tips that can help with removal.

How to get rid of wasps

First off: Don't swat at them! Swatting at a wasp tells it to release pheromones that will trigger other nearby wasps to perceive you as a threat, exactly what you don't want to happen.

Yellow Jacket Traps



If you're working ahead and trying to prevent a nest from forming, you can try putting up a fake nest to deter a real one from forming (wasps are territorial). If you already have a nest that you need to be rid of, you first need to evaluate the size of the nest. Is it small (just a few to a dozen cells)? If so, you can suit up (long sleeves, pants tucked into your socks, a head net, gloves) and knock the nest down during the coolest time of day and destroy it. If it's larger, set up multiple wasp traps a good distance away from your home, and follow the instructions on the trap.

Or you can take a DIY approach and make your own trap by cutting a two-liter plastic bottle in two above the label. Take the cap off the top of the bottle. Place bait - fruit juice, canned cat food, raw meat, overripe fruit, etc. - in the bottom of the bottle. Turn the top of the bottle upside-down and place it inside the bottom portion of the bottle. Tape the edges together. Place the trap away from your home (say, 20 feet away). Once it's full, freeze it to kill the contents, which you can compost afterward.

If your wasp nest is in an area of your property where it isn't a risk and you won't disturb it, you can opt to leave it be. Just be sure to keep your garden clean of fruit or rubbish, which could draw them closer to your home.



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



How Much does it Cost For a Ton of Logs?

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

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

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

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

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

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

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

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

PLEASURES AND PERILS OF BUYING IN SPAIN

A dream for many! If you are thinking of buying a property in Spain then there is a raft of things to consider – It's a learning curve to say the least! We all see the dream on "Life in the Sun" but there is also reality, to take into account.

Many buying in Spain will be new to the country and may not have carried out any homework to acquaint themselves with Spanish law and procedures and many will buy without knowing "the full story". After an experience of property ownership in the UK for example, it can really be a brainstorming experience.

For those who intend to buy with the support of a Spanish mortgage, to be aware that the application for a Spanish mortgage is not quite as customer friendly as the UK process. It's true that Spanish mortgages are available to both non-residents and residents of Spain and now at least the terms of the mortgage document are written in English. It's still a minefield and we have to honestly ask how many of us read through and understand those terms before signing.

It's good sense to acquaint yourself with the costs associated from the outset, i.e. any valuation fee, the application fee itself

and, of course, the general terms of the mortgage i.e. the interest rate as well as the consequences in the event of missing a mortgage payment. It's a good idea to shop around to get a feel of what's out there before you take the step. A point to be aware of is that the price paid, and stated in the deeds signed, should not be less than the valuation given by the bank (and bearing reference to the "catastral" value). This is important to avoid the risk of the Hacienda, (tax office) claiming unpaid taxes as they could rightly say that the property was purchased for less than its true value.

The worst-case scenario of such a situation would mean requiring the payment of outstanding tax, interest and penalties, this sum would have to be obtained from your own resources.

What about the potential of buying that "bargain property" for cash? Well the same applies in that the price paid should not be less than the catastral value of the property.

Another point to realise is that ALL the price paid must be stated in the deed (Escritura) - any competent professional would advise that no monies should exchange hands between the parties.

There is also the importance of being aware that your legal adviser will carry out

certain enquiries and checks about the title to the property, and its background of ownership - once the deed has been signed a buyer inherits any liabilities from the seller - and its true, sometimes that the seller may not be aware of the same.

The above scenario can be said to have relevance also in the purchase of UK property and it is well known the consequences of "buying at an undervalue" and the potential adverse consequences thereof. However, buying in Spain is a different experience - its crucial for any buyer to arm themselves with independent and honest legal advice from the outset to appreciate each step before it is taken.

For this, and other legal aspects i.e. Wills (Spanish and English) and inheritance advice and much more. If you have any queries please email me at shirleyfisherlegalservices@gmail.com or ring my mobile 0034 634 053 976 to arrange a consultation; to start the ball rolling.

Shirley Ann Fisher FCILEx, UK Lawyer & Commissioner for Oaths, Camposol Business Centre, Calle Madrid 19,

Sector A, Camposol, Mazarron, Murcia 30875, Spain

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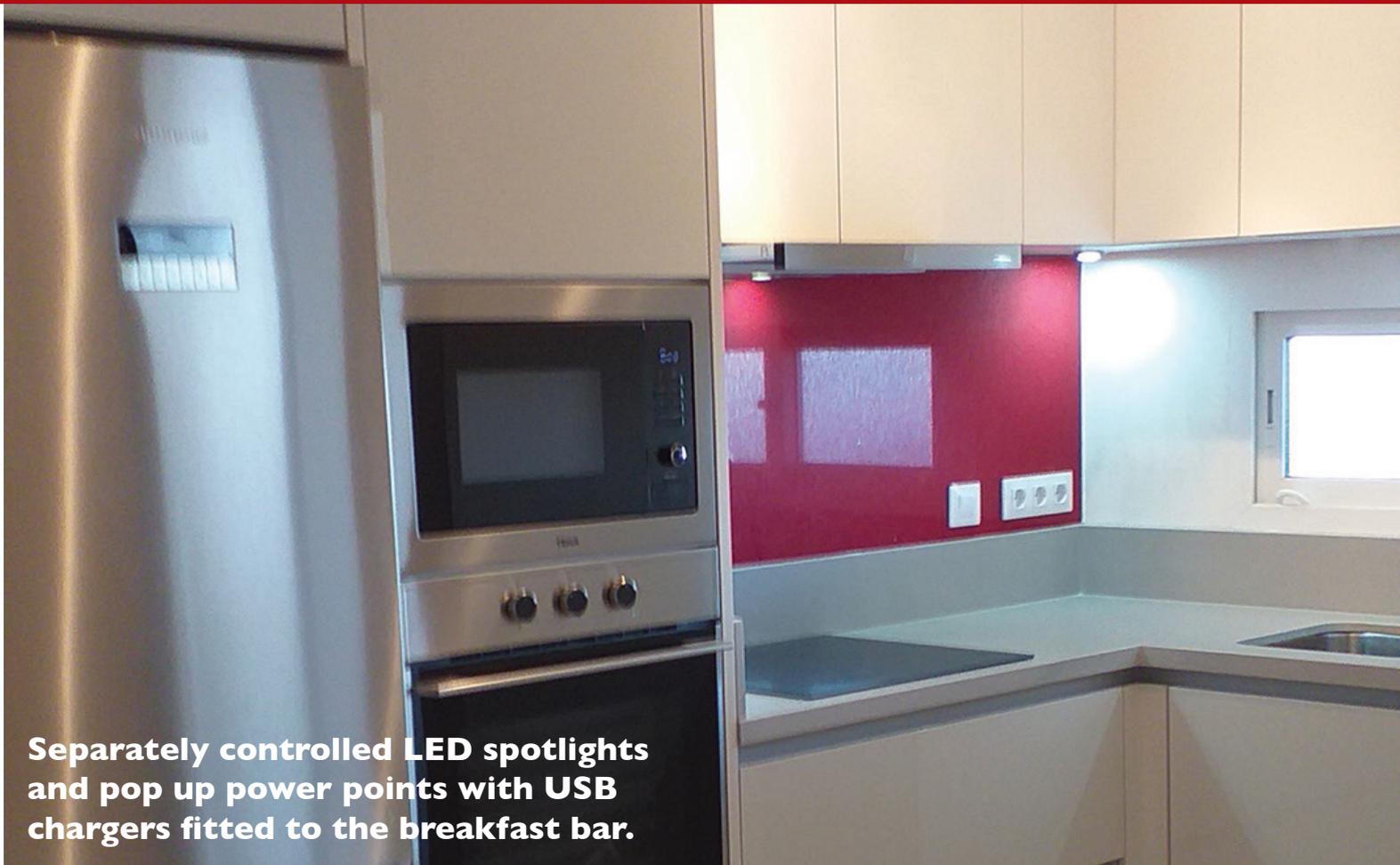
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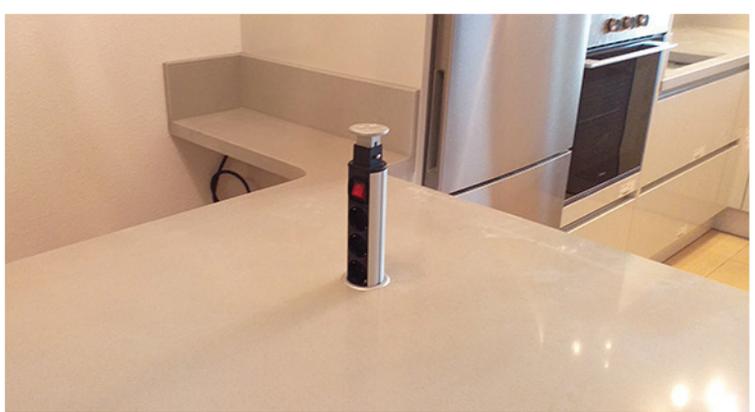
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Spanish Property Market Seeing Steadily Higher Prices

Spain's residential property market is now seeing an increase in construction activity, growing interest from international buyers and steadily growing prices, according to a new report.

The hardships faced by Spain following the global financial crisis are now in the past, says the analysis from global real estate advisor Savills, and as a result the future looks bright for the country's property market.

Following nearly a decade when practically no residential homes were built, construction activity is increasing. This is mainly in the key cities, but also across the country and it is forecast to increase as more residential permits are granted.

There is growing interest from international buyers, especially from countries in Latin America that share cultural and historical links with Spain.

The report explains that in a global context, Spain's prime city markets offer value for money and more growth potential than other world cities.

During the past five years, the number of international buyers has nearly doubled. This increase

coincides with the introduction of Spain's golden visa scheme. This allows non-EU nationals to obtain residency in Spain if they invest half a million euros or more into real estate.

The scheme has driven foreign buyers to the Spanish prime markets, particularly from Morocco, China and Russia. There is also rising demand from Spanish-speaking South America. Some of the largest growth over the past five years has come from buyers in Ecuador and Argentina, with numbers rising by 270% and 150% respectively.

Supply of new residential properties has been one of the key hindrances in the market. After the boom in construction prior to the economic downturn, there has not been enough demand to meet supply, resulting in an oversupplied market, particularly in the south of the country.

Since 2007, however, the dramatic fall in construction activity has resulted in the overhang of stock being steadily sold and the market is becoming more balanced. In the middle of 2007, new property permits reached 750,000 for the year compared with just 30,000 in 2014.

There are signs that construction of new homes is picking up as developers return to the market. A total of 78,000 new dwellings were granted permits across the country

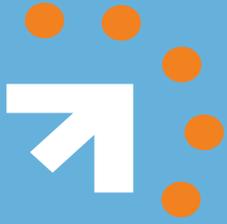
in 2018, an increase of 23.1% from 2017.

The report adds that although the Spanish property market has been in recovery for a number of years, much of the progress has been recovering old ground, rather than fresh growth. The market is expected to continue growing, but there are likely to be regional differences, with the larger and second tier cities seeing higher rises compared with rural and less populated areas.

As long as purchase application data stays flat to positive on a year-over-year basis, housing will be fine in 2020. We have a lot of work left to do in this country. In the meantime, let go of

the bubble crash thesis, because the reality is it wasn't going to happen in 2020, even with a pandemic.

British buyers continue to make up the largest group of foreign nationals buying property in Spain. They accounted for 14.8% of purchases in 2018, followed by French and German buyers at 7.9% and 7.6% respectively. The report says that this indicates that the uncertainty leading up to Britain leaving the European Union has not deterred buyers from investing in or relocating to Spain.



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GP and Medical Director of
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Dr. Carlos Carceles GP

Dra. Prisca Hernandez GP

Dra. Irene Saura GP.



3 Surgeon Doctors

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Dr. Francisco Pedreño,
Aesthetics Surgeon

Dra. Diana Navas, General
Surgeon

Dra. Gresí Almonte,
Aesthetics Doctor.

1 Psychologist

Dr. Fernando Lazaro



3 Nurses

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Nurse.

Dra. Laura Conesa

Dra. Noelia Carrion

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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Totana Market Day, 9am - 6pm

Camposol C Gardening Group, 9am - 2pm

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

MABS Craft Group

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

The Beacon of Light
Canadas Del Romero, 7pm

Camposol Market Day, 9am - 6pm

Los Amigos de Mazarron FC Meeting
Camposol C, 4pm - 6pm

Mazarron AA Group
Meeting room adjacent to Canada de Gallego Church, Meet for coffee at 5pm, meeting starts at 5.30 - 6.30pm

Karaoke at Cats Bar, 9pm

Los Galayos Restaurant Quiz Night 8.30p

D Community Group 9 - 11am

Camposol B Clean Working Party, 9am

Perrera Dog Walking, 9am - 11am

Mazarron Bahia Lions

Table top sale, Camposol B., 10am - 6pm

Blackbull, Music with DJ Sean Bodie 6pm til late

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The Beacon of Light
Canadas Del Romero, 7pm

31

31

SATURDAY

SUNDAY

MONDAY

Notes

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

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

Mazarron Bay Bridge Club, Hotel Playa
 Grande, Pto de Mazarron, 9:30am
 Los Palacios Garden Group, 10am - 5pm
 Forget me Not Jumble Sale & Respite
 Care Social Centre Camposol,
 10:30am - 1:30pm
 Slimming Club, Cats Bar Camposol,
 11am
 Local Councillor Silvana
 Social Centre, Camposol, 10am - 1pm

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 11am
 Local Councillor Silvana
 Social Centre, Camposol, 10am - 1pm

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

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

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Answers to last months page 66

Jokes

What's the best thing about Switzerland?
I don't know, but the flag is a big plus.

I invented a new word!
Plagiarism!

A woman in labor suddenly shouted, "Shouldn't!
Wouldn't! Couldn't! Didn't! Can't!"
"Don't worry," said the doc. "Those are just con-
tractions."

A bear walks into a bar and says, "Give me a
whiskey andcola."
"Why the big pause?" asks the bartender. The
bear shrugged. "I'm not sure; I was born with
them."

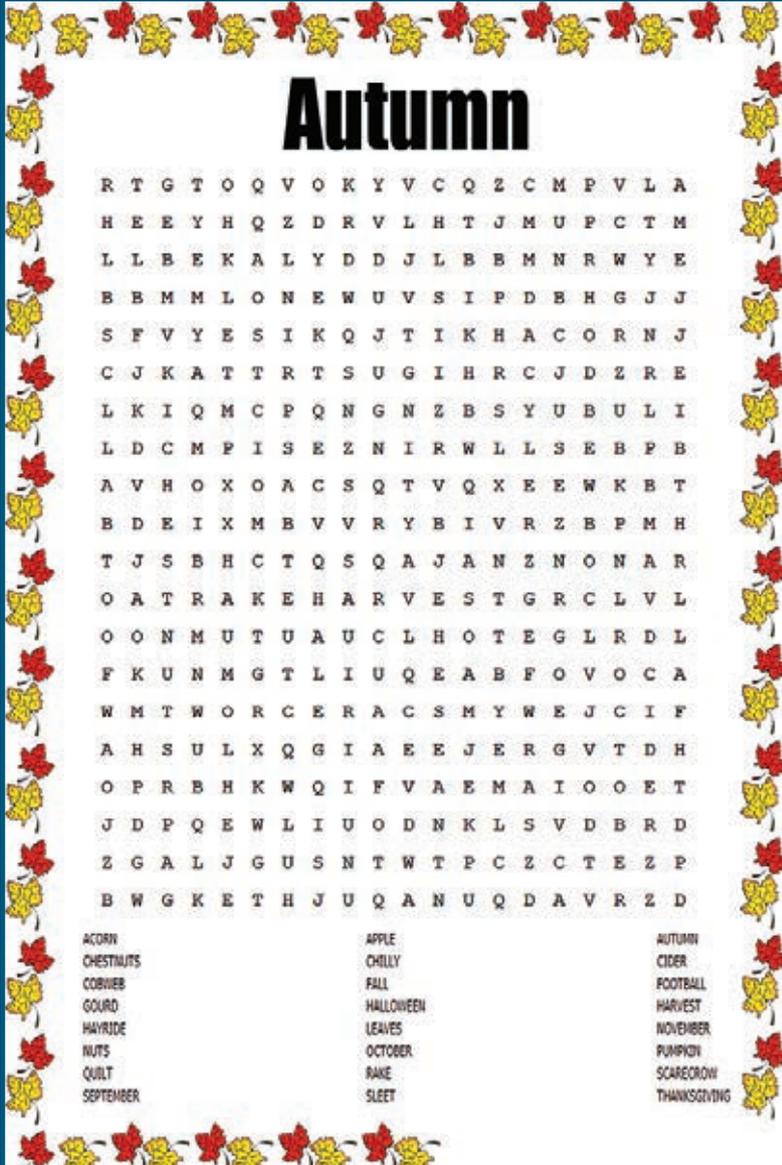
Why don't scientists trust atoms?
Because they make up everything.

Why did the chicken go to the séance?
To get to the other side.

What do you call a parade of rabbits hopping
backwards?
A receding hare-line.

What does Charles Dickens keep in his spice
rack?
The best of thymes, the worst of thymes.

How do you make a tissue dance?
Put a little boogie in it.



Autumn

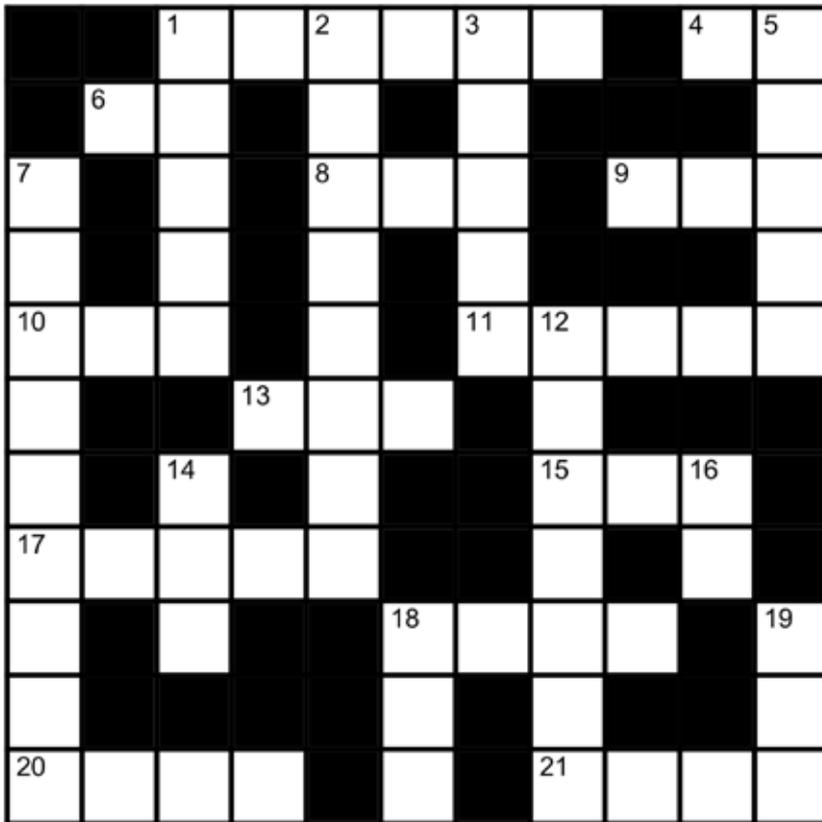
R T G T O Q V O K Y V C Q Z C M P V L A
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 O P R B H K W Q I F V A E M A I O O E T
 J D P Q E W L I U O D N K L S V D B R D
 Z G A L J G U S N T W T P C Z C T E Z P
 B W G K E T H J U Q A N U Q D A V R Z D

- ACORN
- CHESTNUTS
- COBWEB
- GOURD
- HAYRIDE
- NUTS
- QUILT
- SEPTEMBER

- APPLE
- CHILLY
- FALL
- HALLOWEEN
- LEAVES
- OCTOBER
- RAKE
- SLEET

- AUTUMN
- CIDER
- FOOTBALL
- HARVEST
- NOVEMBER
- PUMPKIN
- SCARECROW
- THANKSGIVING

AMERICA CROSSWORD PUZZLE



ACROSS

- 1 America has 50 of these (6)
- 4 Microsoft (abbr.) (2)
- 6 American multinational (abbr.) (2)
- 8 Iowa has a lot of ___ farms (3)
- 9 Another term for America (3)
- 10 ___ Vegas (3)
- 11 The singer known as 'The King' (5)
- 13 Employee of 14 Down? (3)
- 15 New York is known as the ___ Apple (3)
- 17 The president lives in the ___ House (5)
- 18 Car maker and 38th president (4)
- 20 Ten-cent coin (4)
- 21 Informal word for an American (4)

DOWN

- 1 Famous American department store (5)
- 2 As American as ___ (5,3)
- 3 America's national symbol (5)
- 5 The American flag is known as the ___ and Stripes (5)
- 7 Home of the American film industry (9)
- 12 The Statue of ___ (7)
- 14 Government organization that collects information about other countries (3)
- 16 Automobile manufacturer (abbr.) (2)
- 18 Federal police department (abbr.) (3)
- 19 President assassinated in 1963 (abbr.) (3)



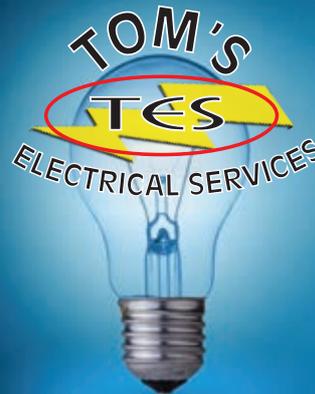
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Will This Revolutionary Tool Really Clean Your Ears In Seconds, Without The Pain, Risk and Infection of Old Qtips?

This breakthrough design lets you clean your ears out, without the risks of infection or pain like traditional methods! Learn why thousands have made the switch already... Did you know, thousands of people visit hospitals across Spain every year



from using simple qtips or cotton earbuds?



We've all heard the advice that we shouldn't even be using these outdated tools to clean our ears.

When using cotton rods you are actually pushing bacteria and wax deeper into your ear canal. This can lead to nasty, hard to beat infections...

You can also easily cause extremely painful damage to your sensitive eardrum from poking and scratching



requiring expensive surgery... But fear not, now, there's a new tool in the \$50 billion personal hygiene industry for ear cleaning - that everyone including doctors is recommending!

What Is It?

Its called the QGrips. It was invented in Germany. Now it's finally on sale in Spain and causing a big stir. Originally, their invention was for professional ear doctors to help them clean their patients' ears. But now this highly successful tool is on sale directly to the public!

How Does QGrips Work To Clean Your Ears Safely?

As you know, cleaning your ears yourself, at home, can be very dangerous and is not recommended by professionals.

However, QGrips are designed to make cleaning a simple, quick and safe job - that anyone can do!

The specially designed, silicone corkscrew shape of the tips are proven to be perfect for any ear.



Using a twisting motion the QGrip will remove any excess, old wax from your ear.

When you compare this to a normal Qtip or earbud you are digging around, poking, pushing and scraping



inside your ear causing harm, infection and more blockage than before! What did our team of real people say?

"I've suffered with dirty, waxy ears all my life. I used QGrips for 5-10 seconds as instructed. The excess wax came out easily and best of all it was completely painless!" - Don

"This thing works great. I have poor hearing normally and so like to clean my ears regularly. These Q Grips really gave me great results. My ears felt fresh and clear afterward." - Chris

"Yep, these are the future for ear hygiene for sure!

I am conscious of having dirty, smelly ears and seem to have more ear infections as I get older.

I normally get a professional clean every few months, but it can be very costly.

I am happy to report these Qgrips really work fantastically." - Rose A very impressive and essential tool for everyone who has ear wax!

Key QGrips Features, Facts, and Benefits:

~ Instant Relief - Clean out your ears

properly for the first time in your life and notice the difference!

~ Cheaper than appointments - Visits for professional cleans will cost you a fortune!

~ Gets where normal tools can't - Reach into places a traditional qtip can't!

~ Completely Safe - Kids, Seniors and even pets can use it!

~ Positive reviews - The overwhelmingly positive reviews speak for themselves!

~ Better for the environment - single-use cotton bud tips are very bad for the environment. QGrips are washable and reusable!

One thing is for certain, once you try QGrips, you'll never want to go back to life without it!

How Much Does the QGrips Cost? They retail for 59.99€.

They really do an amazing job to

clean out your ears leaving you with a fresh, clean feeling.

You'll love how simple and quick they are.

I especially like the fact they are reusable unlike old qtips which seem like a real waste in this age of environmental issues.

Where Can I Buy the QGrips?

That's super easy.

1) Order the QGrips from the official QGrips online shop.

2) Enjoy instant relaxation, release, and relief!

What do you get in your Box?

It comes in a travel carry case. Inside you'll find:

1x QGrip handle

16x QGrip heads

1x Carrying case

1x Manual



Dawn Lewellyn-Price

Well, we made it. A socially distanced ferry crossing, masked passengers with pets, and all before the foreign office decided we shouldn't be travelling to Spain. Luckily it was the calmest in years, with reduced capacity, and plenty of room for all. If only every year were the same; no fighting to get in the red lift with dogs versus cats, no crowds of people in the stairwells trying to be the first back to their cars on docking in Bilbao. Forms filled out and collected for onward travel and temperature checks as we drove out into the sunshine. Freedom! The lengthy drive down meant an only slightly pre-witching hour arrival, and yes, the perceived fight to

get indoors meant chairs entangled in grapevines had to be fought with on the terrace.

However, here we are, a few weeks on, still filling gardening bags when the green bins are empty, total so far: 70.

With the 'New normality' of not venturing far, and staying home much more, I'm continuing the decluttering we've all probably been doing. After seventeen years of acquisitions, it's time to take stock of what's needed and what's surplus. I've been following a few YouTubers who proclaim Minimalism is the way forward, get rid of the items that we don't realise are causing us stress. Too much stuff becomes a problem. We gather as we go, and it grows rapidly.

Between Marie Kondo, Minimalist Mom, and a few others, it's working. Trying to find something to wear in a wardrobe of bulging clothing is difficult at the best of times, and drawers full of unused kitchen items make finding one item involve a scrabble through endless knives and forks, corkscrews and all sorts of 'useful' items never once used.

I dream of sliding open a wardrobe door to find a dozen perfectly chosen, perfectly pressed outfits which will

look wonderful on the hottest day when the reality is a melee of unworn items gasping for air scream at me, 'let us out, please!' as an orgy of shoes in the bottom mean it gets closed just as quickly and I reach for a sarong from a drawer instead. Long dresses hide on the backs of doors, cast from sight like scarlet women.

Shame the wardrobes aren't bigger. It's really quite freeing once you reach 'get rid of it' mode.

Books are difficult if you have a sizeable collection, and let's face it, exactly how many pens do we need to keep in drawers and other locations? They breed, viciously.

Once you start, you can't stop. I'm constantly searching around, wondering if I missed something that can be donated or thrown, then the task becomes endless, so it really needs a designated time frame. I'm sticking with an hour a day before I turn into a bewildered Gollum lurking around the bins with 'my precious' treasures ready for dumping.

One day I'll transform into Captain Kirk, and finally reach that dream destination of:
Space, the final frontier.

Rare Aston Martin DBS worth more than £170,000 is discovered in mouse infested barn with just 60,000 miles on the clock after being left to rot since 1979
Aston Martin DBS, built in 1971, discovered in a barn in Bridgnorth, Shropshire
The car, which was only one of 120 made, had not been driven since at least 1979
It is now being restored by experts and could be worth £170,000 once complete



A rare Aston Martin has been discovered abandoned in a mouse-infested barn, where it had been left untouched for more than 40 years.

The dilapidated Aston Martin DBS, built

in 1971, was discovered in an old barn near Bridgnorth, Shropshire, with just over 60,000 miles on the clock.

The car, which features a white gold interior, could be worth as much as

£170,000 when restored.

That is partly due to it having a manual gearbox - making it one of just 120 made by Aston Martin.

It thought the car, which is similar to one featured in the 1969 James Bond film 'On Her Majesty's Secret Service', has been locked away in the barn since at least 1979.

When it was discovered it was infested with moths and mice.

The incredible find came to light when the former owner of the car passed away and his brother - the executor of the will - approached restoration company, Classic Motor Cars (CMC) in Bridgnorth to see if they would be interested in buying it.

The vehicle was moved to CMC and was immediately snapped up by an existing client and car enthusiast, who wishes to remain anonymous.

Now skilled workers at the company have set about bringing it back to its former glory so it can be driven on the road again for the first time in over 40 years.

Managing Director at Classic Motor Cars, Nigel Woodward said: 'It just goes



The incredible find came to light when the former owner of the car passed away and his brother - the executor of the will - approached restoration company, Classic Motor Cars (CMC) in Bridgnorth to see if they would be interested in buying it

to show that you never know what might turn up and be lurking just around the corner.

'The car had been in the same garage from at least 1979 and it could have been even longer.

'We are carrying out a sympathetic restoration on the car which retains its original Bosch mechanical fuel injection, and its original colours, DuBonnet Rosso with a White Gold interior.

'The restoration will include an engine rebuild and the car is the only one I have found from a similar period, where the floor panels are original.

'The whole car is in exceptional condition with original panels and paint which we have simply cleaned and polished.

'The condition of the car is probably due to the fact that it was in a totally dry environment and had a fair amount of ventilation.

'We will bring the car back to the original condition, attending to any mechanical issues for safety-critical and long-term reliability.

'We will restore the body and trim work, retaining as much as possible of the original paint, trim and bodywork.'

V8 DBS's were in production from 1969 to 1972 and were the last car to come out of the Newport Pagnell Factory.

Nigel added: 'This particular car has a manual transmission of which only 120 were ever built and is RHD.

'Notably, the V8's gained 113kg in weight compared to the previous 6-cylinder model, due to its V8 engine, new and improved ZF gearbox, ventilated brake discs and fatter tyres.' The car is currently sitting in our detailing bay where it's starting its restoration journey.

'To begin, our detailer Dan Brown has blown the car down with compressed air to get rid of any excess dust, grit, and debris which could scratch the car.

'It has then been sprayed with car shampoo and left to sit for five minutes before being bucket washed. The car was so dirty, we repeated this process twice.

'Dan then vacuumed the car to get rid of moth and mouse infestation.

'Next on the list is biologically cleaning the interior fabrics.'

The new owner of the car said: 'Acquiring an unmolested and complete ex-

ample of the DBS V8 is very exciting, and once expertly restored by CMC, will be cherished, enjoyed and driven.

'I am looking forward to taking it out on the road for the first time for over 40 years.'

The Aston Martin DBS was a grand tourer (a sports car designed for high speeds and long distances) which was built between 1969 and 1972.

Powered by a straight-six engine (an engine which has six cylinders in one line), the two-door DBS was a successor to Aston Martin's DB6 and was succeeded by the Aston Martin V8.

Weighing 1,500kg, it featured a 3995cc engine with 280bhp.

Famously it was driven by George Lazenby in the sixth James Bond film, On Her Majesty's Secret Service.

It also featured briefly in the background of the next Bond film, Diamonds Are Forever.

But the car was given a reboot in the late 2000s as the DBS V12. And it served Bond again, this time Daniel Craig, in the 2006 film Casino Royal.

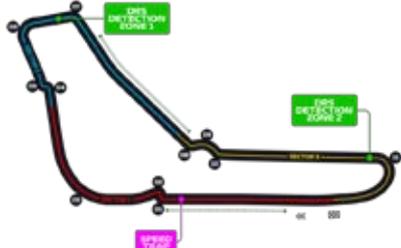




Heineken D'Italia Grand Prix 2020

Race 6th September, 15.10 – 17.10
Round 15

Circuit Autodromo Nazionale Monza
First Grand Prix 1950
Number of Laps 53
Circuit Length 5.793km
Race Distance 306.72 km
Lap Record 1:21.046Rubens Barrichello (2004)
Monza



When was the track built?

Constructed in just 110 days in 1922, the Autodromo Nazionale Monza was the world's third purpose-built race track, coming after Brooklands in the UK and Indianapolis in the US. Like those two tracks, the original circuit featured a daunting series of banked curves, as well as much of the 'outfield' section that's still in use today.

When was its first Grand Prix?

Monza opened its doors on September 3 1922, just a week before it hosted that year's Italian Grand Prix. It was then part of the original Formula 1 calendar in 1950, and has held the Italian Grand Prix every year bar one since.

What's the circuit like?

Rapido! Formula 1's fastest ever lap was set at Monza – Williams driver Juan Pablo Montoya's 260.6km/h effort during practice for the 2004 Grand Prix – which should give you some idea of the nature of the track the locals call 'La Pista Magica'. Cars are on full throttle for 80% of the lap, and hit their Vmax on the circuit's 1.1km start/finish straight. From there, they roar off into the historic park section, where a series of big stops into tight chicanes give the brakes a good workout.

Why go?

The parkland setting of Monza, located just to the north east of Italy's fashion capital Milan, makes for a relaxed, leafy setting for a Grand Prix, while the preserved Monza banking – spot it in the background as the cars exit the Parabolica, as well as on the flyover bridge they pass under en route to the Variante Ascari – leaves you in no doubt that you're in the presence of a very special race track.

Where is the best place to watch?

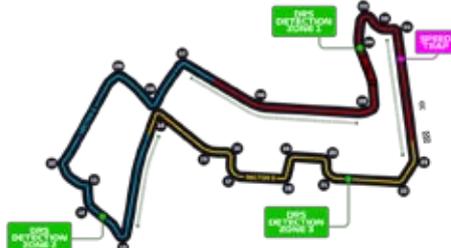
Aim for the grandstand at the Variante del Rettifilo to witness the awesome spectacle of cars braking from around 350km/h to just 70km/h before negotiating the tight chicane. This is also one of the track's best overtaking spots, as well as a magnet for first-lap tussles.



Singapore Airlines Singapore Grand Prix 2020

Race 20th September, 14.10 – 16.10
Round 16

Circuit Marina Bay Street
First Grand Prix 2008
Number of Laps 61
Circuit Length 5.063km
Race Distance 308.706 km
Lap Record 1:41.905Kevin Magnussen (2018)
Singapore



When was the track built?

The Marina Bay Circuit arrived on the scene in 2008. A street track with the city's famous skyline as its spectacular backdrop, the initial circuit plan by Herman Tilke was refined by KBR Inc, while the event has quickly established itself as one of the standouts on the F1 calendar.

When was its first Grand Prix?

In 2008, Singapore had the honour of hosting the first night-time race in F1 history. The Grand Prix – the 15th round of that season – proved a huge hit with the teams and drivers, while Renault's Fernando Alonso claimed a controversial victory.

What's the circuit like?

The 5.063km Marina Bay Circuit is one of the most physically demanding on the calendar, its bumpy street surface coupled with humid conditions giving the drivers plenty to think about. With 23 corners, they are working the wheel a lot, too, around the high-speed lap – the physical stress causing them to lose as much as 3kg over the course of a race. The circuit also boasts some of the most unique features of any track on the F1 calendar, including Turn 18, which actually sees the drivers pass underneath a grandstand.

Why go?

If you want to see Singapore at its best, there's no better time to do so than when Formula 1 arrives in the heart of this buzzing city. Get the lay of the land by taking a ride on the Singapore Flyer, a giant Ferris wheel overlooking the track's permanent pits complex, then get stuck into Singapore's incredible bar and restaurant scene. Cocktail fanatics should also make a pilgrimage to the famous Raffles Hotel – the proper home of the Singapore Sling (non-alcoholic versions are available!)

Where is the best place to watch?

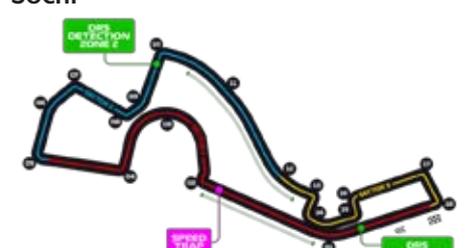
Get yourself comfy in the grandstand located at Turn 1, which offers spectacular views as the cars accelerate into the first corner, before braking hard and whipping through Turns 2 and 3. You'll get a great view of the start too – expect to see plenty of sparks fly as the drivers blast off the line.



VTB Russian Grand Prix 2020

Race 27th September, 13.10 – 15.10
Round 17

Sochi Autodrom Circuit
First Grand Prix 2014
Number of Laps 53
Circuit Length 5.848km
Race Distance 309.745 km
Lap Record 1:35.761Lewis Hamilton (2019)
Sochi



When was the track built?

Designed by Hermann Tilke, the Sochi Autodrom is effectively a street circuit, evolving out of the internal roads of the park built for the city's 2014 Winter Olympics.

When was its first Grand Prix?

Formula 1's first ever Russian Grand Prix took place on October 12 2014. The race was won by Mercedes' Lewis Hamilton, who was midway through a five-race winning streak that would ultimately see him clinch that year's drivers' title.

What's the circuit like?

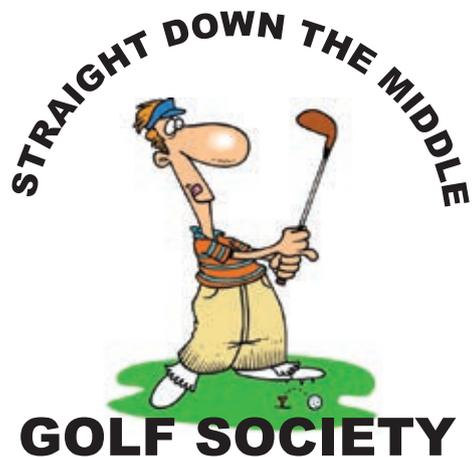
Looking at a map of the track, your eye can't help but be drawn to the epic Turn 3, a 750m constant-radius left-hander taking the drivers around the outside of the dramatic Poyushchiye fountain. The rest of the track is characterised by a series of 90-degree bends coupled to some rapid, flowing straights-that-aren't-straight.

Why go?

Occupying a prime spot on the Black Sea, Sochi is one of Russia's top beach resorts in the summer, while the race's early autumn slot should mean it's just about warm enough for you to work on your tan. If you were inspired by the city's Winter Olympics, however, you're out of luck – the ski season in the resorts around Sochi doesn't get going until December.

Where is the best place to watch?

Get yourself a seat in the Turn 2 grandstand – or the T2 Grandstand Vitaly Petrov, to give it its proper name – to oversee the track's best overtaking spot, before the cars get back up to speed and slingshot into Turn 3.



Straight Down The Middle – Golf Society

Venue: La Torre Golf Club

Date: July 22th

At long last we are back to enjoy a game of competitive golf with the Straight Down the Middle Golf Soci-

ety. It was a beautiful sunny day with light breeze. The course was in great condition and the greens were perfect. There was good turnout with 18 players on the day.



It was the first visit to this course for many players.

The scoring format was based on Stableford full handicap points. At the recent AGM It was decided to have two groups for competitions in future. Group A up to 25 handicap and Group B for 26 handicap up to 36. The winner of Group A was Mark Bexon with 35 points with Ian Stewart in second on 34 points. The winner of Group B was Mike Wheeler with 38 points with Norris Bull in second with 34 points.

Nearest the pin on hole 5 was won by Mike Wheeler and on hole 15 by John Brown.

After some liquid refreshment and a welcome and update from our captain Wyn Griffiths, the prize giving commenced. Prizes were bottles of wine and golf balls. Well done to Jim Niblo our secretary for booking this and all forthcoming events. It would help if we all sent our playing confirmation emails back to Jim, as a few emails are getting sent back to members in error.

The next golf match will have been held at Aguilon on August 19th . We are always pleased to welcome guests so don't hesitate to get your friends along to play.

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





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August



2020

VOLUNTEERS WANTED

Age Concern is looking to recruit new volunteers before our reopening in the autumn. If you would like to help our senior citizens in these unusual times please call us on 634 344 589 (10am to 4pm Monday to Friday) or send an email to ageconcerncostacalida@gmail.com.

Our Drop in Centre will remain closed until September and all our normal monthly activities, Coffee Mornings, Afternoon Teas, Menús del Día, Chair Exercises, Table Top Sales etc, have been postponed for now. We hope we will resume in September.

New Year's Day Swim 2021 – we are still planning to hold our annual New Year's Day Swim on 1st January next year and sponsorship forms for this are available now. So please give us a call or send an email (address above) and we'll get them to you.

In the meantime enjoy the summer and, as always,

STAY SAFE



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Volunteer Coordinator - 634 312 516 (10am – 4pm Mon – Fri)
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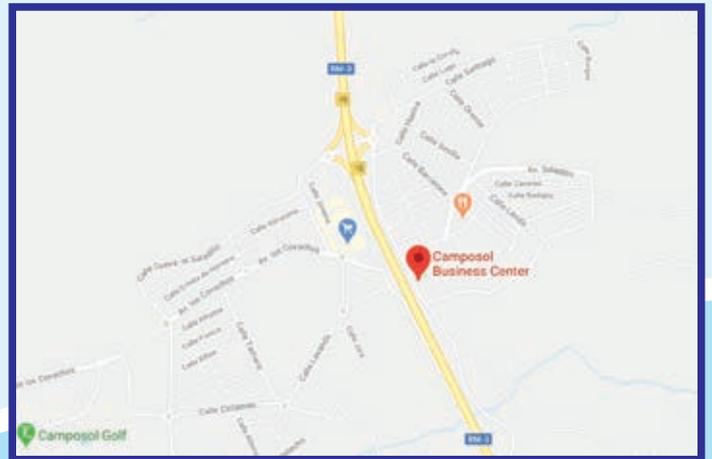
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FASHION

Jumpsuits



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Jump Jump around
Jumpsuits are not just a fashion staple for September but are also super comfy and flattering for any body shape. Short sleeves, cropped and in fitted or loose styles get one now and live in it! You can dress them up with heels for an evening look or just put your swimsuit underneath and a pair of flip flops for a more relaxed look.



High neck crop jumpsuit
EURO 65.00 hollisterco.com



Button front jumpsuit
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Wrap jumpsuit
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Striped waist belted jumpsuit
EURO 10.00 wish.com

7 Ways to Prevent Split Ends

Although your hair is strong, it can be vulnerable to damage from daily wear and tear. The ends of your hair, which are also the oldest part of the hair shaft, can weaken and lose their protective layer. According to research Trusted Source, this can cause the hair to split, exposing the inner cortex.

Several factors can contribute to split ends. Some of the most common include:

- chemical processing, like perms and coloring
- heat treatments
- forcefully combing or brushing your hair

Split ends are a common hair complaint, but there are ways to keep your hair healthy and prevent split ends from happening. Let's look at how you can do this.

Tips for preventing split ends

Unfortunately, you can't treat or repair split ends. So once the ends of your hair become damaged or frayed, the only way to get rid of them is to cut them off.

That's why prevention is key to keeping your hair healthy and free of split ends. Although you may not be able to avoid split ends completely, you may be able to limit how often they develop.

Let's look at seven tips and techniques that may help prevent split ends.

1. Be gentle after washing your hair

Wet hair is vulnerable to damage, so it's important to care for your tresses gently after shampooing and conditioning.

Some people have a habit of rubbing their hair dry with a towel, but this can damage it. Frequent rubbing can cause hair breakage. It can also damage your hair cuticles, resulting in split ends or frizziness.

Instead of rubbing your hair dry, blot it dry with a towel to avoid breakage and damage.

2. Detangle your hair

Tangled hair, whether wet or dry, can be difficult to comb or brush. So always detangle your hair before drying, brushing, or styling. Most salons recommend using a wide-tooth comb. The wider tooth allows the comb to glide through your hair without damaging the ends or causing breakage.

3. Hydrate your hair

Keeping your locks moisturized is also key to preventing split ends. Dryness can weaken hair, especially at the ends, and this can cause damage and split ends.

To add moisture to your hair, consider using a weekly hair mask. A hair mask is a deep conditioning treatment that can infuse your hair with moisture and reduce frizziness and dryness. A mask can also reduce the risk of hair damage, resulting in softer, shinier hair. The products in a hair mask are usually more concentrated than those you'd find in an instant conditioner. Also, the mask stays on your hair for longer — anywhere from 20 minutes to several hours, or even overnight.

You can buy a ready-made hair mask or make your own using ingredients like:

- coconut oil
- aloe vera
- honey
- olive oil
- bananas

4. Dial down the heat

Using heated appliances on your hair, especially on a daily basis, can dry it out and change the structure of your hair proteins. If possible, let your hair air dry after washing, and then style it without using a curling iron, flat iron, or blow-dryer.

If you do need to use heated appliances, try to turn down the heat setting. You can also apply a heat protectant product before blow-drying or styling to avoid heat damage.

5. Avoid overbrushing

Your hair doesn't need 100 brush strokes a day. That's a myth. In fact, brushing your hair too much can cause damage, including breakage and split ends.

Instead, only brush your hair to style it or make it look neater. Avoid pulling or tugging on your hair as you brush or comb it, and use a detangling product if you need to get rid of knots.

6. Sleep on a silk pillowcase

Protecting your hair at night can also prevent split ends. Rather than sleeping on a cotton pillowcase, sleep on a silk or satin pillowcase to reduce friction.

Sleeping on a silk or satin pillowcase allows your hair to glide over the pillow. Having less friction between the pillowcase and your hair may help prevent

hair damage and breakage.

Another option is to wear a silk scarf at night to protect your hair.

7. Add time between hair treatments

Chemical treatments like coloring, perming, or relaxing your hair can take their toll, especially if you have more than one treatment at a time.

You can take some steps to lower the chances of hair damage, breakage, and split ends:

- Add more time between treatments. If possible, try to go 8 to 10 weeks between touch-up treatments.
- Only get one type of chemical treatment at a time. If you need more than one type of treatment, the AAD suggests relaxing or perming your hair first. If you also wish to color your hair, wait 2 weeks before getting it done.

- Apply a hair mask once a week or use instant conditioner each time you wash your hair.

Recommended products

If you want to purchase a wide-tooth comb, a ready-made hair mask, or a satin scarf to protect your hair and prevent split ends, here are some recommendations:

Hair Products

· **HYOUJIN White Wide-Tooth Comb Detangling Hair Brush.** This detangling wide-tooth comb is easy to grip and great for gently detangling hair that's wet or dry.

· **Garnier Whole Blends Honey Treasures Repairing Hair Mask for Dry, Damaged Hair.** This gentle formula contains ingredients that help strengthen and repair damaged hair, and also restore hydration.

· **Blulu Two Pieces Satin Head Scarf.** This sleeping bonnet is lightweight, comfortable, and designed to reduce friction.

Is there a way to conceal split ends?

Even though there's no way to repair split ends, you can make the damage less noticeable. One option is to apply coconut oil, almond oil, or another type of moisturizer to the ends of your hair. These products not only add shine but also smooth your hair, which helps conceal split ends.

Another option is to choose hairstyles that hide your ends. You can try styling your hair in a low or high bun or wearing hair extensions.

Keep in mind that split ends can progress and split up the hair shaft. So you'll have to trim or cut off damaged hair to prevent further damage.

The takeaway

There's no remedy for split ends once you have them — the only option is to trim them off. That's why prevention is key to keeping your hair free of split ends and breakage.

Keeping your hair well-nourished and avoiding certain habits can go a long way toward improving the overall health and appearance of your hair.

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Clarins Water Lip Stain in 'Rose Water' £19

The unique water like texture glides over the lips to give long wearing, non-transferable colour while provid-



ing intense hydration and nourishment to the lips. It's the perfect lip product for a day in the sun.

Lancôme Mr. Big Waterproof Mascara £22

This mascara is smudge-proof, clfree and sweat-resistant. It holds for 24 hours and give the appearance of fuller thicker lashes. It features a



brush with ultra-soft fibres that capture even the tiniest of lashes and ensure smooth, precise application. This product is a must if you fancy a dip by the pool of a trip to the beach.

HD Brows Brow glue £16



This brow gel has an ultra-strong hold. The budge-proof formula locks brow hairs in place all day long and you don't have to

worry about any hairs coming out of place! This product is perfect for the fluffy natural brow effect.



The Best Makeup Products For A Day In The Sun

Doll Beauty gimme sun bronzer in 'medium deep' £15



For an all over bronzed glow, dust this bronzer all over your face and neck. This product is perfect on its own for a natural complexion to top up your tan, or apply on your cheekbones and forehead over makeup for a more defined contoured look.

NARS Cosmetics Pure Radiant Tinted Moisturiser SPF30/PA £31



This product not only keeps your skin moisturised but will also add light coverage and it won't add any unwanted oils on the face. It

contains SPF30 to keep you protected and helps to reduce the appearance of hyperpigmentation and dark spots in just 4 weeks.

Glossier Cloud Paint Blusher in 'soft peach' £15



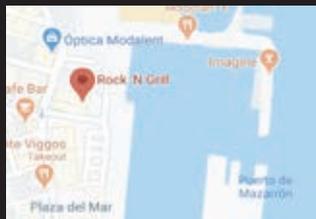
This is a seamless, buildable gel-cream blush that's really easy to wear. Unlike powder blushers, this creamy product are really each to blend and you can apply using your fingers! It stays on all day and doesn't budge, even in the hottest of temperatures.



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**SCAN THIS CODE
TO SEE OUR MENU**



It's been sometime since visiting Boca Pizza, out of habit I suppose we tend to go along the paseo and stop off at a restaurant along there. But a friend had been the other week and said I must go back again soon as they had such a lovely meal.

To park the car it was so easy, right near Hiper Asia, the big todo store,

and then just a moments stroll to Boca Pizza.

Welcomed into a clean environment, we were all seated to our table.

Service was fast with our drinks and order taking, which was great since we were all starving! Three of us opted for pizzas, whilst one had a burger.

And I have to say they were very tasty. I had the chicken and onion combination, and there was plenty of chicken on the pizza, I just hate it when it is sparse with the toppings. The others had a Bolognese and a ham and pineapple, all with generous amounts of toppings and the pizza base was just how we liked it.

The burger – wow – it was like a tower to say the least!

All fully enjoyed and walked away, rolling out feeling well and truly fed!



Jumbo Mushrooms with Camembert Cheese and Pine Nuts



Ingredients

4 large flat or portobello mushrooms
a little olive oil
80 g Camembert or brie cheese
2 tbsp dried whole wheat breadcrumbs
2 tbsp pine nuts
4 slices whole wheat or multigrain bread
1 ripe beefsteak tomato

Instructions

Preheat the oven to 375°F (190°C). Pull out the mushroom stalks and discard, then wipe the tops with paper towel (don't wash or peel the mushrooms). Rub the tops of the mushrooms lightly with a little olive oil, then place them upside down in a non-stick, shallow roasting dish. Season with freshly ground black pepper and bake for 10 minutes. Remove from the oven.

Slice the cheese thinly and place in the mushroom cups. Mix together the breadcrumbs and nuts and sprinkle the mixture over the cheese. Return the mushrooms to the oven and bake for a further 5 minutes until the cheese just melts.

Meanwhile toast the bread. There's no need to butter the toast, but you can brush it with a little olive oil, if you like.

Trim the ends from the tomato, then cut it into four even slices. Lay a slice of tomato on each slice of toast, then top with a hot baked mushroom, cheese-side up, and serve at once.

Spaghetti frutti di mare



Ingredients

- 500g spaghetti
- 200ml dry white wine
- 1 shallot, finely chopped
- 2 garlic cloves, very thinly sliced
- Pinch of saffron
- 500g live baby clams or cockles, scrubbed clean (discard any with cracked shells)
- 6 rashers smoked streaky bacon, cut into 1cm wide strips
- 400g baby squid, cleaned and cut into rings
- 400g raw tiger prawns, peeled
- Olive oil, for drizzling
- Bunch of fresh parsley, finely chopped

Method

1. Cook the spaghetti in a large saucepan of lightly salted boiling water, according to the packet instructions, until al dente.
2. About 8 minutes before the pasta is ready, pour the wine into another large saucepan and add the shallot, garlic and saffron. Bring to the boil and cook vigorously for 1 minute, then add the shellfish, cover and cook over a high heat for 4 minutes.
3. Meanwhile, cook the streaky bacon in a non-stick frying pan over a medium heat for 5 minutes, until crisp. Set aside.
4. Add the squid and prawns to the clams, shake the pan well, then cover and cook for a further 2-3 minutes, until all the shells have opened. Discard any that do not open.
5. Drain the pasta and return to the pan, add the seafood and liquor, a splash of oil, the parsley and some black pepper. Toss well and divide between bowls. Spoon over the crisp bacon and serve while sizzling hot.

Apple Pie à la Mode Ice Cream Sandwiches



Ingredients

COOKIES

1 1/2 cups all-purpose flour (about 6 3/8 ounces)
1/4 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon cream of tartar
Pinch of salt
1/4 cup vegetable shortening
1/4 cup unsalted butter
1 cup plus 2 tablespoons granulated sugar, divided
1 large egg
1 large egg yolk
1/2 teaspoon vanilla bean paste
1 teaspoon ground cinnamon

FILLING

2 tablespoons unsalted butter
1 tablespoon extra-virgin olive oil
1 bay leaf
2 Granny Smith apples, peeled and finely chopped (about 2 1/2 cups)
3 tablespoons light brown sugar
1 teaspoon fresh lemon juice
1/2 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/8 teaspoon ground nutmeg
Pinch of ground cloves
Pinch of salt
4 cups vanilla ice cream, softened

How to Make It

Step 1 Make the cookies
Preheat oven to 375°F. Line 4 large baking sheets. Whisk together flour, baking soda, baking powder, cream of tartar, and salt in a bowl. Combine shortening, butter, and 1 cup sugar in bowl. Beat on high speed until light and fluffy. Reduce speed to low; beat in egg, egg yolk, and vanilla bean paste until incorporated. Gradually add flour mixture, beating just until dough comes together.

Step 2

Whisk together cinnamon and remaining 2 tablespoons granulated sugar in a bowl. Shape dough into 42 (1-inch) balls. Dredge balls in cinnamon mixture, and arrange 3 inches apart on baking sheets. Bake cookies in preheated oven until light golden around edges, 7 to 9 minutes. Transfer cookies on baking sheets to wire racks to cool completely, about 15 minutes.

Step 3 Make the filling

Melt butter with olive oil. Add bay leaf, and cook 15 seconds. Stir in apples, brown sugar, lemon juice, cinnamon, allspice, nutmeg, cloves, and salt. Cook, stirring occasionally, until apples are very soft and begin to caramelize. Scrape apples onto a baking sheet or large plate to cool completely; discard bay leaf.

Step 4

Fold cooled apple mixture into softened ice cream in a large bowl. For each ice cream sandwich, scoop about 1 1/2 tablespoons ice cream mixture onto flat side of half of cookies; cover with remaining cookies. Wrap in plastic wrap, and freeze until ice cream mixture is just firm. Serve immediately



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Recipes from Anna Del Conte's cookbook "Vegetables all'Italiana"

Panzanella



A classic Italian staple that uses up bread that's a little less than fresh, with tomatoes, basil and garlic

Ingredients

For the salad
½ large cucumber
250g/9oz cherry tomatoes
6 spring onions
1 garlic clove
200g/7oz crostini
2 tbsp wine vinegar
5 tbsp extra virgin olive oil
Sea salt and freshly ground black pepper
12 fresh basil leaves, torn into coarse pieces
For the croutons
200g/7oz good-quality compact bread.
3 tbsp olive oil

Method

For the salad
Wash the cucumber and use a potato peeler to shave the skin off in strips so that at the end you have a dark and pale green striped cucumber. Cut into slices and put into a salad bowl.

Wash the tomatoes and cut in half

and add to the bowl
Cut off the green foliage and roots of the spring onions. Wash and cut them in slices. Add to the bowl. Remove the germ from the garlic clove if necessary, chop and add to the bowl. Now mix in the crostini. Pour the vinegar over the salad, stir and then pour in the oil. Season with salt and a good grinding of pepper and mix very thoroughly. Taste and check the seasoning.

Put the salad in the refrigerator for about 30 minutes; the salad is better slightly cold. Scatter the basil leaves over the top before serving.

For the croutons
Heat the oven to 180°C
Fan/200°C/400°F/Gas Mark 6.

Cut the bread into 2–3cm/¾ - 1¼in slices and then each slice into 2–3cm/¾ - 1¼in cubes. Put the oil in a bowl, add the bread and mix around in the oil. Spread them in a single layer on a baking sheet and bake them for 10 minutes, shaking the baking sheet once or twice during the time.



*Hello Everyone,
I would like to thank you all again
for your support of this Section of the
Journal. It certainly has raised ques-
tions for some of you, which I will
happily try to give some direction for
you.*

What is being Psychic?

We all, naturally, possess the ability to be 'Intuitive or Psychic'. It is a way of being and is innate within us. The natural, ability of the Soul, is not limited to those who have studied Meditation or Spiritual Development for years, but to all of us. It is nothing to do with Religion, nor is it about Fortune-Telling, Scrying with a Crystal Ball, or Predicting the future in any way.

The reality is, that we all use these special abilities every day, sometimes without realising it.

Let's think for a moment, Have you ever just thought of someone and then by coincidence, they contact you?

Can you sense the mood of someone before they tell you?

Have you ever had a hunch, that you did not follow, then later, found out that it turned out to be correct?

Have you been talking to someone on the phone and even though they said they were fine; you just knew that something was wrong? Have you known the outcome of a situation or an event before it happened?

Can you walk into a room and tell what the atmosphere is like instantly?

Have you experienced coincidences and synchronicities happening in your life?

How many questions did you answer yes to?

These are some examples of what being an Intuitive or Psychic is. It is about have a sense of an Inner Awareness, that can be quite subtle or be a strong persistence trying to Guide you.

I believe that your Intuition or listening to your Psychic Voice, is the language of your Soul. It is what keeps us connected to God, The Divine Source, Spirit; call it what you will.

We all experience Intuition in different ways. Some feel or sense it in their gut, a Gut Feeling, some hear an Inner-Voice, or some people will see an image or symbols. So, since this is a natural part of us, it would be good to know how it works and how to use it. Make time for activities that contribute to your Spiritual Growth and Psychic Development. It can have a positive impact on your overall well-being and Spiritual growth. For the next month try some of the suggestions below to encourage you to experience more from your daily life, therefore, feeding your Soul and allowing it to grow.

If you feel that you have always wanted to have lunch with some-

one, but never asked them, then do, the meeting could be for a reason.

You might pick up a feeling to call a relative or friend who you have not spoken to for a long time, call them, it could make your day and theirs. This will lift your vibration. Take a drive down a different road from your usual route, it may take you to somewhere beautiful.

Is there a book that you have wanted to read? Ever wondered why? Order it, there may be passages that are of great value to you.

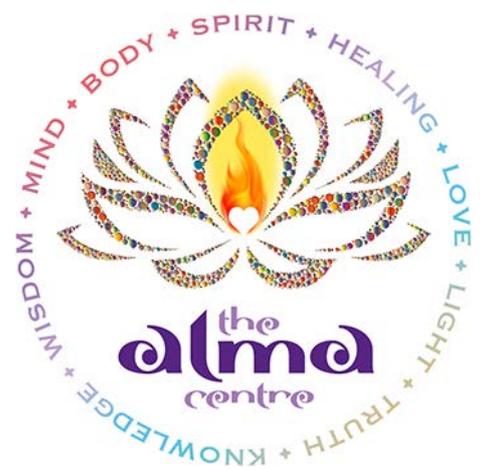
If you are drawn to a certain Class or Workshop, make enquiries about them and attend.

For this month, trust and follow your Intuition. Know that is it true, loves you, is of value and speaks loudly when you listen and follow its lead. Your Soul only has good intentions for you and wants the best outcome for you too.

When you follow these prompts from your Soul, this simple action could lead to other opportunities being available to you in your life, to enhance it and for you to gain the best experience from it. What do you have to lose? A new way of being or a new understanding of the Journey of the Soul, is just around the corner, waiting for you. Next month, we will talk about 'Having a Reading'. What does it entail? What type of Reading is best for Me? What's the difference between a Reading and a Sitting? I will shed some light on this for you, assisting you and the Reader or Medium, to get the best out of a Reading or Sitting.

Until we meet again,

**Namaste,
Corina**



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By becoming adept at knowing we all have this 'Light' within ourselves, we can go on to sharing that Love we received and felt with our own Loved Ones. Those we care about and sending the Love and Light out to further afield. During these troubling times, there were many, who were suffering and a lot of people needed help. To be able to sit quietly, to think about them in this way, gave the Participants a sense of hope. Realising that it is possible to both receive Healing for themselves and to share their Love with others.

My videos included a Guided Meditation which were not spoken by me, however, a Higher Source, came through me, in order to guide them to the easiest of ways to use their newly developing gifts, in a way that became familiar. It was then only a short step, to further that ability and to share it out across the Globe, to all inhabitants. I was guided to teach this in an easy to understand format and uploaded the Sessions onto my YouTube channel, 'Awaken to Healing from the Inside Out'. More people could access the information and try the methods for themselves, to be uplifted and inspired to develop their own gifts of Healing. Furthermore, I was requested to record a set of Information Videos, to explain the Healing Processes, which are available to each and every human being, should we opt to access it, to heal ourselves on all levels.

Firstly, it is important to understand what is meant by this phrase and what are the different levels of Healing?

The Physical Body is self-explanatory and straight forward. We all experience aches and pains, especially as we become older. There are the 'illnesses and diseases' that come along throughout our lives, some are minor and others we struggle with. By sitting for a few quiet moments and thinking about connecting to the Love and Light of the Universe, as described in the explanatory video, 'Introduction To Physical Healing', we send a clear signal to our 'subconscious mind' that we wish to receive Healing Energy.

Meditation can also enhance relaxation within the body to trigger and strengthen our own Healing abilities. Many people are concerned about Meditation and have an image that it must be done, sat cross

legged on the floor for hours at a time! This is a myth! Something that I, now in my sixties, would find incredibly difficult to achieve.

Meditation and Mindfulness, as it is often called now, can be as easy as sitting quietly in a space where you will be undisturbed for as long as you feel comfortable. Even taking five minutes out of a busy day for some 'me' time is a form of Meditation. We all live hectic lives and fill our days full of busy tasks, we forget it is important to take care of ourselves and Meditation is simply about getting back in touch with yourself.

Guided journeys, where the Narrator leads you into a relaxed state, in my opinion, are the best way to start, as in 'Relaxation Guided Journey for Physical Healing', a quiet, easy to listen to Meditation to help to activate your own Healing ability.

The Physical Body is only the first consideration when beginning to contemplate Healing, The Self. I discovered, that once confidence is gained, in bringing relief to niggly ailments, further assistance could be sought to aid the Healing Process for the Emotional and Mental aspects. Healing the Self on all levels, allows a person to delve more deeply within the inner self to discover where personal issues, illness and other circumstances, which affect the daily life, have their roots within the Psyche. Emotional and Mental Healing focuses on the experiences that have occurred throughout one's lifetime, without the necessity to relive tough scenarios. What is meant by Healing our Emotional Pain? The video, 'Healing 2. Introduction to Emotional Healing', explains this in greater detail. Emotional events that have caused hurt, for example, the first time the heart was broken, arguments and memories of harsh words and working through tough circumstances, all impact on our emotions. Add to those, the vast array of life's more difficult circumstances, such as the loss of a baby, the breaking up of a relationship, or the loss of a beloved parent or child through death and you begin to realise what is meant by emotional pain. Often, these events feel as if we have an actual physical pain around the heart. This Emotional Healing Video is followed by another Guided Journey to enable the Listener to gently begin to release the hold these 'emotional woes' create.

'Letting Go, A Guided Journey for Emotional Healing' - As with anything, the tougher the life experience, the more difficult it is to release, and a trained Therapist or Mentor can help to guide you with this Healing Process.

I was puzzled by the term 'Mental Issues'. I had no idea what 'Mental Pain' was. Did this mean I was experiencing some sort of 'Mental Illness'. I began to learn that this was not the case at all. We are so fond of subjecting ourselves to all sorts of thoughts, we play out scenarios in the mind repeatedly, relating to the Past and the Future. We convince ourselves and worry that we should have done better, we could or ought to have done more and, my favourite, if only we had, said this, or done that; the circumstances

would have had a different outcome! I think many of us will understand better from the current Pandemic, that all those carefully laid plans can so easily go awry! We become so overwhelmed by our thoughts, that we forget to notice what is happening around us. We become anxious, worried, guilty and our overactive mind begins to wreak havoc in our daily lives. More on this topic is held in the video, 'Healing 3. Introduction to Mental Healing'. The first and most important step to any Healing is to calm this constant chatter in the 'mind', a task that is easier said than done but is possible. My meditation, 'A Quiet Space Guided Journey, Healing for The Mind', will be beneficial for calming constantly distracting thoughts, which detract from achieving your full potential.

Outlined in this article is just a short introduction as to how 'Healing the Self', is possible. I was Guided to work on myself, to bring in the alleviation of long-term illness, which had plagued my life for thirty years.

These were some of the very first words I received, as thoughts in my mind, to enable me to do this and so much more through my ongoing work.

"The human mind is an extremely complex mechanism. When the head is full of over-flowing trivia, there is no room for Contemplation and Reflection. To Heal your physical ailments, it is time for a de-clutter of the thoughts. Make space to work out what it is, that is important to you. Take note of manic thoughts that occupy your mind. Simplify your earthly tasks and anything unnecessary, for it is time to concentrate on your own well-being now."

If you are interested in listening to any of my Healing Videos, please go to my YouTube channel for Anna Marie Blyth, 'Awaken to Healing from The Inside Out'.

I can also be found on: -
FACEBOOK
(Angelmedium Anna Marie Blyth)

FACEBOOK GROUPS (Sharing our Love, Light & Peace Vibrations) (Awaken to Sharing)

FACEBOOK PAGE (Contribute a Minute, Create a Miracle)

INSTAGRAM (Anna Marie Blyth)

angelmedium12@gmail.com

Anna-Marie (2020)





The Emotional Roller Coaster of Menopause

Declining estrogen levels associated with menopause can cause more than those pesky hot flashes. They can also make a woman feel like she is in a constant state of PMS (premenstrual syndrome). Unfortunately, these emotional changes are a normal part of menopause. Some of the emotional changes experienced by women undergoing perimenopause or menopause can

include:

- Irritability
- Feelings of sadness
- Lack of motivation
- Anxiety
- Aggressiveness
- Difficulty concentrating
- Fatigue
- Mood changes
- Tension

If you are feeling irritable and sad, there is a good chance it could be related to menopause, but the above listed symptoms are not linked only to menopause. There are a number of conditions that can cause you to feel downright irritable. Tell your doctor how you are feeling, so he or she can rule out

other medical or psychiatric conditions.

How Can I Cope With the Emotional Changes of Menopause? Irritability and feelings of sadness are the most common emotional symptoms of menopause. Often, they can be managed through lifestyle changes, such as learning ways to relax and reduce stress. Here are some tips that may make it easier for you to handle your fluctuating emotions:

- Exercise and eat healthy.
 - Find a self-calming skill to practice, such as yoga, meditation, or rhythmic breathing.
 - Avoid tranquilizers and alcohol.
 - Engage in a creative outlet that fosters a sense of achievement.
 - Stay connected with your family and community.
 - Nurture your friendships.
- Although depression is not caused by menopause, some women exhibit the symptoms of depression during this time. If you are feeling increasingly unable to cope, see your doctor. He or she may be able to recommend medicine, such as antidepressants, or therapy that can get you through this rough**

time.

Can Hormone Replacement Therapy Help During Menopause?

While there is growing evidence to suggest that hormone replacement therapy (HRT) can relieve emotional symptoms linked to menopause, HRT alone is not effective in treating more severe depression. Antidepressant drug therapy and/or psychotherapy may be necessary.

I Have a Hard Time Concentrating and I'm Forgetful. Is This a Normal Part of Menopause? Unfortunately, difficulty with concentration and minor memory problems can often be a normal part of perimenopause, the time leading up to menopause (defined as not having a period for a year). The good news is that it is likely to be temporary.

Current medical knowledge is limited as to why memory changes occur with perimenopause, and there are currently no treatments available to relieve these symptoms. If you are having memory problems, discuss this with your doctor. He or she can help manage memory problems or refer you to a provider who can.

Just Ask!

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

I believe every individual has their answers inside of them and I aim to tap into those resources and enable people to find their best way forward. So I hope my personal and professional experience will enable individuals to find their own path in life and be as true to themselves. So.....just ask.

I am 64 and have asthma. We have done everything we were told to throughout the state of alarm. Now my husband is keen to carry on with life as before, but I am still frightened to go out socially as I know the virus is still out there and I am particularly vulnerable due to my age and condition. It is causing great strain on our relationship. A.S.

Firstly well done to you and your husband for complying with the very tough restrictions and of course for coming out of it alive and well. Although the state of alarm is over there are still strong recommendations about life in the 'new normal' including the use of masks, keeping 1.5 meters from others where possible and hand hygiene. You are right to be cautious, but the reality is the virus has not gone and may never go, so staying in cannot be an option in the long term. Even when a vaccine is available, as you know other flu viruses mutate, and so the vaccine has to be adapted every year and is by no means a 100% guarantee of keeping us safe. So with all of this in mind the way forward for you may be small steps. This includes sharing your fears with your husband and discussing some limited social outings with

the safety measures you feel comfortable with. Agree some progressive trips out and the more you do and see others out and about doing the same the more confidence you will gain. This must be mutually agreed and continuously expanding for it to work. You live in a beautiful country with lots to offer, keep that in mind and work towards getting out there and enjoying it again and remember you are much safer in outdoor open spaces than indoors.

I lost my dad, not to Covid-19, just at the end of the lockdown. I missed his funeral and still do not have a definite date to visit the UK, due to the quarantine. The more time goes on the more upset I feel about seeing the family and dealing with all the grief. I have a new partner here in Spain so cannot expect them to return home with me. I don't know what to do. C.S

So sorry to hear about your loss. Firstly the pressure to do anything at all is probably adding to your anxiety about the trip. You are grieving and so vulnerable emotionally at the moment, it is understandable that the prospect of seeing what you are going through with many other family members you love is daunting, to say the least. Take your time, share your thoughts and feelings with those close to you and then you can decide, if and when, to make the trip when you are feeling stronger emotionally and ready to see others. You will get there, just don't feel rushed. Finally remember you are not just going to support others when there, you will receive sup-

port from them too.

The Covid-19 pandemic has had a profound effect on individuals and businesses throughout the world. We have not experienced anything like it and the impact has affected us all in different ways. The Journal will not only be available to respond to individual letters anonymously, but Faye Carole, counsellor, and EFT practitioner will be writing a regular support and advice column specifically around the many ways Covid-19 has impacted and providing ways individuals can cope emotionally and practically back to the new normal, whatever that might be. You are not alone.

Darcy Clarke

justaskthejournal@gmail.com

"Just Ask" is completely confidential





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

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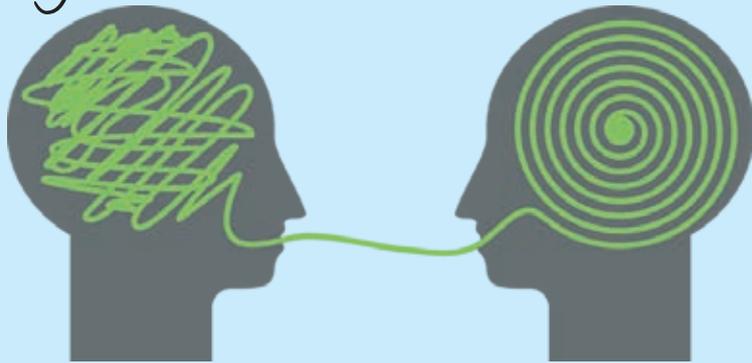
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10 Ways to Deal With Menopause Symptoms

Hot Flush Cooldown

Keep a diary to track what sets off your hot flushes. Caffeine? Alcohol? A hot room? Stress? All are common causes. When a flush starts, take slow, deep breaths, in your nose and out your mouth. For tough cases, talk to your doctor.

Freeze Out Night Sweats



At night, hot flushes can go on for 3 minutes or more, leaving you drenched in sweat and unable to sleep. But there are ways to keep your cool. Trade the heavy flannels for light PJs. Put a bag of frozen peas under your pillow. Flip the pillow through the night and put your face on the cool side. Choose layers of light blankets over one thick quilt. Use a bedside fan to keep air moving.

Boost the Odds of Sleep



Yoga, tai chi, and meditation can help you get shut-eye, research shows. Any exercise can make a difference -- just stop 3 hours before bedtime. Skip a nightcap, since alcohol will wake you up later. Warm milk instead. It has a substance in it that can help you relax. Still up? Get out of bed and read until sleepy. If you still have trouble, talk to your doctor about short-term sleep aids.

Give Your Body Help

Hormone changes leave the vagina thinner and dryer, which can make sex painful. Lucky for you, lots of

products can help. Try non-prescription, water-based vaginal lubricants or vaginal moisturizer. You can also ask your doctor about prescription vaginal creams or rings, or prescription pills for dryness and painful sex. The more sex you're able to have, the better for blood flow, which keeps things healthy down there.

Nurture That Lost Desire



Make more time for sex. Try massage and foreplay, too. Use erotica and new-for-you sex routines as ways to build desire. Hormone changes are a main cause, but other things that zap your sex drive can strike at the same time. Ask your doctor about poor sleep, bladder trouble, or feeling depressed or stressed.

Mood Highs and Oh-So Lows

It's like PMS, only amped up -- crying jags, happy happies, cranky crankies. These are common for women around the time of menopause. And if you had bad PMS, the hormonal changes that happen during this time may cause even bigger mood swings. Yoga and tai chi can help here, too. So try doing fun things with friends or family. Your doctor may suggest a low-dose birth control pill, antidepressants, and alternative treatments for mood changes.

Head Off Headaches



Migraines can get worse at or around the time of menopause, or show up for the first time. Keep a diary to see what seems to trigger them and if they show up along with hot flashes. That way you can take steps to lessen

them. Eating small meals through the day can help if hunger is a headache trigger. Lack of sleep is another one, so nap if your nights are messed up. Treatments vary. Some can prevent migraines. Others may make them less frequent or severe. Talk with your doctor.

When Hair Goes Down the Drain

Hair can thin or shed faster around the time of menopause. At the same time, it may show up where you don't want it -- on your chin and cheeks. To save what you have, switch to coloring products that don't have harsh chemicals. Avoid the sun, which is drying. Got unwanted facial hair? Ask a skin doctor for help to wax, bleach, pluck, or zap it away.

Zits? Now? Really?



You expect to have acne in your teens but not in your 50s. Surprise: It's common around menopause, too. Make sure your moisturizer, sunscreen, cleanser, and other face products are gentle. Look for the words "oil free," "won't clog pores," "non-comedogenic," and "non-acnegenic." Even tough cases can clear with time and a doctor's help.

Blast Through Mental Fog



"Use it or lose it." That simple phrase can help you fight fuzzy thinking and stay focused during menopause. Challenge your brain in new ways. Learn something new, like a hobby or language. Lower your stress level. Women with more hot flashes -- which can be linked to stress -- say they have more memory troubles.



Clare Tam-Im Photography

By Hayley Scott

Change.

It's something that is inevitable in life yet an aspect that we don't always feel equipped to handle. Sometimes it is exciting and we just wait for it to happen! And at other times just plain daunting... But whichever way you look at it, it's the start of something new. So what do we do when change is sprung upon on us and our lives our suddenly turned upside down? Something I'm sure most of us have had some experience with this year!

Change is kind of my thing, we're basically family, and over the years I've found the following steps to be crucial to surviving and thriving when life throws you a curveball.

Allow Yourself To Grieve

The experience of watching something you love, something you built, something you have very likely made huge sacrifices for, just end? It can be borderline traumatic. It feels like a loss and when we suffer a loss in our life, there is a period of time in which we need

to mourn. So give yourself permission to cry, shout, eat Ben & Jerrys in your pj's and binge watch Netflix until you can't remember the last time you took a shower.....

You Must Get Back Up

Which leads to my next point. It's ok to fall down and relinquish yourself to sorrow. I've fallen down a hundred times and I have no doubt I'll fall down a hundred more. But you must get back up again. Every difficult time you have encountered so far you have survived. So it might be hard. You might not feel like it. But if you do this forever you'll never get to work your magic and either create something brand new or rebuild what you've lost. You have so much to offer and this is your opportunity to rise and pursue the life you deserve, even if it means starting all over again.

Shift Your Perspective

Out of every bad situation there will be something that you can focus on as a positive. Otherwise it will have all been for nothing. Let's face it, I don't think many of us saw a killer virus sweeping the globe and knocking us on our butts. But now that it has, maybe we have a little time to reflect on

what we want to do differently in our lives? Maybe we appreciate the lives we do have a little more, or maybe it gives us the space to breathe and reflect on what matters to us most.

Practice Gratitude

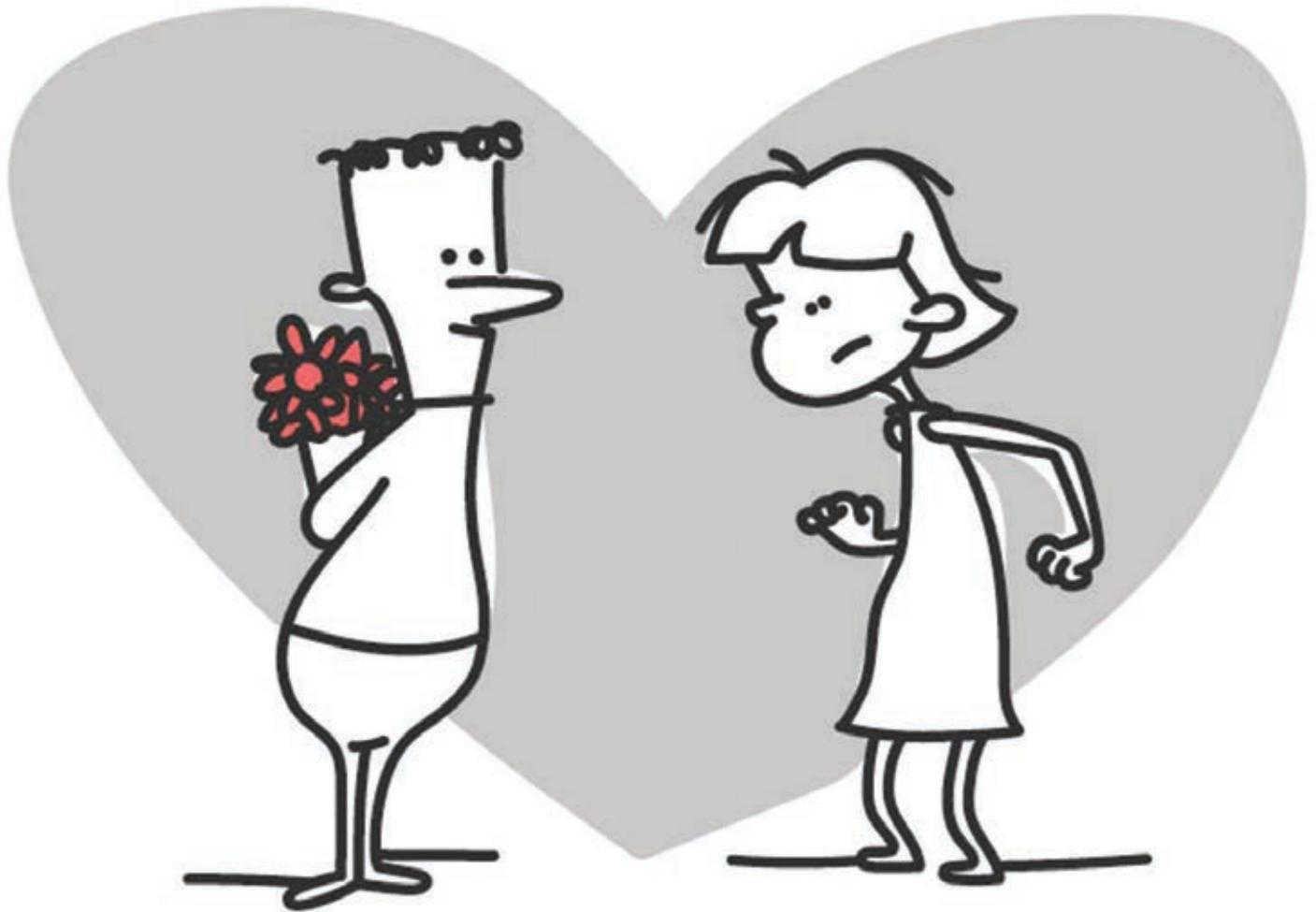
Even when it feels like you've lost everything, I can guarantee that you will still have something to be grateful for. You're still here, aren't you?! Whether you're grateful for having a supportive partner, food in the cupboard or the fact that Disney+ plus launched in time for lockdown. It doesn't matter how small or big. Just take a few moments at the beginning and end of everyday to reflect on the things that you DO have. By shifting your focus from the things you're missing to the things you actually have, will create a happier state of mind. And you're going to need that for the journey ahead!

Comparison Will Make You Miserable

Everyone grows at a different pace. Everyone has different circumstances and different access to any number of resources including time, money, childcare and health. For the love of all things beautiful and shiny, do not compare yourself to other people!! Not even for a second! And remember that behind every oh so perfectly colourful and glossy instagram grid is another human being just doing their best. You don't know their struggles or what they have had to endure to get to where they are. So focus on your own journey and everything else will follow.

These 5 things have gotten me through some of the hardest times in my life, and I hope they can provide you with some comfort or inspiration when facing your own challenges.

Hayley x



Guys' Guide to Menopause

Learn what goes on during a woman's menopause - and how to help your partner.

Menopause isn't just a rough time for women - it's also hard for the men who love them. If your spouse or partner is in the throes of "the change," unpleasant symptoms like hot flashes and mood swings will probably affect you and your relationship.

In a recent survey, 38% of men said their wife's night sweats and insomnia related to menopause affected intimacy, and they cited their partner's lack of sleep or poor sleep as the main reason.

You may not be able to prevent hot flashes, but you can help the woman in your life get through this trying time - and preserve and strengthen your relationship.

Know what to expect.

The average age of menopause

is 51, but many women start to get symptoms in their early 40s. They can begin as early as 7 years before a woman's final period and last 5 years or more afterward - that's some 12 years of disruptive symptoms, like hot flashes, night sweats, and insomnia.

What causes them?

Changes in hormone levels [like estrogen and progesterone] during menopause can affect the body's ability to regulate its core temperature. Some women may also have vaginal bleeding at unexpected times, vaginal dryness, and pain during sex.

Be empathetic.

Along with the biological changes, the emotions surrounding menopause can be difficult. For example, even if no one wants more children, menopause can still represent a certain loss of youth and potential that may strike your wife as sad. Try to imagine yourself reaching some biologic milestone

that changes your body - and how you might feel about it. By standing in her shoes, you'll be better able to be supportive about the changes.

Talk about it.

Many men are uncomfortable discussing menopause, but try to talk about ways you can help relieve her symptoms as a team. Ask how you can ease her stress. Also, encourage better sleep habits, or start an exercise regimen together. Some women may need encouragement to see a doctor to look into various hormonal and non-hormonal treatments.

Keep up the romance.

A woman still wants to feel desired and appreciated during this time. Don't avoid intimacy; embrace it, as long as your partner feels comfortable. A romantic dinner or holding hands on a walk can make a big difference in her view of both herself and the two of you as a couple.

Stop hating yourself for everything you aren't Start loving yourself for everything that you are.

It's Time to Stop Hating Yourself and Accept All Your Flaws and Imperfections

Sometimes we're too hard on ourselves and find it difficult to accept the mistakes we make and move on. It seems that we have no problem forgiving others but when it comes to forgiving ourselves it's too much for us to handle.

Why is it that we can't seem to accept our flaws and imperfections? Why do we ask so much from ourselves? Why do we focus on the failures instead of our successes? We do so much good, we help our friends whenever we can and we try so hard to achieve all our goals and at the end of the day, all we can remember is that we've failed at something.

I believe that a big part of this, the main reason why we hate ourselves, is that we compare ourselves and our lives to others. For some people, comparing themselves to those around them is a motivation to work harder and be better, but for others, it just adds to their sense of insecurity, inferiority, and resentment. It just leads to us hating ourselves even more and believing we've failed in life.

The more we compare ourselves to others, the more sensitive and even a tad bit paranoid we feel. We may be the most successful person in our family, we may have achieved so

much, we may be well off and we may have traveled half the globe, but there will always be someone who's done more, made more money, been to more places. This shouldn't make us feel bad about ourselves because it's something we cannot control. We need to find a way to be satisfied with what we have, we need to stop hating our life and enjoy it a little bit more. If there's something about ourselves or our life that we don't like, we should find a way to change it and not let it be a reason for us to hate ourselves even more.

I believe that it's about time we stopped hating ourselves and accept who we are, with all our flaws and imperfections. If you haven't got the clue where to start, here are a few tips that will set you on the right track.

Let Yourself Be A Priority

If something isn't a priority for us we usually don't pay much attention to it. This includes ourselves as well. The first step we need to take if we want to stop hating ourselves is to tell ourselves that we're worthy of respect, love, and attention. We must tell ourselves that we deserve good things to start happening to us and make our own needs a priority.

You may think that putting our needs first seems selfish and wrong but this will allow us to do more for the people we love. Next time someone asks you to do something

for them, stop and don't give them an immediate answer. Instead, tell them you'll check your schedule and get back to them in a couple of hours. It's a simple trick that will prevent you from giving the automatic yes on the spot and give you time to see if you have the time and energy for that favor.

Let Yourself Be Curious

Don't accept who you are just like that because there are probably so many things about yourself that you don't even know. Be curious about everything, including who you are and learn more about your character, about what you like and dislike. We're not the same people we were two or three years ago, we constantly grow and evolve and maybe we don't even know who or what we've become. Let yourself get to know the new you, you never know what you will learn. Maybe you'll fall in love with this new version of yourself.

Try To Be Kinder To Yourself

Sometimes I think that we hold ourselves to impossible standards and we often feel guilty for things we shouldn't feel guilty and we blame ourselves for things that aren't our fault. We need to start cutting ourselves some slack and be more forgiving just like we are to others. We need to be kinder to ourselves, more compassionate and more accepting. A lack of self-compassion can lead to anxiety and depression and it can result in feelings of self-hatred.

Be More Optimistic

Life is so much better when you're more optimistic, haven't you noticed it? Being optimistic is good for your overall health and a more positive attitude will help you grow and evolve faster. If you adopt an optimistic attitude in life, you'll find it harder to hate yourself and you'll become more forgiving of your mistakes. It will help you eradicate the negative thoughts and move forward to a place of acceptance and self-respect.



The PSYCHIC TAROT

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

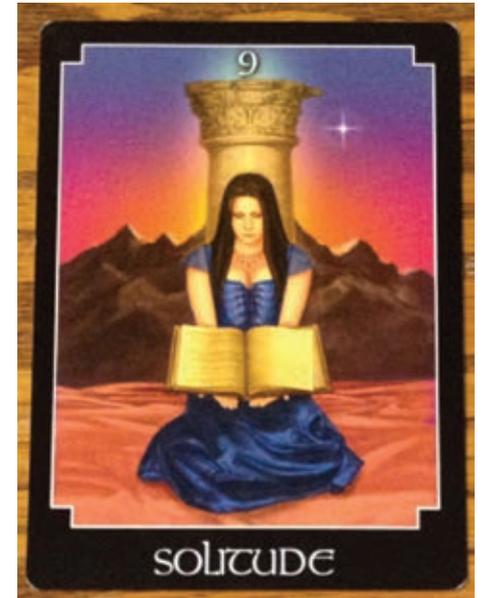
I find this card deck fascinating and uplifting and it helps guide me, and it can help guide you whether you are a novice or are already in tune with your psychic abilities.

After a good shuffle of the deck, I spread the cards and allow my left hand to hover over and allow

energy to flow and guide me to the card I am attracted towards the most.

This time, on turning the card over, it revealed the Solitude card. It is a Major Arcana card. The number 9 Solitude card.... Stop!!! Your soul is calling out and needs to be honoured and heard. The answers you seek aren't necessarily found in the outer world. The time has come for you to step back and withdraw from outside communication. The Solitude Card is a reminder of how important it is to pause, still the mind, meditate and reflect, reevaluate, and discover wisdom and answers within the very soul of your being. When you become more aware of your soul and heart, you strengthen the link to the Divine Source, and you are able to once again remember your true perfection. Meet your soul halfway and schedule some alone time to commune with your soul and also to give the power of spirit the opportunity to reinvigorate you with the life force and vitality. Conserve your energy and deal

with one thing at a time as you follow the prompts from within. When it comes to moments of quiet, inner solitude, it really isn't about quantity, it is the quality that counts. The soul constantly draws to itself what it needs in order to learn and grow. For example, during this period, someone may step into your life and by sharing his or her own experiences, you may receive helpful insight and wisdom into your own.



Horoscopes

Horoscope for Journal September 2020

Just a note to remind you all that these horoscopes are for the beginning of September when the journal is released which is in the middle of the sign changes so some of you will have already felt what is written for your sign whilst others will not eg. Virgos born before or after 1st Sep.

I am going to mention the Full Moon and New Moon as I haven't spoken about her before ... The next Full Moon is Moon at 7am on the 2nd. In Pisces/Virgo.

So ... The full Moon is a time when the feelings & subconscious are at odds with the conscious & thinking mind therefore there is a need to bring things back into balance stopping the internal struggle as well as trying to ease tension with the opposite sex. The following two weeks you could do well to aim at completion of things. If it is too big to complete maybe break it down and tackle a chunk at a time so that you feel that you have done as much as you can to feel fulfilled.

This makes a clean sweep for the New Moon as she arrives in two weeks' time ... This is when if not adversely affected elsewhere in your chart you should feel an energy boost to start new projects or embark on new goals. This Moon phase brings emotions and physical energy together making you more balanced and in touch with the needs of others so working in groups and with the opposite sex should be good.

Well after that brief info slot ... onto September for you all ... starting with this month's sign of ...



Virgo ... There could be sudden upsets or issues that cause you to feel restricted this month and on a personal level you will feel that you need to "break out". You will

need to find a release for this energy, or you may get a little accident prone and impatient with others. Maybe you could do something free, wild, and spontaneous to get away from the daily grind and if there is something specific bothering you try to resolve it by making changes in your life. It is never a wrong time for "New Beginnings" so chin up and go let the World know who you are whilst the Sun is in the sign of your birth!



Libra ... You could well have some confrontational times with those who you are connected to be they business associates or close friends even contractual connections. This is a time for you to

keep your ego in check, take yourself into a quiet place and be with yourself and discover, if not already aware of what is causing the anger and/or frustrations with others. Finding a way to deal with the feelings so that you release them without causing too much upset or self-harm is the way to go.

You may find that when you realise what the problems are, they become unimportant.



Scorpio ... Time to "take stock" count your achievements thus far and go forward, socialising and blending with groups of people who will gravitate towards you this month. Any positive inner

power you feel now will serve you well. Strive to find out "who you are" within such groups and let them know without being domineering ... remembering they are generally a reflection of you. Ask yourself now what you want in life and ... go for it!



Sagittarius ... There may be those that call into question your actions this month and challenge you ... this could cause anger in you but remember they are not necessarily working against you and their

intentions may be harmless ... it is how you see it. You may also be rushing in true Saggi fashion onto the next part of your current project when you really know that this stage is not yet complete. So, breathe and take time to "dot the I's and cross the t's". Also, the energy is naturally there for you this month but there may be an inclination for you to jump into the limelight and take over with a new project but ... remember that more power equals more responsibility. Don't over stretch yourself when you don't need to.



Capricorn ... With 3 big heavies sitting in your Sun sign at the moment I am afraid there is not any real let up until next year ... however, you can use this month to absorb as much new information as possible to really stretch your knowledge. New people who are quite different to you, taking on new studies or travel ... make every experience count. Time to break out of the "norm" examining the past to see where you can "trim the sails" ... no regrets just use the information you find. Energy levels should be good this month and you may get interested in a point of law or metaphysical, psychic, or spiritual topics.

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Aquarius ... Your feelings, emotions, and general psychological health with come to the fore this month, which will be beneficial as that normally doesn't happen

due to you being caught up in everyday life. There may be a chance meeting with someone who has a strong personality and who challenges your values and causes you to do some soul searching. This may force a big shift and force one area of your life to metaphorically die making way for a whole new direction. The finances of a partner or those shared may cause some concern but nothing too serious just needs some focus. You may also be worried about securing a loan or managing one.



Pisces ... This is a challenging time for you and a time to examine yourself and the relationships you have whether in business or on a personal level. Is there balance within these relationships

and how do you work within them? how do you affect others and they you? Also look at plans that have worked in your favour and those that have failed not beating yourself up for those failings but using them to launch yourself forward onto projects new. It is also a time to take council and let someone else give their independent professional view whether in business or on a personal level be it legal,

psychological, medical or any expert whose advice and support you may need.



Aries ... Although you have probably felt energetically very up and down for a while as the big heavy planets have been causing challenges and will still do so until the end of the year ... this

month is a time to sort out how you can be most productive, in an effective and efficient way. Your ego will be tested as you may find that you are working to others standards and if you can keep it in check it will still bring a sense of satisfaction as you get the job done well! Health will also be highlighted this month and you will be particularly concerned with your own health and hygiene which is no bad thing as long as you don't become obsessed.



Taurus ... This month for you it's do what you want, when you want and how you want ... just enjoy! It may be tough to get jobs done but if you can ... clear the decks and go have fun. If there are

children about you will be more involved with them so maybe kill two birds with one stone and take them with you. This may spill over into relationship which is a good thing as it will give them a breath of fresh air. Please also be aware that you can do all this and enjoy being yourself but also take time to understand yourself and recognise your needs on all levels.



Gemini ... Time for you to concentrate on family, parents, the home, and all that's intimate in your life. You may find you need to take it all a step further and do some meditation or quiet time

just connecting on a deeper level to who you are. It's also time clear the cobwebs of past hurts, events and situations that have left their mark and still rise up to upset your energy today ... maybe even get some help from a counsellor or therapist or even an astrologer to work through or around these issues to get some positivity and use the lessons rather than letting them hold you back.



Cancer ... You too have been battling the heavy planets that are causing challenges with confrontational relationships over the recent months. Now you can look at your surroundings

and those familiar casual relationships with siblings, neighbours, and those in your immediate vicinity. Communication is important this month but make sure you listen as well as putting it out there. Any restlessness you have been feeling can be eased by getting out and about to give yourself a sense of freedom and movement you need. You don't have to do something major, but you can integrate travel in your day to day life by taking short trips. Whatever you do try to make yourself and your views clear so that others know where they stand.



Leo ... Money and possessions mmm ... do they serve you or do you serve them?? This is where your focus is this month. Try to be relaxed about these and share you free thinking with others ...

for example you may want to throw a party or some kind of gathering to express yourself and as long as you don't get too carried away and become unpleasant to your friends it can show a source of good times ahead and be encouraging. On a material level obtaining possessions can give you control over your life and psychologically it can maintain your value system. As long as in doing that you don't put the values of others down it will be good.

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Cartagena 968 529 594

Cartagena Port Control Room
968 325 801

Emergency Number 112

FAST Camposol Only 968 970 626

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

Fire Mazarrón 968 590 200

Guardia Civil Mazarrón 968 590 005

Puerto De Mazarrón 968 594 103

Hospitals

Santa Lucia Cartagena 968128600

Maria Roselle 968 325 000

Medical Centre's Mazarrón
968590411

Puerto De Mazarrón
968595342/968154202

Camposol 968 131 695/968 228 250

Pharmacy Camposol 868 102 623

ITV

Cartagena 968 528 319

Lorca 968 460 761

Police

Mazarrón 968 591 496

Puerto de Mazarrón 968 418 181

Last months Sudokus solutions

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

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

Useful Numbers

Post Office

Camposol 968 199 427

Mazarrón 968 590 140

Puerto De Mazarrón 968 594 860

Red Cross

968 590 140

Samaritans Spain

902 883 535

This is NOT a Premium Rate Number

Social security

Totana 968 420 075/968 420 049

Social Security

Totana 968 420 075 or 968 420 049

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

Town Hall

Mazarrón 968 590 012

Utilities

Aqualia Emergency

902 136 013/902 236 023

Premium rate 985 794 121

Aqualia Mazarrón 968 592 266

Iberdrola Puerto De Mazarrón

968 332 016

Iberdrola Special number English speaking 900 322 044

Iberswitch 966 265 089



AGE T: 634 344 589
Concern
COSTA CALIDA



Andrea's Animal Rescue
& The Henrietta Foundation
Tel 690 906 565
www.andreasanimalrescue.com
Charity no. 9.98014*



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



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



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



LIONS
INTERNATIONAL
T: 696 827 525



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



Making A Difference
Contact Kevin Mobile
00 34 603 389 006



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



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

Local Community

Groups

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

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

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

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

 Camposol D Community and gardening group.
President. Patricia Ridler
Secretary. Derek Gormley
Treasurer. Ann Gardner
Social Secretary. Laurie Lewis

Membership Secretary. Lorraine Bramwell

Telephone: 604 206 018
Email: dsectorphone@gmail.com

Facebook: [camposol D community](https://www.facebook.com/camposolDcommunity)

Donations.

We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9 a.m and 11 am 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 dsectorphone@gmail.com as the recipient.

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

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

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

www.spanishproperty.co.uk



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Camposol Sector B Commercial Centre 30875