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July 2020



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The ADVERTISER Magazine Guide

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Welcome

to the July issue of The Advertiser magazine

Happy July to everyone. I hope you are all safe and well. Isn't it strange to think we are in the second half of this year already?

Well lockdown and the state of alarm have just ended. How are you all feeling right now? Many people have told me that they feel much more fragile emotionally than they did while we were in lockdown. Could this be due to the fact that we have been through so much this year and, now that the end is hopefully in sight, that the slightest thing can break us? Be kind to yourselves and others while we all get to grips with the "new normal".

The heat of summer has hit with a bang as it does every year. Let's all try to look forward and enjoy the summer and the rest of this year. Here's hoping the second half will be a lot better than the first.

Cheryl & Andrew

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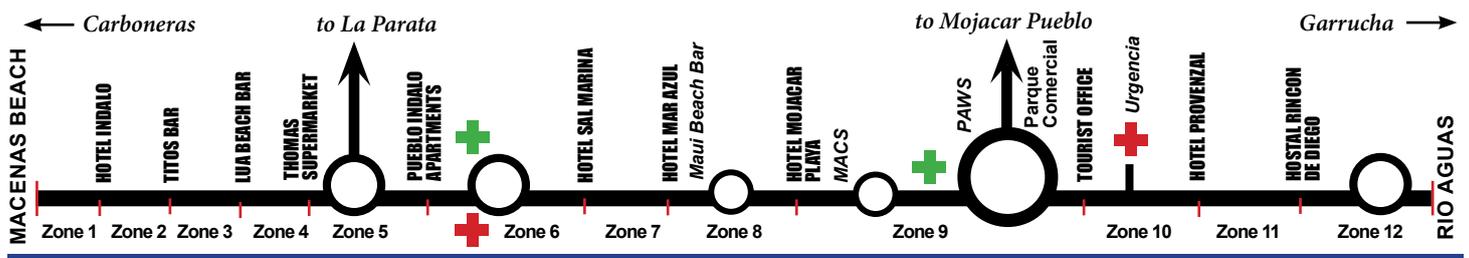
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Distributed monthly

Editor: Cheryl Woods

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We've had a strange old start to the year and we all know that we have to remain cautious, but isn't it just fantastic that things are slowly getting back to normal? Or the new normal? Regular readers of this column may be shocked to learn that none of the above is said with any malice or double-meanings.

We can go out, do exercise when we like, go to shops, meet people, eat, drink and be merry. Sure, groups are limited to 15 or 20 people, but considering I only have 2 friends and one of them doesn't like me, it's not a problem.

And Hallelujah! We can go to religious ceremonial buildings, some people call it a church, others might call a mosque while others may call it a synagogue. Of course, I don't need to go, but I'm sure you do. If you're not sure why, take a moment to reflect, I'm sure it will come to you.

"I'm not racist, I dislike everyone equally"

Protests throughout the world sparked by the George Floyd murder has really highlighted the growing discontent, not only in the USA, but in all countries with a particular point of racism in our societies. All countries seem to have a minority group that they especially dislike and show disdain for, not just for comedic purposes, like the French.

The above quip is a good one and you may have guessed I'm rather fond of a good quip. But it does tend to brush over any intended or unintended racism, and that's kind of the problem. For example, in Australia, the indigenous community make up 2% of the population, but 23% of the incarcerated population. This disproportion demonstrates an unintended racism where their society clashes with a western society's rules and laws.

I don't profess to have the answers, I can only get my age right



half the time, but the first step is surely recognising that there are such things as racial divide and one group has an advantage over the other(s). We can then examine our own behaviours and endeavour to change them.

As with any -ism, ageism, sexism, racism, it's the generalisation of a group of people based on, usually, something physical. The individual is lost in expected behaviours. We need to see the individual.

After this article, I think I'm going to have to retire my Irish jokes. Sorry Paddy, you won't be going to the hardware store anymore, or the bar with an Englishman and a South African, or finding a genie, or meeting Peter at the pearly gates or standing up at the wrong time in a religious ceremonial building.

I can keep my blonde jokes though, right?

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by Brad H



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Why I chose a Spanish life

written by Corianda Shepherd

www.shepherdsrest.org

I HAVE 6 children 3 boys and 3 girls. My 3 boys are all autistic (high functioning) 2 also have ADHD and the other son has Tourette's (mainly physical tics) they all also have sensory processing disorder.

When we lived in the uk we had carers 15 hrs a week and my then 8 yr old Holby had been expelled and was wetting the bed every school night since he started, had 15 meltdowns a day and used to ask to die as he had been given the wrong head for his body; and yet a genuinely beautiful and highly sensitive being who was just needing some understanding. His brother Lyndon, 10 yr old was incredibly introverted, we had to cross the road if any member of the public was heading towards us. He would not eat at school because of the possibility of germs getting near his food. He refused to talk after school as it was so stressful for him and he had tics that would make his neck and shoulders ache constantly.

I had spent many hours day and night wondering how to best help my boys, I had a support network of around 8 amazing friends who visited us regularly as they knew I couldn't get out.

I am an incredibly positive person and resourceful too ... I tend to think with my heart rather than my head which has proven unpopular with family members in the past.

Something had to change it was like my boys were locked up imprisoned inside themselves and every so often you would see a glimpse of their true potential but our environment was not allowing of any more than those few moments here and there.

I started thinking about homeschooling, but it seemed impossible with 3 boys all needing the same level of attention but with different needs. The 2 with ADHD being very volatile, impulsive and aggressive whilst Lyndon would be rocking with his hands over his ears just from their noise. Yet how could I choose 1 over the other? It was not going to work! I thought more about getting out of the system that was failing them and our family so badly; as usual I was thinking outside the box...

In Feb 2015 I spoke to my boyfriend of 4 weeks (friends for 8 months previous to that) and said I'd been looking to move to a Spanish village. His response was amazing and he said we should go for it. He is younger than me by 12 years and though positive and somewhat impulsive like me he is calmer, quieter and generally more reserved than me so to have him on board was great news as we provide a balance for each other.

By March Joel and I had found a house we liked online and flew out to check it out, we fell in love with the views and the possibilities and future opportunities for our family. The large empty farmhouse had windows and doors but that was it. We knew we could make a home here. We visited the school where students ranged from 3 to 14 yrs with an average of 9 students per class.

This environment was perfect for our boys, and our daughter Thalia 7 was never a concern as she has a great ability to fit in wherever. We were so excited travelling back, on a real high knowing what our next move was and looking towards a better future based around family time which fitted the cultural norm.

My eldest Daughter Torrey was 18 and at uni studying music and had a steady boyfriend and my son Bechan was at BIMM music academy and now living with his dad.

My daughter and I were very close and our decision to move did push our relationship to near breaking point. I felt bad but I knew she was strong she had been the 1 person with me on what sometimes was a very sad and lonely journey. She knew something had to give, and as much as I would have loved her to join us I knew she had her own path and was well on her way to establishing a good start in adulthood.

My son Bechan was 16 and it's never easy being away from him as he needs a lot of support, he is a talented musician but anxiety got the better of him most days and aggression was the outlet, he first stayed with my parents for a year and then went to live with his dad. I feel intense guilt that I could not offer him the same chances, a new start, safer environment etc the painful truth is I wouldn't be able to manage all 3 boys under the same roof. He was happy to remain with his dad anyway which made it a little easier.

The move happened June 25th 2015 and we were excited but apprehensive with a lot of mixed emotions from family, social workers, carers and teachers. Our friends were the ones who knew our strengths and knew we would make it alone.

We arrived in Oriá in a 1982 air cooled camper van with our 3 children, 2 cats Billy and Bessie and our dog Ivy. It was the summer holidays already and we had rented a place in the village until we sold our place in the UK. We spent every evening at the local park helping our children to get to know the locals and then once they are acquainted we would sit and watch them from the camper with a coffee in our hand already knowing we had made the right choice.

Things continued to improve slowly and we noticed less meltdowns, less swearing from Holby and a general confidence growing in all of them. School started and that was something I was really had been over thinking ... would they make friends? would they be accepted? would they find it hard to learn the language? But then on top of that worrying that Lyndon might stop talking and suffer with his tics badly, Holby would possibly be so anxious he would explode and have a meltdown!

I need not have worried, though it took a while to feel comfortable surrounded by the Spanish language, they picked it up quickly and soon made friends. Holby's meltdowns had gone from 15 + a day to 5 in 4 years! He stopped wetting the bed



within 3 weeks! Holby is now 14 and working 2 years above in all subjects in his 2nd language.

Lyndon became chatty and giggly and is a confident boy who is now 15 and learning how to run a business. He was scared of water and after 4 weeks here he could swim and is now a very strong swimmer.

Thalia has done amazingly well and I'm always so grateful of her helpful and loving nature because although she may be their younger sister she has often taken the role of an older sister to her brothers.

We bought our dream house just over 3 years ago and spent our first week living here before giving birth to the youngest member of the family Magnolia Mae who is an absolute bundle of fun and cheekiness.

We started our retreat business and opened Maggie Mae's diner in 2019 and were also filmed for a new life in the sun which aired earlier this year.

We are all stronger as a family and I put it down to peace, space and safety all set in these beautiful healing mountains.





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Bon Appetit

Gastronomy & Cooking - by Pig & Fig

SO I think we are now in the "new normal"! However its July the sun is shining, the mercury is steadily rising and if I'm honest apart from holding my cookery classes in a very air conditioned kitchen, I do tend to spend less time in the kitchen cooking when I'm at home. So salads are totally the way forward for this time of year.

In the last edition I talked about fruits and fruit based salsa which are of course fab for July too but I want to share some simple tasty and nutritious salad ideas and recipes.

CLASSIC SALADS :

TUNA NIÇOISE – Originated from the city of Nice in France, for this lovely dish either use a good tinned bonito tuna or why not simple sear a piece of fresh tuna. This is a fabulous salad. Don't forget the olives.

CHICKEN CAESAR - Cesare Cardini was an Italian restaurateur who is credited for this beautifully simple but flavour packed salad. Classically it wasn't served with chicken but over the years it has been added to the dish, an all in one meal.

WALDORF – Oscar Tschirky created this fabulous appetiser whilst working at the Waldorf Hotel in New York. Traditionally a fruit and nut salad dressed in mayonnaise and served on a bed of lettuce. I like to lighten the dressing by adding natural yogurt.

I really love a good coleslaw and potato salad. Here are my recipes which are a break with tradition, no mayo !

POTATO SALAD WITH CRÈME FRAICHE AND CRISPY BACON:

This reminds me of a deconstructed loaded skins dish.

500g potatoes, part boiled in salted water and then roasted until crispy.

6 – 8 rashers of streaky bacon, cooked until crispy then crumbled into small pieces.

½ pack chives finely chopped.

½ tub crème fraiche (I use the one from Mercadona).

Place the warm potatoes onto a serving platter, randomly dollop on the crème fraiche, scatter over the crispy bacon and finish with chives. (make sure you have plenty of toppings) Serve straight away.

RAW SLAW - Fresh, light and packed with flavour.

White and red cabbage equal amounts finely shredded (I would say about ¼ of each, sizes do vary so much)

1 small white onion finely sliced

½ red onion finely sliced.

2 carrots, peeled and cut into matchstick size pieces.

1 red chilli – finely diced (I add the seeds).

Handful of chopped coriander.

Handful chopped fresh mint.

Dressing:

Good squeeze of Lemon or lime juice.

Good olive oil – enough to dress the salad.

Salt and pepper to taste.

Simply chop, slice and dice your ingredients, add to a large bowl (as you need space to dress the dish), then 10 minutes before serving add your lemon/lime juice, olive oil, salt and pepper to taste .. I like to serve mine with pitta or flatbread and BBQ meats or fish.

The list is endless when it comes to salads , be creative have fun. Look out for the dates of my "Super Salads" classes coming up this month.



Editorial provided by:

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

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The Opening of Habana 1957 – Mojacar’s new Cuban restaurant

Nothing is more pleasing in these torrid times than to see a new business open. Rene Castro has just opened his new Cuban restaurant, Habana 1957 on Mojacar playa. The restaurant opening was originally planned for May but, as we all know, lots of plans were changed this year.



The opening night was on Friday 26th of June and was very well attended. The restaurant has been decorated with an entirely Cuban theme and makes a bright, colourful and interesting setting.



The menu is typically Cuban and if you are unfamiliar with Cuban food then the tasting menu is highly recommended as it offers a variety of many dishes on the menu. The food offers something different and is tasty and flavoursome.



Restaurant Habana 1957 can be found at end of Mojacar Playa between Kukis and Badgers. We wish Rene and his team the very best of luck.

TO SEE HABANA 1957'S FULL MENU JUST SCAN THIS CODE WITH YOUR MOBILE PHONE.



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Community News

...is it just me?

THE queuing system in every culture varies somewhat - but sometimes I do really have to wonder "Is it just me?"

One morning last week, determined to be in and out of the bank and still make it to work on time, I decided to arrive at the bank at 8am and wait until it opened at 8.30am.



I knew I would have a long wait - however at least I would be saved the frustration of not having a pensioner in the queue ahead of me asking how much their house insurance would cost, when it was due to expire in 7 months time - and at least I would get to work on time !!

So at 8am promptly I stood alone outside the bank and patiently looked at my phone, while waiting for the bank to open in half an hours time.

At 8.24am a man walked up next to me and asked....
"Are you waiting for the bank to open"?

"Yes" I replied, and looked back at my phone.

The man continued... "I am actually in front of you, I got here just before 8am, then just popped next door to have a little coffee."

.. well, I looked up from my phone in complete astonishment and blurted out "I actually got here last night, and then just popped home for a little sleep". !!

Maddened in Mojacár.

La Paratá Mojacár Fundraising Team raises €3,867 for Red Cross

"LA PARATÁ Mojacár Fundraising Team" presented a cheque to the Red Cross, Mojacár for €3,867.00, raised locally during lockdown, in support of all the needy families in Mojacár who have suffered badly during this unprecedented pandemic.

In attendance were Red Cross President and Vice President Conchi and Isobel respectively and Martin Montoya (Head of Maintenance & Service) representing the Ayuntamiento de Mojacár.

The funds came from sponsorships and donations generated from the "Briggsy & Claysy Show", which was broadcast daily, live from La Paratá on Facebook during lockdown. The 30-minute broadcast every morning, which included a news slot, was aired over a period of eight weeks.

The idea was the brainchild of Rob Briggs, who was ably supported by his partner Penny Clayton. Their dedication to lift the spirits of people both near and far with song requests, messages for loved ones and much more, was a labour of love, and the show gained support from Mojacár and around the world.

Paratá residents Roy and Sue Oxley organised a "Show Sponsorship Scheme", through which individuals could sponsor a daily show with proceeds being donated to charity. The support was a resounding success with all further shows being sponsored. Along with Keith Holland, the team reached out further to people for donations. The response was amazing, as the final total raised confirms.

Support came from many La Paratá residents, including 93 year-old Betty, whose Hero Bears were lovingly crocheted and sent to NHS heroes. Sue Oxley and Jo Marriott made numerous Red Cross shopping trips to Mercadona, regularly filling between 10 and 15 large bags.

La Paratá community and friends have an excellent record



over recent years for raising money for charities, with a total in excess of €35,000. All involved, both organisers and supporters, here and abroad, should be extremely proud.

For further information: Please contact Keith Holland on 636 798 950

In the group photograph are: Martin Montoya, Red Cross President Conchi and Vice President Isobel, Sue and Roy Oxley, Rob Briggs, Jo Marriott and Keith Holland.

In the individual photograph is: Red Cross Vice President Conchi, proudly holding the cheque from La Paratá Mojacár Fundraising Team. (Photographs: Jeff Tolman)



Community News

Mojácar's El Bandido Runners celebrate 2nd Anniversary

23 El Bandido Runners celebrated the group's 2nd anniversary on Saturday 27 June with the usual 5k run on the Paseo followed by a beach picnic, all observing social distancing.

During lockdown, the group didn't meet as group activities were not allowed. From 27 May, once restrictions were eased, a small number of runners started to meet again. To ensure social distancing was observed, the group split into two and started simultaneously from both ends of the Paseo. But for today's anniversary run everyone met at the usual start point, at the Best Indalo end of the Paseo, for a staggered start so as not to crowd the Paseo with runners.

Since Kevin Rowe set up the group in June 2018, El Bandido Runners have run 11,800k on the Paseo, participated in a number of local running events, with many podium places, and organised a charity run to support PAWS and MACS.

The group started with a small number of regulars and has grown

with runners, joggers and walkers, from permanent residents to regular visitors and holiday makers, covering the 5k Mojácar Paseo. All ages, nationalities and speeds are welcome!

If you would like more information please follow us on Facebook <https://www.facebook.com/pg/elbandidorunners> or contact Kevin on ironmankev08@gmail.com.



Masons donate 4,200€ to food banks in the area - during lockdown

DURING the COVID-19 lockdown, I saw an article from the Red Cross in Mojácar requesting donations as families in the area needed help because their jobs had literally disappeared over night and they found themselves with no income.

The next day, as others did, I handed in a bag of essential



groceries to the Red Cross station in Mojácar. I then realised that the Mojácar and surrounding towns needed a lot more help than the odd donation. I discussed the issue with my husband, Bro. Colin Ferrier, who is a member of the local Masonic Lodge, Almería 74. He agreed to request help from the Lodge and passed it to Worshipful Master Stuart Walters of the Lodge Almería 74 for consideration and approval.

What I didn't expect was the amazing response from the lodge members who decided to provide funds to not only the Red Cross, but also the food banks in Turre and Los Gallardos.

After the five weeks had elapsed, the Lodge agreed to further extend the donations by another four weeks, with a yet another review when that term expires.

I set up an agreement with Lidl, providing a list of urgent items from each foodbank weekly. The Lidl staff then prepared the orders and I collected them from the store and delivered to the foodbanks every week.

To date, Lodge Almería 74 have donated a total of €4,200 to help vulnerable families in the area. I have provided the transport and my free time.

The volunteers at each of the foodbanks are so grateful for this help in what has been an extremely desperate time.

Cath Ferrier

Environmental Issues

Sailing the high seas of Mazzaron



AHOY everyone! I have just returned from our first sailing, Dolphin and Whale watching trip of 2020.

Having been postponed since April due to lockdown we were keen to set off as soon as the borders opened to preempt the crowds and were rewarded with a sparkling clean boat. The group dined together in a quayside restaurant on arrival and woke up eager to set sail early the next day.

The weather was not the best initially and we had a lumpy first day at sea, without seeing any wildlife except a few tuna and a swordfish. So we moored up in a beautiful sheltered bay, swam in crystal clear waters and did a little trip along the rocky coastline in the dingy.

The group chatted and got acquainted while the crew prepared us a beautiful lunch and evening meal under the stars.

The second morning felt much more positive and we set off with our hopes firmly set. We headed out to the deep waters between Mazzaron and Cartegena and were thrilled to come across a family of Pilot Whales. The team used a new underwater camera and hydrophone to try to record the sounds of the group communicating and we spent around 30 minutes with them passing the boat and cruising the bow.

An hour later we found Bottlenose Dolphins, this time around 20-30 individuals. They were playful and inquisitive, looking up at us as they streaked past and jumped out of the water. What a sight! Simply magical.

Along the way we attempted to collect the rubbish that we saw, unfortunately the boat's wake had different ideas but I am pleased to say we actually saw very little ocean plastic on this trip.

Next week (weather permitting) we are out in sea kayaks and will be cleaning a remote beach along the way..... Let's hope the summer sees us safe and well and able to continue enjoying and protecting the beautiful area in which we live.

To learn more about Coastal Cleaners Andalusia activities please see our website www.coastalcleanersandalucia.com or visit us on Facebook.



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.

www.coastalcleanersandalucia.com

 Coastal Cleaners Andalusia

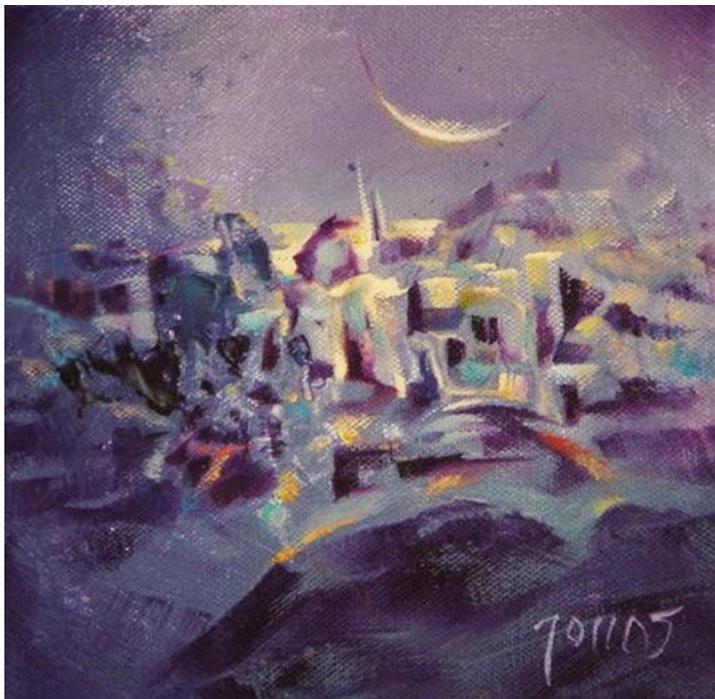
Beautiful you



Smile for me !

HAS anyone else noticed the upsurge in anger and bad temper in the world at the moment? I am shocked and disappointed in the intolerance people are showing to others. People are annoyed at being kept waiting, swearing at other drivers ,criticising and finding petty faults. It seems to me that we have a big divide in how people are behaving.

Is it because of the confinement and restrictions on our freedom? I think so. Some people have sailed through this with very little hardship at all. They have been able to focus on jobs around the home, caught up on decorating etc, and had their partners to keep them company.



Painting by: Javier Torras

Others have been alone, and lost track of what day it is, never mind what time it is. They have had memory fogginess, and have been fighting depression.

Now that we are being given more freedom to roam, these poor souls are still trying to adjust. They are fearful of the crowds, the restaurants and bars are scary places for them, and they get in a muddle at the checkout in the supermarkets. Just stop, slow down, and smile at people, instead of rushing around like a crazy person. Please look at the worried looks on their faces. They are afraid. Be kinder to each other. Smile, say hello, be relaxed so they don't get even more flustered at the cashpoint.

If the bank is busy today, go tomorrow instead. Allow extra time

to shop, so you can go slower. This whole world needs to slow right down, and this unrest needs to be watched carefully. If someone is late for an appointment, or if they want to change it 5 times then let them, it is ok. Frustration grows so quickly into resentment. Resentment grows into disrespect and this leads to disregarding others. The world quickly spirals into racism, and hatred, and everyone suffers from the effects of these emotions.

We are so lucky to live in this beautiful place. Even if we are stuck in traffic there are beautiful views of the sea, and the mountains so enjoy this while you wait instead of getting irritable. When you are agitated and stressed it lowers your immune system so being calm and chilled is positively good for us. A seat in the shade is one of the best places to be, and with the bars opening again, go for a coffee and watch the world go by.

The world hasn't stopped, and life is going on. The fledgeling birds are trying out their flying skills, and the parents are singing and chirping among feeding the ever open beaks with bugs they have caught in your garden! Last night I was watching first the swallows, then the bats swooping low over the pool catching mosquitoes, and thinking how amazing that a tiny cricket can make such a loud noise with it's tiny legs. This confinement to me was a time to paint, and to enjoy the beautiful plants and views from my tiny corner of paradise. I was able to keep in touch with people online, but that is not the same as being able to hug them. So now I can look forward to meeting up with my friends sharing a glass of wine while watching the waves crash onto the beach.

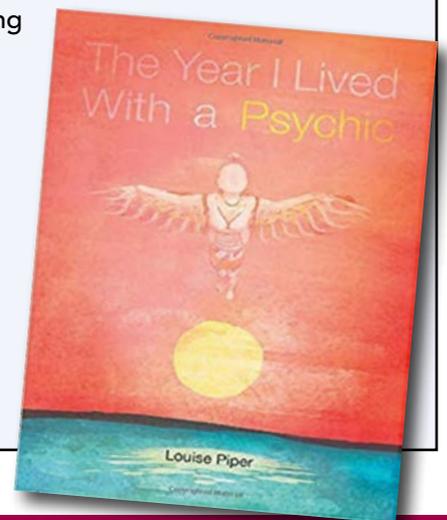
So here is my advice.

Let's be kinder. Make allowances for others. This has been a nightmare for a lot of people who have been, and still are trying to be brave. We don't have to wear our masks all the time now, so wear a smile instead of a frown, and make this world a better place.

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

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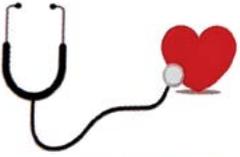
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Welcome to your monthly hair dot com

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.

BAD HAIR DAY?

Are you using the right **CONDITIONING TREATMENT** for your hair type?

HAIR MASKS, TREATMENTS AND CONDITIONERS

SURFACE CONDITIONERS OR RINSE-THROUGH CONDITIONERS

Are the most commonly found conditioner being formulated for all hair types, they are finishing rinses that are rinsed out after each wash, they restore the pH level which allows the hair to detangle by smoothing down cuticle and making the hair feel softer, some have a heat protector in them. My recommendation would be not to use on fine flyaway hair as these conditioners can weigh heavily on the hair shaft.

RECONSTRUCTURANTS

Reconstructurants contain proteins and are designed to help restore the structural integrity of the hair almost like poly filler filling in the gaps between the broken proteins within the cortex and smoothing the cuticle layer to prevent damage. They come in sprays and creams and are easily absorbed within the hair fibre; I would recommend the spray form for fine flyaway hair and the cream formula for thicker hair.

Leave-In Conditioners are designed for just that – they should be applied and left in the hair without rinsing. They are generally light, moisture-rich formulas designed to prevent dryness and smooth tangles without weighing down the hair. My recommendation would be to remove some of the excess water from your hair to make room for the conditioner within the hair, remember not to overload as this will result in sticky hair.

TREATMENT MASKS OR REPAIR CONDITIONERS

These conditioning formulas often include organic proteins to restore proteins and moisture to the hair, they are left on the hair from ten to twenty minutes, manufacturer's instructions may say to apply a plastic

cap after towel drying your hair and place under the heat of a dryer, this will enable the cuticle to swell allowing the protein to pass through the cortex of the hair where the hairs proteins are found thus restoring the strength and elasticity of the hair. Great for brittle, weak or over processed hair.

I would recommend that this type of treatment is used once a week depending on how often you shampoo your hair, after every 6th shampoo is best.

PENETRATING TREATMENTS – EXTRA VIRGIN OLIVE OIL

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Place a small amount of extra virgin olive oil in a dish, place the dish into a bowl resting on top of the hot water, this will allow the oil to heat slightly. Section and paint the oil onto the root area and work through the mid lengths and ends of the hair. Place a plastic bag then a towel around the hair and leave for half an hour. To remove the oil, using shampoo only work the shampoo into the hair until you have a white emulsion, rinse and repeat the shampoo process, condition as normal to close down the cuticle and retain the moisture.

NEXT MONTH

TIPS ON CHOOSING THE RIGHT STYLE FOR YOUR FACE SHAPE





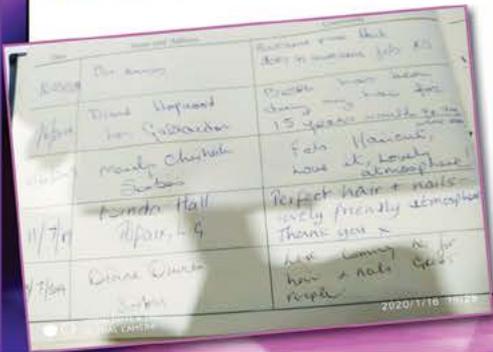
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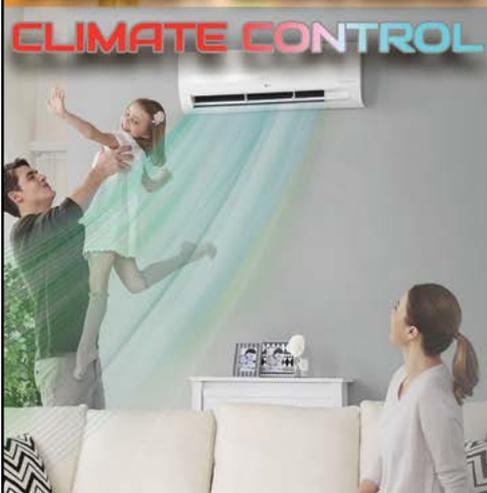
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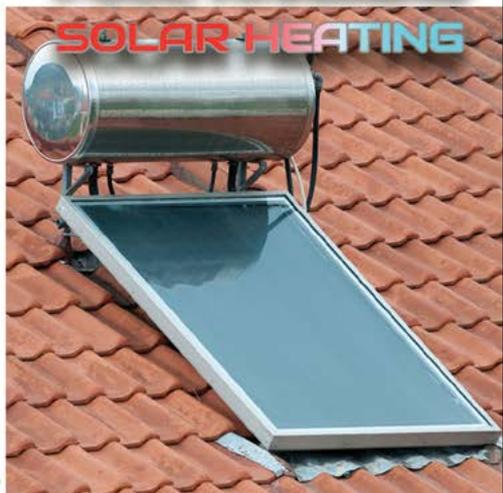


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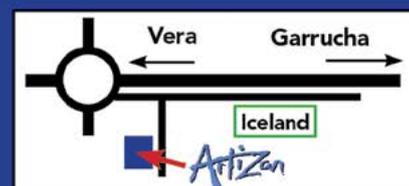
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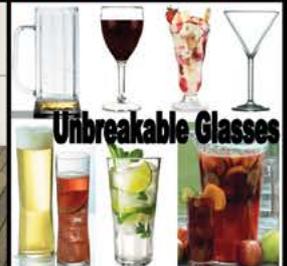
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just for laughs

Here is an article, that we hope that you, our readers, will find amusing. Also a few funnies from the fabulous Celeste Barber.

The World According to Chrissy...

NEVER again shall I venture on one of the tours organised by 'Blue Rinse Buses'! Dear lord, even having to write it, fills me with the dread of a umbrella salesman in the dessert.

Travelling solo, I was thrust next to a travel partner who clearly hadn't seen a hairbrush this side of christmas, had the entire tapas menu from El Burro Blanco dribbled down her viscose blouse, which was buttoned wrong I might add, and halitosis that even a mortician wouldn't be able to cure.

Leaving our destination after Chardonnay - the tour guide, head counted us 4 times as the first 3 times she got distracted by Muriel from Sit Down Zumba asking her firstly, if she could eat her packet of peanuts on board, secondly what time lunch stop was and thirdly if the toilet could be used for numbers two's whilst in motion. So we set off with 4 hours of travel time until we reached the shimmering lights of the Benidorm Coastline.

I thought I'd take the opportunity to relax and read my book on the journey but my newly acquired travel companion had other ideas. As soon as the wheels were in motion, out popped her homemade sardine and egg sandwiches which were very politely offered to me by her and even further politely declined by myself.

After much insistence, I had to feign severe allergies to both sardines and eggs (rather coincidentally) which would result in an anaphylactic shock, more than likely ending in death, luckily that seemed to do the trick. After having eaten all 6 of her sandwiches, which she rather enjoyed, not that she told me - but one can only assume such when the mastication was accompanied with what can only be described as a scene from 'When Harry Met Sally'.

She then proceeded to recite her illnesses in chronological order commencing from 1987 which was her first of 16 trips to the Highlands, as she loves to see a man in a kilt. Hazel, as I have since discovered is her name, is not nor has ever been married as no man could take the place of her beloved 27 cats. What I also discovered that being called Hazel and having a love of the Highlands whilst telling a story, does not make it enjoyable for the recipient of such tales when the letter H is more damaging to the nasal cavities than 20 years worth of cocaine abuse when the narrator is suffering with halitosis.

Assuming our arrival was imminent at the hotel, as I had been listening to Hazels life threatening conditions for what seemed an eternity, I glanced at the digital clock at the front of the coach and almost sobbed silently into my newly adorned neck scarf come burka, purely to deflect any further attack from the deathly H's. I realised literally only 39 minutes had passed since we'd left the safer scented environment of our hometown. Never had I wished for the wafting aroma of the Churro stand quite so much.

Chardonnay informed us we would be stopping very shortly for a quick coffee and 'you know what' stop, which I can only image meant a change of tena lady and re-arranging of uncomfortable Brigit Jones before commencing with Celebrity Bingo on the next leg of the journey.

Sweet Lord, please take me now.....

The next leg of the journey will be in the next edition!

Much love to all, Chrissy xx



Facebook : Celeste Barber



Sudoku Easy

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

Sudoku Hard

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

Cross Word

1		2		3			4	5		6		7
						8						
9								10				
11						12						
	13	14						15				
16												17
18				19				20		21		
22						23						
24							25					

Across

- 1 A real stinker? (3,3)
- 4 Gossamer trap (6)
- 9 Internet seminar (7)
- 10 Problem? (5)
- 11 Helicopter lifter (5)
- 12 Cricket's 'on' (3,4)
- 13 Out-of-this world travel (5,6)
- 18 American pit viper (informal) (7)
- 20 Vice _ (Latin) (5)
- 22 Tusk substance (5)
- 23 Father, Son and Holy Spirit (7)
- 24 Contemporary (6)
- 25 Bottom (6)

Down

- 1 Watch out for (6)
- 2 Accounting entry recording sums that are 5 (5)
- 3 Non-specific (7)
- 5 Unpaid (5)
- 6 Splenetic (7)
- 7 Bitter maker? (6)
- 8 Snowball (11)
- 14 Tins for mogs and dogs? (3,4)
- 15 Statement of money to be paid (7)
- 16 Obviously correct and verified statement (6)
- 17 Huckleberry Finn's friend Tom _ (6)
- 19 Coating (5)
- 21 BBC's first Director-General, d. 1971 (5)



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Polly

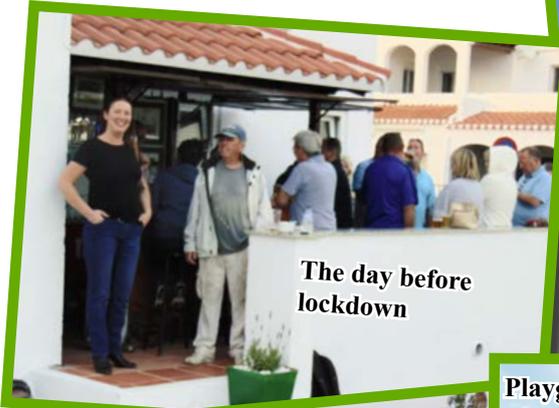
Here is Polly, she is 2 years old. Her owners had to move to Hong Kong and could not take her with them. Polly is playful and very loving and gets along fine with other dogs. She would love to be in a home/family environment. Can you make her happy? Please email: dogs@paws-patas.org For all other information regarding volunteering, etc, visit the website: www.paws-patas.org or email: info@paws-patas.org

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Lock Down

Photos courtesy of Andrew Goth and Serge Dewrée



The day before lockdown



Gym area on the Paseo



Mojacar Paseo Closed



Beach Access Closed; Mojacar Playa



Playground next to the riding stables



Police Control; Buginivillas

Cabrera Fire

which started around midday on Sunday 21st June 2020.



Line of Fire : Sierra Cabrera



View of the smoke from Macenas



View of the smoke from Las Ventanicas



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