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Welcome

to the February issue of The Advertiser

I simply cannot comprehend that we are already into the second month of 2020.

I know I myself have just gotten over the Christmas festivities. Just where has the time gone?

This issue has even more interesting articles for you to enjoy. I cannot thank our contributors enough for their dedication and hard work.

As usual, this issue is jam packed full of advertisements for everything you could possibly need in our local area, so please do support them and try to shop locally when you can.

This month's "Just for Laughs" page brings you some new content which, I hope, you will find as amusing as we did.

As always at The Advertiser magazine, we love to cover new events and launches. If you are opening a new business, having a party or celebrating a special event, why not get in touch with us? We can arrange to have photographs taken of your event and arrange a write up in The Advertiser magazine. Have a great February.

Andrew, Cheryl & The Advertiser Team

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QUOTE of the MONTH

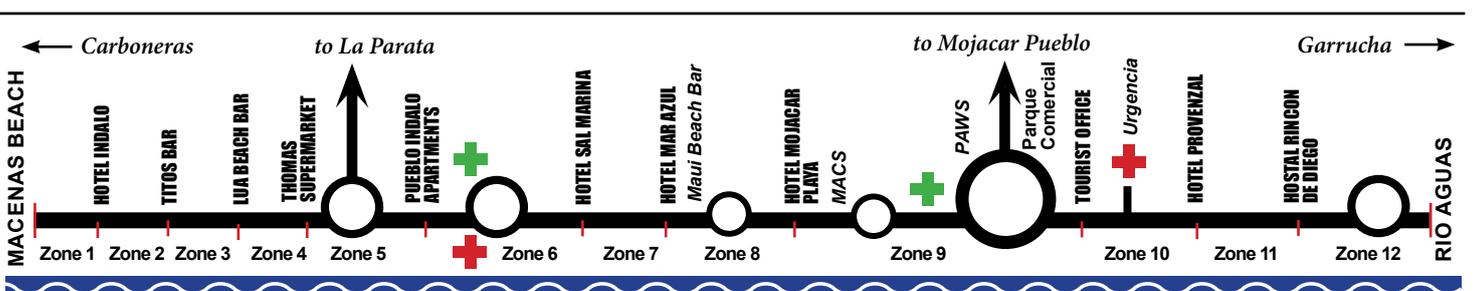
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Thomas Merton

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Australia – Travel & News

THE first thing that strikes you about Australia is its sheer size. We all know it's a big country, but I feel that coming from small European countries, as most of us do, we simply have no comprehension of the vastness of Australia.

We often hear of people intending to visit Australia who plan to take in Perth, Melbourne, Sydney and Cairns...all within a three week trip, only for them to return telling you that it was too great a distance to cover comfortably. Unless you have actually visited the 6th largest country in the world, it is difficult to imagine just how large it is.



The fact is, Australia is roughly the same size as China, however the population of China is approximately 60 times that of Australia. (Australia's population approx. 25 million people / China's population approx. 1.5 BILLION people). The image above shows the map of Europe superimposed onto the map of Australia. Surprising isn't it?

Australia is a highly developed country, with the world's 14th-largest economy. It has a high-income economy, with the world's tenth-highest per capita income. It is a regional power and has the world's 13th-highest military expenditure. Australia also has the world's eighth-largest immigrant population, with immigrants accounting for 29% of the population. Taking all of this into account, another thing that struck me as quite amazing was the fact that just over 200 years



ago, none of the cities, building or infrastructure existed.

Before European settlement, Indigenous Australians inhabited the continent for about 65,000 years prior to the first arrival of Dutch explorers in the early 17th century, who of course, named it New Holland. In 1770, Australia's eastern half was claimed by Great Britain and initially settled through penal transportation to the colony of New South Wales from 26 January 1788, a date which became Australia's national day. It was quite incredible to look around and imagine that such a short time ago, in historical terms, that all of this great land was completely undeveloped.

FUN FACT: Australian's often lightheartedly call people from Great Britain POMES (pronounced 'poms'). Although, it actually stands for Prisoners of Mother England. So who should be calling who a POME?

Sydney, the largest city in Australia, is often mistakenly referred to as Australia's capital. In fact Canberra is the capital city of Australia. The reason Canberra was chosen as the capital was due to its geographical location between Melbourne and Sydney. Thus settling the ongoing rivalry about which of the cities should be granted capital status. The country's other major metropolitan areas include Melbourne, Brisbane, Perth, and Adelaide.



We all know that Australia is home to list of different and unique variety of animals, birds, reptiles and plants, some of them even deadly! Among Australia's best known wild animals are the kangaroo, koala, echidna, dingo, platypus, wombat and wallaby.

Famous animals found in Australia also include marine animals such as cone snail, sea snake, blue-ringed octopus and land animals such as Gang-gang cockatoo, Emu, eastern brown snake, tiger snake, wolf spider, red-back spiders, wedge-tailed eagle, kookaburra, banjo frog and Blue-tongued skink.

I went to Australia hoping that I would be lucky enough to catch a glimpse of a single kangaroo. Nobody told me that once you leave the urban areas, they are literally everywhere. As common as dogs or cats! Kangaroos jump past you in car parks, gaze at you unperturbed while grazing in fields or people's gardens and, sadly, are quite prone to leaping in front of you while you are driving.

Australia is a stunningly beautiful country with an amazing sandy beach for everyday of the year. It's natural wonders, it's gorgeous wildlife and the fabulously laconic people that live there will always

make Australia a place to remember. If you get the opportunity, do yourself a favour and get over there... just don't try to do too much in too short a time!



We can't talk about Australia without mentioning...!

AUSTRALIA has been forefront of the news for the past month due to the bushfires that are still burning. 25.5 million acres of Australia have burned in one of the country's worst fire seasons ever on record.

Australia is a continent familiar with bushfires. Bushfire management and the importance of fires in regenerating the land is actually important to the cycle. The indigenous people who have lived across the island continent for tens of thousands of years have long known the importance of fire management and how it contributes to the health of ecosystems. Bushfires are a well-understood threat, but the fires now burning across the nation have been described as "unprecedented" in their ferocity and scale.

Fires can start in a number of ways -- from carelessly discarded cigarettes to lightning strikes and also unfortunately arson -- but they're fueled by a dizzying amount of factors. A lack of rain and low soil moisture can help enable small fires to grow in size, and coupled with the high temperatures and fierce winds that Australia has experienced in the last few months, these small fires can become huge infernos. The "embers" that one fire produces can be as large as tree branches, quickly starting another fire. This year many small fires grew to form

one massive raging inferno in New South Wales.

An area about the size of South Korea, roughly 25.5 million acres, has burned. At least 30 people are dead, including six firefighters, and more people are missing. Around 2,000 homes have been destroyed or damaged. As blazes intensified in the days leading up to New Year's Eve, thousands of people in New South Wales and Victoria were forced to evacuate and sought shelter on beaches. More than 100 fires are still burning.

More than 1 billion mammals, birds, and reptiles likely lost their lives in the blazes, according to one estimate from the University of Sydney. Around 25,000 koalas were feared dead on Kangaroo Island alone. Eight thousand koalas, a third of all the koalas in New South Wales, are believed to have perished, and about 30 percent of the koalas' habitat has also been wiped out. The devastation only adds to existing pressures on Australia's unique ecosystems. The continent is home to 244 species that are not found anywhere else. The region also has the highest rate of native mammals becoming extinct over the past 200 years.

Fortunately recent rains have provided some hope of relief.



IN THE NEWS

Basketball legend Shaquille O'Neal booked for Costa Almeria Dreambeach electronic music festival

AMERICAN basketball legend Shaquille O'Neal has been booked for next summer's Dreambeach electronic music festival staged on the beaches of Villaricos and Palomares.

The NBA star will perform as DJ Diesel. Cuevas del Almanzora council broke the news at this week's FITUR international travel fair in Madrid at the presentation of what will be the 8th edition of the music festival.

"I have no doubt this new edition of Dreambeach will be a success and a meeting point for thousands of young people, who come to Cuevas not just for the grand show that it is", the mayor Antonio Fernandez Liria affirmed, but also for "our excellent climate, our magnificent beaches, our cuisine and for our good people."

Fernandez Liria said the festival has "taken the name of our municipality around the world and every August turns Cuevas del Almanzora into the world capital of electronic music."

For this reason, the mayor added, "we

continue supporting this prestigious festival and we are pleased to host it on our coast due to the major tourism benefits."

This year's Dreambeach will run from August 5 to 9.

Source : www.euroweeklynews.com



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HOUSE & HOME



by Brad H

I Wouldn't Change a Thing, Except, Maybe...

"If you haven't got that in triplicate, tell your story walking" said every government official.

OK, my translation from Spanish may not be completely accurate, or at all accurate. But that is surely the feeling anyone of us that has ever had the pleasure of filling out some red tape has felt. It's usually followed by making more copies, compiling new documents and then making new appointments, sometimes weeks or months later. But alas.

Welcome to Spanish bureaucracy! Clearly the pride of any great civilization is the level of difficulty of their bureaucratic hierarchy, which just proves Spain is one of the most advanced civilizations to have ever walked the planet!

While we might gripe about this situation, we probably forget about the different problems we faced in our countries of origin. Does anyone relate to this type of conversation?

"You'll need to call this number to register."

"But I'm here now."

"We don't do that here!"

We learnt how to navigate and get around those little annoyances and we'll learn how to do so here too. Right...? Just not if you turn up at breakfast time - then you wait in the corner.

Children, children in my chair, children, children everywhere.

Whack. Thump. Clunk.

There's a good chance that you're reading this article sitting in a bar or restaurant and those sounds that you just heard were some kids smacking past your chair. You're probably raising your eyebrows and looking over towards the parents right now, only for them to not even register.

You're left with swearing under your breath and making silent threats to the next rugrat that bloody touches your chair will have their shoelaces tied together and be hung upside down on the closest flag pole. Or am I the only one that does that? I need to stop writing these in the pub...

It's true, that in Spain children have a pretty wide freedom and can go to most places and usually at all hours. It's not unusual at all to see a few kids around late at night, particularly in the Summer months. But it does make Spain a pretty great place for families and allows the whole family to spend more time together.

But I like to be responsible and when I go to bed at 11:30 on a Tuesday night, I always make sure that my 4-year old knows that they have to turn everything off, let the dog out for a pee and lock up before bed. I ignore any complaints about the boogie man, fires or suspicious strangers. Kids have such great imaginations, don't they?

Is that a Mirage or am I seeing things?

"Show me a perfect place and I'll show you a place you haven't lived." – Annon.

It's pretty easy to romanticise about Spain and then become disappointed when life starts getting in the way, but it's not all bad either. There's still plenty of sunshine, beaches, outdoor activities and cheap booze. Lots of festivals, things to see and places to visit. Hidden treasures, surprise gems and amazing countryside to explore. Spain has everything you need and then some more.

Like I regularly say to my wife when talking about myself, but I suppose it's fitting here too; no place is perfect, but it's pretty damn close.

If you have any feedback for me, to dispute, argue, agree, support, harass or to pinch, flick me an email bradh_os@hotmail.com

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¿CUANTOS AÑOS TIENEN?

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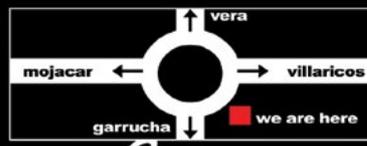


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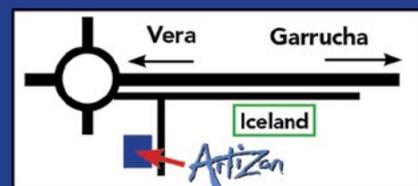
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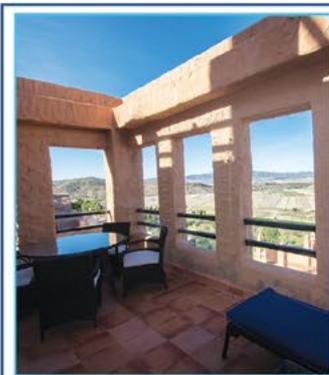
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Mojacar Playa 2
120,000 €
Ref. ME 2126 Y

Corner, ground floor apartment with a large terrace looking out to sea and mountain views on Marina de la Torre golf resort in Mojacar. Beach within easy walking distance. Sold fully furnished with white goods. AC / heating. Mosquito nets on all windows. 2 communal swimming pools.



APARTMENT 2
Terrazas del Golf
Marina de la Torre 2
Mojacar Playa
115,000 €
Ref. ME 2127 Y

Corner apartment on the first floor of a residential complex with lift, communal swimming pool, paddle court, gardens and children's park. Includes a large store room measuring 17.76 m2 within the property. Plus parking space. Sold fully furnished and equipped.



VILLA 3
Casa Cumbre
La Paratá 2
Mojacar Playa
345,000 €
Ref. ME 2131 N

Charming detached villa, recently renovated, with extraordinary views and a massive terrace set on 2 floors. Upstairs is a large open plan lounge-diner, kitchen, terrace, downstairs are 3 double bedrooms and 2 bathrooms. Stunning views from all rooms.



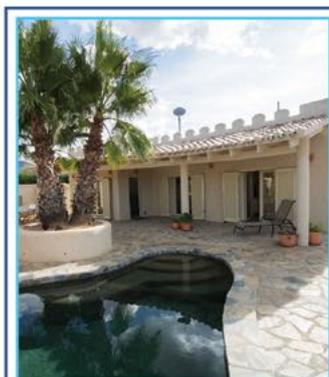
Villa Algarrobina 3
La Algarrobina 2
220,000 €
Ref. ME 2157 N

Well presented modern villa on the La Algarrobina urbanisation next to Desert Springs Golf Resort with a walled garden and parking area. Property set on 2 levels with mature gardens and space for a pool.



VILLA 4
Casa Media Luna
El Pinar, 3
Bédar
239,950 €
Ref. ME 1250 Y

Modern, high quality 4 bedroom villa featuring Lutron lighting control, air conditioning, internet tv & radio, solar heated hot water, exterior lighting and filtered water supply with stunning views of the mountains and sea. Large, tiled roof terrace. 2 large store rooms.



VILLA 2
Molino de la Higuera 2
Los Gallardos
310000 €
Ref. ME 2154 Y

A newly refurbished and tastefully decorated villa set in a tranquil valley a couple of minutes from the Turre - Los Gallardos road. Double garage. Large store building. Plunge pool. Mature gardens. AC / heating and double glazing. Beautiful setting.



VILLA 3
Cumbres Reales
Mojacar Playa 2
385,000 €
Ref. ME 2163 N

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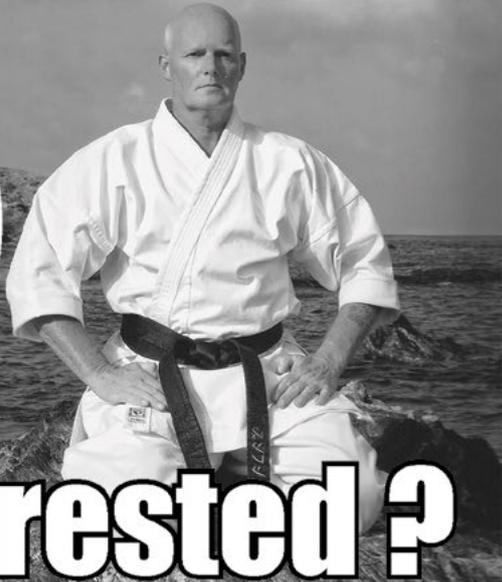


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Interview

Why did you start MMP Spain?

Because we saw the demand in this area for a company who can produce high quality video ads to help companies promote their services & products. We also highlight and shine a light on charity organisations on our social media accounts. Last month we made a video for the Food bank in Turre and this month we are taping a documentary for the animal organisation Paws.

Do you create the ideas from scratch?

Our Creative team normally comes up with great concepts, but we can also work alongside the client if they have an idea they want to bring to life. Whether it's a real estate company needing a nice video for one of their houses or if it's a bar or restaurant. We also create photo's and video's for a few nightclubs in the Almeria area.

Do you offer services to private people?

Yes, we take professional videos/photos for birthday parties, baby showers, weddings and other private events. Any occasion that our client want to capture and make timeless. We also make portfolio for models at a reasonable price and professional Instagram content. We are experts in social media promotion helping you reach 1.000's of people in any region you'd prefer.



These days everybody can create a video with their mobile phone. Why should they hire MMP Spain?

Yes, you can create a descent video using your phone. The difference is that we use a team of experienced photographers and producers who have worked on both small and big projects. If you're tired of not enjoying events you have organized because you're too busy filming it to capture the moment, that is where MMP Spain comes in.



I saw in your flyer that you use the term CCS. Can you explain what that means?

CCS stands for Creative Concept Script. If a client wants to make a video to promote their business but don't have a storyline or how to describe their product or service. We offer the service to write a entertaining script for you to give an idea of how we would present your project. A nice example is the latest video we made for DCM, which is an AC / Electronic company in Mojacar.



How can people get in touch with your company?

There are many ways to contact us, for example: we have a contact form on our website www.mmpspain.com You can contact us directly on the following n°: 659 294 839 If you prefer you can also contact us on our social media accounts on Facebook/ Instagram: @MMPSPAIN, or simply by sending us an email: info@mmpspain.com One of our bilingual sales representatives will be in touch within 24 hours.



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Most importantly they can give you peace of mind that you have the right cover even whilst you are back in the UK.

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With many properties being bought for future retirement you may be thinking of renting yours, either a long term or short term basis, Ibex can make sure you have the cover you need.

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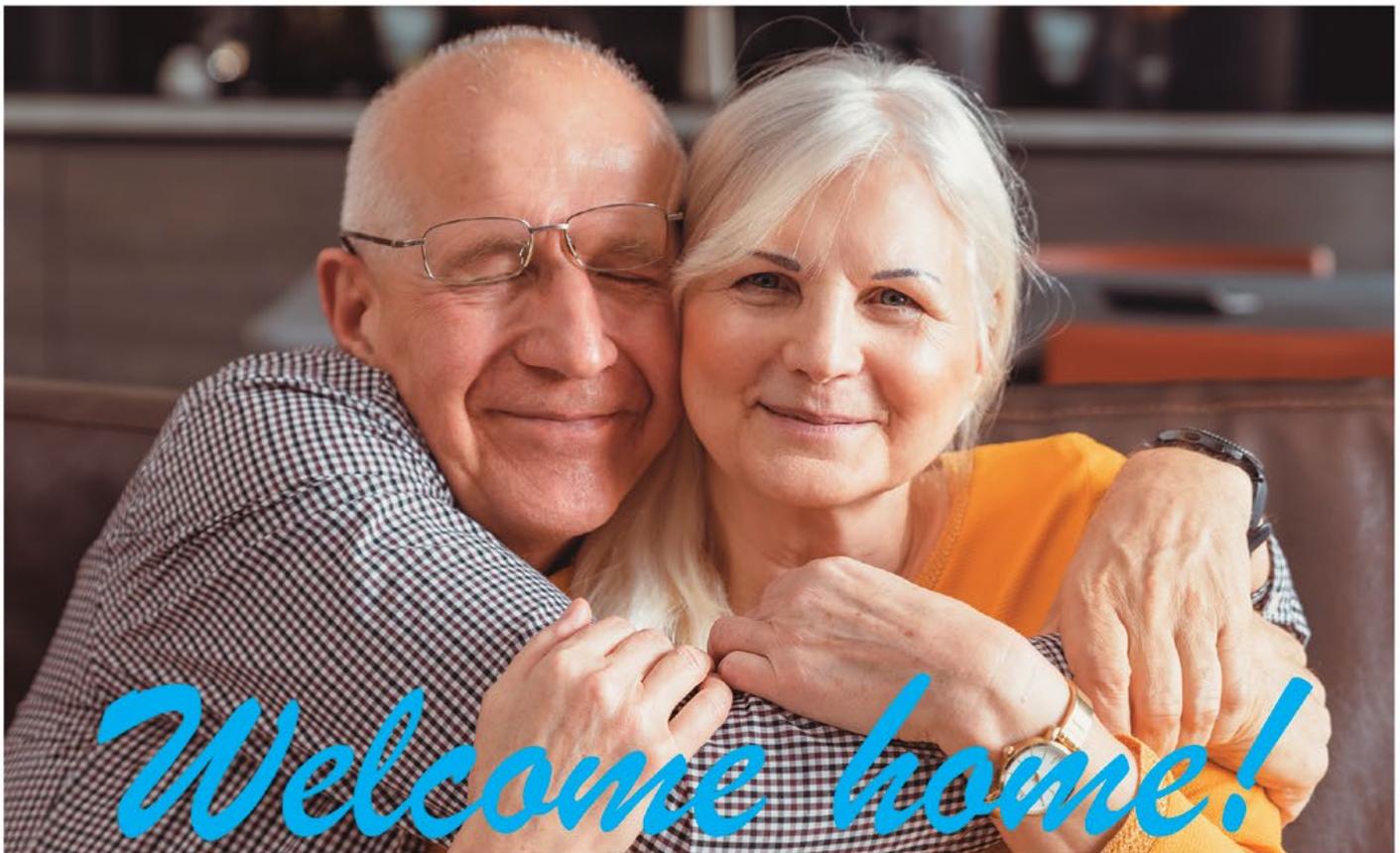
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£35,000 | 2 bed, 1 bath mobile home in Los Hibiscus



The main bedroom has a large double storage bed, lots of wardrobes and storage space. The 2nd bedroom has twin beds. The bathroom is spacious with low level wc, basin, walk-in shower and cupboard. Fully equipped kitchen with a combi-oven, two fridges, freezer and all utensils. The lounge has reversible air-con and tv. A fully furnished conservatory with another tv. The sunny patio, utility room with washing machine, garden items and tool shed. This home is fully equipped and ready to move straight in.

£39,995 | 2 bed, 1 bath mobile home in Los Carrascos



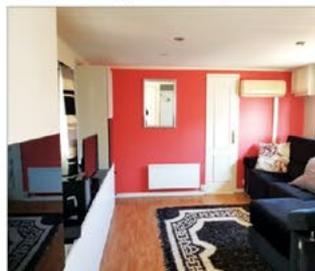
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£33,000 | 2 bed, 1 bath mobile home in Los Carrascos



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£43,000 | A 2 bed, 2 bath mobile home in Las Hibiscus



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Bon Appetit

Gastronomy & Cooking - by Pig & Fig

COOKING USING THE BEST SEASONAL PRODUCE



WHAT I love about Spain is some of the unexpected fruits and vegetables which are available this time of year compared to the UK, in particular strawberries.

I remember first seeing them back in 2003 when we arrived in Spain, Christmas and New Year had just finished and there, in the supermarkets, were STRAWBERRIES!! Shocked to say the least.. so of course I grabbed a punnet and took a long hard sniff (odd I know) but I had to check to see if these were actually going to be good, and my goodness they were. So I now really look forward to mid-January onwards for strawberry season.

One of Pig and Figs signature dishes is the amazing Eton style Mess or very deconstructed pavlova.. At the cookery school one of our main recipes is Ali-Oli which uses many egg yolks, therefore leaving plenty of egg whites, they never go to waste! I have a "go to" recipe for left over egg whites and it NEVER fails .

Left over egg white meringue recipe :

1 cup of egg whites (approx. 6)

1 tsp white wine vinegar

2 cups of sugar (either caster or granulated)

The rule of thumb is 1 part egg white to 2 parts sugar

METHOD

Whisk the egg whites and vinegar in a clean bowl (very important) until soft peaks, then gradually add the sugar and mix until the meringue is glossy and forms stiff peaks.

Have your oven on at 100 degrees. Pipe or dollop the meringue mix onto a lined tray (parchment paper), I usually put a little meringue mix under the parchment paper to hold it in place.

Pop onto the middle shelf in the oven for approx. 2 hours or until crisp.

I then love to serve mine with a flavoured chantilly cream (just add a splash of vanilla extract and icing sugar to whipped cream).

I really enjoy being creative and putting the dish together, I pile on the cream, add white chocolate chunks, strawberries, rose petals and slices of pistachio for colour and, if you can get them, edible flowers.

This is a real show stopper dessert and so delicious....

Vegetables in season

Fresh peas and broad beans are now in abundance, I use both for canapes and starters. They are so sweet and vibrant in colour

Broad beans have no saturated fat or cholesterol and contain a high concentration of thiamin, vitamin K, vitamin B-6, potassium, copper, selenium, zinc and magnesium.

A great addition to any meal or snack, I like to blanch them in boiling water.. just bring a pan of salted water to the boil, drop in the beans, cook for a few minutes, then plunge into ice water. You can then easily remove the skin to reveal the sweet green bean (this is how I use them for canapes).

Peas and their pods contain a good source of folic acid, they are also great for vegetarians and vegans as they contain good levels of protein compared to other vegetables. Peas are low in calories and rich in nutrients and vitamins - they are very healthy!

When living here many years ago, I ran a small bar in the village I lived in, I remember vividly the local men coming into the bar with bags of broads beans shelling them and enjoying them as a healthy snack with a cold beer, the children in the village would also grab handfuls to snack on .

We are incredible lucky to have such a variety of great seasonal produce available in our region.



Editorial provided by:

Pig and Fig Catering & Cookery School, Centro Commercial Valle del Este, 04620 Vera, Almería

M: 0034 711001357 / 0044 7507483527 www.pigandfigcatering.com Email: christine@pigandfigcatering.com

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MAINS

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SCAMPI AND CHIPS - Deep fried scampi with freshly cut chips and garden peas

PIE OF THE DAY - Served with creamed potatoes or chips and seasonal vegetables

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Celebrate their 1st Year Anniversary on the 14th February

ON Valentines day, the 14th of February, last year La Forneria first opened their doors to the public. It was love at first taste as the Belgian bakery, bread shop and cafeteria immediately became the darling of the local area.

The bright and modern shop is extremely inviting. Maarten, the owner, does all of the baking. He learned his trade in a bakery in his home country of Belgium. Every night he bakes through the night so that the following morning the shop is stocked with a wide and varied selection of fresh loaves, baguettes, bread buns, pastries and exquisite cakes. Maarten's parents, Wendy and Geert, help him to run the business.

La Forneria opened with the intention of mainly being a bread shop, where the customers would buy their bread (with the option to have it sliced, should they wish) to take away. As an aside to the main part of their business, they decided to add a small seating area where customers could also enjoy a coffee with a little cake or pastry. As is often the case, this afterthought actually became a massively popular part of their business and within months they were forced to largely extend

the seating area and add seating outside the bakery as well.

Apart from the customers who visit daily to buy their fresh bread, La Forneria has become massively popular for both breakfasts and lunches. At breakfast time they offer either the traditional Spanish style breakfasts or you can choose any of their delicious pastries to enjoy with a coffee. Increasingly popular and a really delicious treat is the traditional Belgian breakfast. If you haven't yet tried it then you are surely in for a treat. It comprises of croissants, bread rolls, fruit, cheese and hams, coffee and juice. This gastronomic spread is also available to take away in La Forneria's breakfast basket.

Wendy laughed as she told me how the lunchtime rush took them completely by surprise when they first opened the bakery. She immediately rose to meet the demands of the ever growing clientele and began offering a lunchtime menu with daily specials and fresh, made to order, sandwiches and rolls. The lunchtime trade is brisk as people choose from the vast array of sandwich fillings or salads and either eat in or take their lunch away, often adding a loaf of bread or a

cheeky cake to their order.

The visible staff of La Forneria are Wendy, Esperanza, Nancy and Barbara. They work in the shop during the day, selling the delicious goodies Maarten has worked hard all night to produce. The bakery is open from 8am from Wednesday to Sunday.

La Forneria also take orders for cakes for special occasions. Wendy recalled how she was particularly overwhelmed with the amount of pre-orders received for special cakes and pastries over the Christmas period. While she feared their ability to fulfil them all, Maarten managed to see that each and every order was fulfilled.

La Forneria will be celebrating their 1st anniversary in style and Wendy hinted at a range of secret delights that will be on offer. This business is a fantastic addition to the area and, to the waistlines of some of its more frequent patrons (including yours truly!!!)

We wish La Forneria every success on their 1st year anniversary and have no doubt that they will be celebrating for many more years to come.



Open Wednesday through to Sunday from 8am until 5pm
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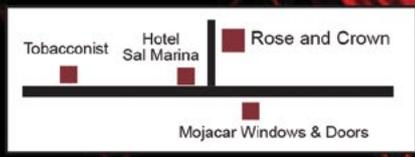
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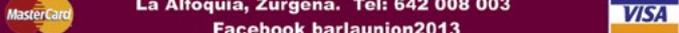
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What is love?

WE have all heard of it , and felt its effects , from our first connections to our mothers at birth, to our first tangled steps of romantic infatuations. Some of us are lucky and find our true soulmates early in life, and have a lifelong love affair. My own parents were very happily married for 65 years, and died within a year of each other as they just couldn't live apart.

Let us not get into the tears of love, but celebrate the joys of it. So this is the time of year we celebrate St. Valentine's Day, So who was this Saint ?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men.

Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome. So maybe he was the first man to lose his head over love ?

In the Christian marriage vows we pledge to love each other till death us do part, however, love does not end with death, and our loved ones stay connected to us by love. Here is the story of Marie and Luis.

Several years ago I was working in Cabrera at the home of my dear friend, and translator, Pia Groscurth. There were two people waiting in the beautiful garden for their appointments. One was an elderly lady of 79 years, and a younger man. He looked quite preoccupied, and when I asked who was coming in first, he immediately pushed past the lady and came into the room to begin his session. I was a bit surprised by his lack of manners by the way he had ignored the lady, but she sat calmly in the shade of the trees and seemed at ease.

Almost immediately the spirit of this man's father introduced himself as Luis and was telling the man that he knew his son was having problems with his



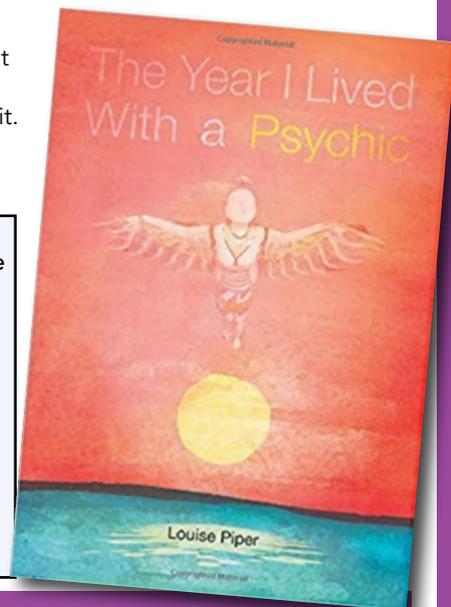
health, and was showing shaking of the arms. The man said yes, I have Parkinsons disease, so what ? Again, I was surprised by his attitude. His father told him that he was to take better care of his mother, and not just take from her. He was not happy to hear this, and said ' I just want to know when I am going to get money.' Luis was standing at the window watching the woman in the garden. Upon hearing his son not listening to his advice the father refused to say anything more, and so I had to end the session, much to the annoyance of the son.

Pia then invited the woman to come inside and the man went off to his car. I was puzzled to see the spirit of Luis was still in the room, standing immediately behind the woman, with tears running down his face. When I asked him why he was still with us he said. ' It's not that I didn't want to speak to our son, it's just that I have waited 50 years to speak to her !' The woman was named Marie, and this spirit was her husband Luis, who had died when the son was 6 months old ! Yes, the rude man was the son of the lady, and his father Luis.

Luis then told me about Marie still having the lovely figure she had when they married, and that she could still fit in her wedding dress. Marie confirmed that yes, in fact she had recently put it on. Luis was in tears telling me how she had never married again, although he had sent her two other men, as he had seen how hard her life had been bringing up their son on her own. Over the next hour he described so many events that had occurred in her life, even down to telling her off for climbing onto a stool to clean her windows only a few days ago, which she confessed to having done ! So no, love doesn't die. It is truly eternal.

Our loved ones, and our beloved pets, live on in spirit and watch over us, offering support whenever we need it. Love is indeed, a many splendoured thing.

Author Louise Piper came to stay with Joyce for a time and has just published the book she wrote about her experience while living with Joyce, phychic medium. It is now available on Amazon UK and Amazon Spain. Do not miss out. This book is not to be missed and at this amazing price it makes a fantastic gift.



Editorial provided by Joyce Vernon

Joyce is a professional psychic medium with over 45 years experience. She offers private sessions and also Skype and Facebook messenger readings. She is a Reiki Master and also teaches both Reiki and Prana energy healing. Joyce has worked with the police in the UK with murder and missing persons cases. Call or WhatsApp: 634 332 542 or Visit www.joycevernon.com



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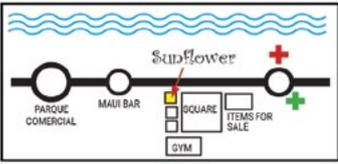
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Welcome to your monthly hair dot com



By Beth Underhill

EACH month I am looking forward to sharing my knowledge of hair care with you. As a Vocational Trainer and Assessor for the examiners Scotvec and a salon owner for over 30 years my passion is the science of hair and how to respect it using salon chemicals.

I will be giving some useful tips and advice on how you can protect and care for your hair, after all our hair is a barometer of our body.

Trying to grow your hair?

80-85% of your hair is composed of protein found in our diet and is the hairs' building blocks - they make your hair strong and help to keep it growing.

Without sufficient protein, your hair can become brittle and fall out before it reaches the length that it is capable of. Because some people have a low-protein diet they often find that their hair won't grow past a certain length. I suggest including at least 120g of a protein with breakfast and lunch.

I recommend egg whites as egg whites are in fact the most complete and easily absorbed form of protein for your body! Dietary protein is essential to hair growth and health as hair is made primarily of keratin – a special hair protein that gives your strands their strength, flexibility and elasticity also fish and lean meats, red meat, poultry and cheese. However, cheese can cause or worsen eczema and dandruff in some people and also takes over two hours to digest, so it's not the best option for everyone.

There are several types of conditioning treatments that we can use to protect our hair from the outside environment however using a reconstructor can help maintain the strength and elasticity within the hair, these can be bought from salons or supermarkets as a spray or some shampoos and conditioners include reconstructors.

Reconstructors are formulated to help repair protein damage caused by chemical services (permanent colour, bleaching, perms or relaxers) or excessive heat styling. Use a protein reconstructor treatment weekly for two weeks, then once a month to maintain healthy hair.

You can also make your own Restructuring mask

Mash ½ an avocado, ½ of a banana add an egg yolk and one teaspoon of extra virgin olive oil. Blend all ingredients and apply to pre-washed hair. Massage into the scalp, cover and leave for up to an hour. Used once a week will help protect and restructure your hair.

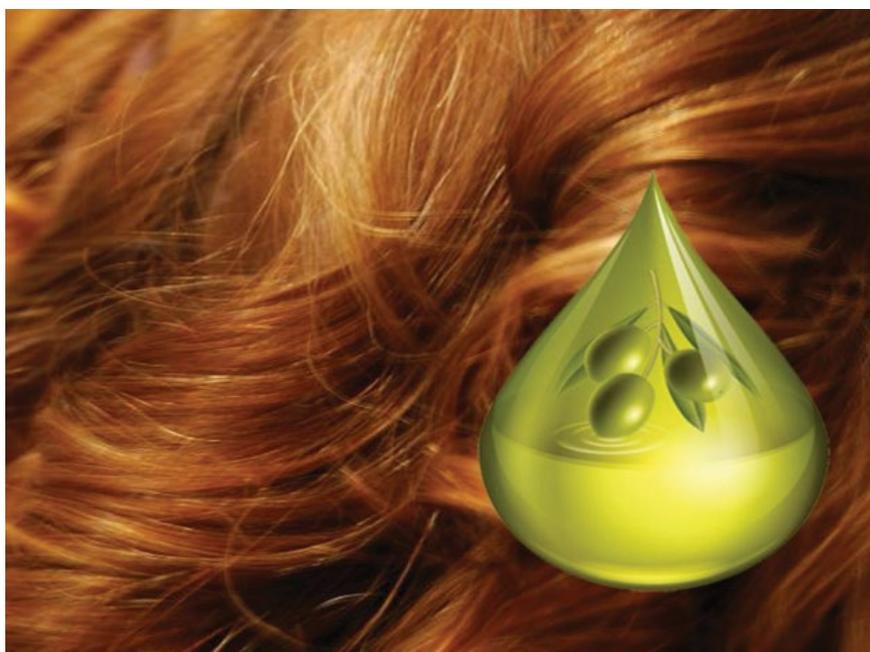
Intensive Oil Treatment

For a dry scalp and hair, warm up some extra virgin olive oil over a pot of water, apply to your hair and scalp, massage into your hair, wrap your hair up and leave for 30 minutes. Without wetting the hair, apply shampoo to the hair and massage until you have a white emulsion all over the hair, rinse and shampoo as usual.

NEXT MONTH

LIVE AND LET DYE....

How permanent colour can affect our hair.





Etticut

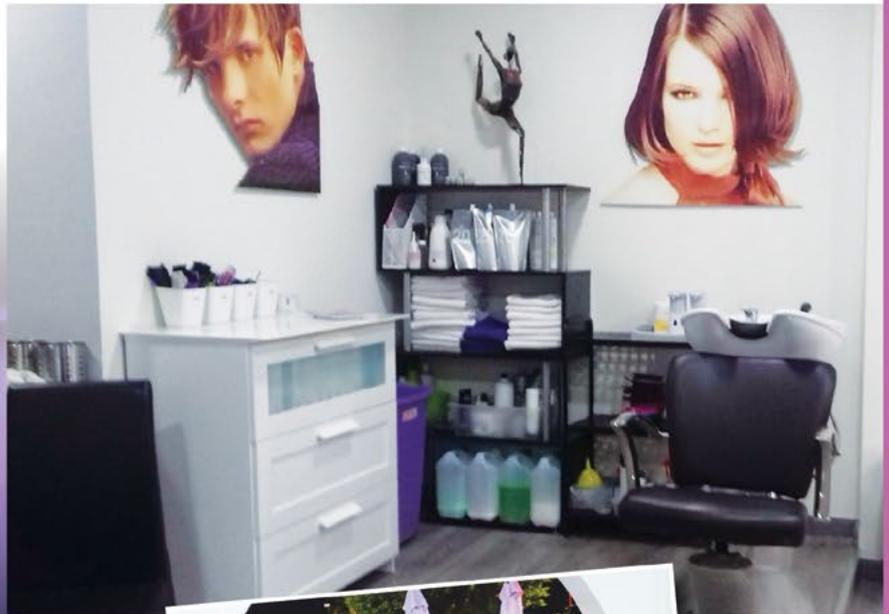
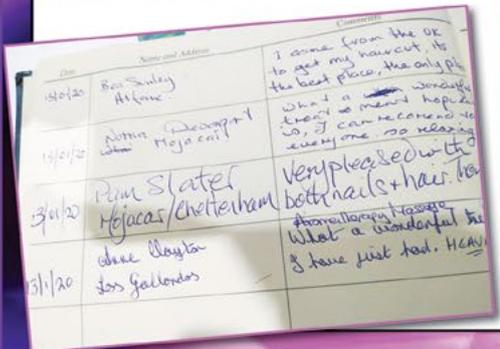
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HAIR BY STEVE 950 473 110

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HAIR BY YASMIN 950 473 110

We are pleased to introduce our new stylist Yasmin into our new Beaches salon. Having worked in the industry for 14 years, Yasmin is trained in both ladies and gents hairdressing, including creating various hair up styles and braids and will be a real asset to our team.



BEAUTY BY ALISON

Alison is a highly qualified Beauty Therapist with experience spanning over 25 years, including working in London Spas, Cruise Liners and heading a London beauty department. Her passion is her indulgent facials and treatments offered, include waxing, electrolysis and lash and brow services.



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Which supplements should you take to stay healthy

THE recommended daily allowances (RDAs) of vitamins simply aren't high enough to ensure optimum health - they are set at levels that just prevent us getting a deficiency disease such as scurvy in the case of vitamin C.

Instead, through a combination of a well balanced diet and a good supplementation programme, you should try to achieve an optimum daily allowance (ODA) of vitamins and minerals - which will help you to achieve great health. As a result you'll notice a lot of benefits to your health including a boost in your immunity (less colds and infections), increased energy and a reduced risk of getting chronic disease like cancer and heart disease.

This article will explain exactly what you should include in your supplementation programme and why.

The basic building blocks of a good supplement programme

It's impossible to fit all the nutrients you need in one tablet so nutritional therapists use 'formulas' - combinations of vitamins and minerals - that, when combined appropriately, more or less reach your needs. In a typical health supplement programme you may end up with four supplements to take. These formulas are like building blocks. The essential building blocks are shown in the Supplement Jigsaw below.

These 'jigsaw pieces' pieces make it much simpler to understand what you need in your supplement programme and below you'll find what to look for in each one:

1. Multi-vitamin and mineral

The starting point of any supplement programme is a high potency multivitamin and multi-mineral. This should provide the following nutrients:

Multi-vitamin - a good multivitamin should contain:

Vitamin A (7,500iu) - needed for healthy skin and protecting against infections.

Vitamin D 10mcg (400iu) - helps maintain strong and healthy bones

Vitamin E (100iu) - a powerful antioxidant which protects body cells from damage and helps the body use oxygen, preventing blood clots, improving wound healing and fertility.

Vitamin C (250mg)- strengthens the immune system and keeps bones, skin and joints firm and strong.

B vitamins - 25mg each of B1, B2, B3, B5 and B6, 10mcg of B12, 200mcg of folic acid and 50mcg of biotin - these all work together and are essential for energy, brain function, healthy skin and hair, hormones and digestion.



Multi-mineral - this should provide:

Calcium (300mg) - promotes a healthy heart, improves skin, bone and teeth health, relieves aching muscles and bones

Magnesium (150mg) - strengthens bones and teeth, promotes healthy muscles and essential for energy.-

Zinc (10mg)- has many purposes - it's essential for growth, important for healing and energy and helps the body cope with stress.

Manganese (2.5mg) - helps to form healthy bones, cartilage, tissues and nerves, stabilises blood sugar and is essential for reproduction.

Chromium (20mcg) - balances blood sugar and helps to normalise hunger and reduce cravings.

Selenium (25mcg)- reduces inflammation, helps fight infections and promotes a healthy heart.

Plus ideally some molybdenum, vanadium and boron should all be included.

2. Add extra vitamin C and other immune boosting nutrients

Vitamin C - this is worth taking separately because the amount you need won't fit in a multi. The supplement should provide around 1,800mg of Vitamin C. Some vitamin C formulas also provide other key immune boosting nutrients such as bioflavonoids or anthocyanidins in the form of black elderberry and bilberry and zinc. make sure they do not contain aspartame often the fizzy ones do.

3. Add extra antioxidant nutrients

An optimal intake of antioxidant nutrients slows down the ageing process and prevents a variety of diseases so it is well worth supplementing extra antioxidant nutrients - on top of those in a good multivitamin - to ensure you achieve the best possible ageing protection. The kind of nutrients you should look for in an antioxidant supplement are vitamins A, C, E and beta-carotene, zinc and selenium, possibly iron, copper and manganese, the amino acids glutathione or cysteine, plus phytonutrients such as bilberry extract, elderberry extract, pycnogenol and grape seed extract. These plant chemicals, rich in bioflavonoids and anthocyanidins, are also often supplied in more comprehensive vitamin C formulas.

4. INCLUDE ENOUGH ESSENTIAL FATS

Your essential fats are omega 3 and omega 6 - they promote a healthy heart, thin the blood, reduce inflammation and improve the function of the nervous system. You can get enough of these from your diet if you eat either a heaped tablespoon of ground seeds every day, have a tablespoon of special cold-pressed seed oils and/or eat oily fish three times a week. If you're unlikely to manage this then you can supplement them.

Omega 3 (350mg EPA, 350mg DHA) - take either flax seed oil capsules or the more concentrated fish oil capsules providing EPA and DHA.

Omega 6 (110- 260mg) - supplement a source of GLA such as evening primrose oil or borage oil. Even better is a combination of all three - EPA, DHA and GLA.

These are the basic building blocks of a good supplement programme. I take these every day and when combined with a well balanced diet should help you to be the healthiest you can be.



Editorial provided by Jackie Miles Kirby

Therapist and teacher of therapies for 25 years. Based on Mojacar Playa

For more information or to arrange an allergy test for you or your child contact Jackie on:

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As soon as you walk through our gates of Castellón De Bedar, you immediately have the sense of peace and tranquility. You are our only guests and so this means your stay is completely tailor made to your own needs. The Suite offers a complete package for any Business couple, with a lounge set up for WiFi, full TV package, Bosh blue tooth system, should you need to work whilst you are here. For those of you that might come and want to relax and "lock the world out" you also have a beautiful high beamed bedroom, that has Air Conditioning, 1000 Cotten linen, and a King Sized Bed.....from the Bedroom and separate lounge you can then walk out onto your own private balcony....it is quite breath taking, the views of the village of Bedar itself, sweeping down in front of you. The Cabrera Sierra Mountains in front and Mojácar Pueblo and the blue sea beyond.



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Upon arrival, you will receive a complimentary bottle of Cava and home made biscuits made by Shane.....you have full access to our Spa hot tub, which is available to you at anytime of the year, and during your stay, you are our only guests and you can use it when you want. The Courtyard is also perfect at different times of the day, to sit and read, in the sun or in the shade.

We have a second balcony as you go into the house that you are also able to sit and relax should you wish. Breakfast is served to our special guests in the Mirador room, this is an outside space that

is completely enclosed in the winter by glass curtains, these can be removed depending on the weather. This means that you have outside views all year round. The breakfasts are always tailored to your specifications and requests.

You can come and stay with us and join one of our jewellery making classes too, or just come for a magical break, for you, a loved one, for an Anniversary, or a Birthday, it is a perfect, special place indeed for any occasion.

We have a vast and comprehensive honesty Bar.... for a little night cap..... Nothing is too much trouble and our aim is always to ensure you have a wonderful stay with us.

In the village of Bedar we have three Spanish Restaurants and another Restaurant just 5 kilometres away, which we are more than happy to arrange table bookings for any. There is a bank, farmacia, two super markets, a Gym and Yoga classes, pottery classes and a local Estate Agents, Olive Properties...should you need anything else. There are several walks around the local area, plus bike tours.



Why not come and experience something truly unique that we know you will treasure for a long time.

Calle Castellón 6, Bédar, 04288, Almería

Website: www.castellondebedar.com E-mail: info@castellondebedar.com

Mobile N°: 0034 642 435 909 Facebook: [castellondebedar](https://www.facebook.com/castellondebedar)



just for laughs

Here are some articles, jokes or items in the news that we hope that you, our readers, will find amusing.

Celeste Barber is a trained actor, writer, comedian, and internet sensation. She has been recreating celebrity Instagrams with hilarious results. In January 2015 she started this as a fun experiment to see what it would look like for an average person to photograph herself doing rich people things. The appeal of this comic 'everywoman' has attracted some high profile fans including Robbie Williams, Ashton Kutcher, Cindy Crawford and Kris Jenner, to name a few. CELESTE IS REAL, SHE IS FUNNY, AND THE WORLD CAN'T GET ENOUGH...

Celeste Barber



FACEBOOK: CELESTE BARBER

Her Troth

If you ever should deceive me,
 Dear love, then best believe me ...
 I will have your guts for garters;
 I will sully your good name;
 Your reproductive system
 Will never be the same!
 But ... Before this congregation
 As we stand here, just we two,
 Having made clear my position,
 "Oh, my darling.... Yes! ... I do !."

Petter Finne

Compromise

First Valentines evoke the joy
 Of boy meets girl and girl meets boy.
 In new found love they twine and twist;
 In an artless lover's tryst.

Maturing, as the years pass on,
 Each Valentine's a marathon.
 Now with art they twist and twine;
 In orgasmic sixty nine.

But after seven years or so
 Valentines start running low.
 Though love persists, below its crust
 Each hankers after long lost lust.

The fond caress, predictable,
 Is pleasant but does not fulfil.
 Wife or husband, each may dream
 Of chances missed; what "might have been".

Some resist, but many other
 Will succumb and take a lover,
 Fidelity they compromise:
 But who are we to criticise?

For love and lust fill different needs.
 The mind, to subtle signals heeds:
 Selfish hormones baldly state
 Which bodies they desire to mate.

Love is in thought's abstract mesh;
 Lust within the urging flesh.
 Seldom in the years that come
 Will both apply to just the one.





Sudoku Easy

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

Sudoku Hard

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

Cross Word

1		2		3		4	5		6		7
8						9					
10							11				
		12		13					14		
15											16
17		18				19		20			
21								22			
23								24			

ACROSS

- 1 Handle clumsily (6)
- 4 Electricians (informal) (6)
- 8 Tibet's Forbidden City (5)
- 9 More than enough (3,4)
- 10 Device that measures the flow of electrical current (7)
- 11 Also-ran (5)
- 12 Sell off book stock cheaply (9)
- 17 Bring upon oneself (5)
- 19 Authentic (7)
- 21 Bereft (7)
- 22 Increase in pay (5)
- 23 Refuse to comply (6)
- 24 Carnivore — saw eel (anag) (6)

DOWN

- 1 Heavy short-tailed polar bird (6)
- 2 Country on the Bay of Bengal (7)
- 3 Vaulted (5)
- 5 Moved about restlessly and stealthy (7)
- 6 Trounces (5)
- 7 World's largest desert (6)
- 9 Off to bed (7,2)
- 13 Shows a reflection (7)
- 14 Dried grapes (7)
- 15 Lift — nick (6)
- 16 Edible grain (6)
- 18 Keeps in check (5)
- 20 Family of Germanic languages spoken in Scandinavia and Iceland (5)

Environmental Issues



CCA APPROVED SCHEME

WE at CCA love to see and reward effort. Is your local bar or restaurant leading the way environmentally? Please let us know. If they are not, perhaps you could have a quiet word and encourage them? Here are some ideas to get started.

With the beginning of a new calendar year comes a renewed focus on the CCA Approved Scheme. The initiative focuses on rewarding bars and restaurants in our area who consider the environment in their decision making and day to day running. Minimising their single use plastics and recycling where possible. We want to both recognise these efforts and encourage other establishments to take steps to be part of the overall solution.



Along with options such as returnable glass water bottles, which are handled in much the same way as returnable beer bottles (sterilised and refilled by the supplier), there are other small changes which can easily be adopted with a little pre-planning. For example a pack of butter can be pre sliced in the fridge and given with jacket potatoes or toast rather than the individually packaged plastic ones. Tables and function rooms can be decorated for celebrations without the use of balloons, using paper streamers, napkins in glasses, candles or flowers. If the existing decorations are plastic, can they be stored and reused for multiple events?

The CCA Approved scheme outlines 10 swaps and actions which can be taken to minimise plastic waste and calls for 7 of the 10 to be regularly achieved in order for a specially designed CCA logo to be awarded for display. The full check list, details and suggestions can be found on our webpage:



www.coastalcleanersandalucia.com/approvedscheme.php

We would love to hear about and award approved status to other establishments who qualify for recognition and are also happy to advise those who are keen to implement change. In addition to the existing checklist we are encouraging establishments with water filter machines and dispensers to offer water bottle refill services (In return for payment) to walkers and those out and about to prevent the need to purchase plastic bottles.

A list is being compiled by our friends Terreros Trashound to inform people where they can refill on the go. All of these steps help to reduce the production of plastics and therefore help to keep our planet and seas clean.

UPCOMING EVENTS:

We are planning a Beach Lovers Clean for February 14th at Neptuno Mojacar.

The beach won't be dreadful but there is always stuff to pick up and we are planning to hold some games and a competition or two. So if you fancy a meet up, light beach clean and perhaps tapas or the 8€ lunch afterwards please come along. Details are on the Coastal Cleaners Andaluca Facebook event page. Meet near Neptuno for 11am and finish around 13.30.

We are also taking a group to Aguilas Carnival again this month (February 25th). The spectacular costumes are fantastic to see and it's well worth a visit. Coaches are almost full at time of writing but you are of course able to arrange tickets for yourselves too. Search Aguilas Carnival online.

To keep up to date with events, trips and beach cleans please follow Coastal Cleaners Andaluca on Facebook.



Editorial provided by Sue Parmenter-Phillips from Coastal Cleaners Andaluca

Taking action against plastics, fishing paraphernalia and other litter on our beaches and coastline. We try to encourage a wide group of people to get involved through varied activities including litter picks, art, social gatherings and sports. In order to tackle the issue of prevention our activities also include educational projects and workshops, focusing on building awareness and sharing information about alternatives.

www.coastalcleanersandalucia.com

Coastal Cleaners Andaluca

Motoring



The importance of maintaining your vehicle correctly? Do you know the true condition of your vehicle?

WHEN your vehicle is serviced, you are told the condition of your brakes, the suspension, steering, the engine, gearbox, fuel system, and tyres, and most importantly - (if your vehicle is fitted with one), you should be told when your timing belt is due for replacement!

I could go on, but there are many items that should be checked on a full service and inspection.

Do you get a full report from your garage explaining all of these things, any faults found and any items that are due for replacement in the near future?

Does the garage you use show you any parts that have been replaced on a service or repair?

Here at the 'The Garage' in Arboleas, we pride ourselves on maintaining your vehicle to the highest possible standards, and carry out all servicing work and repairs according to the manufacturers guidelines and specifications. We have an up to date extensive database on every make and model of car made from 1970 to the current day.

Vehicle diagnostics - Our Speciality

Your vehicle uses many sensors, switches and modules that must operate correctly. When something goes wrong, does your garage have the capability to diagnose and fix the fault accurately, quickly and correctly? or do they just guess and hope for the best?

Here at 'The Garage' in Arboleas we use the very best in diagnostic equipment and have a vast knowledge of how to accurately diagnose a fault and repair it.

We work in partnership with a company called Autologic. They supply us with world leading diagnostic equipment, and more importantly when we need to, we can use the knowledge of their master technicians and their worldwide database to assist us in repairing your vehicle. For more information on Autologic, visit www.autologic.com

From a simple diagnostic scan to replacing modules, programming, and software updates - we have the capability to do it all. We specialise in German, French, Jaguar, Land Rover and Ford vehicles, but cover all manufacturers.

Do you own a vehicle that still has manufacturer's warranty?

Did you know that you don't have to have your vehicle serviced by the main dealer and pay their high prices. We can service your vehicle and it will not affect your manufacturer's warranty (terms and conditions apply).

One last thought

Just remember a cheap job is not a good job, and a good job is not cheap!



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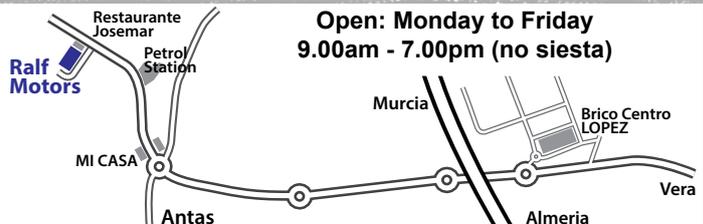
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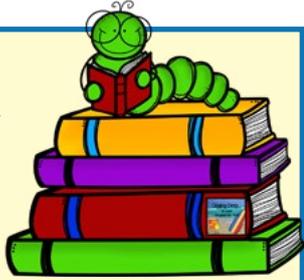
Almeria

Vera

Brico Centro LOPEZ

Community

MOJÁCAR COMMUNITY LIBRARY



Mojácar Community Library has ordered 60 new books over the last few months which are on the shelves now.

A selection of the authors includes; James Patterson, Javier Marias, David Baldacci, Anthony Horowitz, Stella Rimmington, Danielle Steel, Nora Roberts, Mads Peder Nordbo, Robert Goddard and Jeffrey Archer.

You can find the Library, which is staffed by volunteers, at the Centro de Usos Múltiples (previously Artisan Centre) in the basement next to the bar. It is open Mondays, Wednesdays and Fridays from 11am to 1pm, throughout the year, with a yearly subscription of 12 Euros per household.



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fundraiser in aid of the bushfires in Australia



At Camping Los Gallardos

Thursday 13th of February

from 12pm

Lots of stalls - 100% of the pitch fees will be donated to the cause.

Music All Day From:

Harmony Duo - Melanie Howard Cole - Jack Law

Kayeleigh & Michelle *Abba tribute - Carol George

Kay Frances - Jordan Cecilia - Shawn Faulkner

Seldom Sober - Happy Pluckers - Contraband

Compered by Paul Rawlins from The All Skas



Area size comparison of Australia and Europe
Australia's area = 7,688,043 sq km
Europe's area as shown = 3,847,245 sq km

Entry 5€

All proceeds to small local charities

Tlf. 675 608 716 The Advertiser Magazine

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Community

The Dames in Spain - Mojacar



Our mini breaks to visit other parts of Spain

One of the popular attractions of our yearly programme is the three/four night mini get-aways we arrange.

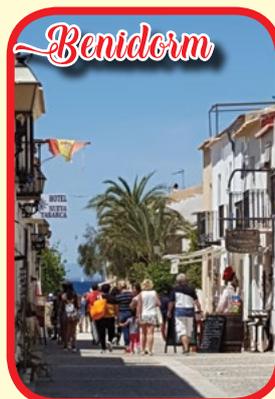
Many of our members felt in the past that they were isolated in Mojacar as they didn't like driving into the unknown and so began our mini breaks enabling our members to see other parts of this beautiful country we live in.

These are usually taken in May before the tourist season begins.

Places visited in the past are Jerez, Valencia, Marbella and Benidorm to name a few. Always included are visits to famous factories and landmarks etc.

Who knows where May 2020 will take us so stay tuned!

Our February meeting will take place on Monday 17th at Sensations restaurant, Mojacar Playa. Our guest speaker will be Sue Parmenter-Phillips. Sue is the leader of Coastal Cleaners Andalucia and has a great passion for the environment.



Community



MACS Buddies

WHEN going through such difficult times, it is nice to know that you have a good support system around you, to help you through the bad days and maybe even just to listen.

MACS cancer support group has been there for more than a decade, supporting cancer patients and their families during these hard times.

MACS adopted the song "Lean on Me" due to its extremely relatable and raw lyrics and working vigorously in the background, the MACS Buddies are there for patients and their families whenever they may need someone to lean on.

The MACS Buddies support system was created in the charity's infancy and since then this group of selfless individuals has helped hundreds of cancer sufferers through some of the difficult times of their life.

The Buddies responsibilities vary according to the needs and requirements of each individual patient. Some people simply need somebody to talk to, while others may require that little bit more.

Buddies can also help the patient's family or

carers in tasks such as doing some shopping or just spending time with the patient so family members or the carer can get a little "me time" as MACS do completely understand the immense pressure and emotional strain it can have on the carers themselves.

The main thing is that Buddies are there to stay in touch with the patient for whenever they need them. Inevitably and naturally, patients and Buddies may begin to develop a close relationship and many lifelong friends have been formed and continue to this day.

MACS Buddies come from all backgrounds with different sets of skills but all have the same thing in common, the hope to make a difference.

Aileen Cameron became a Buddy many years ago after initially applying to be a shop volunteer. She met with MACS founder, Elaine Kay Brown and was so taken by her enthusiasm that she decided to become a MACS Buddy and really enjoys being part of the MACS Team.

Aileen moved to Spain in 2002 and lives in the Huerca Overa area. She explained that being a carer can be quite isolating and having the

support of a Buddy can make the journey easier for all those involved.

Another Buddy is Sue Nortley from Mojacar. Sue lost her brother to cancer and some months later joined the MACS team.

As a former Police Officer for Greater Manchester Police, Sue enjoys dealing with people and said that while police work is different than being a Buddy, it is similar in that no two days are the same. Sue puts her police training to good use in being strong and supportive while helping patients from all walks of life.

MACS continues to expand its reach to help more people who are battling this awful disease.

The charity can't function without its supporters and MACS welcomes assistance in any way, be it donations, fundraising, volunteering or simply just spreading the word.

For more information on MACS and its work, call 681 664 808, email macsshannon@gmail.com or visit MACS on Facebook.

Editorial provided by Shannon Kay Edwards from Macs Cancer Support
 Helpline: 634 656 555 General Enquiries: 634 328 334
macscancersupport@live.co.uk www.macscancersupport.co.uk
 Registered Address: Avenida Almeria, Local 11, 04639 Turre, Almeria. NIF Number: G04691572

Community

Useful Numbers



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CIVIL
PROTECTION**
(MULTILINGUAL OPERATORS)

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062

LOCAL POLICE
092

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900 202 202

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CONSULATE**
ALL AREAS (24HRS)
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IRISH EMBASSY
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LEVANTE**
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A big plea for donations to PAWS-PATAS outlets in Mojácar, Turre and Las Buganvillas. Without the money raised from these outlets, PAWS-PATAS would not exist. Stocks are at an all time low and they are in dire need of your kind donations, be it clothes, bric-a-brac, bedding, crockery, toys, etc. Time for an early spring clean! Quarantine Unit on the horizon... money raised to date is 30,000€. 40,000€ to complete the project.



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C/Mayor s/n (near Cinema). T: 950 132 279
- GARRUCHA - LUÍSA MOLDENHAUER (Días: 3, 11, 19, 27)
C/Mayor 144. T: 950 460 085
- MOJÁCAR - JUAN JOSÉ CRESPO HARO (Días: 1, 9, 17, 25)
P/Mediterráneo 231 (near Pueblo Indalo) T: 950 472 016
- MOJÁCAR - FRANCISCO SALAS (Días: 6, 14, 22)
P/Mediterráneo 237 (opposite Red Cross) T: 950 615 080/069
- MOJÁCAR - MIGUEL ABELLÁN BERRUEZO (Días: 2, 10, 18, 26)
P/ Med. 343, C/Piedra Villazar 2 (near Parador) T: 950 475 282
- MOJÁCAR - EDUARDO VALERO GONZÁLEZ (Días: 7, 15, 23)
P/Mediterráneo 411, Local 42. T: 950 472 661
- MOJÁCAR - JAVIER ABELLÁN (Días: 4, 12, 20, 28)
C/Silos 14, Mojácar Pueblo. T: 950 478 029
- TURRE - BLANCA RUBIO (Días: 8, 16, 24)
C/Las Tiendas 1. T: 950 479 012
- VERA - ELISA BELMONTE (Días: 1, 2, 17-29)
C/Mayor 69. T: 950 393 343
- VERA - SUSANA RABEL (Días: 3-9)
C/Mayor 100. T: 950 390 410
- VERA - JUAN DE LA CRUZ BELMONTE MENA (Días: 10-16)
C/Alfredo Almunia 18. T: 950 390 136
- ALBOX - ESTEBAN GRANERO (Días: 4-10)
Plaza San Francisco 24. T: 950 120 234
- ALBOX - FLORENTINA MARTINEZ (Días: 11-17)
C/Llano de los Olleres s/n. T: 950 434 170
- ALBOX - FÉLIX L. MIRÓN (Días: 18-24)
Plaza García Haro 1. T: 950 430 037
- ALBOX - JOSÉ PAREDES (Días: 1, 2, 3, 25-29)
Plaza del Pueblo, s/n. T: 950 121 079
- HUERCAL OVERA - JAIME GIMÉNEZ (Días: 4, 12, 15, 16, 20, 28)
Avda. Guillermo Reyna 24. T: 950 470 410
- HUERCAL OVERA - ROCÍO BERGILLOS (Días: 1, 2, 6, 14, 17, 25)
Plaza Constitución 14. T: 950 470 082
- HUERCAL OVERA - AMBROSIO BERNAL (Días: 7, 10, 18, 26, 29)
Plaza Constitución 5. T: 950 470 014
- HUERCAL OVERA - MIGUEL BALLESTA (Días: 3, 11, 19, 22, 23, 27)
Guillermo Reyna 16. T: 950 470 040
- HUERCAL OVERA - JOSÉ CAPARRÓS (Días: 5, 8, 9, 13, 21, 24)
C/Dr. Jiménez Díaz 26. T: 950 456 413/950 470 131

ADRS
Amethyst Dog Rescue Spain
CIF: G04871380 Assoc. No: 6673
amdrspain@gmail.com
www.amethystdogrescue.org

ADRS are helping a 76 year old lady who has been in a critical condition since January, has undergone a major operation for cancer from which she is recovering in hospital and can no longer look after her dogs. Any help would be appreciated, foster care or permanent homing. All have passports. Please email amdrspain@gmail.com

JUDY is 3 years old. We think she is a Dutch Herder X Malinois. Very intelligent, very willing, and a quick learner. She is obedient and loves people. Walks on a lead.



MAISIE - small Podenco, spayed. She was dumped with her 3 puppies by my house. Assumed date of birth around end of 2007 or beginning of 2008. Obviously was someone's pet, not nervous nor afraid of people, walks well on a lead, loves being picked up and cuddled. Good with other dogs but chases cats. She and Mungo, Midge and Mary were described by the vet as Mestizos.



RAFFI is a Podenco of around 8 to 10 years. He is a very gentle and super affectionate soul considering his early life. He walks on a lead and is neutered. He has Leish but it is well controlled by Allopurinol.



Maisie's pups - Mary, Mungo and Midge
Assumed date of birth December 2008. **MARY** - spayed. Not nervous or afraid of people, good on a lead, loves being picked up and cuddled. She is a very sweet girl but she will nip if you pull her hair as in grooming etc. Not sure if she would chase cats or escape like her mother and brothers but she seems more obedient. **MUNGO** - neutered. Not nervous or afraid of people, good on a lead, loves being picked up and cuddled. Will chase cats. **MIDGE** - neutered. Not nervous or afraid of people, laid back, good on a lead, loves tummy tickles, being picked up and cuddled. Will chase cats.

Community

We are always in need of volunteers to help in so many different ways, even administration work which can be done from home. For further information please visit our website: www.paws-patas.org or email: info@paws-patas.org



Carlos
Valentino

These lovely little boys were found in the campo suffering from parvovirus. Thankfully they survived and now Carlos and Valentino are waiting for their "forever home". They are 8 months old, very playful and loving, enjoying human contact and excellent walking on their leads. Please email: dogs@paws-patas.org. For all other information regarding volunteering, etc, visit the website: www.paws-patas.org or email: info@paws-patas.org

For information regarding adoption, donations or volunteering visit our website : www.paws-patas.org

Bowling Clubs



- ALMERÍA BOWLING CLUB: Shirley Jackson: Tlf: 679 970 399
- INDALO BOWLING CLUB: Jan Dando: Tlf: 950 064 011 or 671 865 675
- CABRERA LAWN BOWLING CLUB: Ian Jackson: Tlf: 634 340 361
- MOJACÁR BOWLS CLUB: Verna Bimpson: Tlf: 950 473 072
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Golf Clubs & Societies



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- BOXERS GOLF SOCIETY: Tlf: 607 675 318 or forums section of www.Arboleas.co.uk
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- URCAL GOLF SOCIETY: Steve Dodd - Tlf: 608 238 827 stevedodd652@yahoo.co.uk
- VALLE DEL ESTE GOLF SOCIETY: Alan Townsend: Tlf: 690 090 982

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DATES FOR YOUR DIARY

February

- The Royal British Legion Mojacar Branch Meeting will be held at 11:30 at The Hotel Continental Everyone welcome, come along and join us. Our speaker this month is Jessica Dee Simpson. If you would like more info call: 950 099 483 or email: mojomacar.secretary@rbl.community
- The BIGMAC - Hostal Rural, Turre 12pm. All day entertainment, food & drink, stalls, music. 5€ entry.
- 14. ST VALENTINE'S DAY**
- The Royal British Legion, Mojacar will be attending the Valentine Dinner at 19:30 at the Bistro, Las Marinas. Please contact our secretary on 950 099 483 or email: mojomacar.secretary@rbl.community to join our group.
- The Royal British Legion Mojacar social meeting for chat and coffee will be held at 11:30 at LA COMETAR, Mojacar Playa. Everyone welcome, come along and join us. If you would like more info call: 950 099 483 or email: mojomacar.secretary@rbl.community
- Aguilas "GREAT CARNIVAL PARADE and floats". starts 18:00. www.carnavaldeaguilas.org/programa-de-carnaval.php
- Aguilas "CARNIVAL NIGHT" starts 24:00 www.carnavaldeaguilas.org/programa-de-carnaval.php
- Aguilas Carnival "2ND GRAND PARADE and floats". Starts 18:00. www.carnavaldeaguilas.org/programa-de-carnaval.php
- 28. DIA DE ANDALUCIA (Regional Holiday)**
- The Royal British Legion Mojacar is holding a luncheon at The Felipe San Bernabe, Mojacar Playa to celebrate Andalucía Day at 13:00. If you would like more info call: 950 099 483 or email: mojomacar.secretary@rbl.community
- Aguilas Carnival "3RD GRAND Parade and floats". starts 18:00. www.carnavaldeaguilas.org/programa-de-carnaval.php

ANGLICAN CHURCHES OF COSTA ALMERIA & COSTA CALIDA CHURCH SERVICES FOR FEBRUARY

- MOJACAR**
Eucharist Sunday 2nd, 9th, 16th, 23rd at 11am
- LLANOS DEL PERAL**
Eucharist or Morning Worship Sunday 2nd - 11am
Eucharist or Morning Worship Sunday 9th - 11am
Eucharist or Morning Worship Sunday 16th - 11am
Eucharist or Morning Worship Sunday 23rd - 11am
- ALJAMBRA CHAPEL**
Eucharist Thursday 6th - 11am
Evensong Sunday 16th - 6pm
Pancakes & Beetle Drive Tuesday 25th 3-5pm
Eucharist and Lent Lunch Thursday 27th - 11am

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