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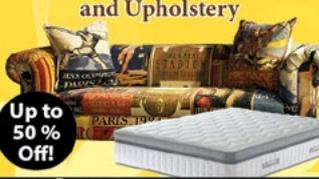
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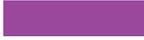
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# Welcome

**to the April issue of The Advertiser**  
**WELL, what can I say about the last few weeks?**

Not much has happened really!! Oh, apart from the fact that we have been hit with a worldwide pandemic that has closed our schools, shops and bars. Supermarket shelves have been stripped bare in scenes that would make one think of the eastern block post World War II, the army have been brought onto our streets to ensure that we all abide by the lockdown rules.

A month ago I would have giggled had I seen someone wearing a mask in the supermarket. Now it's almost compulsory.

Almost half a million people worldwide have been infected with Covid-19. Tens of thousands of people have died and the situation is rapidly deteriorating.

I still wonder am I going to wake up and realise this was all a crazy nightmare.

This time last month we sure didn't envisage just how dramatically our lives were about to change.

What positive things can we take from this experience? How can we make the best of the lockdown? Read our "Lockdown Survival Guide" on page 12.

We always try to see the humour in any situation. Our "Just for Laughs" page will lift give your spirits a lift as we try to make the best of this time.

Hopefully by the time we publish the next issue of The Advertiser, this will all be behind us.

**Cheryl & Andrew - Stay Home! Stay Safe!**

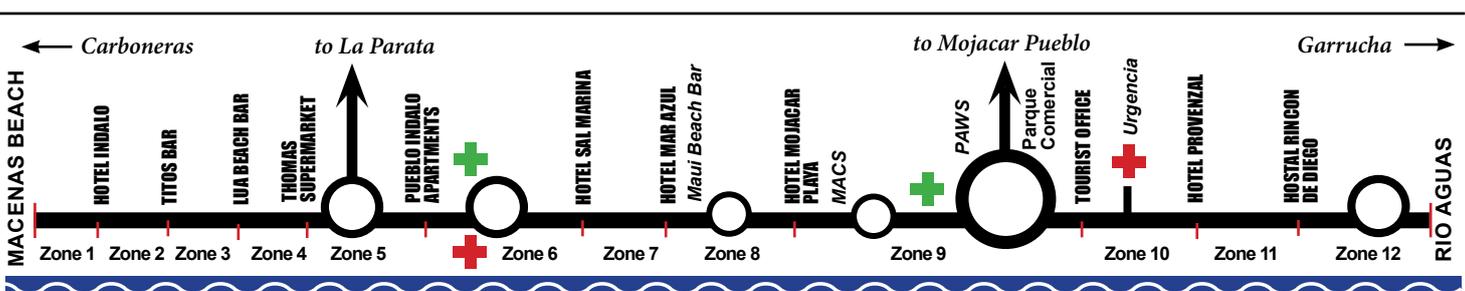
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**QUOTE**  
of the  
**MONTH**

Look for something positive in each day, even if some days you have to look a little harder.

**DATE**  
for your  
**DIARY**

**12th of April**  
 At the time of going to print, this is our proposed "release date" from lockdown!





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*Distributed monthly*

Editor: Cheryl Woods

*Est. 2001*

**WHAT3WORDS** is a pretty cool application for use on mobile phones or tablets. What3words is a really simple way to talk about location. Each and every 3m<sup>2</sup> of the globe has been assigned a unique 3 word address that will never change. For example ///filled.count.soap marks the exact entrance to what3words' London headquarters. The application uses unique combinations of just 3 of a total of 40,000 words.

Chris Sheldrick used to work in the music industry, organising live events around the world. He quickly discovered that in the music world, people struggle with poor addressing every day. Getting lost trying to find events was pretty common.

He had some pretty bad days, like in Italy, when a driver unloaded all the equipment an hour north of Rome, instead of an hour south of Rome. And a slightly worse day, when a keyboard player called him and said, 'Chris, don't panic, but we may have just sound-checked at the wrong wedding'

After experiencing several similarly frustrating situations, he realised that addressing around the world just wasn't good enough. To get people and equipment to the right places – and on time – he tried sharing GPS coordinates instead. But asking people to meet at the likes of 40.7127753, -74.0059728 was just too unreliable. Entering 16 numbers into a device, or even sharing them over a phone call, can pretty easily go wrong.

After experiencing a few too many navigation nightmares, Chris sat with his mathematician school friend, Mohan Ganesalingam, to find a way to describe location that would be as precise as GPS coordinates, but more concise and easier for people to use. Before long, Mohan created the first 3 word address algorithm on the back of an envelope. Chris and Mohan then connected with Jack Waley-Cohen, also a school friend, with a background in translation – and what3words was born. It's been



**WHAT3WORDS**

five years since Chris, Mohan and Jack co-founded what3words. Today millions of people across the world are using 3 word addresses to find, share and describe places faster and more easily – from festival-goers and travellers to delivery drivers, event organisers and postal services.

**HOW TO USE WHAT3WORDS**

From helping people find you, to navigating to businesses and meetups with friends, here are some simple ways for you to start using what3words:

1. Go to your App Store or Play Store on your phone or tablet.
2. Search for and download the what3words application.
3. Open the App and when prompted, allow the app permission to use your location.
4. Wait for the blue dot to stop moving and tap 'Locate Me'. The 3 word address will display at the top of your screen.

The location accuracy is dependent on your device's GPS signal. It will be more accurate when you are outside with a clear view of the sky. You can also save what3word addresses, share them and navigate to them.

**Find out more by visiting:**  
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# HOUSE & HOME

## Easter, Spring and an April Fool

IT turns out I could be a month too late in announcing Spring is here, considering I've been regularly wearing shorts since early March! Nevertheless, the usual gale-force winds, eye-scratching dust and sneeze-inducing pollen are clear indicators that it's still Spring.

I highly recommend that everyone get outside and go and enjoy the change in weather, because you know, winter was at least 2 weeks long this year. Go for a nice walk along your nearest Rumbra to admire the wild flowers or bike ride across Sierra Cabrera to see the changes in colour across the countryside. I say that, while comfortably sitting on my sofa eating some hot nachos.

### Did someone say "Egg hunt"?

While Seville and Malaga are (COVID-19 edit – were) well



known for their famous Easter parades, most of our local towns and villages have (COVID-19 edit – had) their own processions which are both beautiful and sorrowful at the same time. And where else are you going to see a 25 year-old Spanish guy crying in the street because a statue goes past? OK, maybe if it's the World Cup Trophy.

If you've got kids or grandkids, then an Easter Egg Hunt is a must do event, but make sure it's done in the morning. With another late Easter this year, those chocolate eggs may end up being more scrambled eggs if it's a hot day! (COVID-19 edit – Easter may very well be taking place in September this year).

But, please spare the children from making Easter bonnets. I have such bad, life-scarring experiences of my childhood, being forced to make Easter bonnets at my Catholic primary school. "Please Mrs Dooblewick, no more chickens! No more chickens to glue". Actually, I have no idea why Easter bonnets even exist, but they never did fit my odd shaped head.

**(COVID-19 EDIT) Coronavirus poor joke introduction removed...**

(COVID-19 Edit – Joke removed). OK, if this joke gets through the editors, I understand it is a serious topic purely because of the large number of people that can be infected by it, but if we can't laugh at serious things that scare us, what can we laugh at?

Changing topics and washing my hands as quickly as possible, I once was a very clever guy and managed to get married on 1st April. How is that clever, you ask? Well it just means I forever have a get-out-of-jail-free card every time I forget our unforgettably special day.

Picture this – Wife: "Happy Anniversary, sweetheart". Me: "Yeah, me too. I'm just going to get some milk". 3 hours later. "Happy Anniversary baby, here you are. What? you thought I forgot?! Nooo, only joking. April Fools!". Phew.

If you have any feedback for me, to dispute, argue, agree, support, harass or to pinch, flick me an email [bradh\\_os@hotmail.com](mailto:bradh_os@hotmail.com)

by Brad H

PS: Did you stumble across an Easter Egg in this article?

PSS: Things have been changing rapidly with virus, but I hope you and your loved ones are all staying safe and well.

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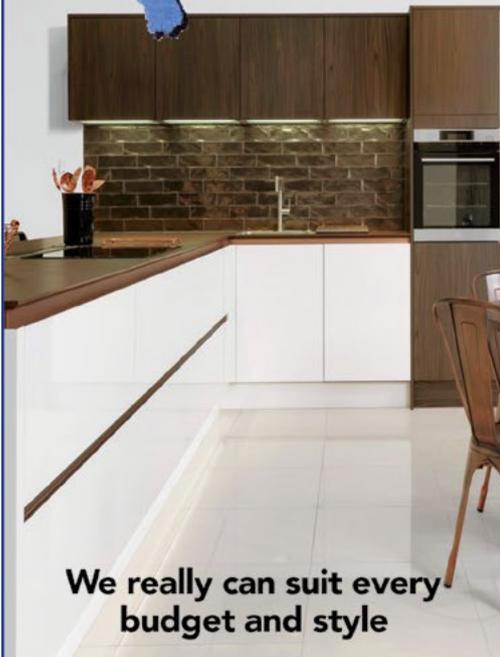


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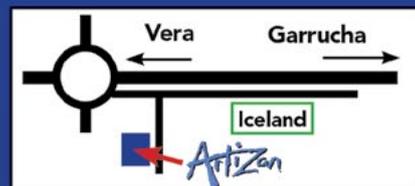
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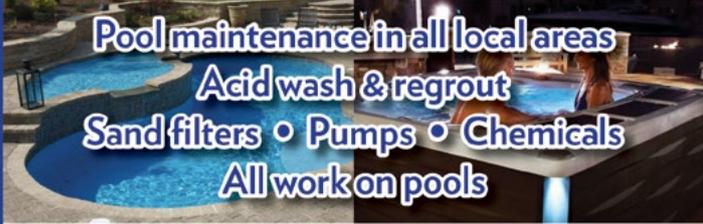
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# MESSAGE FROM THE CONSULATE



**THE Withdrawal Agreement which sets out how the UK leaves the EU has now passed into UK law, which, once the European Parliament has ratified it this week, means that the UK is leaving the EU with a deal on 31 January.**

This is very positive news for UK nationals who are currently resident in Spain, as the Withdrawal Agreement contains some really important protections for your rights:

- You will be able to continue to live and work in Spain
- UK state pensioners will continue to have lifelong healthcare as long as they remain living in Spain. This also applies to residents who claim a UK state pension in the future
- Your UK state pension will continue to be uprated
- You will be able to exchange your driving licence until the end of 2020 without taking a driving test and your Spanish licence will be accepted in the UK when you visit

Those rights will be protected for as long as you live in Spain, provided you are legally resident here by the end of this year, 2020.

The Withdrawal Agreement also provides a Transition Period (from 31 January until 31 December) during which time nothing will change for UK Nationals in Spain.

Charmaine Arbouin said: "The approval of the Withdrawal Agreement is a very important step for UK nationals living here. It provides reassurance on key rights, such as being able to continue to live and work here, and for pensioners to have lifelong healthcare and uprated pensions. Alongside those rights, you have obligations – the main one being to make sure you are registered with a green residency certificate. This remains a valid document after 31 January and we will communicate any details on future residency processes once we have them."

If you have any enquiries or would like any assistance in this matter, please pop in to our office in Turre and we will be able to talk you through the item and

advise what is the best option for your circumstances or call Haylee on 950 04 94 31 or email: info@goldenleavesinternational.com

## Spanish Emergency Phone Numbers

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**National Police 091**

**Local Police 092**

**Fire Brigade 080**

**Medical Emergencies 061**

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**Coast Guard 900 202 202**

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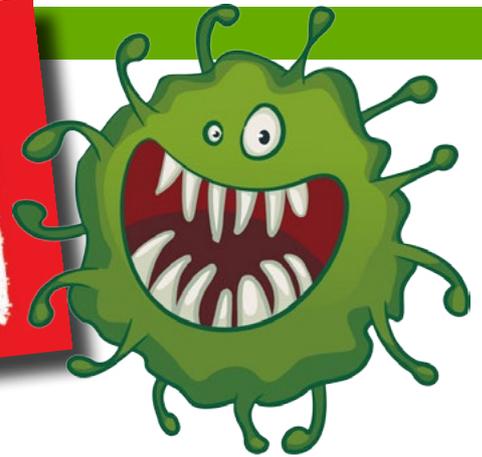
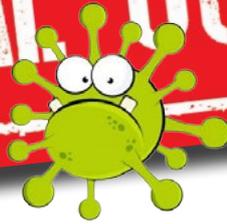
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# Lockdown

## SURVIVAL GUIDE



**WELL here we are. Like it or not, most of the people on the planet are now under some kind of restrictions when it comes to going out, going to work or just going about their daily routines.**

How can you make the best of this time? The truth is that it isn't the best of times. It is a worrying, stressful time. But sitting around worrying will not help things at all and will certainly not make the time pass any faster.

For those who live alone or suffer with depression or mental health issues this can be an exceptionally difficult time. We all know that the best way to stay mentally healthy and positive is through human interaction, fresh air and exercise. With most of those options currently removed from our lives, how do we stay positive, mentally healthy and prevent the anxiety from overwhelming us?

Perhaps you normally live a busy, full life with very little free time - Juggling work, family life, social commitments and a household. Finding any downtime at all was perhaps your greatest problem up until now. You may even have had to schedule in your downtime. Suddenly overnight you have little or nothing to do. The boredom is starting get to you and your days are disappearing between box sets and frequent visits to the fridge.

The greatest challenge of all, I believe, is for those who have small children to keep stimulated and occupied for such long periods of time and often in a restricted space. In countries such as Spain and Italy where the restrictions have been especially stringent parents are faced with trying to amuse their children, often in an apartment and, are completely forbidden from allowing them any outside time at all.

## *So how do we make the best of this time?*

Well how about we look at this from a completely different perspective. This has never happened before in our lifetimes. We have all experienced snow days or illnesses or other forces that have rendered us housebound for short periods. But the rest of the world is still going on out there and the cogs of the wheel keep turning without us. This is the only time EVER IN OUR LIFETIMES that the whole planet is in a similar situation. Let's look at this entire thing differently. This can be looked upon as a MASSIVE OPPORTUNITY. One that we may never get again, not that I would wish a repeat of a worldwide pandemic but we may never again be in our homes with very little to do for several weeks, without social commitments, household errands, work, hairdresser appointments and the school run. MAKE THIS TIME COUNT.



### FIRST A YOU NEED TO MAKE A FEW LISTS

**1. Household projects.** List all of the things you have been telling yourself for ages that you must get around to. Hanging up those pictures. Sorting through your wardrobe. Deep cleaning the kitchen. Cleaning out the spare room. Make the list and add as many things as you can think of to the list.

**2. Read.** Are there books you have on your shelves that you always wanted to read but somehow just never have the time to? Perhaps you have some classic books that you always planned to read but as your time has previously been so limited that, when you do read, you always choose something less taxing on the brain. Well now there is no rush. Choose a classic book or two and put them on the list. If you don't have these books already then order them from amazon. The kindle versions are very affordable and amazon even offer a whole month free trial of kindle titles and at the end of the month you can cancel the subscription, should you wish to, without penalty.



**3. Call someone.** If you are often alone or lonely, well, now you are not alone in your loneliness. There are people who have suddenly found themselves cut off from the rest of the world. Also there are many people in your life who perhaps you don't like to bother as they are usually so busy. Guess what? They are not busy now. Add "people" to your list and think of all the people you would most like to have a chat with. Think also of the people who may not necessarily reach out but who may really welcome a chat. Put all of those people on the list. A five minute phone call can really make all the difference to someone's day. In times like this a phone call means so very much more than a text, WhatsApp or Facebook message.



**4. Educate yourself.** Put education on your list and then list the things you have always wanted to learn and that are feasible to begin within your own home. I doubt there are many of us expats who, no matter what our level of Spanish, couldn't do with either making a start or improving our Spanish vocabulary. You will be surprised what can be achieved in a small amount of time. If not Spanish, then why not another language? There are some fantastic free resources out there that will get you started in no time. Check [www.radiolingua.com](http://www.radiolingua.com) for 20 minute lessons in a multitude of languages, starting from beginner's level to advanced level. You can download these lessons to your tablet or smartphone and listen whenever it suits.

If languages are not of interest to you perhaps you would like to educate yourself on another topic. There are a huge amount of eLearning sites. This website offers a wonderful selection of FREE online learning courses as well as a range of virtual tours that are wonderful for both children and adults alike. [www.chatterpack.net/blogs](http://www.chatterpack.net/blogs)

If you always fancied doing something that might advance your career try looking on [www.centreofexcellence.com](http://www.centreofexcellence.com) but don't forget to look on good old YouTube for free online tutorials on whatever takes your fancy.

**5. Spend time with your children.** If you have young children it can be incredibly difficult to think about how to fill their day as well as stop yourself going completely insane. This is a challenging situation but it is very important to remember that the little ones are not aware that we are facing a global pandemic. In their little minds this is just time spent at home with mummy and daddy, time which they may never get in such concentrated supply again. MAKE IT MATTER. Busy parents try to make quality time with their children by giving them experiences to remember. This time can be a wonderful opportunity to make memories with your children. Play hide and seek. Bake with them. If you have flour and water - you have Play-Doh and the little ones will love it whatever the end result is. My goddaughter's favourite memory is of me reading her stories. I spent a fortune on the latest toys for her but she remembers me reading her stories. If you, like most parents, usually have a crazy morning of getting your children up, washed, dressed, lunches made, bags packed and a mad dash for the crèche or school and, as you kiss their little faces goodbye, have thought to yourself "If only I could spend the whole day with you" Well now you can. So add Storytime, playtime, bath time, colouring and painting as well as learning time to the list. Think jigsaws, eye-spy and hide and seek. Think quality time with your child that you may never have again.

**6. Cook.** Think back to your childhood when meals were not so much about how quickly they could be prepared

but more about making a filling, nutritious meal that was inexpensive to prepare. Without a clear end date in sight at the moment many of us may be thinking about finances. If you are careful with your shopping list and willing to experiment a little you can make meals that are filling, healthy and nutritious with the added bonus of them being inexpensive. Involve your family in the preparation and cooking. Make larger meals and stock the freezer.

Now that you have made your lists the best thing you can do to structure your day is a make a timetable. Schedule in the meal times and work around that. Break the rest of the day into 90 minute or two hour slots.

You may want to study online or learn a language for two hours in the morning after breakfast. Make a phone call to a close friend or relative before lunch. Do a household task straight after lunch and then schedule in some study time or reading time. Look through the lists you have made and choose a topic from each list to do each day.

When you get up in the mornings, shower and dress straight away. It is so temptingly easy to spend the day in your pyjamas but the very act of getting dressed and ready for the day will make you FEEL ready to start the day.

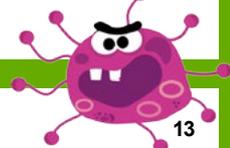
Avoid constantly checking social media or news channels. If you find that persistent social media checking is taking up your time then schedule in the times when you will look at social media. Constant scrolling or news checking can lower your mood, eat into your time and is completely non-productive. We all love a little look on Facebook and, in recent weeks, some wonderful Facebook groups have begun such as "Rock the Lockdown". Many celebrities and local artists are doing a fantastic job of bringing us performances from their homes. There are also several "live online" fitness and exercise routines that are great for keeping in shape. All of this can be very uplifting and a great way of staying connected as, with many of them, you can see who else is watching and comment live online. However it can be counter-productive if that's all that you are spending your time on. So schedule your social media time rather than letting it take over your day.

Likewise, we all love a movie night or a box set binge. Resist allowing that to creep into your day. Schedule in a movie night or a box set night but just try not to let it become every night and never a daytime practice. Try reading or playing board games or cooking instead.

If make your timetable and choose the items you have listed not only will the lockdown time pass very quickly but when it does end, you will feel that you didn't waste the time. You may have accomplished something you never thought you would get the time to and you can really enjoy this downtime.

*Make this time count!*  
**STAY HOME – STAY SAFE**  
*Cheryl*

Feeling Overwhelmed - Contact Nur Hayat Orkun - Professional Counsellor - in confidence by email: [nurniven@yahoo.co.uk](mailto:nurniven@yahoo.co.uk)



# Bon Appetit

## Gastronomy & Cooking - by Pig & Fig

I'M not sure how to start to write this piece to be honest, the situation we are all in is something probably none of us have ever experienced. It is of course for the best and once we come through the other side I'm sure we will all have taken something from this experience.

So I'm now confined to my kitchen at home and with a little reorganising I have been able to bring some equipment and food from the Cookery School, so recipe testing continues, but most importantly I've been trying to create some simple store cupboard ingredient recipes ... challenging at times I have to say.

But the important thing is not to over cook, therefore reducing waste and maybe using a bit less meat and protein items so these ingredients last a bit longer. I'm usually very keen to cook and put dishes in the freezer, at the moment I'm cooking what we need unless the ingredients are going to spoil... the reason why is it gives me something to do each day, I check through the fridge and freezer and then start to plan.

Here are a couple of recipes I've cooked, and a great base for many things:

### BASIC TOMATO SAUCE

#### Ingredients:

- 1 small onion finely chopped
- 1 tbsp olive oil
- 1 red chilli (optional)
- 1 clove garlic crushed
- 1 400g tin plum tomatoes
- 1 tsp red wine vinegar
- 1 tsp sugar
- Salt and pepper to taste

And then optional flavour : smoked paprika , oregano, basil

#### Method:

Heat the olive oil in a saucepan, add the onions and cook until soft but no colour, add the chilli to cook for a couple minutes, then add the garlic.

Now add the plum tomatoes, breaking them up with a back of a spoon, half fill the empty can with water and tip into the pan. Add the red wine vinegar, sugar, salt, pepper and any other optional seasoning ... stir and now simmer for 15 minutes, taste and adjust seasoning.

This is a fantastic base sauce for :-

Pizza topping, Meatballs, Patatas bravas, Pasta bake – tuna, chicken, simple bolnaisse or simple vegetables with some butter beans or any other pulse.



### HOMEMADE BREAD

#### Ingredients:

- 1kg strong or plain flour
- 1 tbsp salt
- 2 tbsp sugar
- 3 x 7g sachets of dried yeast or 30g fresh yeast
- 625ml warm water

#### Method:

Place flour, salt, sugar and dried yeast into a bowl (keeping the salt and yeast separate). Mix together, then gradually pour in the warm water, mix until a dough is formed. This needs to NOT be tacky but feel soft to the touch. If you are using a mixer continue to mix / knead for between 5-10 minutes or tip onto a floured surface and knead for between 5 – 10 minutes.

Then place into a lightly oiled bowl, rub a little oil over the top cover with a tea towel, place in a warm area and allow to double in size (approx. 1 hour). Tip the dough out not a floured surface, and knead just to knock out the air bubbles .. place into oiled loaf tins (this amount will make 3 nice size loaves). Cover again and allow to prove until double in size.

Then bake in a pre-heated oven 180 degrees for approx. 25 minutes, a good way to test if the bread is cooked, tip it onto a board, tap the bottom and if it sounds hollow its cooked, cool on a wire rack.

So fresh bread is really only good for maximum of 2 days (if it lasts that long) .. then great for toasties, French toast, breadcrumbs, bread and butter pudding.



### MAKE A SIMPLE FLOUR TORTILLA

#### Ingredients:

- 400g self raising flour
- 1/2 tsp salt
- 300ml warm water
- 3 tbsp extra virgin olive oil

#### Method:

Combine the flour and salt in a large bowl. In a measuring jug mix the warm water and oil together and add to the flour. Stir together until all ingredients are well combined and form a dough.

On a floured surface, knead the dough for 2-3 minutes. Divide the dough into 8 balls and roll each one. Aim for each tortilla to be a similar size to a dinner plate, the dough will shrink back a bit when it is resting. Warm a large frying pan or griddle pan, add a very small amount of oil. Cook each tortilla for 1 minute each side on a medium heat. Each side should just start to brown on any raised areas.

Ideas : Quesadillas, wraps, enchiladas, crisp up and eat with dips, serve with soups instead of bread.



Editorial provided by:

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

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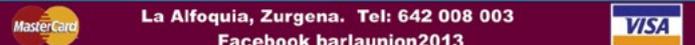
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# Environmental Issues



**GREETINGS! Local Lockdown companions. I am writing this article to be published in 10 days time from the confines of my bedroom. Like the rest of Spain we at CCA have cancelled all of our planned events, are in isolation and will be for another few weeks at the least. However, if it keeps us safe and helps prevent the spread of this virus then it simply has to be done.**

I am usually an up and at 'em kinda girl. Active and outdoorsy, planning for the future and enjoying my day best I can.

This enforced downtime has meant making adjustments to almost everything about my usual routine and I know I am not alone. Although certainly different, at times worrying and occasionally scary, it is not all doom and gloom. There has been a huge surge in community caring, communication and creativity. People are looking out for one another, getting in touch more regularly with family and supporting total strangers in a time of need.

With necessity being the mother of creation, people are entertaining each other and sharing ideas online in ways they had never thought of before. Virtual concerts from living rooms, Yoga

and fitness classes from roof tops and lounges, quizzes and learning opportunities abound. People who can't go out and fill their days socially are learning to sit with themselves again, rediscovering hobbies they haven't done for years and trying crafts and classes they'd never gotten around to



before. Cooking has increased, gardening has had a surge and in certain age groups babies are most likely being made!

With the option of simply popping to buy another or more of something being taken away from us consumption has no doubt gone down. Repairing, reusing, repurposing and generally making things last that bit longer has been necessary and that's no bad thing for our pockets, our minds or the planet. Many are hoping that the enforced shift in lifestyle will result in a lot of us being more aware of our impact on the planet. Remembering how reliant on it we actually are and how casually we have been mistreating it in recent years. The canals of Venice have cleared, dolphins are exploring closer to coastlines, fish stocks are getting a reprieve and the air is much, much cleaner.

Unsurprisingly Mother earth is doing just fine without the usual human intrusions and demands.

So, while wait it out in our homes, resting, keeping

occupied, looking after ourselves and others best we can, the world is healing and will be waiting for us to step out with fresh eyes and appreciative minds. Freedom and options we perhaps took for granted will be available again and I look forward to seeing you all on the other side. Rejuvenated and inspired. Sue x



www.planetsaviours.com

Editorial provided by Sue Parmenter-Phillips from Coastal Cleaners Andalusia

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.

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# Beautiful you



## Logging on to love ?

**HAVE you ever tried online dating? On the surface it sounds scary, but logically it should make sense to search online for your ideal match. After all, if you were looking for a new car, washing machine, or clothes, you would check out the details and prices online, so why when we are so careful about choosing the perfect household goods, do we just leave finding a soulmate to chance?**

Some of us older souls think it lacks romance and think it is daunting, but surely it is less embarrassing to do some online 'getting to know you' messages and deciding it is not the right person for you, than to meet in person and have that awkward, how soon can I run away moment!

Obviously there are some things to take into consideration here. There are some very conniving people in this world and, online there are just as many gold diggers as there are casanovas. Don't give out your address, or too much personal information in the first instance. Arrange to meet them at a public place that you know, so you feel at ease. Don't let them pick you up, or drop you off, at your home. This is just basic common sense. Most con artists are very charming at first.

I am not trying to dissuade you from joining any of these dating sites, on the contrary, I have lots of friends who have met and married their ideal partner in this way. I have met some really lovely men this way, and have had a few strange encounters as well. It is a good idea when setting up your online dating profile to post recent photos of yourself, as it is no use airbrushing out your imperfections, using images from 10 years ago or lying about your age. There is nothing so awkward as meeting someone who looks great, but you do not recognise when you see them up close !

One man I met online had some lovely pictures of himself, by the sea, looking very handsome and sleek, he appeared well groomed and distinguished with a head of thick silver hair. Now as you know, I am a psychic, so I had big doubts about this guy being too good to be true so we swapped WhatsApp numbers. Up until then we had simply messaged. He was intelligent, shared my interests in art, history, music etc, but I had these niggling doubts. So I did what any sane person would do and called him for our first live chat. Oh boy. He had been snoozing so when he answered the phone he wasn't expecting me to be calling him. I was so surprised to see a short, bald, man with an incredibly hairy body, looking more like an Orangutan than a silver fox.

What on earth did he hope to achieve by this fantasy he had created?

Well some people just like to have someone to chat to and, never expect to actually meet the person behind the chat. While others just



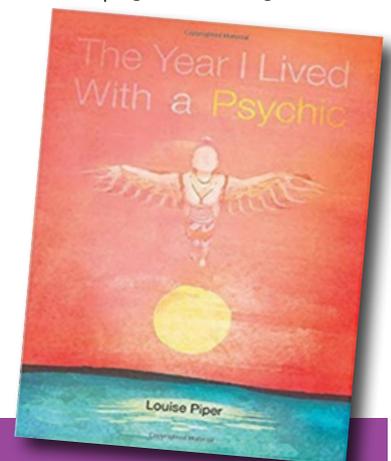
like to string people along and gather a stable of contacts.

So, here is my advice.

Be honest from day one about what you are looking for. If, for example, you are looking for a relationship, not just sex. Always state that you will not meet them for a month or two, as liars have no patience and will move onto their next victim, and the decent ones will appreciate your honesty. Then meet for a coffee. This is cheap, cheerful, easy to extend to lunch if you are getting on well and, equally easy to cut short if things are not going so well. Daytime meetings are much safer. This is just you two deciding to meet, to then decide if you want to date. (Like a pre-date). It is not a commitment to listen to their diatribes of misfortune, and you will know very quickly if they are your type.

After that, just go slowly, and listen to your gut. If you have shared interests but don't have any chemistry then at least you will have made a new friend. My experiences were very pleasant and I have gained some good friends. I wish you good luck in your searches and perhaps we should have a page for us singletons in future issues of this magazine?

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, psychic 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](http://www.joycevernon.com)

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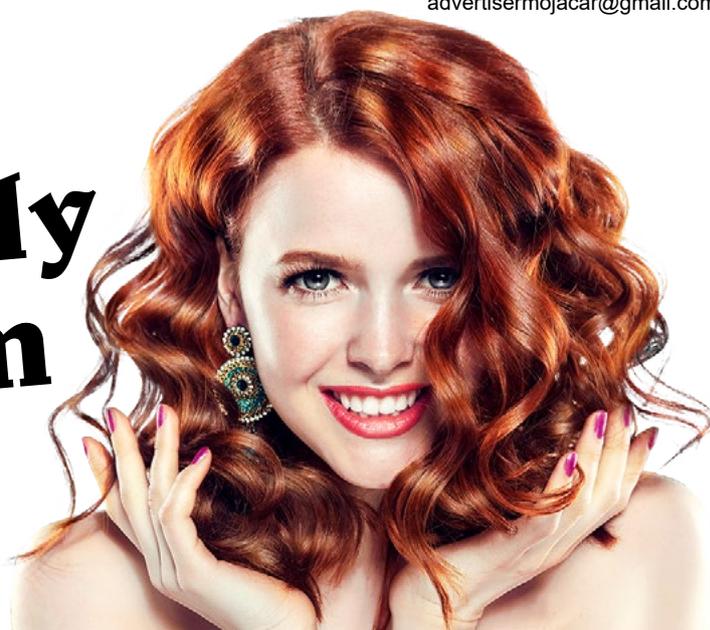
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# Welcome to your monthly hair dot com



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 you some useful tips and advice on how you can protect and care for your hair.

## PART 1

### *How shampoos work and why we use them*

#### UNDERSTANDING SHAMPOOS AND HOW THEY WORK

The purpose of a shampoo is mainly for cleaning excess sebum, air pollution, dust, hair products and dead skin cells that make your hair feel dirty and greasy. A detergent is added to shampoo to lower the water tension, create a lather which then enables us to massage and remove these impurities. Apart from detergents other ingredients are added. We can be daunted by the list of ingredients and what to look for.

Descriptions such as pH balanced, sulphur free, parabens free, fragrance free are all used when describing some shampoos, do you understand what that all means? This is not an extensive list but I hope it gives you a better understanding of how shampoos work and what you are buying.

#### WHAT IS PH BALANCED?

Hair has an efficient mechanism to protect itself, functioning at its best at a low pH. On the pH scale hair fibre is 3.67 - 4.5 the scalp is 5.5, Hair fibres are slightly acidic for 2 reasons, to keep the cuticles closed and to retain moisture, human skin is slightly acidic for 2 key reasons, to regulate sebum and to keep bacteria out.

A shampoo can be formulated in acidic, neutral or alkaline pH range depending on its purpose. For healthy hair look for shampoos no higher than pH 5.5



#### THICKENERS

To some extent the detergent molecules that make shampoos foam also make the formulations thicker. However, other materials are also used to increase the viscosity. For example, methylcellulose, derived from plant cellulose, sodium chloride (salt) also can be used to increase shampoo thickness.

#### SULFATES (SULFATE FREE)

Sulfates create the lather which helps us to massage the shampoo through the hair and scalp. Sulfates can cause skin irritation for some people which are why sulfate free shampoos have been introduced. Sulfate-free shampoos make little to no lather.

#### PARABENS (PARABEN FREE)

Parabens are a type of synthetic preservatives, most shampoos contain organic protein, for example hydrolysed wheat, cotton, olive oil, coconut oil etc. all of which have to have a preservative to prevent and reduce the growth of harmful bacteria and mold increasing the shelf life of the product. A study in 2006 didn't prove that parabens can cause cancer but identified that the parabens were able to penetrate the skin and remain within the tissue disrupting hormone function, so paraben free shampoos have been introduced. One of the best alternatives is probably Phenoxyethanol. Its safety has been re-confirmed recently and no regulatory uncertainty is identified at mid to long term.

#### HYDROLISED PROTEINS

A chemical reaction breaking down protein molecules into fragments with lower molecular weights so that it can be absorbed by the hair. Wheat, soy, silk, keratin, milk, oat, panthenol and collagen are just a few of the proteins used in shampoos to replace the lost protein and strengthen the hair from inside. Hydrolyzed proteins help improve moisture retention and elasticity while giving hair softness, shine, and bounce.

#### SILICONS (SILICONE FREE)

Silicones cover the hair with a thin waterproof coating, this coating serves several purposes, reducing the porosity, reducing moisture loss and making the hair more manageable. It provides very little buildup and is often used in conditioning shampoos, however if your hair is fine then it can weigh the hair down if used on a regular bases. Over the years silicones have widely improved.

#### FRAGRANCES (NATURAL AND ARTIFICIAL) FRAGRANCE FREE

For example, Linalool, Geranial, and Limonene are part of an extended list that can be added to shampoos making them more attractive to sell, be aware, some of these are synthetic and may cause contact dermatitis and or other skin problems, natural is best.

#### NEXT MONTH

*Part 2: - I will cover some of the shampoos that are best for a variety of hair and skin types.*



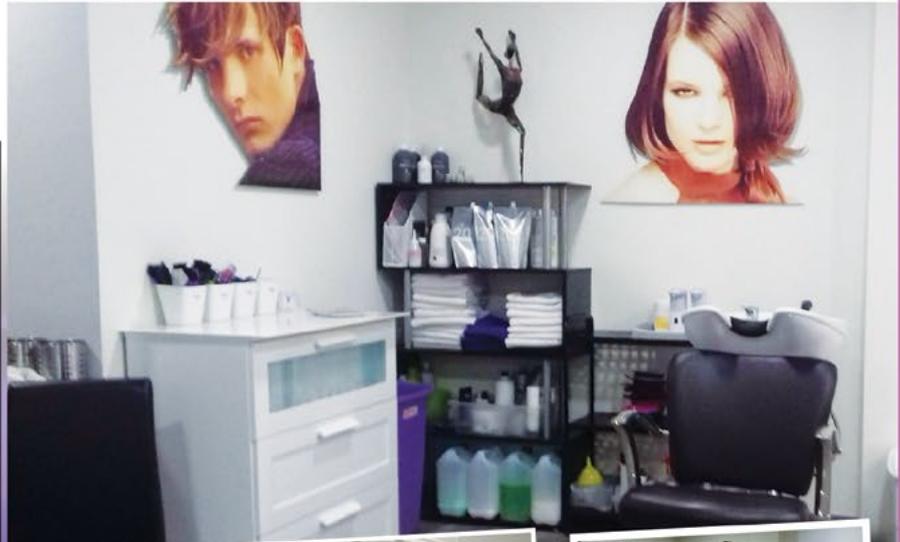
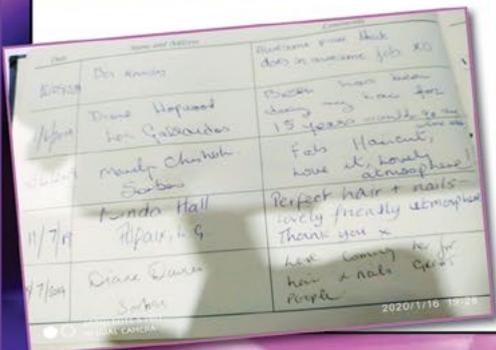
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# just for laughs

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## Some funnies to lift your spirits !!!





## Sudoku Easy

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

## Sudoku Hard

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

## Cross Word

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

Across

- 1 Madly (in love)? (4,4,5)
- 8 Wet soft earth (3)
- 9 East Midlands city, home of the National Space Centre (9)
- 10 Go faster! (4,2,2)
- 11 Let out (4)
- 13 Mollycoddle (6)
- 14 Cheats (anag) — small porous bag (6)
- 16 Communal bedroom (abbr) (4)
- 17 Toys made of cloth, stuffed and painted (3,5)
- 20 Gilbert and Sullivan operetta (3,6)
- 21 Perceive (3)
- 22 She was Duchess of Windsor, 1937-1986 (6,7)

Down

- 1 Songs of praise (5)
- 2 Poet who wrote To His Coy Mistress (6,7)
- 3 Witness (8)
- 4 Magical potion (6)
- 5 Gardening tools (4)
- 6 Issue or accept a challenge - lent tee shirts (anag) (5,3,5)
- 7 Snake — old wind instrument (7)
- 12 Officers' mess on a warship (8)
- 13 North Cornish resort with an annual 'Obby 'Oss festival (7)
- 15 Pester persistently (6)
- 18 Back of a boat (5)
- 19 Someone from New Zealand? (4)

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# Community

## The Dames in Spain - Mojacar

**PROGRAMME**

<p><b>1986</b>  <b>OCTOBER 14th.</b>                  A Magistrate's Point of View                  Mrs. Ruchie Phillips</p> <p><b>NOVEMBER 18th.</b>                  Demonstration of Xmas Arrangements                  Mrs. Hazel Henderson</p> <p><b>DECEMBER 16th.</b>                  Xmas Day School                  (No Visitors)</p>	<p><b>1987</b>  <b>JANUARY 20th.</b>                  History of Mojacar                  Mr. Charles Baxter</p> <p><b>FEBRUARY 17th.</b>                  Bring &amp; Buy</p> <p><b>MARCH 17th.</b>                  Almerian Wild Flowers - Part II                  Miss Judith Penrose</p> <p><b>APRIL 14th.</b>                  A G M Luncheon                  (No Visitors)</p>
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THIS month I thought I would concentrate on some of the speakers we've had in the history of Dames in Spain (Mojacar) and perhaps jog a few memories of the past characters of Mojacar!

The first picture is the very first programme of Dames in Spain 1986 and the second picture our present programme.

We try to arrange speakers on a wide range of activities, Alison Bramwell our own Mojacar fitness guru has spoken on fitness and zumba for the over 65's. Duncan Burr an Anglican church reader gave a talk on his climb up Kilimanjaro.

We've had a demonstration of carnival makeup and the ladies have tried their hand at card making. Also local charities such as Asprodalba, and Equinac have given talks on their work and in turn we have supported them with donations.

**damesPROGRAMME**

Meetings to be held at "SENSATIONS" at 11am the third Monday in the month unless otherwise indicated

<p><b>2019</b></p> <p><b>MONDAY - SEPTEMBER 16<sup>th</sup></b>                  Meet &amp; Greet                  Welcome to old and new members</p> <p><b>MONDAY - OCTOBER 21<sup>st</sup></b>                  MEETING                  Guest speaker Kalie Hayward - Cake Decoration</p> <p><b>TUESDAY - OCTOBER 29<sup>th</sup></b>                  TRIP                  Shopping at La Zenia</p> <p><b>MONDAY - NOVEMBER 18<sup>th</sup></b>                  MEETING                  Guest speaker Grupo Salvador</p> <p><b>SATURDAY - NOVEMBER 30<sup>th</sup></b>                  CHRISTMAS CAROL CONCERT                  Artisan Centre Mojacar                  Charity cheque presentation - Mojacar Band                  Lady Ellen and Tony Justice</p>	<p><b>2020</b></p> <p><b>MONDAY - JANUARY 20<sup>th</sup></b>                  MEETING                  New year Quiz &amp; 3 Kings Lunch at "Sensations Restaurant"</p> <p><b>MONDAY - FEBRUARY 17<sup>th</sup></b>                  MEETING                  Guest speaker - Beaches Alison Smales</p> <p><b>MONDAY - MARCH 9<sup>th</sup></b>                  LUNCH "International Women's Day"                  Venue to be confirmed</p> <p><b>MONDAY - MARCH 16<sup>th</sup></b>                  MEETING                  Guest speaker Jose Luis Cano                  The history of La Semana Santa</p> <p><b>MONDAY - APRIL 20<sup>th</sup></b>                  AGM &amp; LUNCH AGM 11am for 11.30 start                  Lunch at Sensations</p> <p><b>MONDAY - MAY 18<sup>th</sup></b>                  MEETING - Jennifer                  Natural Mediterranean Skin Care</p> <p><b>MONDAY - JUNE 15<sup>th</sup></b>                  SUMMER LUNCH - TBC</p>
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**PAIS (Mojacar) ESPAÑA (Mojacar)**



**ADVERTISER - MARCH 2013.**

Alison of Get Fit, Stay Fit was invited to give the Dames in Spain a talk on Zumba Fitness ... here they are taking part in a Zumba® Gold session - the Gold version of Zumba being modified to the movement and pace to suit older participants and beginners to exercise.

21/01/2013 10:25

**To celebrate International Women's Day on March 8th, lunch at Desert Springs Golf Club has been organised by the Dames in Spain. Tickets are 17.50€ including coach transport. Contact Iris 950 475 863 to book your place.**

**DAMES IN SPAIN OCTOBER MEETING**

At our meeting on 17 October Dames In Spain had enjoyed a talk from Duncan Burr on his ascent up Kilimanjaro in Tanzania in April 2011 which is the highest mountain in Africa standing around 5891.8m. Duncan's description of his climb was both amusing and amazing and his endurance and determination was very impressive indeed. The climb and descent took Duncan 7 days to complete and only his determination carried him through to achieve his goal. Not only did he succeed where others had failed to reach the summit but he raised an amount from sponsors of approximately 2000€

# Community



**RUNNING a busy local charity, is much like running a small business. Every member of the team has to juggle a number of roles and dedicate long hours to make the 'ship sail smoothly'.**

MACS is no different. The individuals heading up this busy organisation are committed to offering valuable support services to the increasing number of cancer patients registering with the group as well as ensuring its longevity by ensuring finances are in good order.

Speaking to the team, all of them say that no day is ever the same. One day could involve meetings with other associations to discuss important collaborations and the next could be spent registering new patients and ensuring they have the information they need to help them through a difficult time in their lives.

Other tasks throughout a busy week at MACS include; meetings with the shop managers, discussing future fundraising events and liaising with the MACS 'buddies' who are the main point of contact for patients.

To ensure the word gets out about the great work that MACS does, it is also important to update local print and radio media sources as well as posting information on the various social media groups and pages.

A vital job in running the charity is dealing with the finances. As well as ensuring all monies are accounted for and that money coming in goes in the correct place, there are the financial assessments of patients to perform.

When cancer is diagnosed, no matter what the age of the person, financial difficulties can sometimes ensue.

In many cases, following a financial assessment, MACS can help with related outgoings such as transport costs and in some cases accommodation near to the hospital when a patient is undergoing a series of radiotherapy.

A financial assessment must be done sensitively, while ensuring funds are correctly and fairly distributed. This is one of the responsibilities of the dedicated team.

Other financial responsibilities include allocating vital funds to different areas of the charity. MACS' is working hard towards providing a dedicated hospice facility. This was very close the heart of Elaine Brown, MACS founder and chairman who passed away.

Many people have asked about the timescale for providing this facility and the answer is simple. While 280,000€ may seem like a lot of money, that would not go far in the building and running of such a project and because of that, the MACS team is continually working behind the scenes to try and secure government funding and other ways of gaining financial backing.

So that's a brief but not exhaustive insight into what goes on behind the scenes at MACS.

If you think you can contribute in any small way, as a volunteer, by fundraising, or simply just spreading the word, the MACS team is ready to hear from you.

**For more information on MACS and its work, call 681 664 808 email [macsshannon@gmail.com](mailto: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](mailto:macscancersupport@live.co.uk) [www.macscancersupport.co.uk](http://www.macscancersupport.co.uk)  
 Registered Address: Avenida Almeria, Local 11, 04639 Turre, Almeria. NIF Number: G04691572**

# Community

# PAWS-PATAS STORY

WITH the news spreading about the outbreak of the Coronavirus, Vanessa Maipau (Volunteer Shelter Manager) decided on Saturday 14 March to make a dedicated and brave decision to put the animal shelter into "lock down". Leaving her husband at home with their 4 dogs, Vanessa, with the total agreement of the Executive Committee, and live in Caretaker James Scamlan were joined by local volunteer Alistair Smith and put padlocks on the gates.

Unfortunately the planned transport of cats and dogs to Holland and the UK on 26 March was cancelled, therefore the intrepid volunteers are now left with 37 dogs to care for. There are also 15 puppies and abandoned dogs in the "in-take" section which long term volunteer Kerry Clarke oversees. Kerry travels from Mojácar on a daily basis and is also fostering 2 puppies.



have to travel to and from the shelter are provided with an official PAWS-PATAS notification stating that they are working for the animal shelter and the police are accepting these. In fact Lucas Mayo at the Mojácar Town Hall has stated that if the volunteers are stopped and refused travel, to mention his name and get the police to contact him and he would ensure that vet visits, local adoptions and fostering would be safe guarded.

The shelter requires 9,500€ per month. This amount covers vet bills, medicines, food, water, electricity, cleaning materials, etc. As the four PAWS-PATAS outlets are also closed, this vital revenue that they raise is causing the charity great concern.

Therefore, we are asking the public to try and help us. All donations are greatly received and you can send money via PayPal or your bank via our website: [www.paws-patas.org](http://www.paws-patas.org)

A plea went out on the Mojácar Forum asking people to donate the cost of the coffee and tostada that they can't purchase during the lock down and to date people have generously given 561€ which of course helps a great deal...but we are still 9,000€ short for the coming weeks.

Stocks of dog and puppy food plus cat and kitten food and especially cat litter are running low. Again, if people are able to put a bag or tin in their shopping trolley and leave at the shelter gates this would help immensely.

We can still arrange for adoptions to take place. Please contact either: [dogs@paws-patas.org](mailto:dogs@paws-patas.org) or [cats@paws-patas.org](mailto:cats@paws-patas.org)

Also we desperately need foster homes, especially for the cats and dogs who could not go on the recent transport as this will help socialise them.

For all other enquiries regarding the shelter please visit our website or email: [info@paws-patas.org](mailto:info@paws-patas.org)

The cattery, which Sam Spencer manages, has 20 cats and a handful of faithful volunteers are sharing daily shifts and covering this responsibility. People who

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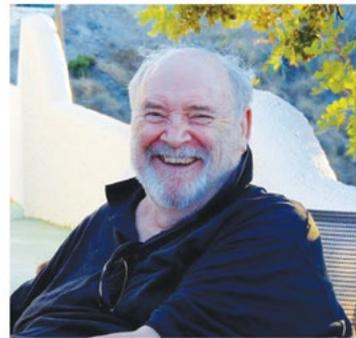
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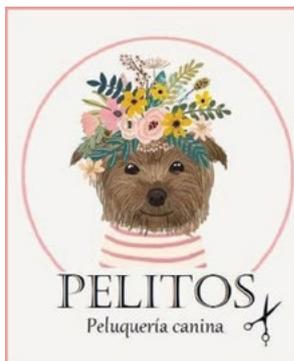
## Ric Polansky



Ric Polansky, referred to as "The man who helped to build Mojácar" sadly passed away on 20th March. Ric was a very well-known figure in the community, a true Mojácar legend. Ric was witty, funny and eloquent and he will be very much missed by the whole community. Ric may you Rest in Peace along with Joby. Our deepest condolences to his wife Karen and children Micah and Luke.

## WACKY RACES POSTPONED

Wacky Races Villaricos will be postponed from the planned date of April 25th. We have discussed the possibility of 17 October but are likely to follow several other major sporting events and delay until 2021...the last Saturday in April. Thanks to everyone for their support....we will be back!!!



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# 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](http://www.paws-patas.org) or email: [info@paws-patas.org](mailto:info@paws-patas.org)




**Rosie & Fluff**

ROSIE & FLUFF were rescued from the middle of the road near one of the popular restaurants on Mojacar Playa when they were just a few weeks old. They have a very close bond, so ideally we would like to home them together. Although they enjoy home comforts, they would also like access to the outside world as they have been used to this in their foster home. For more information about these lovely girls who are fully vaccinated and have been spayed, please email: [cats@paws-patas.org](mailto:cats@paws-patas.org)

For all other information regarding volunteering, etc, visit the website: [www.paws-patas.org](http://www.paws-patas.org) or email: [info@paws-patas.org](mailto:info@paws-patas.org)

**For information regarding adoption, donations or volunteering visit our website : [www.paws-patas.org](http://www.paws-patas.org)**

## MARGARET ASHTON

From The Las Buganvillas area sadly passed away in the early hours of Monday 23rd of March. She will be sadly missed by her husband Terry, her children, her family and friends. **MAY SHE REST IN PEACE**



It is with broken hearts that we have to say goodbye to our beautiful mum, wife and nan. You were our world and taken away from us too soon. We will love and miss you always, Night bless xxx

## 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  
 ZURGENA BOWLING CLUB: Tlf: 629 311 200 / 634 335 988 [www.zurgenabc.com](http://www.zurgenabc.com)

## Golf Clubs & Societies



AGUILON GOLF MEMBERS: Les Raufer: Tlf: 636 938 404 or 634 641 199  
 ALMERÍA GOLF LEAGUE: Les Raufer: Tlf: 950 619 273 or 634 641 199  
 BOXERS GOLF SOCIETY: Tlf: 607 675 318 or forums section of [www.Arboleas.co.uk](http://www.Arboleas.co.uk)  
 CORTIJO GRANDE GOLF CLUB: Mike Picken: Tlf: 950 475 509  
 FORUM GOLF SOCIETY: Richard Price: Tlf: 634 305 353 [rpf53@yahoo.co.uk](mailto:rpf53@yahoo.co.uk)  
 MOJACAR GOLF SOCIETY: Lynn Sefton: Tlf: 667 349 908 [raylynnsefton@gmail.com](mailto:raylynnsefton@gmail.com)  
 TSB GOLF SOCIETY TURRE: Tlf: Dez 677 161 705 or Mark 663 603 898  
 URCAL GOLF SOCIETY: Steve Dodd - Tlf: 608 238 827 [stevedodd652@yahoo.co.uk](mailto:stevedodd652@yahoo.co.uk)  
 VALLE DEL ESTE GOLF SOCIETY: Alan Townsend: Tlf: 690 090 982

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- GARRUCHA - JUAN GEA CINTAS (Días: 1,9,17,25)  
C/Mayor s/n (near Cinema). T: 950 132 279
- GARRUCHA - LUÍSA MOLDENHAUER (Días: 7,15,23)  
C/Mayor 144. T: 950 460 085
- MOJÁCAR - JUAN JOSÉ CRESPO HARO (Días: 5,13,21,29)  
P/Mediterráneo 231 (near Pueblo Indalo) T: 950 472 016
- MOJÁCAR - FRANCISCO SALAS (Días: 2,10,18,26)  
P/Mediterráneo 237 (opposite Red Cross) T: 950 615 080/069
- MOJÁCAR - MIGUEL ABELLÁN BERRUEZO (Días: 6,14,22,30)  
P/ Med. 343, C/Piedra Villazar 2 (near Parador) T: 950 475 282
- MOJÁCAR - EDUARDO VALERO GONZÁLEZ (Días: 3,11,19,27)  
P/Mediterráneo 411, Local 42. T: 950 472 661
- MOJÁCAR - JAVIER ABELLÁN (Días: 8,16,24)  
C/Silos 14, Mojácar Pueblo. T: 950 478 029
- TURRE - BLANCA RUBIO (Días: 4,12,20,28)  
C/Las Tiendas 1. T: 950 479 012
- VERA - ELISA BELMONTE (Días: 13-26)  
C/Mayor 69. T: 950 393 343
- VERA - SUSANA RABEL (Días: 1-5, 27-30)  
C/Mayor 100. T: 950 390 410
- VERA - JUAN DE LA CRUZ BELMONTE MENA (Días: 6-12)  
C/Alfredo Almunia 18. T: 950 390 136
- ALBOX - ESTEBAN GRANERO (Días: 1-6, 28-30)  
Plaza San Francisco 24. T: 950 120 234
- ALBOX - FLORENTINA MARTINEZ (Días: 7-13)  
C/Llano de los Olleres s/n. T: 950 434 170
- ALBOX - FÉLIX L. MIRÓN (Días: 14-20)  
Plaza García Haro 1. T: 950 430 037
- ALBOX - JOSÉ PAREDES (Días: 21-27)  
Plaza del Pueblo, s/n. T: 950 121 079
- HUERCAL OVERA - JAIME GIMÉNEZ (Días: 3,6,14,22,25,26,30)  
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- HUERCAL OVERA - ROCÍO BERGILLOS (Días: 8,11,12,16,24,27)  
Plaza Constitución 14. T: 950 470 082
- HUERCAL OVERA - AMBROSIO BERNAL (Días: 1,4,5,9,17,20,28)  
Plaza Constitución 5. T: 950 470 014
- HUERCAL OVERA - MIGUEL BALLESTA (Días: 2,10,13,21,29)  
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