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May 2020

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# Guide

## Page Number and Section

	<b>2</b>	<b>Welcome</b>
	<b>3</b>	<b>House &amp; Home</b>
	<b>23</b>	<b>Reader Stories</b>
	<b>25</b>	<b>Environmental Issues</b>
	<b>26</b>	<b>Take Away Services</b>
	<b>31</b>	<b>Bon Appetit</b>
	<b>36</b>	<b>Beautiful You</b>
	<b>44</b>	<b>Just for Laughs</b>
	<b>45</b>	<b>Brain Games</b>
	<b>46</b>	<b>Domestic Violence</b>
	<b>48</b>	<b>On the Road</b>
	<b>51</b>	<b>Community</b>

# Welcome

## to the May issue of The Advertiser

Hello everyone. Welcome to the May edition of The Advertiser magazine. If you are reading this edition, firstly let me say, congratulations for surviving lockdown. Secondly, you will be reading this on a screen as we have taken the decision to make the May issue an online only issue.

Our online issue of the April Advertiser was downloaded 4,322 times! Making this issue an online only version means that all advertisements are free of charge to the advertisers. We have included a few new sections such as "reader's stories", a collection of short stories submitted by our readers.

We have run a special 5 page feature on the local restaurants which are currently offering a food delivery service (see pages 26-30). Please try to support these businesses if you can.

Also on page 31-32 you can find some reader's recipes for delicious dishes that are easy to make and easy on the pocket. We also have a book review on page 20 by our very own Jane Thomas and an especially poignant article by Helen Lloyd-Waldren on page 46.

A very special thanks to all of the writers and contributors this month. I hope that by next month's issue we are back to normal or, as normal as we can possibly be.

Stay safe and have a great month.

*Cheryl & Andrew*

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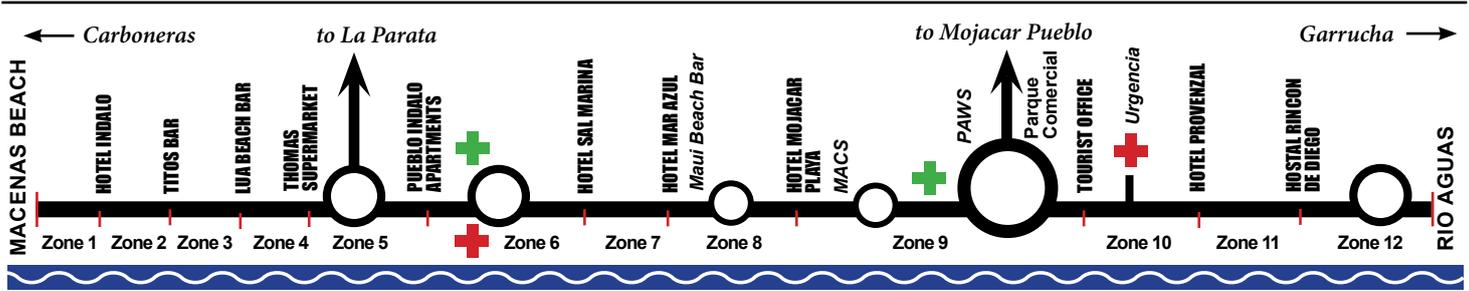
**QUOTE of the MONTH**

"If who you are is defined by what you have and you then lose what you have, who then are you?"

**Anon**

**DATE for your DIARY**

**"Who knows?"**

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Editor: Cheryl Woods

Telephone: 675 608 716

Distributed monthly

Est. 2001

# HOUSE & HOME

## Don't Say the C-Word

**I'VE promised my wife I'm not going to use the C-word any more. I'll call people a Richard Cranium instead! Why? What C-word did you think I was talking about? Oh right, yeah. That.**

I'm actually reverse hibernating. Where a bear will eat a lot and then lock itself away, I've locked myself away and am now eating a lot. Which explains why the keyboard is getting further away.

But we should try to think of the positives from this extreme situation we find ourselves in. A chance for self-improvement, an opportunity to re-connect with old friends, time to write a murder-mystery where the main character finds new and unusual ways to murder all the other characters in their household. Too specific?

Finding my Toolbox

We also have lots of time to fix up all those little bits and pieces around the house that tend to get put off. Only just yesterday, I got the hammer out and knocked a couple of nails that had come out of an old wooden door, back into place. They'd only been that way for 8 years.

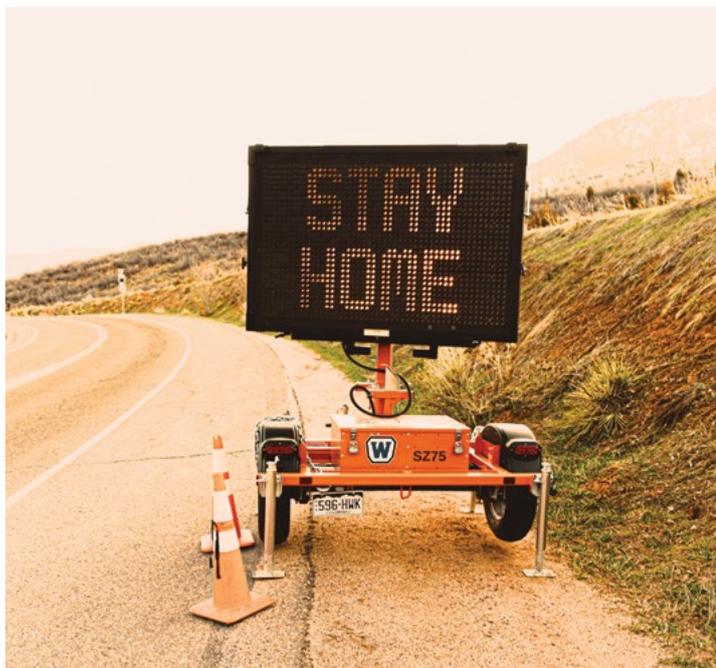
There is some serious consideration being made about me painting the outside of the house. Lots of umming and arghing. I've told my wife to stop considering it, it's not happening. Anyway, I've become quite fond of off-white.

Finding my Gym Equipment

"It was there last time I used it!"

"That was 3 years ago, when you bought it."

Having found, cleaned, used, read the instructions again and then used properly, I'm finding regularly irregular exercise is fantastic. It relieves a whole lot of stress, gets the muscles moving and makes it much easier for you to fall asleep for your mid-morning and mid-afternoon naps.



I've even dragged my kids into doing a small circuit, made up of a rowing machine, skipping rope and a torture area that the kids call the sit-up mat.

Actually, the other day I saw some gym-loving guy had recently done what he was calling the 1,000 rep shred. Every day for a month, he would do 100 sit-ups, squats, push-ups and other positions that I have no idea what they're called. No equipment was really needed, as it's using your own body as the weight. At the end of the month, he was completely



ripped, with muscles dancing on other muscles.

But in the back of my mind, I always kind of think that it's a bit unfair. The bigger you are, the more you have to lift. Can't it be that a bigger person like me can push-up someone else, like a child. Shouldn't it be that if you're only just starting out, that you get the smaller weights?

At the end of the day, I know if James Cameron comes along and needs me to play a super villain in the next Marvel movie, I could get myself down to 83kg and have a muscle disco on my chest. But until then, I'll keep pushing more weights than everyone else.

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: I hope you and your loved ones are all staying well! #stayhome

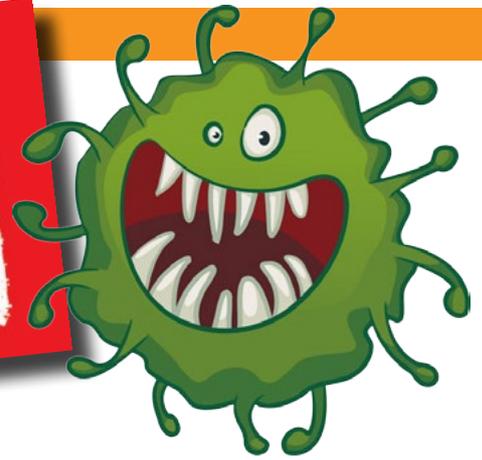
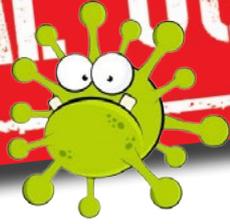
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# Lockdown

## 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*

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**Daily Planner**

DATE:

M Tu W Th F Sa Su

*Schedule:*

6 AM \_\_\_\_\_

7 AM \_\_\_\_\_

8 AM \_\_\_\_\_

9 AM \_\_\_\_\_

10 AM \_\_\_\_\_

11 AM \_\_\_\_\_

12 PM \_\_\_\_\_

1 PM \_\_\_\_\_

2 PM \_\_\_\_\_

3 PM \_\_\_\_\_

4 PM \_\_\_\_\_

5 PM \_\_\_\_\_

6 PM \_\_\_\_\_

7 PM \_\_\_\_\_

8 PM \_\_\_\_\_

9 PM \_\_\_\_\_

10 PM \_\_\_\_\_

11 PM \_\_\_\_\_

NOTES \_\_\_\_\_

*Goals:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*To do:*

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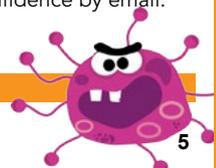
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 Mojacar Playa  
**170,000 €**  
 Ref. ME 2180 Y

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**VILLA** 4   
 Casa Zurbaran  
 Mojacar Playa  
**289,000 €**  
 Ref. ME 1746 N

Large 2 storey house in a centrally located residential area of Mojacar walking distance to the sea. Great potential to turn the house into one large villa or 2 separate properties. Parking for one car in the driveway. 2 terraces of 13 m2 and 31 m2. Large basement that can be converted into more living space.



**APARTMENT** 2   
 Indabella  
 Mojacar Playa  
**148,500 €**  
 Ref. ME 1424 Y

Lovely apartment on sea frontline. Excellent sea views. Within easy walking distance of all amenities. In immaculate condition, on middle floor of a small complex. Wonderful pool & gardens. Covered terrace. Garage space. Sold fully furnished and equipped. Excellent rental potential.



**TOWNHOUSE** 3   
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 Valle del Este, Vera  
**99,950 €**  
 Ref. ME 1837 Y

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**DETACHED VILLA** 3   
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 La Paratá, Mojacar  
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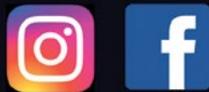


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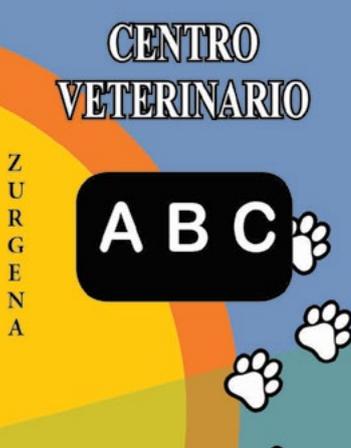
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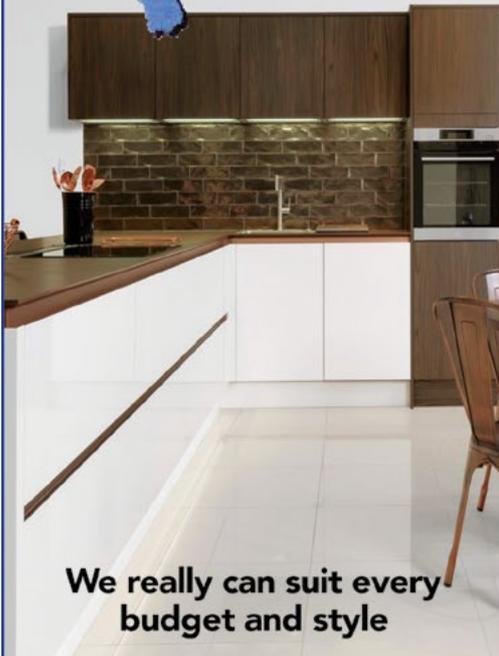
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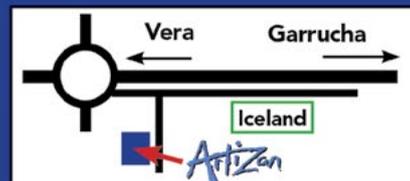
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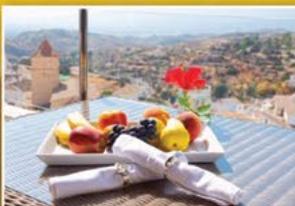
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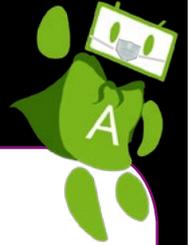

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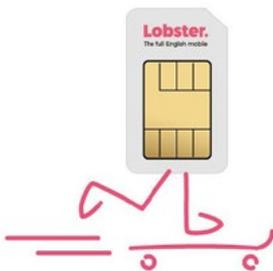
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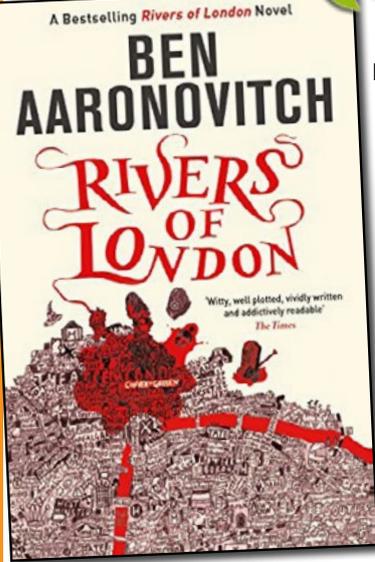
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# Book Review *by Jane Thomas*

## Rivers of London - Ben Aaronovitch



BIBLIOPHILE or Bookworm is an individual who loves and frequently reads books.... So yes I guess that would best describe me.

As a child I always seem to have a book in my hand and in adult life that appears to be the same.

It's a habit I've tried to instill in my daughter, although not as much.

When I picked up Ben Aaronovitch's first book Rivers of London and read the review from The Sunday Times bestselling author Diana Gabaldon, which said ' This is what would happen if Harry Potter grew up and joined the Fuzz'. I knew as a Potter fan I was possibly about to be hooked.

I particularly love Aaronovitch's book because he used real places and then added the history, which with the mixture of magic meant the book, for me at least, was going to be a page turner and one I wouldn't want to put down.

Peter Grant is a probationary constable for the Metropolitan Police Force called upon one very early January morning to take statements after a street performer literally trips over the body in front of the East Portico of St. Paul's Cathedral.

Peter soon finds himself stationed outside Covent Garden taking shelter from a freezing wind and minding his own business when a

figure dressed in shabby, old fashioned clothing complete with a waistcoat and fob watch looms out of the darkness.

Unbeknown to Peter he is about to take a statement from a dead man, who still seems to have plenty of disturbingly body appearance about him.

It was this one incident that brings Peter Grant to the attention of Jaguar Mark 2 Inspector Thomas Nightingale, a man who it seems is older than he appears.

Magic can do that to a person

Nightingale is the last wizard in England and Peter Grant becomes the first trainee wizard in 50 years.

In Rivers of London Grant meets, Vampires in Purley, a dead man that can talk, Old Father Thames and of course Mama Thames, all this while following a trail of bloodied corpses and to top it all moves into the residence on Russell Street where the landlady is more likely to suck his blood than provide a nutritious meal.

Please don't think this is in any way a child's book, it's really not.

As the blurb says: There's something festering at the heart of the City of London, a malicious, vengeful spirit that takes ordinary people and twists them into grotesque figures to act out his violence.

Aaronovitch brings parts of London's history and weaves it into his books, some amazing twists and turns that the reader doesn't see coming.

All of the books in the Grant series are filled with details and great imagination.

Ben Aaronovitch has been likened to giving Terry Patchett a run for his money and honestly I can understand why.

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## ... What you need to know



**WHILE thinking about our own mortality is not pleasant, when living in a foreign country, it is always better to have something in place to take away the stress at such a sad and emotional time for your loved ones.**

With no funeral plans in place, under Spanish law the Guardia Civil must be called and a doctor contacted. The doctor will issue a temporary certificate, after which either the doctor or the Guardia Civil will contact a local funeral director to attend to the deceased. The Spanish funeral director will ask for a release form to be signed and in some cases the form is part of a legally binding contract. It usually does not disclose prices until after all the funeral arrangements have been made.

Living in a foreign country is not easy, especially when having to go through all the red tape we barely know anything about. I have found this to be the case more so when people are grieving.

The earlier you plan for such eventualities the better for you in terms of stress, emotion, affordability and peace of mind. It is extremely important to have provisions in place, in the event of a death when living in a foreign country.

When taking a pre-paid plan with Golden Leaves International, we take all the process, burden and decision making off your shoulders. At such a sad time it allows you to concentrate on the things that are most important to you and your family.

Everybody who takes a pre-paid plan, usually does so for personal reasons and circumstances. Over the years, I have found my clients commenting on the same common benefits which are:

- Taking the weight off their shoulders with a 24-hour emergency helpline. Ensuring that one call takes care of everything.

- Plenty of time to get family and friends over, possibly from overseas.
- Having Funeral Cover in both UK and Spain
- Being able to speak their own language
- No further cost to them or their family - due to the funeral cover being a set price and being pre-paid.

**For further information on the Funeral Plans please call Haylee on Tel: 950 049 431 Mob: 670 311 233, or visit her in the Turre office for advice or a chat.**



**HAYLEE ROEBUCK**

*Marketing Manager*

Golden Leaves International, Avenida De Almeria 39, Local 1

Turre 04639, Almeria Tel: 950 049 431 Mob: 670 311 233

Email. haylee.roebuck@goldenleaves.com

Web. www.goldenleavesinternational.com



**Golden Leaves International**

### Did you know?

Our prepaid funeral plans:

- ✓ Start from as little as 68.34 euros a month
- ✓ Do not require a health check or questionnaire
- ✓ No hidden future costs
- ✓ 12 months interest free
- ✓ Provide dual cover in both Spain and the UK regardless of Brexit

**Call Haylee and her team for advice or a chat on 950 049 431**

or email us at [info@goldenleavesinternational.com](mailto:info@goldenleavesinternational.com)

Golden Leaves International, Avenida de Almeria 39, Local 1, Turre 04639, Almeria



**“I would like to thank Golden Leaves... not just for their very professional help and advice, but for their outstanding compassion.”**

*Keith*

See Keith's full testimonial at [www.goldenleavesinternational.com](http://www.goldenleavesinternational.com)



# READERS STORIES

## JOURNEY TO THE HEART OF COFFEE

**I HAD been in Colombia for just over a month and thus far had not moved very much as I felt comfortable and relaxed. Then I felt that I really must make the best of this, my second visit to this lovely country, and go out and explore. I decided that for this, my first journey, I would venture into the heart of what is, not only a very beautiful part of this country, but also the center of a whole culture: The cultivation of coffee.**

My departure point was Medellin and my chosen mode of transport and general organization was a Travel Agency called Empaque y Vamonos, a sort of Booked it, packed it, etc. They turned out to be a little treasure trove of surprises, good ones actually. I had booked a 4-day excursion to the "Eje Cafetero" or Coffee Country, and it included transport, accommodation on a half board basis and entrance to various parks, all this accompanied by what turned out to be a wonderful guide and friend: the lovely Miriam. And how much did this 4-day excursion cost? Well, there was the first surprise: 100 euros! I love good value but this was ridiculous! As it turned out it was probably the best 100 euros I have ever spent on an excursion.

As I have mentioned my point of departure was Medellin, a city in which I had been living for just over a month. In the decade of 1.980 to 90 the city became world famous because of its infamous drug cartel and the character of its most famous leader: Pablo Escobar. Nowadays the city is rid of that scourge and it is a vibrant modern city with a different set of problems; as in most major cities violence plays a certain role and one would be remiss not to bear this in mind. Of the 34 murders which occurred in Medellin in the last month, nine were the result of cell phones theft. Needless to say I don't carry mine when I go out, but I digress.

Our lovely guide Miriam seemed really quaint as she asked the passengers for permission to say a prayer so that we had a safe journey; she also asked what sort of music we would like to hear, inevitably Bayenato and Salsa won the day.

The Medellin River ran murky and low alongside the bus as Juan, the driver, made a surprisingly quick exit from the madness of the city and we started to climb. If there are certain words to describe this country they would be: endless green and endless mountains and valleys, natural beauty is never far away. One thing that surprises is that in an environment in which nature is so generous the people are not always concerned about the aesthetics and one can find piles of

rubbish at the side of the road which spoils the landscape.

Our first stop, after a long and slow climb was Alto de Minas. I ordered the typical Colombian Breakfast of eggs, cheese, chorizo, fried plantain and arepa (a sort of corn tortilla), and coffee. The whole thing cost me less than 2 euros, you just can't spend your money here!

The next place we passed was Versalles, the village with no names. In this mountain village the streets have no names and the houses no numbers so a typical address would be: "The green door on the house next to the butcher", I felt sorry for the postman!

The bayenato songs played on relentlessly and talked about unrequited love and general desperation while my breakfast churned precariously in my startled stomach as we descended towards La Pintada where we crossed the Cauca River. This river runs along 1400 km of the country and legend has it that the Indians made a daily offer of a live animal to keep the river happy and avoid drought or floods. Apparently since the Indians stopped their daily sacrifices the river continues to claim its daily offering as everyday someone drowns along the length of it. The trees along the river were full of Gallinazos, a black American vulture, which made the theory very believable.

For some time we ran alongside the river and the frontier between the regions of Antioquia and Caldas. Colombia is divided into "Departamentos" or regions, of different size and orography. Having left from the Departamento of Antioquia of which Medellin is the capital, during the next four days I would visit the regions of Caldas, Risaralda, Quindio and Valle.

After a very pleasant lunch we passed the town of Manizales and arrived in the triangle made up by the cities of Cartago, Pereira and Armenia. We had passed the town of Chinchina which houses the National Investigation Centre for coffee, and we had a brief stop in Santa Rosa de Cabal famous for the manufacture of chorizo and for the thermal springs of breathtaking beauty. Well into coffee growing country the road took us to Salento, a really charming village in which hundreds of gift shops gave us the opportunity to purchase handicrafts and stretch our legs.

### THE CULTURE OF COFFEE

Very few of us, if any, have stopped, while enjoying a great cup of



coffee, to think about what lies behind the production of such a great beverage. Behind a cup of coffee there is always a complex story and a lot of hard work. Coffee is a special product with a special history. But not only its history and the production conditions make coffee special. Coffee has proven to be much more than a simple beverage. Most of us will never see a coffee plant (they can be from a small shrub to a fairly large tree by the way) but nevertheless will enjoy the juice of its beans for most of our lives.

Around the production of coffee depend the lives of millions of families in the developing countries round the world, also around the production and consumption of this product different societies have created rites, habits and traditions that exploit the diverse and complex attributes of this drink.

El Eje Cafetero, also known as the Coffee Triangle is a geographic, cultural and economic region of Colombia sited in the departments of Caldas, Risaralda and Quindío in the north Eastern part of the Cauca Valley. This region was an important producer of rubber at the beginning of the XX century but after that it chose coffee as its main crop. The area has been declared as World Heritage Site by Unesco.

HISTORY

Nobody really knows how the coffee plant arrived in Colombia. In fact, nobody really knows how the coffee bean started its spectacular journey to become the best known, and most easily recognized, drink in the whole world.

We have to go back to the XIII century to start delving into the history of coffee although the origin of it is still uncertain. The story of Kaldi, a goat herder from Ethiopia, who supposedly discovered coffee in the IX century, is just one of the many legends one can find amongst the Arabs. The story goes that Kaldi discovered that the goats, after eating the fruits from this particular plant, became restless and full of energy, he tried the fruits himself but found them particularly unpleasant, it is after a few of the beans fell on the fire and roasted, that a very pleasant aroma induced him to roast the beans, crush them and make a beverage with boiling water, and thus coffee was born!

It was certainly in Arabia where the grains were first toasted and milled in a way similar to how they are prepared nowadays. By the XVI century it had expanded to the rest of the Middle East, Persia and Turkey, afterwards it was introduced into Italy and the rest of Europe. The word coffee comes from the Turkish "qahve" which in turn comes from the Arabic "qahwa", an abbreviation of "qahhwat al bun" or wine from the bean.

COLOMBIAN COFFEE

Colombia is the first coffee producing country in the world. The main

importers of Colombian coffee are: U.S., the European Union and Japan, in the year 2008 Spain imported 344.000 sacks of Colombian coffee.

There are various versions of how the coffee plant arrived in Colombia. Some historical references point to the Jesuits having brought the grain to the new Kingdom of Granada around 1730. It is around one hundred years later that the coffee plant is grown commercially in Salazar de las Palmas in the district of Santander. A great part of the incentive to the propagation of the plants is owed to a priest named Francisco Romero who imposed upon the sinners, while in confession, the penitence of planting coffee.

A curious case is the utilization by coffee growers of the American Jeep Willis vehicles from the Second World War. After the end of the war the Americans wanted to sell these vehicles which were no longer useful to them. The coffee growers association found the vehicles particularly useful and made a massive purchase of 100.000 units. These Jeeps can be seen everywhere as a means of transport of people and cargo. This tradition has in fact produced a number of new words typical to the coffee growing community such a "Jeepao" which refers to the amount of stuff that can be carried in one of these vehicles.

The four days that I spent in the Coffee triangle did certainly give me a great deal of information about this crop and about Colombian society and indeed it allowed me to see some beautiful landscapes, it is an experience that I will cherish forever.

Few drinks in the world have attained the popularity and the appreciation of a good cup of coffee. Connoisseurs agree that this drink has the capacity to offer flavors and complexities that go beyond a simple stimulating beverage.

Recently, coffee has been proven to have positive properties in health. Studies have established that it improves mental awareness. Reduces headaches. Stimulates the central nervous system. Stimulates sexual desire. Diminishes asthma and allergy attacks. Diminishes tiredness, improves fertility. Diminishes the risk of cirrhosis of the liver. Helps to combat depression. Diminishes the risk of cardiovascular illness. Improves performance during exercise.

I hope that all this knowledge contributes to the enjoyment of your next cup of this wonderful product.

**Jose Luis Cano**

March 2016

Medellin, Colombia

# LIFE'S A BITCH



**I WAS fast asleep on my comfy little bed, safe, warm, peaceful and perfect but, could this last. No, of course not. Soon he would disturb my slumber with his morning coughing, and clattering in the kitchen with his coffee mug and teaspoon stirring ritual. He doesn't even take sugar so why does he insist on this stirring? Fine, he's here, bang goes my sweet dreams of running on the beach.**

He chatters away, switching between Spanish and English with such ease but I have become accustomed to his voice, and this morning exchange is something I am adjusting to and in fact I am quite pleased to say that I am now learning the meanings of the English words as I have lived all my life in the mountains of Spain, and so this is a whole new world opening up before me.

His kitchen is always my favourite place to be. He is a great cook, and loves to sing while chopping and mixing. I am particularly enamoured of his stews which he just seems to produce like a wizard with a sweep of his arm.

Coffee finished, and good morning hugs exchanged he is finally ready for our morning walk along the beach. This is my absolute favourite time of the day. I talk to him non stop in my excitement as we step through the gate, into the chill of the morning and he sniffs and coughs a bit more. Going down the road I can see the azure blue sea glinting with tiny diamonds of pink as they reflect the now rising sun. We reach the bottom of the road and he makes sure it is safe for us to cross, there are few cars so no big delays. I lift up my head and sniff the cool air and then I smell the sea. What a fabulous scent . I am getting more and more impatient now as he goes slowly and insists that I wait for him. I grumble under my breath, and try to drag him forward but of course, he is the boss and makes me go at his pace.

As soon as he decides to stop for his cigarette he turns to look at me. I am so excited now as I know he will never run with me, so he lights his cigarette, looks at me to drag out the restraint then the magic words....Go on then! I run down the slope onto the cool damp sand and am ecstatic to see a big flock of seagulls standing minding their own business at the water's edge, the sea is like liquid gold with the rapidly rising sun and at first they don't see me racing towards them. I am almost on them but my heavy panting breaks the silence and they flap off squawking at me like angry Spanish grandmothers berating a naughty child. I don't care what they think, I am running as fast as my four legs can carry me. I am an apex predator, I am in my domain and am Lord of the beach.

**Now, where's that cat.....**



**written by Joyce Vernon on behalf of Hana Cano**

# THE CHAIR

HE wakes up, feels cold. He turns bedside lamp on and looks at the clock: 6.14, looks to his left, as he does every morning, to the empty pillow next to his own. He has been telling himself how pointless it is to look every morning hoping that she will be there, that it's only been a nightmare, that she'll be there, placidly sleep, flaxen hair strewn all over the pillow. But like every morning for seven months and 3 days, she is not there. He sighs deeply.

He swings his legs out of bed angrily. His joints ache. The room feels cold, snow fell heavily during the night, he had looked out the window when he got up at 3. His bladder was like a fine chronometer waking him up despite the effect of the sleeping tablet he'd started taking after sixty sleepless nights.

He stands up from the bed, feels a sharp pain on his right foot, like a hot needle is being pushed upwards from the sole, his gout is bad. He has been abusing the intake of Vodka.

He unhooks the dressing gown from its resting place inside the bathroom door, briefly looks at himself in the mirror, he looks gaunt and the bags under his eyes are dark, his looks do not surprise him. His neighbor Mrs. Rowbottom has been telling him that he doesn't look well.

He hobbles downstairs trying not to put weight on his right foot, the pain shoots up his leg with every step.

He switches the kettle on and cuts a lemon and squeezes the juice out of it into a mug to mix with hot water. Mrs. Rowbottom told him that lemon juice and hot water first thing in the morning is good to cure uric acid.

While waiting for the water to boil he looks at the small statue of Jesus standing on the kitchen sideboard next to her collection of fine Spode china. She loved those cups and saucers and she enjoyed bringing them out when visitors came for tea. The hatred welling up from the pit of his stomach and almost choking, surprise him. His eyes are fixed on the figure of Jesus.

He makes the lemon drink and sits at the table by the window, looks out, it's still dark outside but the garden is lit by the street lamp. The snowfall had been heavy, six inches he guesses. Garden looks unkempt, covered by the snow. The leafless branches formed intricate patterns accentuated by the light from the street lamp; the little ravine that runs through the garden looks murky.

By the ravine is the chair, her favorite chair, where she would sit in summer to read her books and listen to the sound of running water. The chair is also covered with a thick layer of snow. Later he would go out and wipe the snow from the chair, just in case she decided to come today and she wanted to sit on it.

*José Luis Cano*



# DAMPING

or "The way to Avoid a Bread Shortage."\*

LET'S imagine that you operate a bakery and the supply of flour available to you is limited. You could use it to make 100 loaves of bread per day, which you sell for a small profit each, or you could bake 1,000 hamburger buns and open a fast food restaurant next door, increasing your profits substantially. Which option would you take? Rare indeed is the boss who would be influenced by "the public good" and continue to bake nothing but plain loaves.

Now let's imagine a bank, with finite cash reserves. Do you use the cash to make long-term loans at a small profit, or do you "invest" it by placing short term bets on the stock market. No matter how much pious talk there might be of supporting enterprises, it is a logical conclusion that banks will seek to make the most money possible. Unless and until the enticement of speculating on stock markets is curtailed, financial institutions will continue to gamble, and continue to describe it as "investment activities". What is needed is a mechanism to make speculation far more risky, yet retain the basic attraction of a true investment.

Here's where we need another tale. Almost 100 years ago George Westinghouse, one of America's greatest inventors, had retired and was on his farm. He had bought a motor car and was driving it rapidly on his bumpy farm road when he was thrown out of his seat. Being Westinghouse, he set to pondering the problem, and soon realised that although springs were essential in order to soften the ride and worked well at slow speeds, they had a habit of over-reacting when rapidly compressed and released. What they needed was something to dampen their tendency to over-react. George went to his workshop and built the world's first shock absorber, which to this day Americans call "dampers". They don't stop the springs from working, they simply put a drag on their movement.

A modern stock market has instant communication all over the world. Prices fluctuate at dizzying speeds, pushed along by computer programmes designed to give speculators an edge. They tend to over-react to stimuli. Now imagine a stock market with dampers. Stocks and shares would still be able to rise and fall, but less frenetically. Long term investors would still be able to decide where to place their money.

However, speculators would have a far harder time trying to gamble on short term fluctuations. If the attraction of short term speculation fell, financial institutions would probably seek alternative risks such as providing venture capital. Money achieves nothing if it is left idle, so they might even become willing to heed government pleas that they should set aside more cash - alias "bread" - to provide mortgages and loans to struggling small businesses.

So how could a government dampen the stock markets under its jurisdiction? My idea is simple. Ensure that anyone buying shares is not allowed to re-sell them, anywhere in the world, for 48 hours. Likewise, anyone selling shares could be forbidden to buy the same stock for 48 hours. Anyone thinking of gambling on short selling the market, for example, would know he would be unacceptably exposed for two days, during which time other "investors" would be out to fleece him. Under such legislation long term market trends would continue, but there would be a far lower risk of being thrown out of one's seat, so to speak.

Unfortunately, imposing such a rule to dampen markets would meet fierce resistance from those in the financial sector, many of whom would be forced to seek occupations that paid realistic salaries. Our answer should be to remind them that ultimately it is we, the taxpayers, who have had to pick up the tab and who are still expected to provide a safety net. Only in the financial world have they been able, so far, to ignore the proverb ... He who pays the piper calls the tune.

*Petter Finne*

Do you have a short story you would like us to publish? If so please email us at [advertisermojomacar@gmail.com](mailto:advertisermojomacar@gmail.com)

# Environmental Issues



Greetings local lockdown companions, I hope you are well.

As some of you most likely know, Outside of these rather unusual times volunteers from Coastal Cleaners Andalucía regularly remove litter and debris from our local beaches and natural areas but perhaps you don't know that we also hold both social and educational events and run trips to relax in and enjoy the beautiful area in which we live? I'd like to take this opportunity to tell you about one such experience that we will be repeating (hopefully a few times on different dates) once the restrictions are lifted and we can once again go out and explore.

The 2 day 2 night sailing trip from Cartegena - This is something I had wanted to do for over a year and last September, 10 of us got together and made it happen. It was the highlight of my year, relaxing, fun and inspiring.

The ship is a beautiful wooden sailing Schooner, full of character and very comfortable. There are five 2 berth cabins (one is a double, the others are bunk style beds) all with a small private toilet and sink. I would describe the rooms as clean and functional; this trip is more an adventure than a luxury.



We set sail from Cartengena in the morning having eaten locally and slept on board the night before then sailed the open sea looking for whales and dolphins along the way. The crew spent time explaining which marine life we might potentially see and were always on hand for questions along the way. They prepared the meals and we all mucked in to set and clear the table etc.

Here is one of the groups' feelings about the trip:

*"Last year I managed to go on a trip of a lifetime. A trip I will never forget. It was a 2-day 2 night Whale and Dolphin watching boat trip organised by Sue Parmenter-Phillips from CCA.*

*I was a little apprehensive about going at first as I didn't know how my sea legs would be, I suffer from MS and wear leg braces and walking on land can sometimes be a problem, let alone on a boat, but I had nothing to worry about.*

*On the first night we all went to a restaurant on the harbour so we could get to know everyone. The next morning at day break we set sail and the feeling was overwhelming pulling away from the harbour and heading out to open sea. It wasn't long before we saw our first pod of dolphins and until you have seen them in the wild and not in a zoo you can't begin to imagine their beauty. We*



*also saw the baby dolphins in the pod.*

*The crew explained that for every dolphin we saw above the water you multiply it by 3 and roughly that tells you how many there are actually in that pod. We also saw flying fish and lots of different birds.*

*We anchored in a stunning cove for the evening where we could all dive into the sea from the boat. That was also an experience and great fun. A few people went on kayaks and went ashore, that looked great but I knew I would struggle to get in and out of the kayak so sadly I didn't join in, although it had a serious side and those who went ashore took bags with them and cleared some rubbish from the beach. I forgot to say we also had a parrot on board the schooner, he could talk and was very amusing.*

*When we were on our trip out at sea, I was astounded at how much litter we saw, as you only think of it coming up on the beach. If any litter was seen the Captain would manoeuvre the boat alongside and someone would net it and bring it aboard.*

*Unbelievably one item that we recovered was a large council litter bin, we also found balloons and cans etc.*

*The food cooked on board during our trip was beautiful and I couldn't cook like that on land let alone at sea.*

*Apart from the dolphins which came to play at the side of the boat during our trip we also saw a family of Pilot whales. They were breath-taking to see up close and something I will never forget. I could go on and on about this trip and what we saw, and apart from all the wild life I made some friends for life too, so don't worry if you start the trip on your own you will soon make friends and have a brilliant trip as well." - Michelle France.*

I hope this has inspired you to get out and get involved. Trips are an essential part of our work as they basically fund the

continuation of the organisation.

Everyone is welcome regardless of if they are a regular helper, here on holiday or just fancy something different. The ethos of the group regardless of the activity is that we all help each other.

If you'd like to learn more about this kind of trip or others available through Coastal Cleaners Andalucía please visit the webpage: [www.coastalcleanersandalucia.com](http://www.coastalcleanersandalucia.com) and click on the trips tab in the menu or contact Sue (0034 634 398 465) [sue@coastalcleanersandalucia.com](mailto:sue@coastalcleanersandalucia.com)

Take care everyone, stay well, stay safe and look after each other. Hope to see you all soon, Sue x



Editorial provided by Sue Parmenter-Phillips from Coastal Cleaners Andalucía

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](http://www.coastalcleanersandalucia.com)

Coastal Cleaners Andalucía



*This section shows a range of restaurants in the area that are now offering a delivery service. Please do support them if you can.*

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# RESTAURANT APOLO

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STARTERS

- Patatas Bravas 8
- Spanish omelette 7
- Russian Salad 7
- Lentils with chorizo 6
- Asturian bean stew 7
- Vegetable soup 6
- Mushroom soup 6
- Snails 12
- Coleslaw Salad 7
- Spaghetti Bolognese or carbonara 6

MAIN COURSES

- Meatballs Marinera 6
- Pork in a tomato sauce 8
- Roast lamb shoulder with rosemary 12 (2 pers)
- Roast Chicken 9
- Rioja-style roasted rabbit 9
- Stewed Potatoes with Meat 9
- Chili with Rice 9
- Barbecue Ribs 12
- Jamon joint 12
- Complete Burger 9
- Chicken curry with rice 9
- Hake or cod in tempura with fried potatoes 9
- Vegetable tagine with cous cous side 9
- Chicken tagine with cous cous side 19
- French fries 5
- White rice 5

DESSERTS

- Apple pie 4
- Egg and Syrup Flan (tocio de cielo) 4
- Strawberry Cheesecake 4
- Lotus cake 4
- Orange cake 4

DRINKS

- Soft drinks 2
- Bottle of white house wine 7
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HALF PIZZA AND CHIPS.....	7.00
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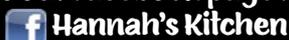
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# READER'S RECIPIES

Most of us are cooking for ourselves at home more than we ever have done before. Also many of us are feeling the pinch financially at the moment. Perhaps you are unused to cooking from scratch? We often see those recipes that state "ingredients you have in your cupboards", only to be disheartened when you have never heard of many of the ingredients and wouldn't begin to know where to start looking for them. Well fret no more. We have put together a collection of readers recipes with the following in mind.

1. Easy to make (no fancy cooking terms).
2. Simple easy to find (and recognise) ingredients.
3. Easy on your pocket.

## Lynnes slow cooker beef bourguignon

If you do not have a slow cooker just use a large deep pan on a low heat.

### Ingredients:

- 4 rashers of streaky bacon or a good handful of lardons
- 750g stewing steak diced into large chunks
- 5 tbsp of olive oil
- 12 shallots or a large onion
- 1 carrot chopped
- 225g mushrooms quartered
- 1 beef stock cube
- 300 ml red wine, plus glass for self while preparing!
- 1 tbsp tomato purée
- 2 garlic gloves
- A good pinch of mixed herbs or any herbs you have
- 1 tbsp of cornflour (optional but helps thicken)

### Method:

Pre heat slow cooker on low. In a large frying pan add the streaky bacon and cook until slightly crispy and then add to the slow cooker (or large deep pan).

Toss the beef in some flour, add to then frying pan and cook until slightly coloured. Then add the beef to the slow cooker.

Lightly cook the shallots and carrot in the frying pan and add to the slow cooker along with the mushrooms. Use a little wine to deglaze the pan and then pour it into the slow cooker.

Add rest of wine with 400ml of boiling water with the stock cube to the slow cooker.

Add the tomato purée, the garlic and the herbs to the slow cooker.

Put lid on and cook for 5 to 6 hours on low or if using a large deep pan, simmer for 2 hours.

You may need to thicken sauce with some cornflour after this time. Serve with mashed potatoes. You may want to pimp the mash by adding a spoon of horseradish sauce and mixing well.



Recipe by Lynn Unwin

Enjoy!



# READERS RECIPIES

## If It's in the fridge - It's in the quiche muffins

**This is an excellent recipe to use up leftovers**

In a mixing bowl whisk 3 or 4 eggs, depending on how many servings you need.

Add black pepper and salt to taste. Add a sprinkling of herbs if you have any.

Then chop **ANY** of the following to add to the eggs.

Ham, chicken, bacon, cheese, peas, broccoli, mushrooms, onions or peppers.

This is entirely up to you. You may want to try broccoli and blue cheese, tomato and ham, or chicken and mushroom.

Take a muffin tin or flan dish if you don't have a muffin tin. In each cup put some of the chopped ingredients and pour in the eggs to fill each one. Bake on medium heat for 15-20 minutes.

Delicious hot or cold.



*Recipe by Joyce Vernon*

**Enjoy!**

## Lynne's Sausage & Bean Casserole

**This is a recipe that I make up as I go along. Add anything that you have spare in your fridge or cupboard. It's all about the flavour!**

### Ingredients:

1 onion or shallots (better) - chopped

3 or 4 garlic cloves - chopped

A sausage pack that includes a couple black pudding or morcilla

Chorizo - picante - extra - chopped

Carrots - 3 or 4 - chopped

Celery - chopped

Sweet potato - chopped

1/2 jar of red kidney beans

A large glass of red wine (and another glass for the cook)!

Caldo - 1/2 pint or mix a stock cube with 1/2 pint of water

Lardons - 1 table spoon full or 2 rashers of streaky bacon, chopped

Mushrooms - 4 or 5 quartered

Seasoning - in my case good pinch of herbs

### Method:

Heat the olive oil and the garlic in a large pan then throw in the lardons and shallots or onions. Fry until softened then add the chorizo. Cook until everything is a nice orange colour.

Add the pre-cooked sausages (I normally cook them on the plancha to get colour and flavour. Don't worry if they split). Add the red wine and caldo and seasoning to taste. Then add the carrots, celery, sweet potato & mushrooms. Then 1/2 jar of kidney beans or any other bean you have.

Feel free to substitute or add to these ingredients with anything you have in your fridge. I often add a handful of spinach for a silky texture. Bring to the boil and then turn it quite low to let it simmer for quite a while (2 hours on a low heat for a regular hob). I put it all in a slow cooker on low for 5-6 hours.

*Recipe by Lynne Unwin*



**Enjoy!**

We are looking for recipes that are easy to make, with simple, commonly used ingredients that are easy on the pocket. Do you have a recipe that you would like to share with our readers?

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# Beautiful you



## Are you Psychic? By Joyce Vernon

**HOW many of you have been having more dreams just lately? More vivid than usual, and dreaming of loved ones no longer with you? Are you thinking of them more than usual?**

When we die, our love does not stop, and we like to visit our families and friends at times when they are going through difficulties and worrying times, so at this time of isolation from this virus, we will be feeling our connection so much more than usual. If you have children then just think how you are happy to be getting on with your life until you hear that they are ill, sad, getting married etc., and then you immediately want to be there for them. It is exactly the same for those in spirit.

They try to let you know they are there by these simple ways. You may smell something that reminds you of them, like a flower or pipe smoke, or a song they liked will pop into your head, or a memory comes into your thoughts from out of the blue. I always smell wood when my father is with me as he was a carpenter. When my mother is around I have Scottish words in my head, as she was from Scotland. If you understand that this is a sign for you, then you can take great comfort from these visits, but if you don't understand that they are with you, then it is easy to think we are missing them more, and feel alone and sad.

They also like to play tricks on us. They can move things, like keys for example, and hours later we find them in a place we are sure we already searched. They can make you see 'coincidences' such as looking at the time and it is 10.10., 11,11, 22.22 etc or simply making your lights flicker.

If you are experiencing any of these and want to ask me about them feel free to message me and I will be happy to discuss it with you and help in any way I can.

Joyce Vernon is a professional psychic medium with over 45 years experience. Joyce offers private sessions, both face to face and also Skype and Facebook messenger readings. She is a Reiki Master and also teach both Reiki and Prana energy healing.

She has worked with the police in the UK with murder and missing persons cases. Teaching others how to grow and develop their own psychic and healing skills is her passion. Everyone has a 6th sense but often are unaware of how to use and develop it. Joyce specializes in being able to show people how to recognise when their loved ones are close. Helping people to feel the physical signs and to receive messages from their loved ones is a privilege and an honour for Joyce.

Joyce runs a number of workshops from her home in Mojacar.

These include:

### HEALING

There are numerous ways of healing for people and animals and the two methods I use, and teach, are Reiki and Prana healing. Reiki means light energy, Re is light, and Ki comes from Chi which is energy. Prana is energy, so

similar in that they both channel healing energy into the client, but have different methods of using this energy. Reiki uses symbols and hand positions whereas Prana healing is much smoother with fluid movements and gently moves the energy of the client back into alignment. It's very interesting to watch a Prana healing session as the practitioner and the client move in harmony with each other.

### MEDIUMSHIP

A medium is someone who is able to connect to the spirits of the dead and relay or channel messages and advice from them to their loved ones. This is done by various methods, and there is no rigid way of doing it. The people in spirit have their own preferences when it comes to communication, as do the living so learning how to develop this skill is not an easy subject. Basically the person in spirit is limited to our senses to let us know that they are near us. Some give us images in our minds, clairvoyance, and some give us smells, sensations of being touched etc. so to learn how to recognise and understand these signs can be daunting and confusing and some people are just scared to try to link into their loved ones. The medium is able to recognise the connection and allow the information to come through. When I have worked with the police I used a skill called psychometry, which is the term for holding an object and reading the energy left by the owner. An item of clothing, a photograph or piece of jewellery for example are very useful for this.

### TAROT CARDS

Tarot cards have been used for centuries for divination and guidance for the future. They are very useful in mediumship as some people are not comfortable connecting with those in spirit, and the images on the cards allow the reader to connect with guides in spirit who advise us in our interpretation of the images. They can be very accurate and are a useful tool for the experienced practitioner. If for example, there is a choice of several actions for the questioner, a simple layout of 6 cards per option is enough to show which is the most favourable choice. There are many different ways to lay the cards, and so many different designs now that we can always find the ones that best suit us.

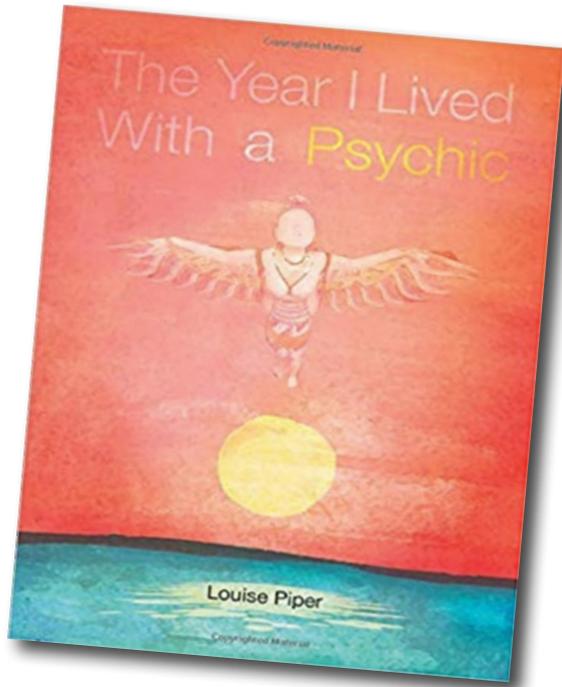
### SHAMANISM

Shamanism is the belief that every living thing is connected, and shares energy. The practitioner, or Shaman, knows how to link into this energy and can use it for healing, for clearing negativity, and for communication with animals etc. They sometimes use herbs, such as white sage, in rituals to cleanse the aura of a person, or the stale energy in a property. Almost every culture has its wise people, with various names applied to them, including the term witch! A shaman is not a practitioner of magic, they are just aware that the dead can affect the living and can call upon the ancestors to help us to help us to achieve our goals.



### 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.  
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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.

*Joyce Vernon's next book will be released shortly. Here is an excerpt from "How to live after death"*

## Excerpt from my new book 'HOW TO LIVE AFTER DEATH'.

**THE people who come to see me often tell me their own experience of having the spirit of a family member be with them, supporting them. Here is Josie's story of the first time she met me when I revealed who it was that had been giving her a helping hand for a long time:**

My name is Josie. I'm living a normal life (whatever that is) in Brighton on the south

coast of England. A few weeks after my 27th birthday in 2005, I went with my mum to have a reading with Joyce because we'd heard she was good. Her warm smile lit up the room and any nerves or apprehension that I had before I got there just melted away. The very first thing Joyce ever said to me was, "What's all that glitter in your handbag?" Immediately, I put my hand in my bag and pulled out a fist full of multi-coloured, happy-birthday foils, the type that you sprinkle on a table. I must have collected them all at the end of the party night and forgotten about them until that moment. I hadn't used that bag since my birthday.

Joyce asked if I knew who was travelling in my car with me when I was driving. That's not a question you can ask everyone, but I knew immediately what she meant. I had been aware of a guiding presence in my car for a long time, but I'd never given it too much attention. Sometimes, when I'd taken a corner too fast, it felt like the steering wheel was moving the car in a different direction. There were times when things had surprised me like a car reversing across my path or an animal running out in front of me. Again, there was pressure on the steering wheel that wasn't coming from me. Joyce explained that my paternal granddad (who I had never met) always wanted a car of his own, but he never had the chance to drive one

before he died. Now he was driving with me.

Joyce said my granddad liked to smoke his pipe when we took long journeys together and she said, "He's giving you a dustpan for your car," and he was calling me a "messy pup" and smiling. Sure enough, I had spilled a packet of crisps a few days before. Nobody could have known that. Through Joyce, my granddad said that it was dangerous to rifle through my handbag as I was driving. I had to keep two hands on the wheel and stop putting my bag on the passenger seat! This was indeed a habit of mine. I never did it again after that reading.

One night, I was driving too fast. It was winter and it was raining hard. Visibility was poor and there was no lighting on this stretch of road. I was aware, out of the blue, that all the cars in front of me were braking. Red tail lights all around me were blinking but there was no way I could stop in time. I opened my mouth to scream and the car filled up with pipe smoke. It was utterly incredible. It came from nowhere and it seemed to get thick in less than a second. I could see the smoke, I could smell the smoke, and I knew immediately that it was my granddad. I hadn't been smoking and the windows were all closed. It was the unmistakable smell of pipe smoke and yet I was the only person in the car. I wasn't scared at all. In fact, I felt extremely calm. The car slowed to a stop: I hadn't skidded and just as soon as the smoke had arrived it vanished. I was able to drive calmly into the slow lane and stick to the speed limit in the rain for the rest of the journey. From that day, I spoke to my granddad in the car everywhere I went.

Josie's recount reveals how we are still connected to our loved ones who are here in spirit to guide us.



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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.

## BAD HAIR DAY?

*Are you using the right shampoo for your hair type?*

Over the years shampoos have progressed dramatically, gone are the days when we had scum around the bath after using soap for our body and hair. We now have a range of sophisticated shampoos to choose from, smelling and looking gorgeous with properties that promise to deliver healthy, lush looking hair, but are you using the right shampoo for your hair type?



## TYPES OF SHAMPOO

### CLARIFYING SHAMPOO

Clarifying shampoo also referred to as a deep cleaning shampoo which contains heavy duty surfactants. The purpose is to remove any build-up caused by using too much heavy conditioners, hair sprays, silicone products, gels etc.

*Top tip: Only use when necessary as consistent usage can strip the hair of its natural oil and cause problems.*

### FREQUENT USE SHAMPOO

Frequent use shampoo is the opposite of the clarifying shampoo. Many people feel the need to shampoo every day usually by force of habit, showering without shampooing doesn't feel clean. For those people a mild shampoo is required.

*Top tip: Shampoo less often to prevent itchy scalp.*

### VOLUMISING SHAMPOO

Volumising shampoo is designed to add body and volume to hair. These shampoos usually do not deposit much conditioning agents onto the hair. Instead, they clean the hair and coat it with an agent that adds volume to the roots and friction to the mid length and ends making it appear voluminous.

*Top Tip: Do not use on flyaway hair as atmospheric moisture will cause hair to flatten.*



### OILY HAIR SHAMPOO

These shampoos are designed to optimize sebum removal from the scalp and hair shaft. This is accomplished by the selection of strong detergents and the minimal use of conditioners.

*Top tip: Do not use hot water or a vigorous scalp massages when shampooing as they can both cause an overproduction of sebum.*

### NORMAL HAIR SHAMPOO

These shampoos will clean well and leave behind a slight layer of conditioning. It usually contains sulfates balanced with other surfactants. It is formulated to clean just enough for normal sebum production.

*Top tip: using a mild conditioner will even out the pH of your hair in order to protect it.*

### DRY DAMAGED HAIR SHAMPOO

Dry and damaged hair requires heavy conditioning. These shampoos are mild, with a low pH level to prevent colour fade; some have a UV protector. They are made to gently cleanse the hair and deposit a protective layer such as dimethicone, dimethiconol, and amodimethicone which are the most widely applied oils for conditioning dry hair. The detergents remove the environmental dirt and sebum from the hair whilst conditioning agents stay behind as a thin coating over the hair shaft.

*Top tip: Vigorous shampooing can damage the hair, however regular massage of the scalp can stimulate the sebaceous gland producing the protective sebum.*

### COLOURED HAIR SHAMPOO

These shampoos are mild with a low pH level, they tend to add conditioning like the ones for dry damaged hair. Some of these shampoos will have colour boosters added to help revitalize the shades. Many have UV protecting ingredients and antioxidants to protect the colour.

*Top tip: "Shampoo less." Water is the biggest hair-colour aggressor, and will cause it to fade faster than any other factor*



## NEXT MONTH

*The last and final part of "Are you using the right shampoo?"*



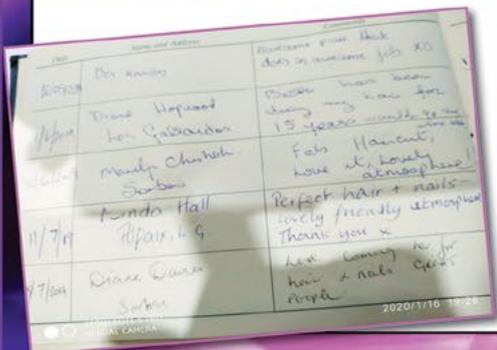
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# Etcetera

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# Healthy body Healthy mind

Carefully watch your thoughts, for they become your words.  
Manage and watch your words, for they will become your actions.  
Consider and judge your actions, for they have become your habits.  
Acknowledge and watch your habits, for they shall become your values.  
Understand and embrace your values, for they become your destiny.

- Mahatma Gandhi



# 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**



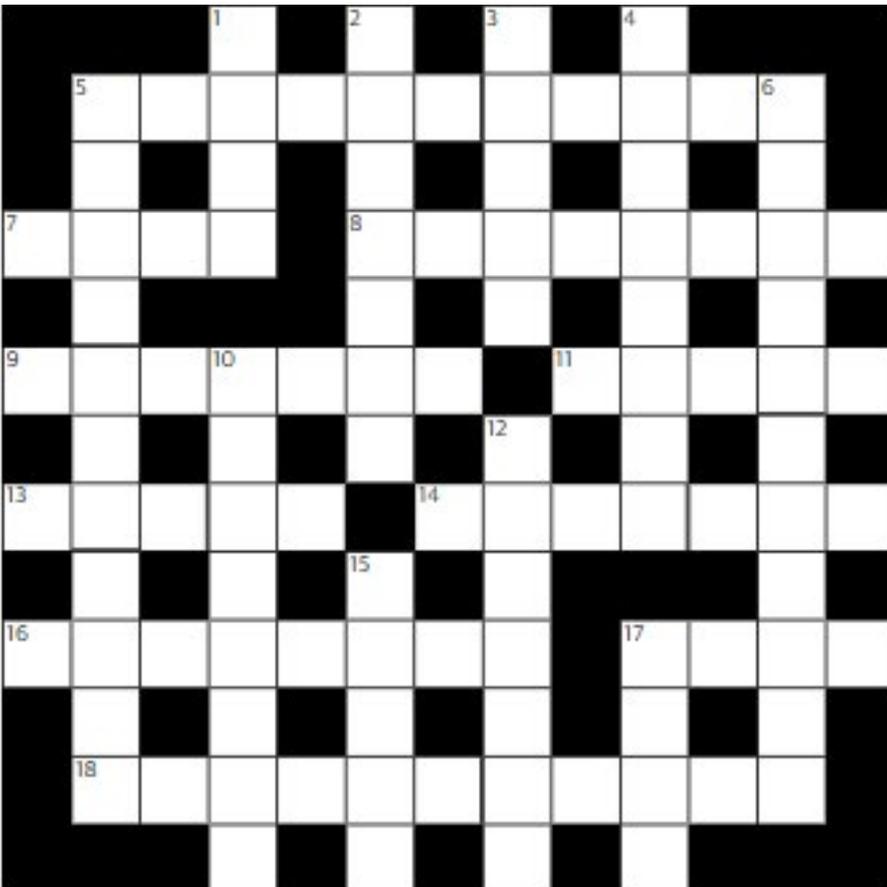
## Sudoku Easy

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

## Sudoku Hard

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

## Cross Word



Across

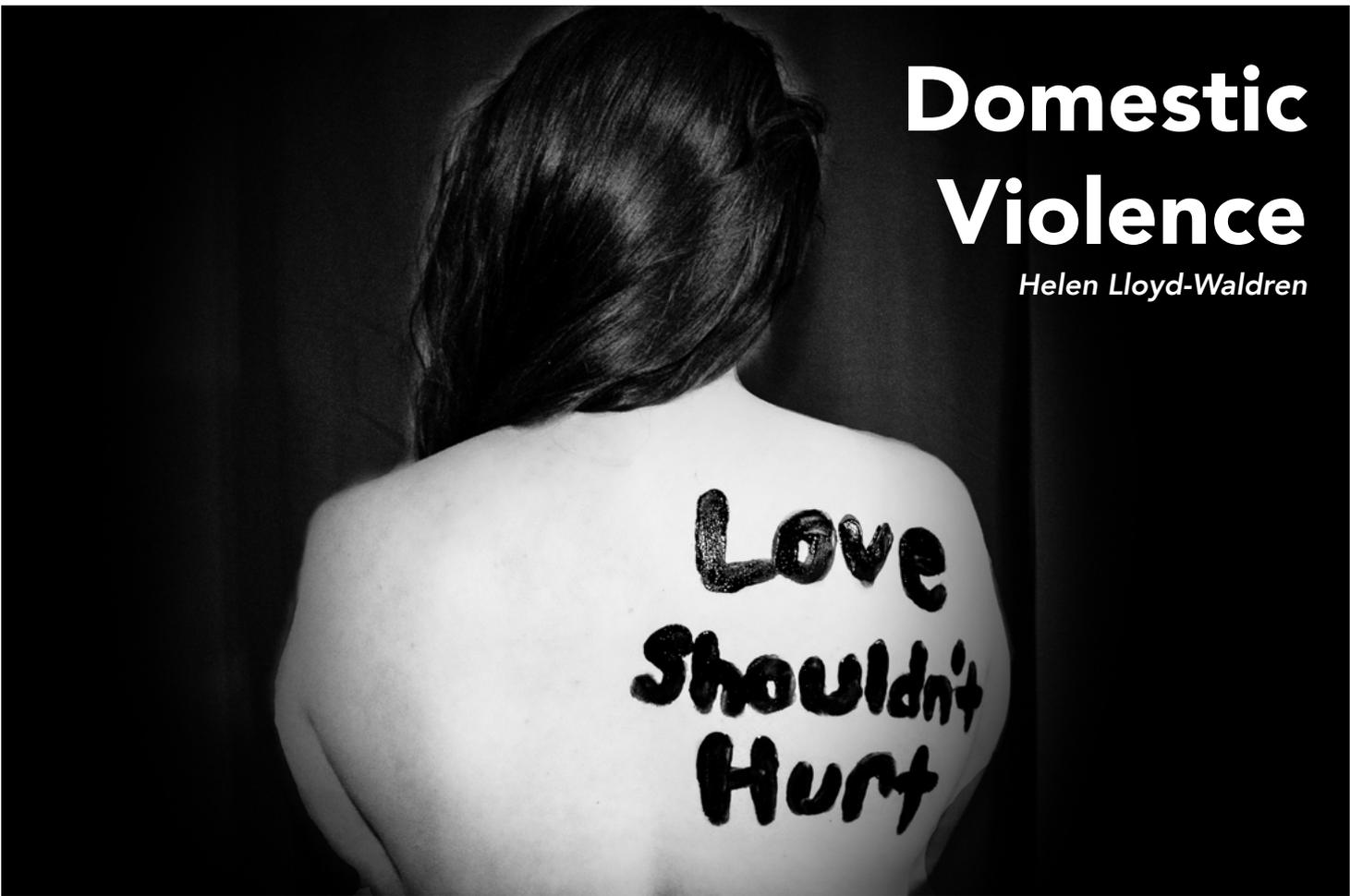
- 5 Forty winks for those wanting to look good (6,5)
- 7 Men-only (4)
- 8 System based on pleasure as the highest good (8)
- 9 Melodies (7)
- 11 Asian capital (5)
- 13 In and of itself (3,2)
- 14 Blackthorn-fruit flavoured liqueur —  
Leo sign (anag) (4,3)
- 16 Benevolence — compassion (8)
- 17 Abominable (4)
- 18 Inflammation of an arm tendon (6,5)

Down

- 1 Sound of a gun (4)
- 2 Carving into a surface (7)
- 3 In reserve — confidential remark (5)
- 4 Tall, thin person (8)
- 5 Come to an end (4,3,4)
- 6 Catkin tree (5,6)
- 10 Declines to vote (8)
- 12 Enclosure for kids (7)
- 15 Elf (5)
- 17 Aura experienced instinctively (4)

# Domestic Violence

Helen Lloyd-Waldren



Love  
Shouldn't  
Hurt

ONE of the realities of the current lockdown situation is that domestic violence cases are more common than ever. This is an article written by Helen Lloyd-Waldren, current owner of Oasis, a ladies clothing boutique in Mojácar playa. Helen previously worked as a police officer in the UK and specialized in this area.

**NOTE: This article contains content that some readers may find upsetting.**

I learnt very quickly that domestic violence (DV) is a global problem of enormous proportions. Although men are victims the vast majority are women.

DV can happen to anyone regardless of race, age, sexual orientation, religion, or gender. It affects people of all socioeconomic backgrounds and educational levels. It occurs in both opposite-sex and same-sex relationships and to intimate partners who are married, living together, or dating.

DV is defined as a pattern of abusive behavior in an intimate partner relationship used by one partner to gain or maintain power and control over the other intimate partner.

Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound the other. Abuse is about gaining POWER & CONTROL by the abuser over the victim (just look up "Duluth Wheel" online)

DV is extremely complex in nature and people who have never been abused often ask the question. "why don't they just leave?"

Understanding this can be difficult, there are a myriad of reasons why but sadly it's often the most dangerous time as they're 70 times more likely to be killed in the weeks after leaving their abusive partner

than at any other time during the relationship. Luckily this is rare.

On average, victims attempt to leave the abuser 7 times before being able to leave for good. This is termed as 'The diminishing line of hope' and can last weeks, months or even years. During this time the victim loses more and more hope that the abuser will return back to the wonderful person they first met. On average it's believed it takes around 6 weeks for an abuser to begin showing their true colours...it may begin with something as innocuous as a slight jealousy. Very often the victim doesn't recognize the beginning of DV because all kinds of abuse start at the psychological and emotional level.

Most of my experiences have been with repeat victims and offenders who were caught in this cycle of control and abuse. Some of the most harrowing experiences involved children who through no fault of their own were also victims, they almost



become the 'forgotten victims'. Researchers have estimated that between 3.3 million and 10 million children are exposed to adult domestic violence each year.

Many of my victims lived through life changing experiences and others now live with life altering injuries. Due to the fact that to two women a week are murdered by their partners in the U.K. alone I cannot escape the fact that sadly I have dealt with victims who have gone onto be murdered by their partners.

I recall dealing with a young woman (16 years old) who was relentlessly perused by a man (24 years) until she agreed to have a relationship with him, she was clearly very flattered...This relationship lasted 2 years and ended up with her eventually being kept prisoner. She was physically, mentally and sexually abused (a machete hung on the bed headboard), food was brought to her as deemed necessary and all contact with her immediate family, when it was allowed, was 'controlled'....she was bruised, cut and burnt with cigarettes ...she was powerless to leave (afraid for her life). Her distraught and desperate father ended up flagging her up to the police who then had a duty of care for her...I have no doubt in my heart that without intervention that continuing this relationship would have cost her life.

The perpetrator is now locked up for these crimes and also for a 2nd victim I discovered during my lengthy investigations.

No relationship is perfect, we all argue, but I don't live in fear each day, nor do I worry that I cannot say something because I might be punched or kicked or worse. In a past relationship

I have been subject to DV although nothing very severe thankfully.

Although what happened to this young woman was extreme it remains that DV is unacceptable at ANY level. If you suspect that someone is subject to DV try to reach out to them with kindness as you may be their only lifeline. Often, they feel too ashamed to talk about it or fearful of repercussions should the abuser find out.



**Emergency services helpline 112 if you feel you are in danger.**

Call the national domestic violence hotline **016** for professional advice on support and services available.

**On a last note..**

*"One woman described life threatening physical assaults, one of which resulted in a broken vertebra in her neck. She was in physical pain for months following this beating. However, when asked to describe the most painful battering incident, she said it was her husband commanded her to get on her knees and make sounds like an animal. This psychological degradation was far more humiliating and painful than the physical abuse she suffered.*

*Battered women repeatedly cite psychological humiliation and isolation as their worst battering experiences, whether or not they have ever been physically abused."*

Emotional abuse is sometimes harder than physical abuse to define and recognize. A bruise will heal but the damage to a person's self-esteem can last forever.

**Helen Lloyd-Waldren**



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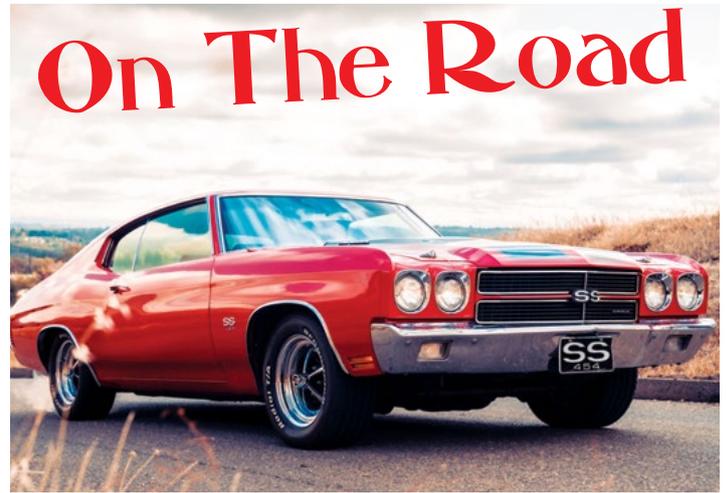
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# Community

## The Dames in Spain - Mojacar

### Charities we have helped over the years

**THE Dames in Spain have donated thousands of pesetas and euros to various charities over the years.**

The main beneficiaries have been Cancer charities AECC and MACS, The local Red Cross, Vera Childrens Home, Stepping Stones, and Asprodalba. Also one off donations to smaller charities have been made to: Third Age, Hart House in the Gambia, and the Mojacar church. The Dames try to donate approx 1000€ to four main charities each year.



Judith Davies, chairman of the Dames in Spain, seen here presenting the cheque for one hundred thousand pesetas to Alison M'Ewan who accepted it on behalf of the Mojacar Red Cross. With them are other members of the Dames in Spain (left to right) Tina Crossford, Alix Hurd, Angela Harrison and Cyndy Townsend.

The Dames in Spain handing over a cheque for 225.000 pts to Cancer Research. It was part of the money raised last year at the Dames in Spain Fun Day at Camping Los Gallardos.

Maria Luisa (left) and Francisco Balcázar Linares (2nd left) from the Spanish "Fight Against Cancer" organization receiving cheques from the Dames in Spain  
 Top Photo: Edwina Riddle (centre) and Joyce Coleman, the retiring chairman, presented a cheque for 2,000 euros.  
 Middle Photo: Myra Holmes (centre) and Gail Creasey, the treasurer and incoming chairman respectively, presented a cheque for 1,500 euros.  
 Bottom Photo: Dave Brown of MACS (left) receiving a cheque for 500 euros from Angela Harrison (centre), retiring committee member and new honorary Dame, and Joyce Coleman.



### IMPORTANT NOTICE TO ALL MEMBERS

After much consideration it has been decided to suspend future meetings until Monday 21st September. This decision has been taken in view of the current lockdown due to Coronavirus 19 and the uncertainty as to when we may be all free to circulate again.

Your committee are sorry to advise you of this but feel it is the best course of action to take in the present circumstances.

This is the first time in the history of Dames that meetings have been suspended and the decision was certainly not made without

considerable amount of thought.

The AGM originally scheduled for 20th April will now be held at the meeting on Monday 21st September which will take the form of meet and greet, AGM followed by Menú of the Day for those wishing to partake.

A reminder of the meeting together with an AGM Agenda will be circulated prior to the 21st September.

Up to date details can be found on Dames in Spain facebook page.

# Community

## MAURA HILLEN STANDS DOWN AS PRESIDENT OF AUAN

MAURA Hillen has stepped down as President of Abusos Urbanísticos Andalucía No (AUAN), after 11 years in the position, during which she received an MBE from the British government for her work. Maura will continue as an external consultant and spokesperson for the Association, to help the new President, David Fisher, from Chiclana, a city with 15,000 illegal houses, at least during the period of transition.

Maura says "It has been many years, with, logically, some emotional and physical wear and tear. Many journeys, meetings and above all many concerns. I did what I could. I am pleased to think that we have resolved problems for many families. I remember how things were in the beginning, with the shock suffered by foreign buyers when they discovered that their house was illegal, that it had no papers and that it ran the risk of being demolished. But, united in a common cause and with the help and advice of our Lawyer, Gerardo Vazquez, and with the help also of the political parties, IU, PSOE, PP and later Ciudadanos, other associations, professional bodies, academics and more, we have prevented many houses from falling under the bulldozer. In fact, working together we have brought about five legislative changes to make urban planning more sensible. I am content and I thank you all, as well as the members of AUAN and its committee for their support throughout the years".

Gerardo Vazquez adds "What can I say about Maura? Many good things of course. I think that she has devoted most of her time over many years to the association. It would be a rare day when I did not communicate with her several times. She has always been willing to help with what is asked of her. And it has not been easy. In fact, many times it has been very difficult. We have had to suffer many setbacks, criticisms and external attacks. And thanks to Maura we overcame them. Without her it would have been



**MAURA HILLEN**

impossible. I remember, on various occasions, how we discussed the latest setback on the way back from Madrid and Maura was always willing to continue and to try again. I have to say that it has been an adventure. And during this adventure Maura has been the quiet and measured voice. When Maura speaks it astonishes me to see how the room quietens. It has been a pleasure to work alongside her and I thank her not only personally but on behalf of the thousands of people that she has helped. Maura, I hope to continue the struggle in your company in one form or another".

The new President of AUAN is British. David Fisher is from Chiclana and is currently the president of ChiFRA, an association of foreign residents, and spokesperson for Age Concern, Costa de Luz Sur. David explains "Although Maura has set the bar very high, I am very grateful for this opportunity to continue the struggle at the Andalusian level where there are an estimated 300,000 alegal houses, many of them lacking sanitation, drinking water and electricity or cannot get paperwork. I also welcome the opportunity that I have been given to do something to help resolve the serious planning problems that exist in Chiclana, with some 15,000 houses without drinking water. At the moment, this problem is aggravated by the current health crisis. What does the town hall expect? That citizens are going to leave their houses to get water from standpipes in the road, as they are currently doing? I am also concerned about the wells being used by many houses due to the level of contamination, creating the possibility that we could be infected by Covid 19 via this route".

David adds "As always in urban planning in Chiclana, there are too many questions when what we want is answers. During my mandate we are going to say to the Mayor of Chiclana that enough is enough after so many years of failing to sort out the problems cause be mismanaged urban planning and now is the time to start delivering solutions to these problems via new legislation that allows these houses to obtain and AFO, thus allowing them to obtain basic services. We are going to insist on this and we are going to do everything legally possible to stop the Town Hall from beating about the bush any longer".

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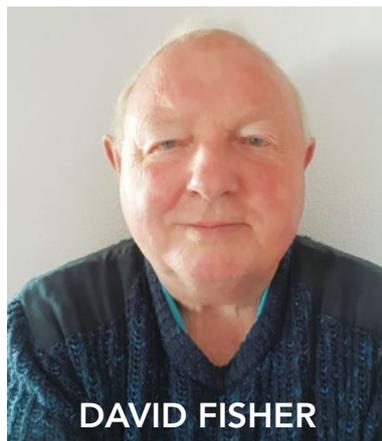
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**DAVID FISHER**

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**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)

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