

THE Journal

September 2021



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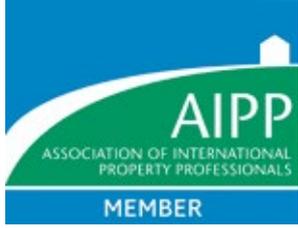
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THE Journal

September 2021



Dear Readers,

This summer has been wildly different to last summer. Bringing an influx of visitors, extended freedom of travel and socialising in our new way of life. One thing that has not changed is my inability to deal with the heat with even the smallest scrap of dignity or grace. I for one will be pleased to feel the evenings getting a little cooler.

In September's edition of The Journal, we catch up with local businesses, organisations and charities within our

area. We also find out what is planned over the next couple of months.

"Light Up For Mito" is a Global awareness Initiative where participating countries come together annually to light up monuments around the world in support of Mitochondrial disease. I would like to invite you to send in any photos you have of buildings or gardens which have been "lit up" The first 5 entries will receive a bottle of bubbles.

This month also sees the World Coffee Morning in support of Macmillan Nurses. Mabs, as well as some of our local establishments will be having a coffee morning to raise funds for this fantastic cause. Please find details on page 30.

We live in a beautiful world and at The Journal we are continually striving to move forward. We take our contribution to the environment very seriously. The Magazine itself is ecologically responsible with the use of paper and ink. We also encourage you to join the many who subscribe online so that you receive your copy every month via email. Please go to

The-journal.es

With the thoughts of our beautiful environment and lots of cake I will leave you to read and enjoy.....

Summer heat behind us, visitors, events starting

Updates from organisations - Mito - Coffee morning

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Note to all advertisers, and contributors:

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

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ADG Managements Camposol

Peace of mind for less than €1 per day.



There has never been a more appropriate time to review your security options. All over the world we hear more and more about this subject and Camposol is no exception. Since the inception of the urbanisation there have been various security companies that have been and gone, but now there is a real alternative!

Security is paramount; no matter where you live but urbanisations that have a high percentage of holiday homes and vacant properties need a solution that is just that little bit different!

This is the reason that ADG are bringing you private security services



with a nightly surveillance patrol, 365 days a year. The patrol consists of two qualified guards, who can act and detain until the authorities arrive. With regard to the issue of weapons, ADG Managements are just waiting for the Murcian government to approve this but in the interim period they can act on any problem and stop thieves.

ADG Managements employ trained

and qualified guards from the security company Salzillo. They are part of a nationwide team who currently offer security solutions to: hospitals, health centres with emergency services psychiatric and mental health centres, museums and art centres, music festivals, sports shows, jewelers and even The Marivent Palace in Almeria.

salzilloseguridad.com

The price is € 29.99 per month per home, no hidden extras that is the price.

When you consider that this is less than €1 per day, it is a small price to pay for peace of mind and equates to less than the price of a cup of coffee.

ADG have committed to starting on Camposol and will add to the team with more guards and cars as customer take up increases. For every 500 subscribers we get one more patrol.

The monthly fee of just €29.99 also includes translation services at their offices which are located within the business center on Camposol sector A, next to the pharmacy.

So, for customers subscribing to these services every call you have to make, any letter or phone call you need translated is included. Also included in the price ADG will go with the owner to do the denuncia.

ADG also offer the management of any service you need, be it a plumber, bricklayer, electrician, gardener and many more.

Unlawful occupancy, i.e., squatters can also be dealt with by the security team. Holiday homes will be required to specify a key holder but are also covered. ADG Managements will work closely with the Police in these matters.

ADG are fully aware of the history of security services on Camposol and are endeavouring to deal with a whole host of issues.

One of the biggest concerns is that one neighbour may pay for security whilst the rest sit back and think they are covered! ADG would like to clarify that the objective here is to have maximum coverage, as soon as possible for everyone.

The intention is to put one car per sector, which should help to eradicate the number of robberies, but for this ADG need the largest possible number of subscribers.

If we all pull together, we can end crime in Camposol!

ADG Managements not only offer professional armed security patrols and services but also combine all your current security options for you. For example, your current security alarm



company, insurance company and the Police. They will also supply a contract stipulating the service and cost including refund policy.

ADG Managements are waiting to answer any questions you may have so feel free to contact them or pop in to see Charlotte at their office. The office hours are Tuesdays, Wednesdays and Thursdays from 10 a.m. to 1 p.m.

The Business Centre C/Madrid,19. 30875 Camposol (Murcia)

Your first point of contact is Charlotte who has lived locally for 15 years and brings with her a wealth of knowledge and understanding of your security needs. Charlotte is also fluent in Spanish and very approachable.

You can contact Charlotte on

 (0034) 641 11 63 15

 ADG Managements

 ADG Managements

email: adgmanagements@gmail.com

Let's do this as a community. Joining the list is free, you will not start paying until the service begins! Stop by the office and let's see if we can make Camposol a safer place.

First 10 to sign up mentioning the journal will receive a 10% discount

ADG

MANAGEMENTS



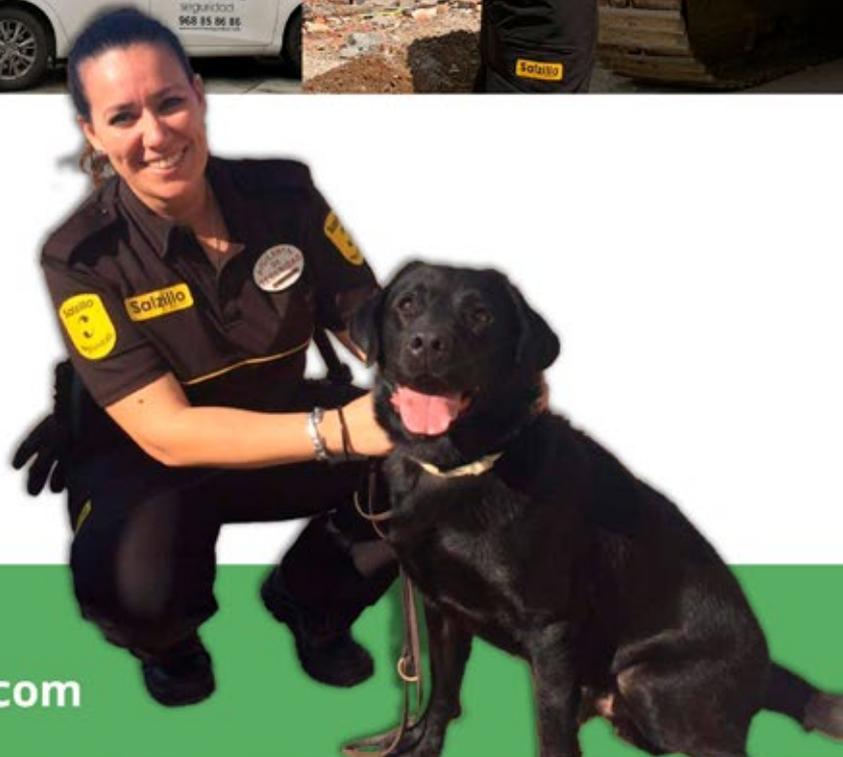
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CARTAGENA FIESTA ROMANS & CARTHAGINIANS

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.

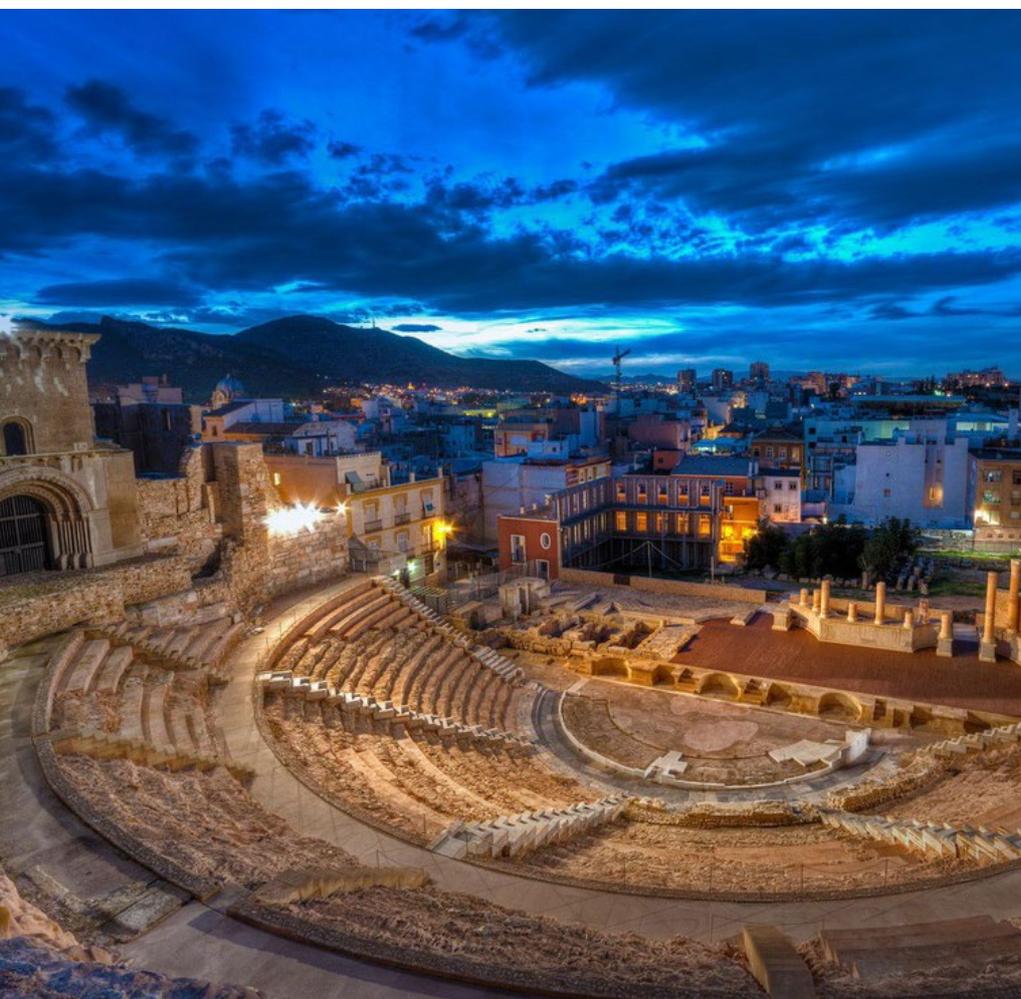
Each day during the fiesta various parts of this story are re-enacted, so you'll need to visit every day to get the whole story or return every year on a different day!! The acts for the fiesta take place in two main locations; one at the port and the other at the football ground. The 'Festival Camp' 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 artisan 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.





OAS- Santuario Animalista Otteando el Horizonte. (Otto Animal Sanctuary).

Find us on the back service road near Camposol sector A

Contacts Juan and Yolanda.

Telephone number/WhatsApp 653 958 705

Registered Charity Number G02839298

Facebook Page: Santuario Animalista Otteando el Horizonte

YouTube: Otteando el horizonte Santuario Animalista



The Sanctuary

We are a local legal animal charity based near sector A on Camposol. We have horses, donkeys, dogs, cats, rabbits, tortoises and pigs with more and more animals arriving all the time. Please view our Facebook page for regular updates.

Current projects

We are continuing to raise money for a new storage facility and already have €482.00 towards the cost. The true cost, however is in the region of €1,000.00 so there is more fund raising to do to get this completed.

We also have to build some decent winter housing before the weather changes for Peggy the Pig, Mini-Peggy and Darwin! We have had some provisional offers of help with both labour and materials for these so will keep you posted.

New project – Chicken Coop

There are so many projects yet to start that it is impossible to list them all at the moment. Following another rescue of chickens, we desperately needed additional chicken coops, and quickly! We put out an appeal on Facebook and within minutes, offers of help started to arrive. One man, a new supporter by the name of Mark Hickman found some ready-made chicken coops on Amazon and sent us a link. They looked wonderful and we said so. What we did not expect was for this man to actually purchase them all for us at a cost of €719.97 at his own expense! He has also paid for one of 3 sun shades! Mark, we simply cannot thank

you enough, your generosity is overwhelming. Mark told us that his love for animals was instilled in him early, as a child. He recalls from his childhood how they always had rabbits running around the garden and there was a chicken coop. He says he is happy to help and he hopes his contribution brings a smile to the faces of visitors and supporters.

Veterinary Supplies

The Clinica Veterinaria (Paco) on sector A has a list of the items we need, but currently we need “Seresto” flea and tick collars for some of the larger dogs. Please take any items to our new collection point, which is on the terrace outside Luz Del Sol Estate Agents on Sector A Camposol. Enormous thanks to them.

Animal Feed

If you are passing a shop called “Piensos Fuentes”, in Mazarrón Town (next to Navarro Stationery) and would like to donate some food items then please do so. They also have a list of items we need for horses, pigs, and corn for the chickens.

Fund Raising

Our next fund-raising event is to be on the 5th September at “Rendezvous” on Camposol sector A. This was originally arranged for Sunday 15th August but had to be postponed. We have some lovely raffle prizes so we hope to see a full house on the night. The quiz will be held outside and starts at 5pm. The entry is €5 which includes a meal of either a burger or veggie burger and fries, jacket potato with cheese or beans or roast beef or pork bap and fries. Please contact Rendezvous on 634 08 87 85 to reserve your table, see you there! Other supporters are also arranging other events including selling of some donated items of furniture, and a couple of running raffles in some local bars. Please keep any eye on our Facebook page for updates.

Sponsoring and Teaming

We have been asked several times lately, what is the difference between “sponsoring” and “teaming”. The major difference is that teaming is where you can pledge to pay from €1 per month automatically. It comes in the form of a direct debit payment and can be amended or cancelled at any time. Just think, if we were to one day reach say 1000 “teamers”, the food bill would be sorted!

Sponsoring an animal however is entirely different. Sponsoring, first and foremost is about selecting an animal you would like to help and even have some “hands on” involvement with. For example, several ladies are sponsoring the horses and donkeys by paying €20.00 per month. Each animal can have multiple sponsors as €20 per month will not cover the cost of food for more than a week. These sponsors are able to enjoy regular visits to meet their chosen animals, groom them and generally develop relationships with them. Other sponsors choose to send payments but not visit regularly, the choice is yours. There are small animals i.e., chickens, rabbits, tortoises, cats etc that can be sponsored from as little as €3 per month. Please contact Yolanda for more information.

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

PAYPAL otteandoelhorizonte@gmail.com

BIZUM 630734040

Bank account Openbank (Santander Bank):

IBAN: ES16 0073 0100 5605 0611 6294

SWIFT/BIC: OPENESMM

SUPPORT US FOR ONLY € 1 PER MONTH: <https://www.teaming.net/santuarianimalistaotteandoelhori...>

We are now up to 108 teamers which is fantastic. Let us try to get our first goal of 120 before Christmas. There is a “wish list” we have put together to make it easier for supporters to help us, please see the link below.

https://www.amazon.es/hz/wishlist/ls/1EWMGGQ71FF8P?ref_=wl_share

Thank you!

FMA

Happy summer holidays from everybody at FMA. We hope you are enjoying the warm weather and the hustle and bustle that takes place this time of year.

As usual FMA has been kept busy with the regular arrival of many abandoned and unwanted dogs and sometimes cats looking for our help and care.

In this article we are going to look at the role of the foster parent and how important they are in



bridging that gap between abandonment and finding a new home.

When you foster a dog you agree to take that homeless dog into your home and give him or her the love, care and attention that they are so missing in their lives This could be for a short period of time, maybe as little as an afternoon in the cases of emergencies, or it could be for weeks or months but this would obviously be negotiated with the fosterer beforehand. Fostering is so important, especially for those dogs that have not lived in a home environment before. Allowing these dogs to live in a family setting enables them to be socialised and trained and it provides a stepping stone towards their new home.

Fostering a dog is one of the most rewarding experiences you can have and by taking an ani-

mal in need temporarily into your home you're freeing up a spot so that we are able to take in other dogs that are often waiting in the wings to be saved.

A lot of people tell us that they don't foster dogs because

aren't ready to adopt a dog just yet. All applications to foster are subject to a home check and guidelines to help you with the fostering procedure will also be provided.

FMA are always on hand to answer any questions you may have or if any problems should arise. In fact we will support you every step of the way by providing if necessary bedding and any other practical things you may need. We also cover the cost of any veterinary treatment whilst the dog is in your care.

We are so lucky at FMA to have such wonderful fosterers volunteering for our charity and we really could not operate without them. Would you like to join our team? If you would like more

information on how you can become a fosterer please contact us via the information provided below.

Thank you as ever to everyone who supports us in all the other ways too; you're all stars.

Please contact the team at FMA for more information.

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

<https://www.facebook.com/Friends-of-Mazarrón-Animals-504985486541402/>

Join our teaming group. Donate just 1€ per month.

<https://www.teaming.net/friendsofmazarronanimals>

Donations can also be made using

PAYPAL fma.murcia@gmail.com
Bank Account ES39 3058 0206 9227 2050 7854 (BIC CCRIES2AXXX)



'I could never give them back'. We understand that this can be very difficult but when you see the numerous updates we receive showing the dog thriving in its new home the tears and upset are all worth it. Remember being a foster carer gives you all the joy of adopting a rescue dog without the long-term commitment and it's perfect for dog lovers who



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These 17 Paint Colors Will Make Any Small Space Feel Bigger

If you're lacking space, you need to pull out every trick in the book to make your room appear larger. The best way to start is with your wall color. While white is the obvious choice, it isn't the only option. From bold and dark to light and bright, these are the best colors for a small space.

1. Soft Blonde



A soft blonde or golden color will add warmth to any small space. Pair it with natural decor and a stunning patterned rug for the ultimate comfy area.

2. Purple



Wild, loud colors, like purple, might actually be better in small spaces. Could you imagine how in-your-face this shade would be all over a giant living room? By limiting it to an entryway, you still get a pop of color without overwhelming your house.

3. Gunmetal Gray



The smaller the space, the darker you can go. This gray is modern and sophisticated yet still cozy and chic.

4. Dark Teal

Shadow can be your friend, especially in a small space. Painting a room a dark color camouflages the fact that it's small. A deep blue like this creates



the perception of depth.

5. Beige



Neutral never goes out of style. This is for everyone who doesn't want basic white but isn't ready to incorporate bold color into their space.

6. Mint Green



This misty teal feels beachy, but it's also classic. Creamy neutral décor, like this mirror, table, and chair, pops against it. That contrast is the key to making a tiny space feel dynamic.

7. Coffee



Play up the cozy factor of a tiny room with a rich, deep brown. This shade, with its hint of gray, creates intimacy in the small sitting space.

8. Pearl Gray



Gray can be dull, so choose one that has some luminosity to it. The color fluctuates with the shadows and time of day, so it's always intriguing.

9. Super White



White reflects the light and makes the walls recede, which helps make a small space seem larger. While whites can have undertones of blue, pink, or even green, this is just white in its purest form without any color. It's not stark or cold, just light and airy.

10. Soft Yellow



This shade of yellow is perfect for your kiddos, because it's colorful and fun but doesn't look too juvenile.

11. Peacock



A small room doesn't mean you should limit your palette. Choose a bold shade that's simultaneously vibrant and relaxing, like this peacock blue.

12. Blush



A super soft shade of pink adds warmth to a small room without overpowering it. Pair it with grays and blacks to make sure it doesn't feel too frilly.

13. Sage



Choose a light mossy green with a hint of gray in it for a space with large windows. In the summer, it'll blend with the foliage. When it's too cold to deal in the winter, it'll remind you that spring is on the way.

14. Tan

Cover your walls in a gorgeous shade of tan, and you'll feel so cozy that you'll never want to leave the room. It'll make any small space feel like a quaint getaway.



15. Off-White



You want to maximize the light in your small living room—especially if you have lots of windows—so opt for an off-white wall color. It'll add a hint of warmth but still keep things feeling airy.

16. Sky Blue

Nothing soothes in a bedroom like a dreamy sky blue. This soft shade of

blue helps your space feel a bit more expansive.



17. Antique White



White is a small space go-to, since it opens everything up and keeps it feeling bright, but pure white might feel too stark for your style. Stick with a warmer shade to help your room feel more inviting.

3 simple steps to a better bed

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Vicente Munitiz



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

Camposol Health Clinic incorporates the following working areas in surgery:

- Esophageal and gastric surgery.
- Obesity surgery.
- Gallstones.
- Hernias.
- Proctology.
- Breast diseases.

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

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

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

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

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

Dra. Maria Eugenia Felices Quesada

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

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

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



Specialized in aesthetic medicine and facial rejuvenation, it complements aesthetic treatments with surgical ones, combining blepharoplasties without surgery with CO2 and IPL laser with surgical upper and lower blepharoplasties, establishing personalized treatment plans with mesotherapy, peellings, fillers, botox and threads and cosmetics facial.

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

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

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

Dr. Francisco Pedreño Guerao.

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

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



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

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

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

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

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

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

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

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

Camposol HEALTH CLINIC



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

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

2 Physiotherapists
Dr. Jose Andrés Sánchez
Dr. Juan Antonio Conesa



3 Surgeon Doctors
Dr. Antonio Murcia
Traumatologist Surgeon

Dr. Francisco Pedreño
Aesthetics Surgeon

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

Dr. Carlos Munitiz
General Surgeon

1 Psychologist
Dr. Fernando Lazaro

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OUR
TEAM**

camposolhealth.com/team



**SCAN
THE
CODE**

3 Nurses
Dra. María Sánchez
Chief Nurse.
Dra. Laura Conesa
Dra. Noelia Carrion



4 General Practitioners
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Dra. Prisca Hernandez GP

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You will have to write us a detailed description of the property and take staged well lit pictures of all rooms of the property, the outside, and if possible the surroundings too, all of these can be sent to us via email, given in person on a flash drive or using online services such as Dropbox or Drive. We will do the rest!

If you ever need to update your property information such as the price, change or add images, change with a better description, we only charge a small 10€ + IVA fee to do so.

We strongly advise you to get a keyholder in place if you are not living anywhere near the property so that if anybody wants to view the property, your keyholder can help out and show the property to anybody interested in seeing it.

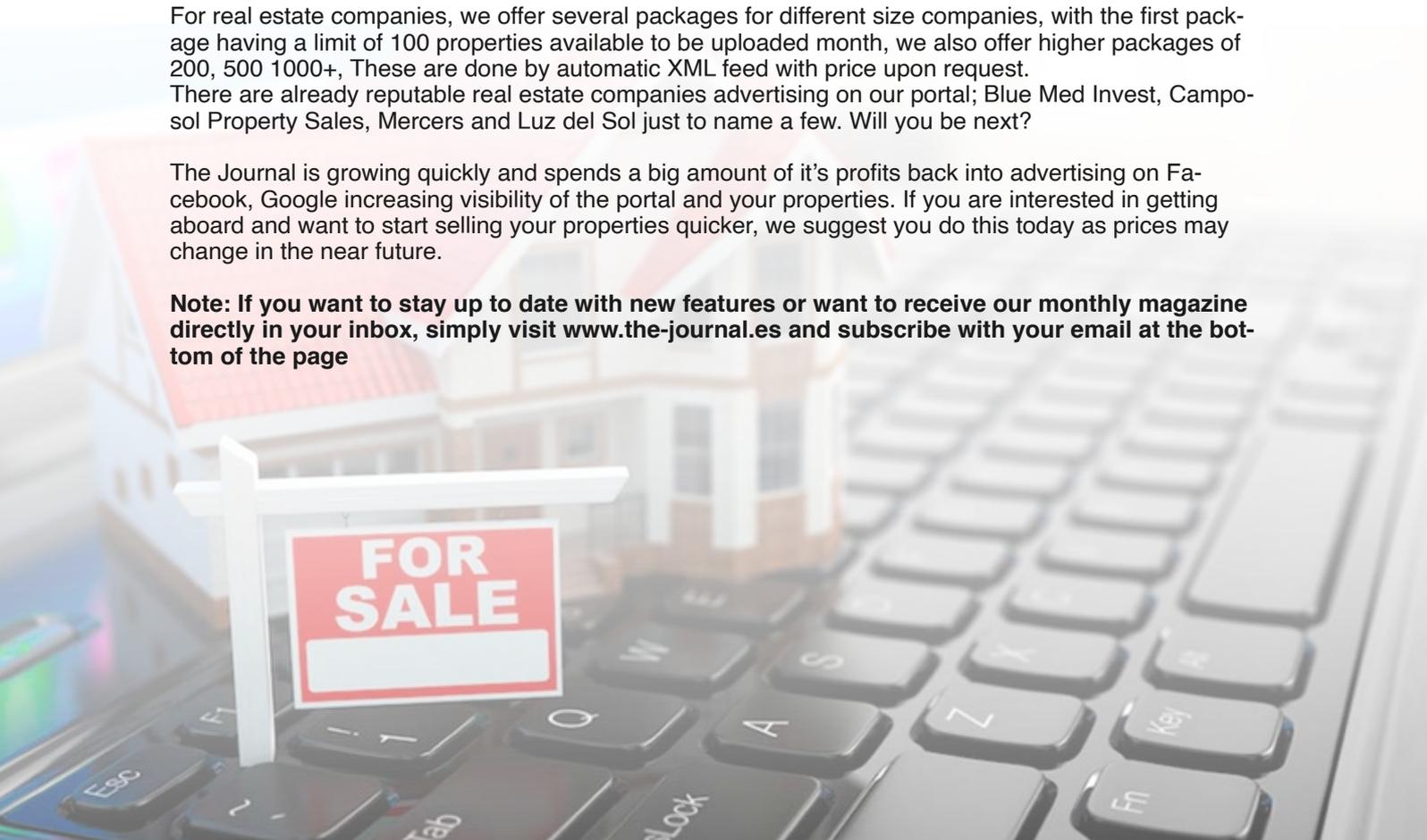
Are you ready to take control of the sale of your property? Send us an email at portal@the-journal.es with a "YES" to get started.

For real estate companies, we offer several packages for different size companies, with the first package having a limit of 100 properties available to be uploaded month, we also offer higher packages of 200, 500 1000+, These are done by automatic XML feed with price upon request.

There are already reputable real estate companies advertising on our portal; Blue Med Invest, Camposol Property Sales, Mercers and Luz del Sol just to name a few. Will you be next?

The Journal is growing quickly and spends a big amount of it's profits back into advertising on Facebook, Google increasing visibility of the portal and your properties. If you are interested in getting aboard and want to start selling your properties quicker, we suggest you do this today as prices may change in the near future.

Note: If you want to stay up to date with new features or want to receive our monthly magazine directly in your inbox, simply visit www.the-journal.es and subscribe with your email at the bottom of the page



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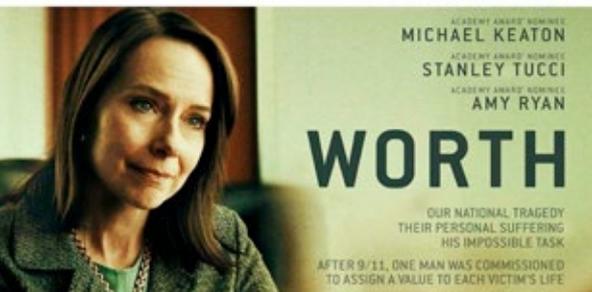
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Worth Movie

An attorney learns a lesson in empathy when he is faced with the near-impossible task of determining how to compensate families who suffered incalculable losses as a result of the September 11th attacks in 2001. Based on true events.

Release Date

Friday, September 3, 2021

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Language Lessons Movie

Follows Adam (Duplass) whose husband surprises him with a gift of a year's worth of weekly Spanish lessons. But when tragedy strikes, his teacher, Cariño (Morales), becomes a lifeline he didn't know he needed and the two develop an unexpected and complicated emotional bond.

Release Date

Friday, September 10, 2021

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White Smoke

by Tiffany D. Jackson

Marigold is running from ghosts. The phantoms of her old life keep haunting her, but a move with her newly blended family from their small California beach town to the embattled Midwestern city of Cedarville might be the fresh start she needs. Her mom has accepted a new job with the Sterling Foundation that comes with a free house, one that Mari now has to share with her bratty ten-year-old stepsister, Piper.

The renovated picture-perfect home on Maple Street, sitting between dilapidated houses, surrounded by wary neighbors has its . . . secrets. That's only half the problem: household items vanish, doors open on their own, lights turn off, shadows walk past rooms, voices can be heard in the walls, and there's a foul smell seeping through the vents only Mari seems to notice. Worse: Piper keeps talking about a friend who wants Mari gone.

But "running from ghosts" is just a metaphor, right?

As the house closes in, Mari learns that the danger isn't limited to Maple Street. Cedarville has its secrets, too. And secrets always find their way through the cracks.

Release Date

14 September 2021.

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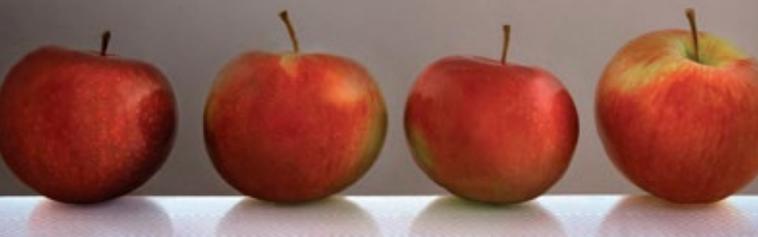


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#1 *New York Times* bestselling author of *Nine Perfect Strangers*

Liane Moriarty

Apples Never Fall



Apples Never Fall by Liane Moriarty

The Delaney family love one another dearly—it's just that sometimes they want to murder each other . . .

If your mother was missing, would you tell the police? Even if the most obvious suspect was your father?

This is the dilemma facing the four grown Delaney siblings.

The Delaneys are fixtures in their community. The parents, Stan and Joy, are the envy of all of their friends. They're killers on the tennis court, and off it their chemistry is palpable. But after fifty years of marriage, they've finally sold their famed tennis academy and are ready to start what should be the golden years of their lives. So why are Stan and Joy so miserable?

The four Delaney children—Amy, Logan, Troy, and Brooke—were tennis stars in their own right, yet as their father will tell you, none of them had what it took to go all the way. But that's okay, now that they're all successful grown-ups and there is the wonderful possibility of grandchildren on the horizon. One night a stranger named Savannah knocks on Stan and Joy's door, bleeding after a fight with her boyfriend. The Delaneys are more than happy to give her the small kindness she sorely needs. If only that was all she wanted.

Release Date

16 August 2021.

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Beauty by Wendy, Lynsey and Fallon
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Henna Brows 10€
Spray Tans 30 Mins 15€
Hopi Ear Candles 15€
Eyelash Individual Extensions 30€
Eyelash Lift & Tint 30€
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Nails By Ella, Maricarmen, Tegan, Lynsey, and Fallon
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Pedicure Normal Polish 18€ Or Shellac/Gel Polish Inc Soak Off 21€
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foot massage 1hr: 25€ or 1hr 15:30€



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Mini Pedi Inc Polish & Mini Mani Inc Polish 25€

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THE CRANBERRIES

The Cranberries are an Irish rock band formed in Limerick, Ireland. Originally named the Cranberry Saw Us, the band were formed in 1989 by lead singer Niall Quinn, guitarist Noel Hogan, bassist Mike Hogan, and drummer Fergal Lawler. Then when they replaced the singer they later changed their name to "The Cranberries" in 1990 .

The band classified themselves as an alternative rock group, but incorporated aspects of indie rock, jangle pop, folk rock, post-punk, and pop rock into their sound.

The Cranberries rose to international fame in the 1990s with their debut album, "Everybody Else Is Doing It, So Why Can't We?", which became a commercial success. Some of the band's hit singles include "Dreams" (1992), "Linger" (1993), "Zombie" (1994), and "Salvation" (1996). Five of the band's albums reached the Top 20 on the Billboard 200 chart, and eight of their singles reached the Top 20 on the Modern Rock Tracks chart.

As of 2019, the Cranberries had sold nearly 50 million albums worldwide. The band ranks as one of the best-selling alternative acts of the 1990s. They have received an MTV Europe



Music Award, a World Music Award, an International Group nomination at the Brit Awards, a Juno nomination, a Juno Award win, an Ivor Novello Award for International Achievement, and a BMI Award with a Special Citation of Achievement. The Cranberries became the first Irish band to reach one billion views on YouTube. They were active 1989 to 2003 and 2009 to 2019.

The Cranberries confirmed in September 2018 that they would not continue as a band; their final album, *In the End*, was released in April 2019 and they disbanded afterward. some of their songs:

Dreams , Salvation , I can't be with you , Wanted , Empty and Electric blue

ANASTACIA



Anastacia Lyn Newkirk is an American singer-songwriter, producer and former dancer. Her first two albums "Not That Kind" (2000) and "Freak of Nature" (2001) were released in quick succession to major success.

Spurred on by the multi-platinum, global smash "I'm Outta Love", Anastacia was awarded as the world's Best-Selling New Female Pop Artist in 2001. Her commercial success continued with international hits such as "Paid My Dues", "One Day In Your Life" and the official song of the 2002 FIFA World Cup, "Boom".

After she recoverd from cancer she returned with 2004's *Anastacia* which deviated from previous albums into pop-rock. Peaking at number one in

11 countries, it became Europe's second-biggest-selling album of the year. She won the Amadeus Austrian Music Awards, Bambi Awards, Brit awards and many more (42)

She has appeared in television commercials for Skoda, Honda, and Dr Pepper alongside Cyndi Lauper. She has graced the covers of numerous international magazines, including Ec-



uator's Cosmopolitan; Bulgaria's Eva; Italy's Grazia; UK's Fault, Fabulous and Love Sunday and the Netherlands' Veronica.

She has also appeared in pictorials for US's FHM and Playboy and UK's You. In 2012, Anastacia starred in the film All You Can Dream.

In 2003, Anastacia took part in the charity event, 46664, organized by Nelson Mandela to raise awareness of AIDS.

She sang with U2 and Queen, and also contributed to the song "Aman- dla", recording the song and providing some of the lyrics.

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

recruitment@fast2016.org



FAST will be resuming intensive Responder training the first week in September. 09.00 to 13.00 Tuesdays and Friday afternoons at the Cultural Centre on Camposol. We anticipate that full physical Responding will not be too distance allowing for any COVID restrictions.

If we cannot recruit new responders we will not be able to provide 24/7 cover. FAST are holding a recruiting and information afternoon at the Cultural Centre on

Friday 3 September 14.00 to 17.00 to ask questions and see what we do. We are a friendly bunch all with the same objective, that is to serve the community of Camposol and Saladillo. All training and accreditation is free to all responders.

It has been 17 months since we responded in person, but during that time we have continued to provide a telephone service 24/7. We have also had the Help line 24/7 for anyone who needed to talk about their own or a friend or relatives mental health. The pandemic lockdown isolated a vast number of vulnerable people.

If you would like to talk with one of our responders then call in at the Cultural Centre Tuesday morning from September.

YOU CAN CALL FAST IN A MEDICAL

EMERGENCY ON 868487015

IF YOU ARE FEELING LONELY, DOWN OR DEPRESSED AND NEED TO TALK TO A TRAINED LISTENER IN CONFIDENCE YOU CAN CALL OUR HELP LINE ON 634308362

FAST is waiting for a response from the local council and the Director of the Emergency services regarding FAST resuming activities and also the purchasing of Defibrillators for the two commercial centres of Camposol. These Defibrillators could save a life if someone has a heart problem. With the very high temperatures being recorded and forecast, remember to drink plenty of water, apply sun cream if you are in the sun and wear a hat. If you have to call an ambulance, dial 112 and ask for an operator to speak in your language if you are not a Spanish speaker. You will be asked a series of questions that will allow the operator to prioritise your call. FAST will call an ambulance for you if you are unable.

If someone is not breathing, tilt their head back, that may allow them to breathe again. If someone is bleeding profusely apply direct pressure to the wound to stem the flow of blood.

FAST President and lead trainer Mr Barry Hamilton who is the only English speaking fully authorised First Aid Trainer in the Murcian region is to run a first aid course for a Golf Club near San Javier, ably assisted by one of the FAST trainers Tony Dwyer. The Murcian Health Authority have recognised that Mr. Hamilton is an asset to the English speakers in the region.

Now the restrictions have eased the FAST team will be arranging a social evening for our members and friends

We also have plans for a "Health Fair" later in the year where the public can get information on how to stay healthy and avoid the hazards that they may encounter. There will be demonstrations on CPR and other first aid techniques. The FAST nurses are out shaking their buckets on a Monday, give them a wave and a smile, now we can see people smiling without their masks. If you want to donate to this Premier Charity we will be very grateful.

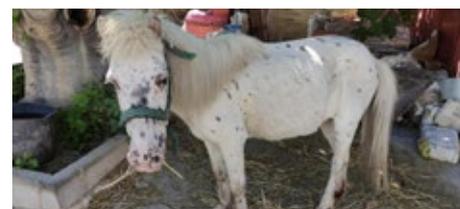
IN A MEDICAL EMERGENCY CALL 112 THEN FAST ON 868 487 015

CALL OUR MENTAL HEALTH HELP LINE ON 634 308 362

You can find more information on the FAST Web page ; fast2016.org.



Just where is this year going? Life is so busy and has been more so than ever this year. With all the equines in our care there is never a minute to spare! We love what we do and know that we are giving these precious animals a second chance at life and have to say pretty successfully. We collected a new boy from the Parerra last month, he just looked so sad and with very few charities wanting to or able to take equines in, it is left to us. At only 1m tall and around 15 years old he was abandoned and had very poorly hooves. We discovered he had 3 stones embedded in them which would have been incredibly painful, fortunately we were able to treat him ourselves and he is a super little fellow. So welcome on board Little Ronnie you are going to fit in just fine with AAR, we love you to pieces already!



It is an absolute joy to see how happy our equines are at The Sanctuary. Every day they make us smile, but oh so regimented. I think we could synchronise our watches by their stomachs as they wait by the feed containers. We have a lot of land, and this is where the donkeys' big ears come are of great use. If they are away oerr yonder somewhere they can hear that the straw and alfalfa is being put out and they are there in a flash. Our donkeys come in all different shapes and sizes, all with their very own unique personalities, we can't wait to be able to show them off and fall in love with them too!! Watch this space.....



We are launching a scheme at The Sanctuary to enable people to come and work voluntarily with the donkeys in exchange for accommodation. It is manual work so good fitness is required. We feel this is a very exciting initiative so if you love animals and are not afraid of hard work, spread the word, we are very anxious to get a great team of people together to help us maintain and move forward our dream. Please get in touch with me Mob. 690906565 or via whatsapp, email: andreasanimalrescuemurcia@hotmail.com Facebook or Messenger.

Our donkey Fernando has been off colour for quite a while, and we were really quite worried about him. He is not averse to a little drama or two and around 4 years ago he got kicked by one of the other donkeys resulting in a nasty injury to his hind quarters. Following on from this Fernando has experienced various problems with his legs, which lead to him having a procedure at the veterinary hospital which involved cutting his tendons. This was somewhat successful but as he's getting older, he's having trouble getting himself up and believe me donkeys are heavy so it would normally take two people!! He was trying so hard himself but couldn't do it, he seemed to be very depressed and started losing weight, we were truly worried about him and thought we might lose him. We were advised to try him on this new feed, it's been designed by a food manufacturer and is aimed at older equines, who are struggling, it mixes more like porridge, it has all the vitamins in and a bit more !!! WELL ... oh my word what a difference in him. He is stronger, putting weight on and can now get himself up, above all he looks a very happy boy. The turnaround in him has been amazing. We have now started giving it to a couple more of our older donkeys and they too are responding well, what a miracle find. However, of course it comes at a cost, €12.50 a bag. so if you would like to buy some or contribute to this wonder diet our donkeys would be so

grateful.

As usual every Monday there will be someone (usually me!) in the car park on the roundabout of Sector B on Camposol where you can drop things off from 11.30-1.30pm. We are very visible with yellow panels on the side of our vans. Larger items can be collected by prior arrangement. Otherwise, items can be dropped off at either of our shops in Roldan or Mazarron between the hours of 10.30-1.30pm. Andrea x



Without your help we can't help the people that need us most

So a massive thank you to everyone that has helped by donating much needed money, furniture, clothes, bric-a-brac etc. that is the lifeblood of our fund raising in our Totana shop. All money raised is used to help those of any nationality locally diagnosed with cancer. And a huge shout out to all our volunteers without whom we couldn't continue.

In July we assisted with:

- 113 Appointments
- 101 Translations
- 39 Drives to hospital
- 5 loans of equipment

And year to date to the end of July:

- 776 Appointments
- 719 Translations
- 229 Drives to hospital
- 47 loans of equipment

Can you spare a few hours a week, a month?

We urgently need more volunteers to help out in our shop in Totana, as Fundraisers and to man the Helpline. If you can spare any time per week or month. We desperately need more

people to help in any capacity. So if you have any spare time and would like to help please phone 634 362 954, email mazvolunteers@mabscancerfoundation.com or call into our Respite Home on Avenida de Los Covachos 278 on Camposol B4.



Monday 6th September: We will be holding a GRAND OPENING of our new Social Center at Avenida de los Covachos, Camposol C, at 10am with refreshments and treats. Please come along, meet the team, see what we do and celebrate with us in our new home opening Mondays to Thursdays 10am to 2pm from 6th September. All Welcome.

FUTURE EVENTS

Saturday 25th September: Isabel Stewart, our President, and Alec Hammond, our Equipment Officer are taking a trip ... SKYDIVING AS A FUNDRAISER FOR AGE CONCERN! at Totana airport with Skydive Totana. They would love to have spectators to support them so come along and cheer these intrepid aeronauts on! (Exact time to be advised nearer to the date). If you would like to sponsor this event or make a donation please phone Isabel on 634344589 or Alec on 634306927.

We will also be holding a ROARING TWENTIES NIGHT with costume in September so feel free to dress up and join the fun. Date and venue to be advised on our Facebook site (address below) so watch this space.

Age Concern Social Center, Avenida de los Covachos, 2B Camposol C, Mazarrón.

Enquiries - 634 344 589. Volunteer Coordinator - 634 312 516 Lifeline Puerto de Mazarron Area - 634 325 408. Equipment Loan - 634 306 927 (Lines Open 10am - 4pm Mon - Fri)

email: ageconcerncostacalida@gmail.com

Facebook: Age Concern Costa Calida

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CHM has been trading here since early in 2005. Offering oil and gas central heating, hot and cold air conditioning and hot water systems accounts for a large proportion of our work. In the last 5 years, however we are getting more and more calls regarding major water leaks, and back up water deposit systems especially on sector B on Camposol. If you suffer from low water pressure or regularly endure no water at all, then why not consider an alternative? CHM fit, fully pumped, back up water deposit systems so you never need to be without water again. Water mains are also something we regularly have to repair as the infrastructure ages and pipes perish.

In line with new regulations and with regard to the environment we now only supply Baxi air conditioning which run on the new "eco-friendly", green, R32 refrigerant gas. We have used other manufacturers over the years but during the financial crisis some of the major ones withdrew their engineers from the Murcia region altogether. This meant that we were no longer willing to sell their units as in the event of a problem during the warranty period, it is the manufacturers that come to repair under the warranty agreement.

Baxi, however have remained in the area and their service is second to none. There is never an issue, they come when we ask, and they are a pleasure to work this as they are so professional.



The Baxi air conditioning units are quiet, much cheaper to run as well as friendly to the environment. CHM have sufficient stock to last us through August as sadly they always seem to run out of units during the hottest months. We offer a fixed price for an installation and our price includes everything including the dreaded IVA!

For more information on this and any questions relating to oil, gas, air conditioning, general plumbing please contact the office on 968 199 184, WhatsApp/mobile 646 965 082 or visit our website

camposolheating@gmail.com

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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



What-to-plant-September-flowers-sow-grow-verbascum - *Verbascum x hybrida* 'Snow Maiden' from Thompson & Morgan 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 verbascum 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 fox-gloves, 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.

Camposol 'C' Green Fingers Gardening and Social Group

donating; many thanks. Our Maintenance Team continued their rota this month of sweeping, spraying and clearing the streets on

carriageway, in preparation for it's opening. We welcome new volunteer Senne to our group, who joins Jaden here during their school holidays 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!



Unfortunately this month we have to say goodbye to John and Pete; Wednesday volunteers and members of both our Maintenance Team and committee for many years (John has also been our Treasurer). They began their own small gardening and handy-man business this year, which we are happy to recommend, and they leave to devote more time to it.

We wish them every success for the future and offer our thanks for all the long (and extra!) hours they devoted to us.

Holiday time is here again and everyone (including local businesses and organisations) is very relieved to see people returning to Camposol. The knock-on effect of the restrictions has meant there were no fund-raising events to supplement Green Fingers funds and the bucket collections dwindled. However, it's lovely to see people stopping at our buckets again and

Lower C.

This month our Wednesday Volunteers have been spending much of their time watering.

They have also been dead-heading, weeding and trimming trees and clearing scrub from the verges near the new Age Concern house on the dual

The position of Treasurer is assumed by our Secretary, Jayne, and we welcome her to the new role. We also welcome our new Maintenance Team members; Alan and Kevin.

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



A wide variety of plants, shrubs and trees, extensive, range of wall art, clocks and general art to discover. visiting their clients to provide cleaning, garden maintenance and garden design services.

Please pop in just to say "hello", they will be delighted to see you



We sell good quality firewood, which is a mixture of olive and mixed.

Free home delivery for your purchases.

Los Palacios



We are really having our typical summer weather with dry hot sunny days. Lovely for those on holiday but not so good for gardening !! Our volunteers are still out every week maintaining the parks, weeding and clearing up rubbish. With the easing of restrictions for people returning to the UK from Spain we are seeing more visitors arriving now to stay on Camposol. Either to visit their holiday homes, or stay with family or friends. It is nice to see a bit of life and activity around and good for the bars to be doing some extra trade. Especially after the very hard year they have had.

Our fund raiser scheduled at the Vista had to be postponed for a second time when the rules changed regarding the numbers allowed inside for an event. Hopefully we can reschedule this for later in the year.

We are very grateful to Donna from Rendezvous who allowed us to hold the raffle on 1st August on their Sunday afternoon quiz where sum of 110 euros was raised on the raffle. We are always looking at ways we can raise money to cover the cost of running our vehicle, which



is needed to transport tree cuttings and garden rubbish to the skips, and replacing tools and equipment etc. We are very grateful to everyone who purchases raffle tickets and donates to our bucket collections. We assure you that all

money raised is put to good use to enable us to continue maintaining the area and keep it looking nice. We are hoping to have the palm trees along Calle Madrid, (opposite Marianoes and down past the Farmacia) trimmed as soon as we have sufficient funds. These palms are too high for our volunteers to climb now so we have to pay somebody to do this for us.

Our ladies are doing a fine job keeping the library open during the hot weather and it will be open all through August.



If you wish to contact us our email is lospalaciosgardening@icloud.com. We also have a mailbox in the post room on Camposol A under number 915 Los Palacios Gardening Group. It is very nice to be able to start this article with some good news. B Clean thanks B sector's Colin Thackwell for his terrific work raising funds for the group. He has undertaken 80 static marathon bike rides at our local commercial centre on the run up to his 80th birthday. He has raised 950 euros, an incredible sum which we hope to put to funding new projects for the coming season. It is worth repeating that this money should not have to be used to cover



maintenance work for which the council has sole responsibility ie palm cutting on the main roads.

Our tiny band of volunteers have now stood down for Summer. This is just as well with the unrelenting heat and record highs. Obviously, the normal tasks have been put on hold for the time being to ensure the safety of the work party. Minor works will continue as and when it is appropriate so you may well see members out and about so please give them a wave.

Although the working group is on its well-earned break, other matters are still in hand. These include the growth and propagation of new plants to be used in future projects in public areas. On occasion, we end up with more

new plants than we actually need at that moment in time so it was with great pleasure that we were able to donate some of our plants to another local charitable organisation during August. Age Concern has moved to new premises on Camposol and were seeking plants for the gardens. Several large yuccas, along with some cactus plants and succulents have now been donated to Age Concern. We wish them all the best in their new location.

Having started this article with positive news it was probably inevitable that there would be some news which is not good. Here it is. A few weeks ago, we started renovating the petanca pitch on B sector. This involved raising the low boundary walls of the playing areas to try and avoid further ground slippage. Our volunteers tiled the walls to make the area look a bit more attractive and they have been visiting regularly to carry out additional work to stabilise the surrounding clay soil. During a visit, it was no-



ticed that the tiling has sustained considerable damage. Accidental damage seems unlikely and nobody has come forward to admit to this and, as the breakages are scattered along both lengths of wall, one can only assume that it is down to vandalism. As the work has been ruined possibly within days of completion this must be some sort of a record. As if that wasn't enough, vandals have also been in with a spray can and damaged the memorial bench.

It would be nice if somebody would come forward with the identity of the culprit or culprits but that does not seem too likely even though somebody must know. Sadly, another month



ends with the hard work of dedicated volunteers being damaged by an uncaring minority.



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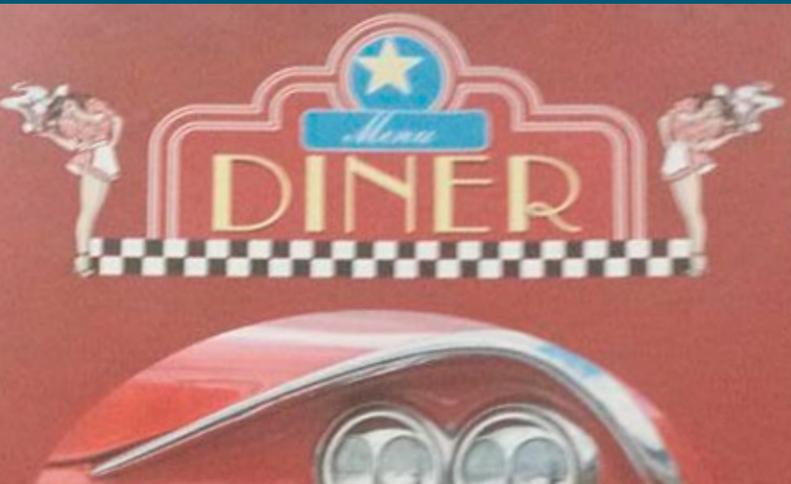


Event at The Respite Home will be selling coffee/tea and cakes. Plus MABS craft group will have things on sale. And a raffle.....10.30 - 1.00

SEPTEMBER 24

International

The World's Biggest Coffee Morning on Friday 24th September is Macmillan's biggest fundraising event for people facing cancer.



Cat's bar

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2 of everything! - 4.50€

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Booking Advised - From 6.00€

Full Menu With Sandwiches, Snacks and Main Meals
Available at the Bar!

WHATS ON AT CAT'S?

Thursday: FAT CLUB (11-12pm)
Thursday: Bernie's sing along (2-5pm)
Saturdays: All Sporting Events Shown
Wednesday: Fun quiz with Sean Bodie 7.30pm



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Ref 3125 145,000€



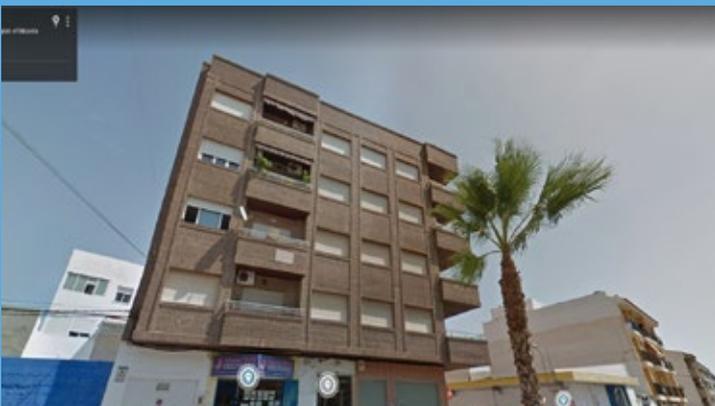
Ref 3107 239,995€



Ref 3119 64,500€



Ref 3112 149,995€



Ref 3122 69,995€



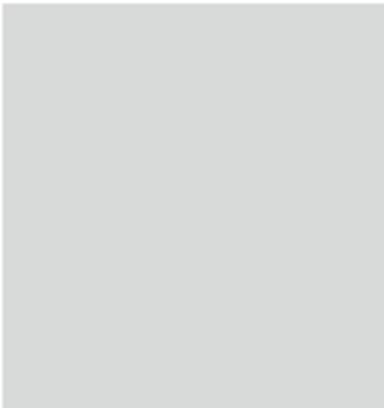
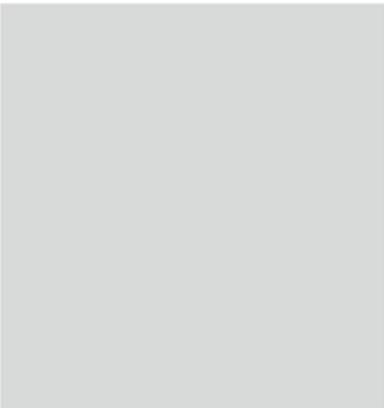
Ref 2813 400,000€

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



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

6

- 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

7

- Camposol D Gardening Team on holiday for July & August
- Totana Market Day, 9am - 6pm
- Camposol C Gardening Group 9am
- Local Councillor Silvana - Social Centre, Camposol, 10am - 1pm
- MABS Craft Group - MABS Centre, Camposol B, 1:30pm - 3.30pm
- The Beacon of Light - Canadas Del Romero, 7pm
- Camposol & Mazarron Bridge Club at 9.30am in Trevi Bar

8

- 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
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30

FRIDAY

SATURDAY

SUNDAY

Notes

- Camposol D Bucket Collection 9.00-11 @ The Hut
- Camposol B Clean Working Party, 9am
- Perrera Dog Walking, 9am – 11am
- Mazarron Bahia Lions - Table top sale, Camposol B, 10am - 6pm
- Blackbull, Music with DJ Sean Bodie 6pm til late
- Los Palacios Garden & Community Group Library open from 10 am to 12.30
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- Mazarron Market Day, 9am - 6pm
- Fuente Alamo Market Day, 9am - 6pm
- Harlequin Rock Choir Rehearsals Social Centre, Camposol, 1.15pm
- San Jose El Saladillo - Catholic Mass in English, 4:30pm
- Blackbull Steak Night 7pm

- Mazarron Market Day, 9am - 6pm
- Fuente Alamo Market Day, 9am - 6pm
- Harlequin Rock Choir Rehearsals Social Centre, Camposol, 1.15pm
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- 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

- Puerto de Mazarron Market Day 9am - 6pm
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- Wellspring Victory Church Service - Puerto de Mazarron, 11am - 5pm
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Please check with the venues or organisers in case there have been changes to the events.

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

THE **Journal**



Costa Calida Radio
90.00 & 100.00 fm

JOKES

Language barriers go brrr

I asked a Chinese girl for her number. She said, "Sex! Sex! Sex! Free sex to-night!" I said, "Wow!" Then her friend said, "She means 666-3629."

My neighbour has put up a fine mesh barrier between our properties.

I think it's a fence sieve.

In the middle of the night, my neighbor stole the entire protective barrier that surrounds my property. He asked if I was mad...

Needless to say, a fence was taken.

What kind of barrier would be most likely to contest it's working conditions?

A picket fence.

What do you call a narrow passage of water that is near a barrier that restricts the flow of water?

A dam strait.

Nation's attempt to impound water fails as barrier breaks loose

Citizens: Dam!

What did the fish say when it swam into a wall?

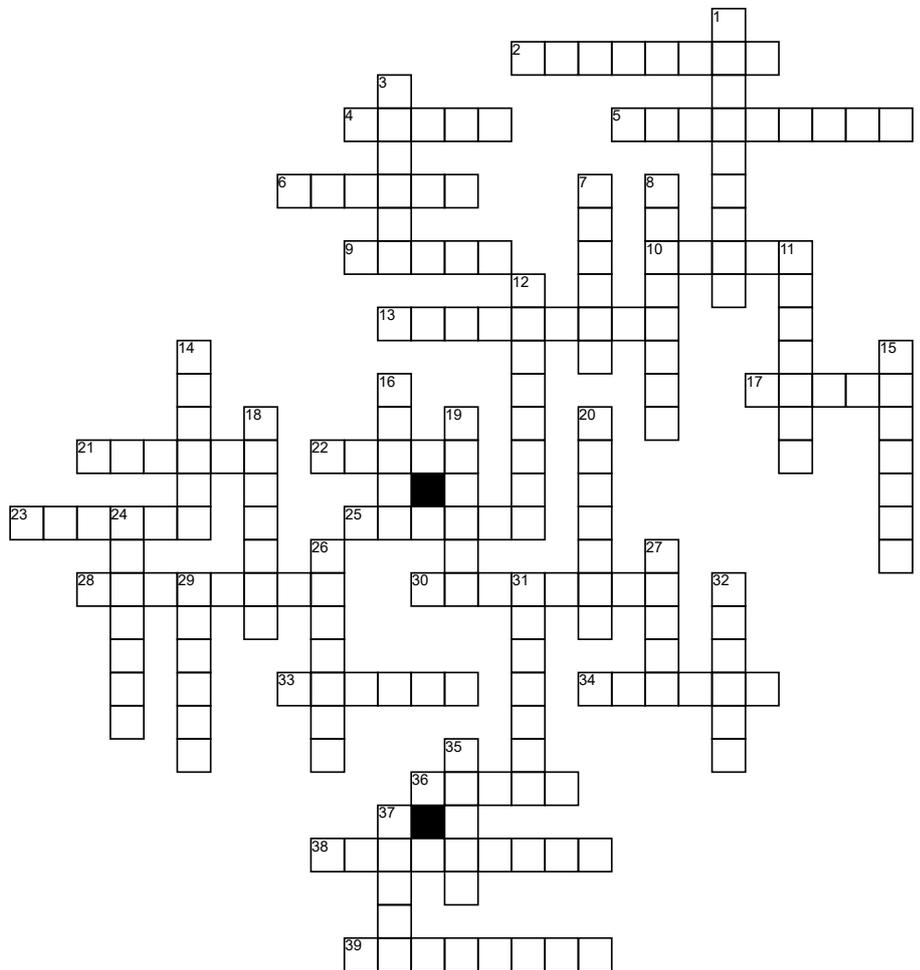
...DAMN!!

What do they call a depressed barrier?

Saddam

What do you call it when the last thing protecting the hero is a barrier out of wood?

A defence



Down

- | | | |
|------------------|-----------------|-----------------|
| 23. la banana | 1. el huracán | 19. la patata |
| 25. el tomate | 3. la banana | 20. la vainilla |
| 28. la tortilla | 7. la guitarra | 24. el aguacate |
| 30. la tortilla | 8. la barbacoa | 26. la hamaca |
| 33. el coyote | 11. la hamaca | 27. el sabio |
| 34. el coyote | 12. el mosquito | 29. el tomate |
| 36. la canoa | 14. la iguana | 31. el tornado |
| 38. el chocolate | 15. el tornado | 32. la guitarra |
| 39. el mosquito | 16. el patio | 35. la canoa |
| | 18. la vainilla | 37. el rodeo |

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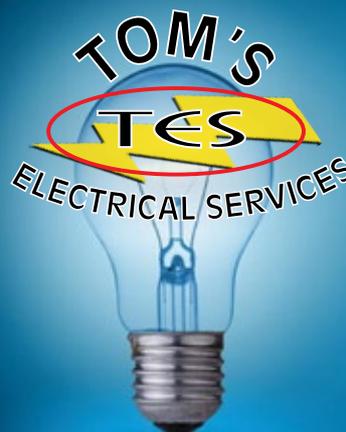


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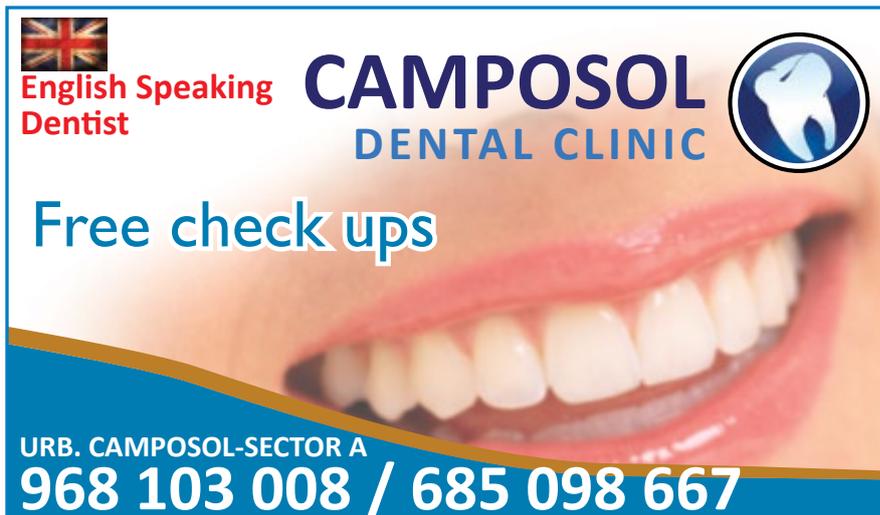
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The Lancia Delta Integrale



When it was launched in 1979, the Giorgetto Giugiaro-designed Lancia Delta was conceived as a four-door hatchback economy car on a front-wheel-drive platform with MacPherson struts, and a SOHC Fiat-based engine making about 84 horsepower, but by 1986, the Lancia Delta HF 4WD had arrived. This car's four-wheel-drive powertrain was developed on the previous Delta S4 Group B rally car, which was a Delta in name only, built for the Group B World Rally Championship class and sharing virtually nothing with the Delta production cars. Powered by a turbocharged 2.0-liter "Lampredi" twin-cam, four-cylinder engine, this version made a respectable 163 horsepower and 192 lb-ft of torque. When Group B was canceled, Lancia decided the production Delta HF 4WD would be homologated for Group A and the 1987 WRC season.



After winning its maiden WRC season outright, Lancia developed the Delta HF 4WD into the fabled Delta HF Integrale for 1988, with permanent all-wheel drive and engine modifications to achieve 182 horsepower and 224 lb-ft in roadgoing trim. The race version won the 1988 WRC title, and in 1989 was replaced by the Delta HF Integrale 16v. True to its name, a 16-valve head and other modifications increased power again and won Lancia its third WRC title in a row, with a



fourth and fifth to come in 1991 and '92.

Toward the end of 1991, Lancia released what would come to be known as the Delta HF Integrale "Evoluzione" and discontinued its factory rally team. A new exhaust system, stronger steering rack, larger brakes, and reworked suspension, among other changes, continued to make the car more capable. In the hands of privateer Italian racing team Jolly Club, the Delta HF Integrale Evo won its sixth and final consecutive WRC manufacturer's title. The final Integrale was the Delta HF Integrale Evoluzione II, which featured more incremental improvements to create the "ultimate" Delta Integrale. With 212 horsepower and 232 lb-ft, plus new engine management with knock sensors, timed multipoint fuel injection, and other updates, the Delta Integrale

Wolff to make 'spontaneous' call over Mercedes future?



Toto Wolff (GER) Mercedes AMG F1 Shareholder and Executive Director in the FIA Press Conference.

In the latest F1 gossip column, Wolff's admission about his Mercedes future, Ricciardo targets title glory with McLaren and Sainz feels he "can take on anyone"...

- Toto Wolff has conceded he may "spontaneously" decide to step away from his role as motorsport boss at Mercedes when he feels the time is right, though he insists it will not be soon (GPFans)

"As long as I enjoy the competition and honesty of the stopwatch, I will continue," said Wolff.

"But I may decide spontaneously that somebody else can carry the baton better, be quicker, more agile, refreshed than me, but not yet."

- Daniel Ricciardo has set his sights on fighting for the F1 world championship with McLaren in 2024 (AutoHebdo)

- Ferrari's Carlos Sainz says the experience of racing against the likes of Max Verstappen, Lando Norris and current teammate Charles Leclerc has made him believe that he "can take on anyone" (Auto Motor und Sport)

- Two-time world champion Fernando

Alonso says criticism he received on his return to F1 was a "blessing" because he knew it was only a matter of time before he got up to speed and started performing at a competitive level

- Haas boss Guenter Steiner expects his driver line-up of Mick Schumacher and Nikita Mazepin to remain unchanged heading into the 2022 F1 season.

- Thousands of fans with tickets for the returning Dutch Grand Prix have been told they will not be allowed to attend the race in September, with one third of the 100,000 tickets sold per day unable to be issued.

Crutchlow to replace Vinales at Silverstone



Cal Crutchlow is set to replace Maverick Vinales for the British Grand Prix, Thomas Luthi confirms he will retire at the end of 2021 and how rookie sensation Jorge Martin came close to quitting the sport.

Yamaha's decision to suspend Maverick Vinales for the Austrian MotoGP looks set to carry over into Silverstone with Cal Crutchlow replacing the Spaniard.

Vinales was suspended for last weekend's round ten after deliberately attempting to damage his bike's engine during the StyrianGP 11 days ago.



The Spaniard later apologised for his actions; however, it wasn't enough for the team to put him back on the bike for the British Grand Prix according to Autosport.

With Crutchlow moving into the factory team, SRT Moto2 rider Jake Dixon is set to get a MotoGP debut alongside Valentino Rossi at Petronas.

| Position | Entrant | Points |
|----------|---|--------|
| 1 | Mercedes-AMG Petronas Formula One Team | 303 |
| 2 | Red Bull Racing | 291 |
| 3 | Scuderia Ferrari Mission Winnow | 163 |
| 4 | McLaren F1 Team | 163 |
| 5 | Alpine F1 Team | 77 |
| 6 | Scuderia AlphaTauri | 68 |
| 7 | Aston Martin Cognizant Formula One Team | 48 |
| 8 | Williams Racing | 10 |
| 9 | Alfa Romeo Racing Orlen | 3 |
| 10 | Uralkali Haas F1 Team | 0 |

2021 F1 World Championship Constructors' Standings

| Position | Entrant | Points |
|----------|--------------------------------|--------|
| 1 | Lewis Hamilton, Mercedes | 195 |
| 2 | Max Verstappen, Red Bull | 187 |
| 3 | Lando Norris, McLaren | 113 |
| 4 | Valtteri Bottas, Mercedes | 108 |
| 5 | Sergio Perez, Red Bull | 104 |
| 6 | Carlos Sainz, Ferrari | 83 |
| 7 | Charles Leclerc, Ferrari | 80 |
| 8 | Pierre Gascy, AlphaTauri | 50 |
| 9 | Daniel Ricciardo, McLaren | 50 |
| 10 | Esteban Ocon, Alpine | 39 |
| 11 | Fernando Alonso, Alpine | 38 |
| 12 | Sebastian Vettel, Aston Martin | 30 |
| 13 | Lance Stroll, Aston Martin | 18 |
| 14 | Yuki Tsunoda, AlphaTauri | 18 |
| 15 | Nicholas Latifi, Williams | 6 |
| 16 | George Russell, Williams | 4 |
| 17 | Kimi Raikkonen, Alfa Romeo | 2 |
| 18 | Antonio Giovinazzi, Alfa Romeo | 1 |
| 19 | Mick Schumacher, Haas | 0 |
| 20 | Nikita Mazepin, Haas | 0 |

2021 F1 World Championship Drivers' Standings

| Position | Entrant | Points |
|----------|--------------------------------------|--------|
| 1 | Fabio Quartararo, Monster Yamaha | 172 |
| 2 | Joan Mir, Suzuki Ecstar | 134 |
| 3 | Francesco Bagnaia, Ducati Team | 134 |
| 4 | Johann Zarco, Pramac Ducati | 132 |
| 5 | Jack Miller, Ducati Team | 105 |
| 6 | Brad Binder, Red Bull KTM | 98 |
| 7 | Maverick Vinales, Monster Yamaha | 95 |
| 8 | Miguel Oliveira, Red Bull KTM | 85 |
| 9 | Alex Espargaro, Aprilia Gresini | 67 |
| 10 | Jorge Martin, Pramac Ducati | 64 |
| 11 | Marc Marquez, Repsol Honda | 59 |
| 12 | Takaaki Nakagami, LCR Honda Idemitsu | 55 |
| 13 | Alex Rins, Suzuki Ecstar | 44 |
| 14 | Pol Espargaro, Repsol Honda | 41 |
| 15 | Alex Marquez, LCR Honda Castrol | 41 |
| 16 | Franco Morbidelli, Petronas Yamaha | 40 |
| 17 | Enea Bastianini, Avintia Ducati | 31 |
| 18 | Daniilo Petrucci, KTM Tech3 | 30 |
| 19 | Valentino Rossi, Petronas Yamaha | 28 |

2021

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

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

2021 MotoGP™ CALENDAR

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

* Evening Race

** Subject to the Homologation



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Dawn Llewellyn-Price

September has arrived, time to bid adios. I am now wandering the lively evening streets of Burgos feverishly clutching my antigen test result, or on the ferry. 90 days of summer have vanished in the rearview mirror. Time to look ahead, debate winter crossings or 'chunnel' returns by rail and road.

But first I must begin attempting an American accent, forget about rolling my Spanish R's, as I am in a play next month, portraying an ex good-time girl in an asylum who happened to be the mother of Marilyn Monroe. Like Ruth Madoc in Hi de Hi, just call me Gladys.

On the subject of famous ladies, I found myself flat on a lounge in Benalmadena, next to a friend I visit there annually. Four hours of mountain-vista solo motorway driving with Spanish singer David Bisbal entertaining me via the CD player. On repeat. I forgot to take extra discs. I can't recall how the conversation went, but



hearing the words; 'That's Eva Peron's villa!' soon had the penny dropping with a clang. I'd never really queried why the complex is called Pueblo Evita, but it became clear that we were sunbathing a matter of yards from the fa-



mous lady's one-time residence. Now closeted behind private gardens, the villa isn't obvious, but 'Pueblo Evita' spelled out in flowers on the grassy bank in front of it pays homage to the fact she had spent time there. Researching her Spanish visit is worth a few moments of any-



one's time. She didn't come alone, as Argentina sent food for the masses, so noting her wise counsel, I've filled the car with staples to see me through any empty UK shelves awaiting us. I can live happily on a large duty-free allowance of wine, olive oil, and those sideways-sliced pickles I love.

We visited Calasparra and the Sanctuary of yet another virgin.



'Santuario Virgen de la esperanza' is carved into the rock like Petra in Jordan. Thankfully it was a cloudy day as it was impossible to get even a drink of water, yet you could buy gifts. A haven of peace and cicada noise, complete with fast-flowing river, makes pilgrims fast on Mondays while flogging trinkets. Your Instagram-perfect shots will turn heads on social media.

Hopefully, our concert tickets for David Bisbal at Murcia Bullring and our summer swansong just days before 'shipping out' will be a great memory of 2021. This will have been the fifth time we've sung along to the hunk from Almeria who resides in my wardrobe. Actually, it's a large cardboard cut-out handed over by the bemused manager of Camposol Consum years ago when I begged to have it at the end of the promotion. He'd stood in the aisle enticing you to buy hair products. Well, he does have a lot of curls.

Replacing the bottle of shampoo he was holding with a photo of a wine bottle, I used him at parties, propped behind the drinks table.

Fun and humour. Those were the days.





Los Amigos
De Mazarrón F.C

LATEST NEWS FROM LOS AMIGOS DE MAZARRON FC



The new Directors of Mazarron FC have been working hard behind the scenes in preparation for the forthcoming 2021/22 season in the Tercera Division.

Headed by Jose Antonio Gonzalez Berato, they have brought in a steady influx of new players from far and wide. Jose Antonio, or Josele, as he is known, has a wealth of experience in football and will hopefully put his vast knowledge to good use. A Master in Global Marketing at La Liga Business School he was formerly International Director of CD Leganes.

Previously he was with AD Alcorcon and has served as Technical Secretary to the Federation of Equatorial Guinea. He was also involved with the Real Madrid recruitment system and has been sports director of CD Guadalajara, Puerta Bonita and Real Carabanchel.

A new Manager has been appointed, 27 year old Jonathan Di Giosia. Despite his youthful age, he has extensive experience of coaching, starting at the age of 16 with junior football and has worked with Segunda B and Tercera Division teams such as Leganes and Alcorcon, assistant coach at UD San Sebastian and a spell at Regional Sports in Abu Dhabi developing and promoting grass roots football. Most recently he was the coach of the Under 21 team of CD Leganes of the Segunda Division.

At the time of going to press, details of some of the new players have been announced. Goalkeeper Pablo Sanz has joined from neighbours Olimpico de Totana. He is an experienced keeper, aged 26 and has played over 100 games at Tercera Division level. Club captain Chiky Ardil has signed for his third season at



the Club but has missed much of pre-season as he has been preparing for, and taking part in, the Beach Soccer World Cup for Spain in Moscow. Another signing from Totana is 23 year old midfielder Israel Gonzalez. He was born in Burgos in northern Spain and also has experience in the Tercera Division as a player with CD Bulposa in Burgos and prior to that spent some time as part of the Real Zaragoza youth set up.

Colombian born Julian David has joined from Real Burgos where he spent three seasons. Prior to that the 25 year old midfielder played for CD Guadalajara. Continuing the overseas theme, 22 year old striker Bamba Youssouf was born in the Ivory Coast and joins from CD Madridejos. He has previous experience with AD Villaviciosa de Odon and Unionistas de Salamanca. Physically strong and aggressive it is hoped he will bring plenty of goals to Mazarron's attack.

Perhaps the most interesting and intriguing new signing is 21 year old Brazilian Allan Mike. Another midfielder he joins from Nacional Atletico Clube San Paulo where he has played for the last four seasons. Mazarron FC's latest signing is 20 year old full back Jose Adonay Sierra who joins from CD Leganes. Ideally a right back he can also fill in at left back if necessary and is described as a speedy and resilient player who reads the game well.

The pre-season friendly games started with a 4-2 home defeat against Segunda RFEF side CD Eldense and a 1-1 draw against FC Cartagena in a game played for the annual Miguel Ronquillo Trophy. The game was decided on penalties and Mazarron came out on top 4-3.

A presentation was made before the Eldense game to Mazarron's loyal and longstanding servant Pedro Mendez to mark the occasion of his 70th birthday. Pedro has been with the Club since his 16th birthday. Congratulations Pedro.

The 2021/22 season starts on 5th September. Mazarron's home games are normally played on Sundays with varying kick off times. Kick off times are not normally known until the Tuesday before the day of the game. Full details of all games, dates and kick off times are advertised in the local media, on www.mazarronfc.com, on our own Los Amigos de Mazarron FC Facebook page, fb.me/mazarron2016, and will be shown on posters at various points throughout Camposol and Mazarron.

Forthcoming fixtures are:-

September 5th - Archena Sport - Away

September 12th - El Palmar Cf - Home

September 19th - Cd Minera - Away

September 26th - Cartagena Fc Ucam - Home

October 3rd - Real Murcia "B" - Away.

In the past Los Amigos has always tried

to organise a supporters coach to away games but this practice had to be suspended during the Covid-19 pandemic. We are investigating the possibility of reinstating this facility and will advertise any updates on our Facebook page.

Los Amigos membership renewals had been deferred since the start of the coronavirus crisis, but renewals are now being accepted. The membership year begins on the 1st August and membership is 20 euros and includes discounts on all Los Amigos activities for the member and a partner including coach travel to away games. Please email stevebarrow01@gmail.com for a membership form.

Our Thursday weekly meetings at the Mariano's, Camposol (4 pm) resumed on Thursday 5th August. Initially, the meetings have to be outside on the terrace with a maximum of 10 per table. Meetings are open to members and non-members except for the Business Meetings which are



held on the last Thursday of each month. If there are any changes because of new Covid-19 restrictions, members will be notified by group email and on our Facebook page fb.me/mazarron2016.

As mentioned previously, the twice postponed Golf Day and 11th Gala Dinner has been arranged for March next year. The Celebrity Golf Competition will be on Monday 28th March 2022 at the Camposol Club de Golf. The Gala Dinner, once again sponsored by the Mazarron Entertainments Group, will be held the following night, Tuesday 29th March at the Hotel la Cumbre, Puerto de Mazarron.



Anyone wishing to have a refund should email salterkb@hotmail.com. The Hotel has recently been taken over and a meeting with the new owners, originally scheduled for early August, has been rearranged for early September, to confirm prices etc as it is over two years since our last agreement. An announcement of when the new tickets are available for sale will be made as soon as possible on our Facebook page.

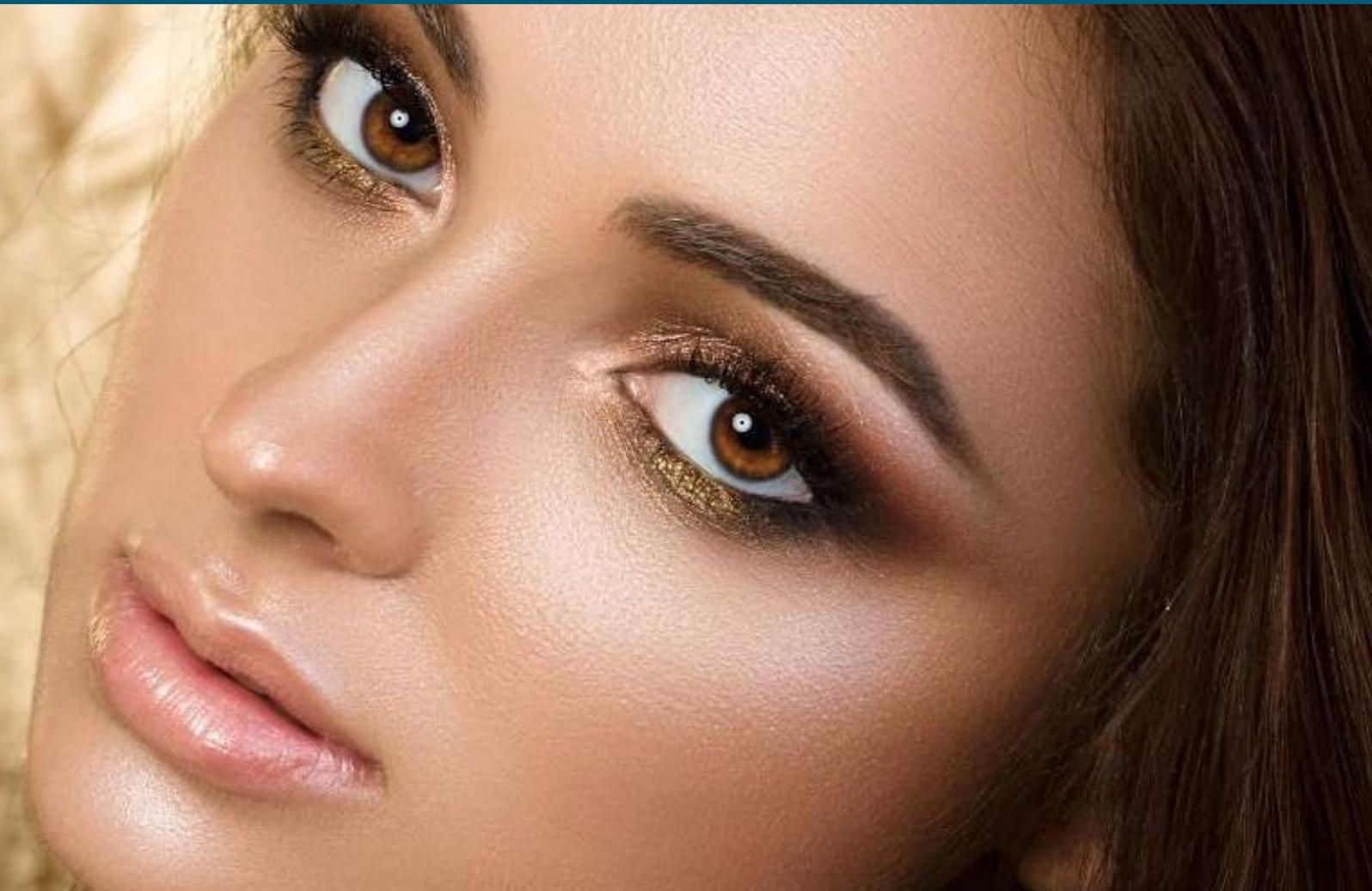
Wide Leg Trousers

Wide-leg trousers are so on trend right now and if you're worried you can't pull them off, think again. They're super versatile and there are options to suit every height, shape and style. Channel sleek 70s vibes with tailored, high-waisted wide-leg trousers, or embrace the boho look with a super slouchy pair of wide-leg cropped trousers. Want to ensure all eyes are on you? A pair of wide-leg leather trousers will do the trick.

These great designs are available all over the high street as well as online.







The Fall Makeup Color That Looks lovely On All Skin Tones

You know that warm, earthy, almost-red, almost-brown shade of lipstick that looks like autumn in a tube? It has a name — terracotta — and it's not just for lips anymore.

Now it is widely used with liner and lipstick, warm blush, eyes, lips, cheeks, everywhere. And now, it's

about to dominate your makeup bag.

To get the look, add a terracotta eye-liner to your collection. It adds intensity and makes your eye color pop.

The shade works with any eye color and on any skin tone. Next, swap out your usual peachy blush for the hue of the season. Brushed high on the cheekbones, it gives your face a “sunkissed” glow — no matter how long it's been since your last beach day.



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.

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.

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Beef wellington

Ingredients

- beef fillet 1kg/2lb 4oz
- 3 tbsp olive oil
- 250g/9oz mushroom, include some wild ones if you like
- 50g/2oz butter
- 1 large sprig fresh thyme
- 100ml/3.5 fl oz dry white wine
- 12 slices prosciutto/serrano ham
- 500g/1lb 2oz pack puff pastry
- flour, for dusting
- 2 egg yolks beaten with 1 tsp water

Method

STEP 1

Heat oven to 220C/fan 200C/gas 7.

STEP 2

Sit the 1kg beef fillet on a roasting tray, brush with 1 tbsp olive oil and season with pepper, then roast for 15 mins for medium-rare or 20 mins for medium. When the beef is cooked to your liking, remove from the oven to cool, then chill in the fridge for about 20 mins.

STEP 3

While the beef is cooling, chop 250g mushrooms as finely as possible.

STEP 4

Heat 2 tbsp of the olive oil and 50g butter in a large pan and fry the mushrooms on a medium heat, with 1 large sprig fresh thyme, for about 10 mins stirring often, until you have a softened mixture.

STEP 5

Season the mushroom mixture, pour over 100ml dry white wine and cook for about 10 mins until all the wine has been absorbed. The mixture should hold its shape when stirred.

STEP 6

Remove the mushroom from the pan to cool and discard the thyme.

STEP 7

Overlap two pieces of cling film over a large chopping board. Lay 12 slices prosciutto on the cling film, slightly overlapping, in a double row.

STEP 8

Spread half the mushroom mix over the prosciutto, then sit the fillet on it and spread the remaining mushroom over.

STEP 9

Use the cling film's edges to draw the prosciutto around the fillet, then roll it into a sausage shape, twisting the ends of cling film to tighten it as you go.

STEP 10

Chill the fillet while you roll out the pastry.

STEP 11

Dust your work surface with a little flour. Roll out a third of the 500g pack of puff pastry to a 18 x 30cm strip and place on a non-stick baking sheet.

STEP 12

Roll out the remainder of the 500g pack of puff pastry to about 28 x 36cm.

STEP 13

Unravel the fillet from the cling film and sit it in the centre of the smaller strip of pastry.

STEP 14

Beat the 2 egg yolks with 1 tsp water and brush the pastry's edges, and the top and sides of the wrapped fillet.

STEP 15

Using a rolling pin, carefully lift and drape the larger piece of pastry over the fillet, pressing well into the sides.

STEP 16

Trim the joins and seal the rim with the edge of a fork or spoon handle.

STEP 17

Glaze all over with more egg yolk and, using the back of a knife, mark the beef Wellington with long diagonal lines taking care not to cut into the pastry.

STEP 18

Chill for at least 30 mins and up to 24 hrs. Heat oven to 200C/fan 180C/gas 6.

STEP 19

Brush the Wellington with a little more egg yolk and cook until golden and crisp – 20-25 mins for medium-rare beef, 30 mins for medium. Allow to stand for 10 mins before serving in thick slices.

Best Baked Clams



Ingredients

24 little neck clams on the half shell, juice saved (If you open them yourself you will have enough juice. If the fish monger opens them, ask for more juice)

6 slices of bacon

1 loaf of sesame seed bread

2 Tablespoons dried parsley

1/2 teaspoon dried oregano

1 bay leaf

2 pinches of red pepper flakes

1 pinch black pepper to taste

1/2 cup of grated parmesan cheese

1/2 cup white wine

3 Tablespoons extra virgin olive oil

1 anchovy filet

3 garlic cloves

1 lemon, zested

Method

1.- Cut the strips of bacon in half horizontally and finely dice. Place in a non-stick pan over medium heat until crisp. Let bacon cook and save 3-4 Tablespoons of the bacon fat from the pan. Keep the rest of the fat in reserve.

2.- In a food processor or blender, make 2 cups of breadcrumbs from the sesame bread. Add the cooled bacon bits to the blender with 1 teaspoon of the parsley, 1 pinch of red pepper, black pepper to taste, and 1/2 cup of the grated cheese. Mix well and pat on top of the clams.

3.- Bring the bacon fat up to temperature over medium heat. Press the clams into the bacon fat with the breaded side down and cook for about 2 - minutes. When they are medium to dark golden brown, turn them over with a flat spatula. Let them cook for 1 minute with the shell side down. Then, remove and place on a serving dish.

4.- In the same pan, add the olive oil, anchovy filet and sliced garlic. Turn heat to medium and cook for 1 minute. Add the rest of the parsley, oregano, bay leaf, pinch of red pepper, black pepper to taste and wine. Wait for some bubbles to form around the edges of the pan. Add clam juice and turn up the heat to bring to a boil. Remove from heat and add lemon zest. Spoon the mixture over baked clams and serve with lemon wedges.

Mushroom and leek filo pie

Ingredients

- 50g butter
- Rapeseed oil for frying and brushing
- 2 large onions, finely chopped
- 500g leeks, finely chopped
- 2 garlic cloves, crushed
- 600g mixed mushrooms, finely chopped
- 5ml medium-dry sherry
- Small bunch fresh tarragon, leaves finely chopped
- 100g mature cheddar, grated
- 1 tbsp dijon mustard
- 3 medium free-range eggs
- 8 filo pastry sheets

You'll also need:

- 900g (2lb) loaf tin, lined with baking paper that overhangs the sides

Method

1.- In a large frying pan, melt 25g of the butter and a glug of oil until the butter begins to foam. Add the onions and leeks, then fry for 10-15 minutes until softened and starting to caramelize. Add the garlic and cook for 1 minute, then remove with a slotted spoon

and set aside on a plate.



2.- Melt the rest of the butter in the pan and add another glug of oil, then turn up to a medium-high heat and fry the mushrooms until softened and golden. Return the onion and leek mixture to the pan, pour in the sherry and bubble for a minute, then stir in the tarragon and plenty of seasoning. Set aside to cool completely. Stir in the cheese and mustard once cool.

3.- Meanwhile, boil the eggs for 4-5 minutes (depending how runny you like your eggs), then remove with a slotted spoon and put in a bowl of iced water. Once cool, peel and set aside.

4.- Heat the oven to 220°C/200°C fan/gas 7. Layer 2 sheets of the filo lengthways in the prepared loaf tin so they overhang the ends, brushing with oil as you work, then layer 5 more filo sheets widthways, also leaving a large overhang on both sides of the tin. Continue to brush each sheet carefully with oil as you work.

5.- Once the tin is completely lined, spoon in half the mushroom filling. Make 3 shallow indentations in the mixture with the back of a tablespoon and put a boiled egg in each one. Cover with the rest of the mushroom mixture, then fold over the overhanging filo pastry. Roughly scrunch up the remaining sheet and use it to top the pie. Brush again with oil, then bake the pie for 30 minutes until the pastry is golden and crisp. Leave the pie to cool in the tin for 5 minutes, then use the overhanging strips of baking paper to lift the pie out onto a board. Serve with glee.

Chocolate frangipane pear tart

Ingredients

For the pastry

- 230g plain flour
- 100g ground almonds
- 100g caster sugar
- 180g unsalted butter, softened
- 2 medium free-range egg yolks

For the filling

- 200g unsalted butter
- 200g caster sugar

- 2 medium free-range eggs, beaten, plus 3 egg yolks
- 200g dark chocolate (70%), melted
- 200g ground almonds
- 4 tbsp plain flour
- 4 comice pears, peeled, cored and sliced into quarters
- 2 tbsp apricot jam
- Crème fraîche to serve

You'll also need...

- Deep 23cm fluted loose-bottomed tart tin

Method

1.- For the pastry, whizz the flour, ground almonds, sugar and a pinch of salt in a food processor until combined. Add the butter and whizz again to a breadcrumb texture.

2.- Add the 2 egg yolks and whizz until the pastry just comes together. Don't over-blend or the oil will leach out from the almonds and make the pastry greasy. Shape the pastry into a disc, wrap in cling film and chill for 30 minutes.

3.- Roll out the pastry between 2 sheets of non-stick baking paper (so it doesn't stick to the rolling pin) to make a circle a few centimetres larger than the base of the tart tin. Remove one of the sheets of paper, then line the tin (paper-side up) with the pastry. Carefully remove the other sheet of paper. Trim the pastry, then line with foil and freeze for at least 1 hour.

4.- Heat the oven to 170°C/150°C fan/gas 3½. For the filling, put the butter and sugar in a large mixing bowl and, using an electric mixer, whisk until pale and creamy. Add the eggs and yolks, beating well after each addition, then pour in the melted chocolate, almonds and flour. Mix briefly to combine, then spoon into the tart case and nestle the pears into the surface in a circular pattern.

5.- Bake for 70-75 minutes until soft and just set. Warm the apricot jam and brush over. Cool for at least 30 minutes before removing from the tin. Serve with crème fraîche.





Hello everyone,

Phew, what a hot month August was, felt like being in a soggy hot hairdryer most of the time. Now we are coming into cooler weather and we can relax, sleep better and begin to enjoy some normality.

It has been great to see that our community has seen more visitors being able to come, I'll keep away from politics and Covid testing, I think I have had my fill of that and we all have our own opinions.

We have been on a rollercoaster ride over the last 18 months and we can look back and see how far we have come. Most didn't believe that we would ever come out of this untouched and some didn't. It has been a time of awakening and finding out what we truly value, what is most important to us and who we are as individuals.

Through these months we have journeyed through the awakening of our souls, in this period of man kinds existence on earth. What we have experienced has been historic and a time when we will look back and say, 'remember when', 'I was there'.

Looking back at previous articles we have learnt a lot about ourselves and our soul's purpose here. We have learnt about who and what we are, not just mere flesh and bones. We are all a 'Spark of Divine Essence' from the Creator (God, The Divine, Allah, etc.). We are all consciously connected and we are all unique.

We have learnt about energy, meditation, compassion, love, living within the light, having readings, mediums and mediumship, our own life lessons, friendship, pain, loss, mental health and much, much more. We have been through a great enlightenment and awakening. It was your choice whether you allowed yourself to change or stay as you were.

We have had plenty of time in the past

to sit back and think, reflect, see situations clearly, release, forgive, look forward and dream. Not looking back. Raising your vibration, moving forward and creating a new reality for yourself.

Gordon Higginson (A famous Medium from the U.K.) used to say, 'Spiritualise your problems, spiritualise your life, see your Soul's journey and see yourself for who you truly are.'

Learning to exist, to be at one, to flow and vibrate within the beautiful energy of the Universe, feeling yourself float away, listening to the most exquisite music you have ever heard. Allowing yourself to 'blend' with all that is perfection.

The pain of Mother Earth became apparent to us all and we were brought back to basics, to understand that the simple things in life, like family, friends and community were important to us. Being the Light that shines in someone else's life.

We learnt that 'Life' isn't about being rich, or perfect, or better than anyone else. It's about being real and being kind. It's about giving more than you take. Most of all, it's about acceptance, loving and not hating.

However, this period has affected us all, we all experienced change in one way or another, as we went through lockdowns, energy shifts, emotional and mental highs and lows. I know that we all hope that we are coming out of the darkness and seeing the light at the end of the tunnel. We are not here to weather the storm; we are here to learn to dance in the rain.

'The Serenity Prayer (adapted, Reinhold Nieger 1892-1971).

Grant me the serenity to accept the things I cannot change, courage to change the things that I can and the wisdom to know the difference. Living one day at a time, enjoying the moment and accept hardships as a Pathway to Peace'.

On a Soul/Spirit level, it may have seemed that growth came at a cost. However, any Lightworker will tell you that this has been one of the most fulfilling times of their lives. All that we are, all that we thought we was, all that we appear to be, has been tested. Our growth has been phenomenal and very rapid during these times. We have learnt how to reconnect with our inner selves, whether this has been through quiet contemplation, meditation, doing what we enjoyed and what brought us pleasure and happiness.

We learnt to be kind to ourselves, to other people, neighbours and animals. I have loved watching the community pages and seeing how people came together, reaching out to those in need. I have seen many people learning new skills, take up new hobbies and sharing with others. When we couldn't hold the ones we love, the advancements of technology brought us together.

For me, it has been a time of great learning, growth and awakening within my own spiritual journey. I have also witnessed many others going through their own life lessons and coming out the other side.

Life is a cycle and there is a season for everything. I have personally come out of one cycle and now the season is changing for me. It is time for me to move on to the next cycle of my journey, therefore, this will be my last article.

I wanted to say that it has been a pleasure, a privilege and an honour to share experiences and knowledge with you all. No matter what your beliefs are, what religion you follow, we have united in our friendship and understanding.

Many of you have come to me with your own experiences and have felt comfortable to ask me questions to bring a about a greater understanding of your own lives. At times it has been very emotional and humbling.

I would like to share with you a channelling from one of my Guides recently: -

'Allow the wonders of life to unfold and follow as if on your breath, let the light flow through your heart as a torrent within the river, great gifts will appear, clear in the warmth of the bright sun, uniting mankind, seeing clearly from the shadows, the light will lead the way, follow your path day by day my friend, with a pure heart and love for all souls'.

So, that is what I am going to do.

Moving forward, I wish you peace, harmony and love.

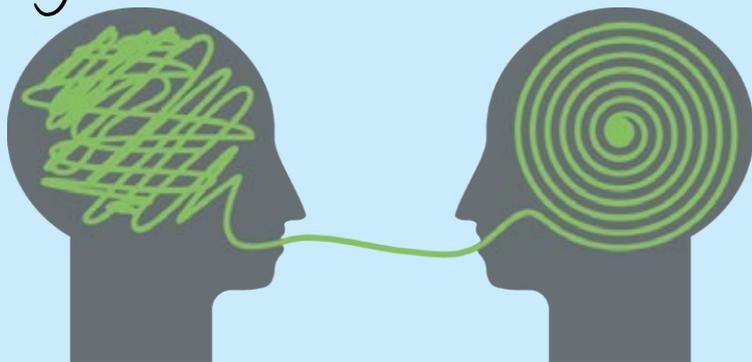
Namaste my friends,

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International Bacon Day



Celebrate Responsibly. Eat Lots of Bacon!

September 4

International

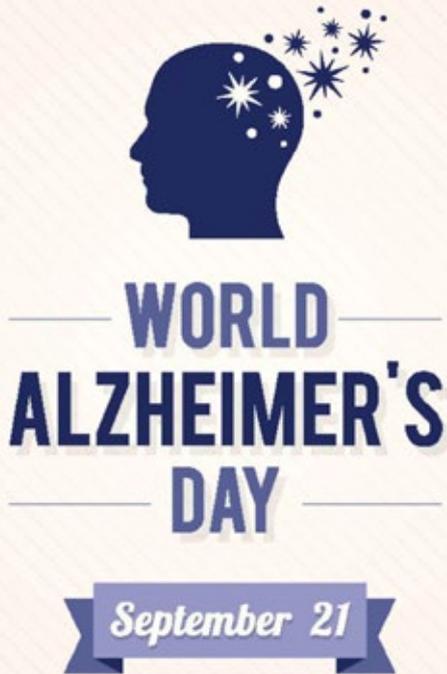
International Bacon Day or Bacon Day is an unofficial observance where people choose to celebrate by cooking with Bacon.

World Ozone Day

September 16

International

International Day for the Preservation of the Ozone Layer, September 16 was designated by the United Nations General Assembly



September 21

International

September 21st every year is World Alzheimer's Day around the world. This is an international campaign aimed at raising awareness



September 24

International

The World's Biggest Coffee Morning on Friday 24th September is Macmillan's biggest fundraising event for people facing cancer.

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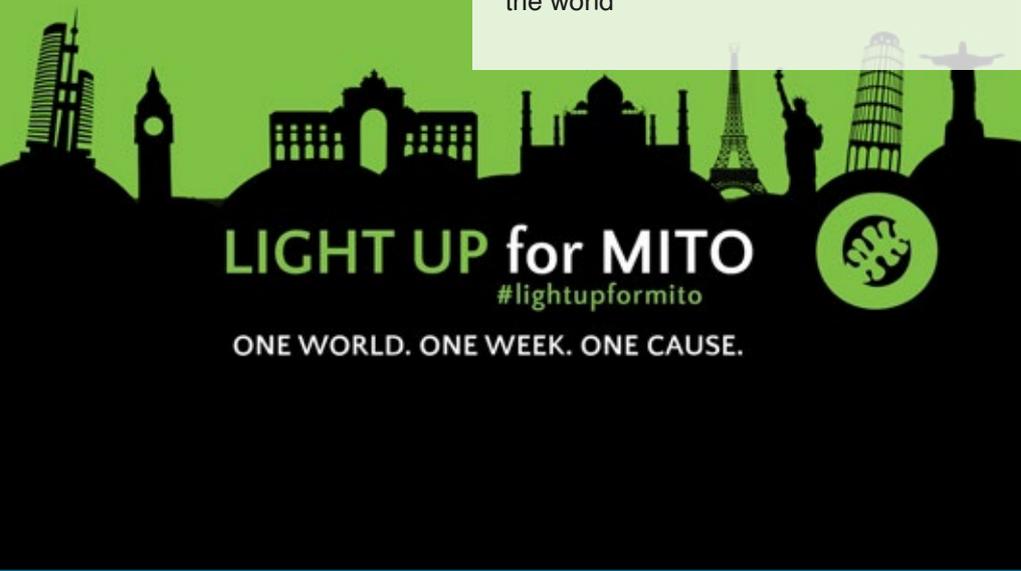
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September 25

“Light Up For Mito” is a Global awareness Initiative where participating countries come together annually to light up monuments around the world



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NUTRITION

Healthy Aging Month – The Positive Aspects of Growing Older

If 40 is the new 30, then 50 is the new 40, right? You may be “over 50”, but you don’t have to be “over” having fun and living your best, healthy life! Actually, it’s even more important to get started on healthier habits and ditch the bad ones. Your early to mid-50s are when biochemical changes start to occur, leading to the onset of cancer and other chronic illness. Now is the perfect time to turn over a new leaf, assess your lifestyle and make your health a priority!

September is Healthy Aging Month

September is Healthy Aging Month and celebrates the many positive aspects of growing older: Wisdom, self-discovery, and maturity. It’s never too late to reinvent yourself, take up a new activity, or pursue a new career. The key is to keep moving and find ways to incorporate exercise and healthier habits into your life.

Healthy aging in midlife and even into your senior years isn’t rocket science. The body is a self-healing, self-regulating system and performs best when it’s on a regular schedule. The foundation for healthy aging begins with routine habits around nutrition, exercise, and prevention.

Learn to Manage Stress

Manage stress through exercise and other activities like yoga and mindfulness or a creative outlet. Research shows that a life of stress is really hard on the body, especially chronic stress. Patients who have higher lev-

els of baseline stress are more prone to diabetes, cancer, heart disease and obesity.

Get an Annual Physical

Get a yearly checkup and other preventative screenings including pap smears, colonoscopies, mammograms, and prostate-specific antigen (PSA) test. Preventative screenings save lives by catching cancer and chronic illnesses early.

Get Some Sleep

Embrace routine, especially when it comes to sleep. Aim for 7-8 hours of regular, uninterrupted sleep. Follow a regular schedule with going to bed, waking up and when you eat your meals. It also regulates hormones like insulin and cortisol, which helps prevent disease.

Focus on Better Nutrition

Eat a heart-healthy diet, more fruits and vegetables, and lean protein. Avoid or limit starchy, fried and processed foods and too much red meat. Reduce salt and sugar, increase healthy fats such as fish oil and omega-3 fatty acids, and skip anything with GMOs. (Ingredients you can’t pronounce!) It’s definitely the time to kick bad habits like excessive drinking and smoking, too.

Most Important – Maintain A Healthy Weight And Keep Moving

Make regular exercise a habit, or at least find ways to be more active. Several studies have found a profound link between a generally sedentary lifestyle, meaning hours upon hours of sitting, and increased incidence of obesity, diabetes, cardiovascular disease, and total mortality.

For a lot of us, it can be too overwhelming to make multiple lifestyle changes at once. Focus on one area of your life that you can improve. Exercise may be one of the easiest and best of these options. Think about this trifecta of benefits – heart health, combat weight gain, and boost endorphins.

Here are nine practical tips to get moving and stay motivated for the long haul.

1. Schedule time to exercise and switch it up.

The key to long-term exercise is not only making it a priority but doing activities that are social and fun. Playing tennis or pickleball with a friend, walking the dog, biking a rail trail, swimming, gardening, dancing and playing team sports count toward the





recommended 150 minutes of moderate aerobic activity per week.

2. Recruit a friend or join a class.

You're more likely to exercise when you have a partner or group counting on you, plus it's the chance to make new friends and try something new.

3. Sign up for a competition.

Whether it's a marathon or bike race, training for a competition ups the challenge and reward.

4. Try the 10-minute motivation rule.

Start with 10 minutes and see if you are motivated to keep going. Getting started is often half the battle.

5. Break it up into smaller chunks

Research shows that 10 minutes of exercise has benefits, so incorporate activity throughout the day. Use a break at work to walk laps or climb stairs, do a set of squats, planks, and pushups during TV commercials, or try a 10-minute exercise video.

6. Focus on how you feel.

Do you have increased energy, strength, mood or sleep? The scale isn't the only measure of success.

7. Write it down.

Keep a journal of your daily activity and food/drinks. Be mindful of what you eat, and realistic about how many calories you burn. Snacks, sodas, and desserts have hidden calories or are often overlooked. It can reveal patterns of overindulging, emotional eating or chronic fatigue and depression.

8. Enjoy a rest day (or two).

Don't beat yourself up if you slack off for a day or a week. While consistency is important, adequate hydration, sleep and recovery time matter too.

9. Celebrate small milestones.

The scale may have stalled, but maybe you've lost inches, regulated blood sugar, can run a mile, or noticed new muscles.

Healthy Aging Starts with a Mindset

It's hard to change bad habits for healthier ones, much less sustain them. The key is to also switch your mindset: Look at it as a lifestyle change rather than a quick fix. Many changes cost nothing and require only common sense and some self-awareness. Smile more, stand when you can, sleep at least eight hours, take a daily walk, and pursue your passions!

There is no magic pill for health and longevity, and, unfortunately, we can't turn back the hand of time. But when it comes to living a long, satisfying life, it's simple—the things you do today affect your tomorrows.



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July saw the appointment of two new Trustees to the Board. Joanna Urbanek joined us as Trustee Listener Service Delivery and Heather Crosby joined us as Trustee Fundraising. A hug welcome to both and we look forward to working with them as we go forward.

After the whirlwind fundraising month of June, the month of July has been much quieter on that front. We received one donation of €150 which was raised at a Mediumship Event in Quesada, thank you to the organisers of that event for your support.

The shop continues to do really well, thank you to all of our wonderful shop volunteers who toil away tirelessly. Our call volume continues to be higher than average for this time of year, thank you to all of our listeners for their sterling efforts.

We have just managed to secure a new Partner. Fox & Wolf Collection have agreed to partner with us and donate €1 from every sale of their home fragrance products over €30, €1.50 for every sale over €40 and €2 for every sale over €50.

They sell luxury candles, wax melts and home fragrances, their website is foxandwolfcollection.com, go and have a look at their wonderful products.

In addition, Apple Cares (Apple Hearing & Healthcare) have agreed to sponsor our new online training programme, which will hopefully be available from October this year, with a donation of €800.

A huge thank you goes to Fox & Wolf and Apple Cares for their support.

If you would like to volunteer to become either a Trustee, a Listener, a Fund Raiser or a Shop volunteer please visit our website, www.samaritansinspain.com, for further information.

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When You Learn To Read Tarot, The Best Place To Start Is By Learning The Tarot Card Meanings.

Discover what each Tarot card means, including the keywords, symbolism, and stories in the cards. These are my personal Tarot card meanings that I use every day in my Tarot readings – and now you can use them too!

Let these Tarot card meanings be your guide, not your gospel. There are no 'right' or 'wrong' meanings of the Tarot cards. Sure, there are traditional interpretations of what the Tarot cards mean, but I encourage you to trust your intuition and go with the meanings that feel right for you.

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About The Tarot Card Meanings

The Tarot is a deck of 78 cards, each with its own imagery, symbolism and story.

The 22 Major Arcana cards represent life's karmic and spiritual lessons. They represent a path to spiritual self-awareness and depict the various stages we encounter as we search for greater meaning and understanding. In this way, the Major Arcana cards hold deeply meaningful lessons on a soul level.

The 56 Minor Arcana cards reflect the trials and tribulations that we experience on a daily basis. These Tarot cards highlight the more practical aspects of life and can refer to current issues that have a temporary or minor influence.

Within the Minor Arcana cards, there are 16 Tarot Court Cards each representing 16 different personality characteristics we may choose to express at any given time. There are also the

40 numbered cards organised into 4 Suits – Cups, Pentacles, Swords and Wands – each with 10 cards, representing various situations that we encounter day-to-day.

Some may say that Tarot cards are simply ink on paper. However, what I have discovered from reading the Tarot cards daily for over twenty years is this:

Tarot is the storybook of our life, the mirror to our soul, and the key to our inner wisdom.

Every spiritual lesson we meet in our lives can be found in the seventy-eight Tarot cards. And when we consult the Tarot, we'll get shown the exact lessons we need to learn and master to live an inspired life.

It's like holding up a mirror to yourself so that you can access your subconscious mind and tap into the wisdom (and answers) that lives in us all.

SUIT OF CUPS



WATER



SUIT OF PENTACLES



EARTH



SUIT OF SWORDS



AIR



SUIT OF WANDS



FIRE





Aries

Married people are looking for excellence in their partners. Singles will find love during leisure trips. Family affairs can be volatile and children may have problems in their academic activities. Health will not pose any problems. Profession and business activities will find the going tough.



Taurus

Love life of married persons can be made delightful with a few compromises. Family relationships are cordial. Health will not face any problems. Career prospects are encouraging for advancement. Businessmen will have to sweat it out. Travel activities are gainful.

Gemini



Married life will be enjoyable with the support of your spouse in solving challenges. The month is not very favorable for singles in love matters. Travel activities are very beneficial. Health conditions may deteriorate. Family affairs will be difficult. Career and finance offer very little hope.

Cancer



Life will be marked by loyalty and passion. Singles should get into love partnerships after fully understanding their partners. Children will have no problem with their academic activities. Health prospects are wonderful. Businessmen and professionals will face hurdles in their activities.



Leo

Life with your spouse will be congenial and there will be a good understanding of the marriage. The family environment will be cheerful, and children will do well in their studies. Health condition will be blissful. Career professionals will advance in their careers. Business prospects are highly profitable.



Virgo

Married couples will have no reason to complain this month. Single persons will have many opportunities for getting into love partnerships. Health prospects are fabulous. Family and children will not have a propitious month. Business people and career professionals will have to wait for a better period.



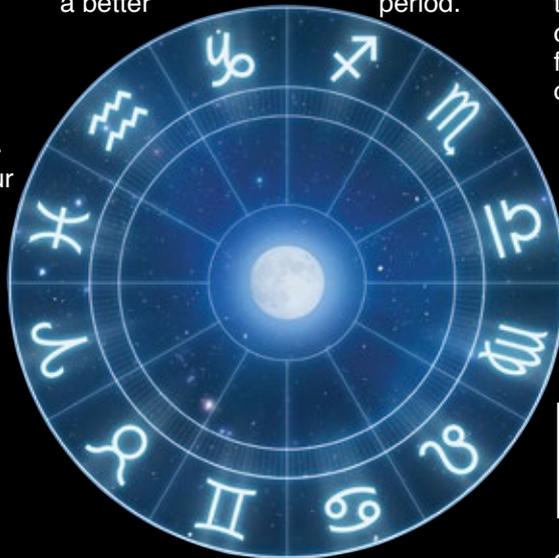
Sagittarius

Married life will be turbulent during the first fortnight. Planetary support is available for singles to forge love alliances. Family surroundings will be full of peace and harmony. Health will be wonderful without any chronic ailments. Businessmen will prosper with the help of their contacts. Career growth will be good.



Capricorn

Marriage will become harmonious during the second fortnight. Singles can get love mates during the third week. The family may face turbulent times. Planets will favor you with excellent health. Career prospects will face hurdles. Businessmen will get opportunities to expand their activities.



Aquarius

Married life will be full of love and harmony. Single persons can find love in their friendship circle. Children will do well in their studies. Fabulous health will make your disposition optimistic. Professionals can advance their careers with support from friends and contacts. Travel engagements may not be beneficial.



Libra

Life with your spouse will be congenial and there will be a good understanding of the marriage. The family environment will be cheerful, and children will do well in their studies. Health condition will be blissful. Career professionals will advance in their careers. Business prospects are highly profitable.



Pisces

Good communication will result in enjoyable marital happiness. Singles can charm the opposite sex into love alliances. The family environment will be a little difficult. Health can be maintained through regular fitness programs. Businessmen may fail to make headway. Career prospects are rewarding.



Scorpio

Married life will be delightful with a few compromises. Single persons will find love during the last week of the month. Family finances will enhance happiness in the environment of the family. Career professionals can hope to advance in their jobs. Health will be fantastic. Businessmen can start new ventures.

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Construction and Building Services

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|--------------------|----------------------------|
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| Camposol Aluminium | 686 733 844 |

Dentists

| | |
|--------------------------|-------------|
| Camposol Business Centre | 968 103 008 |
|--------------------------|-------------|

Electricians

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|--------------------------------|-------------|
| TES: Tom's Electrical Services | 666 133 674 |
|--------------------------------|-------------|

Estate Agents

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|-------------------------|-------------|
| Camposol Property Sales | 631 484 511 |
| Luz del sol | 968 199 068 |
| Mercers | 968 199 188 |

Food and Drink Suppliers

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|-----------------|-------------|
| Reeves Butchers | 711 003 354 |
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Garden Centres

| | |
|-----------------------|--|
| Jardinería La Alcayna | ES 609 248 719 EN 680 374 230 |
| Garden Boutique | Juani 669 565 402 David 678 021 310 |

Graphic Design, Vehicle Graphics,

Printing

| | |
|---------|-------------|
| VNBenny | 650 078 846 |
|---------|-------------|

Health

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

Heating, & Air Conditioning

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

Insurance

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

Swimming Pool

Construction & Services

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|-------------------|-------------|
| David Pools | 686 733 844 |
| Pool Covers Spain | 660 080 201 |
| Magarsa | 602 103 980 |

Television Services

Translation and Fiscal Services

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

Window Blind Repairs

| | |
|-----------------------|-------------|
| Richard the Blind Man | 611 250 819 |
|-----------------------|-------------|

Emergency Numbers

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

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

Medical Clinics & medical centers

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

ITV

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|-----------|-------------|
| Cartagena | 968 528 319 |
| Lorca | 968 460 761 |

Police

| | |
|--------------------|-------------|
| Mazarrón | 968 591 496 |
| Puerto de Mazarrón | 968 418 181 |

Post Office

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

Red Cross

| | |
|----------|-------------|
| Mazarrón | 968 590 140 |
|----------|-------------|

Hospitals

| | |
|-----------------------|-------------|
| Santa Lucia Cartagena | 968 128 600 |
| Maria Roselle | 968 325 000 |

Samaritans Spain

| | |
|-----------------------------------|-------------|
| This is NOT a Premium Rate Number | 902 883 535 |
|-----------------------------------|-------------|

Social Security

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

Social Security

| | |
|--------------|---------------------|
| ADG Security | (0034) 641 11 63 15 |
|--------------|---------------------|

Hair, beauty and nail salon

| | |
|-----------|-------------|
| The Salon | 691 916 717 |
| Kelly CBD | 34609801594 |

Town Hall

| | |
|----------|-------------|
| Mazarrón | 968 590 012 |
|----------|-------------|

Utilities

| | |
|----------------------------------|----------------------------|
| Aqualia Emergency | 902 136 013 902 236 023 |
| Aqualia Premium rate | 985 794 121 |
| Aqualia Mazarrón | 968 592 266 |
| Iberdrola Puerto De Mazarrón | 968 332 016 |
| Iberdrola Special number English | 900 322 044 |
| Iberswitch | 966 265 089 |

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T: 634 344 589

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www.andreasanimalrescue.com
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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

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

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

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

COVID HELPLINE
900 121 212

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

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

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

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

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

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

Lewis
Telephone: 604 206 018
Email: sectordphone@gmail.com
Facebook: camposol D community Donations.
We are at the "Hut", next to the Jane Taylor Memorial Garden on sector D every Friday between 9.00am and 11am with our donation buckets. Please consider a regular payment no matter how small. You may contribute via Paypal, bank transfer, or even a regular direct debit. This is especially popular with non resident holiday home owners.
Paypal, enter sectordphone@gmail.com as the recipient.
Bank: We can provide bank details if you wish to make a donation or set up a regular direct debit.
Our group have several social events open to everyone, several times a year. Information can be found on our notice board next to "the hut". We regularly post on our Facebook page so please look out for our latest information.

Bus Timetables

Scan the code to see the schedules of the Lorca - Alhama - Totana - Pto. Mazarrón line and the Mazarrón line of Martínez buses or on the web
autocaresmartinez.portaldetotana.es/horario.asp



Scan the code to see the schedules of bus line 30 Cartagena - Mazarrón Alsa or on the website
www.cartagena.es/ALSA/linea30.asp



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