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**QUOTE
of the
MONTH**

Happiness consists of living each day as if it were the first day of your Honeymoon and the last day of your vacation.

- Leo Tolstoy

Welcome

to the August issue of The Advertiser magazine

Hello everyone, I hope you are all keeping well and I trust that you are all having an amusing summer!

We have had a busy month here at The Advertiser magazine and are delighted to have several new businesses advertising in this month's issue. It's wonderful to see that despite all that has taken place in recent months, there are still new businesses opening. We wish them all the very best of luck and encourage our readers to support them.

This issue is filled with the usual articles that are so popular with our readers. Last month we introduced several new articles:

Why I chose a Spanish Life - An article where one of our readers shares their experience of making the move to Spain.

Is It Just Me? - A viewpoint of a maddened lady from Mojacar.

The World According to Chrissy - An amusing tale of satire and wit.

We have also included an article on Domestic Violence that we ran in the May issue. As that was an online only version, we decided to re-run the article again this month.

As always, my sincere thanks to all of the writers who contribute to The Advertiser Magazine.

Please remember you can download The Advertiser Magazine from our website www.advertisermojacar.com

Finally, see you all on the other side of August and remember, remember put everything off until September!

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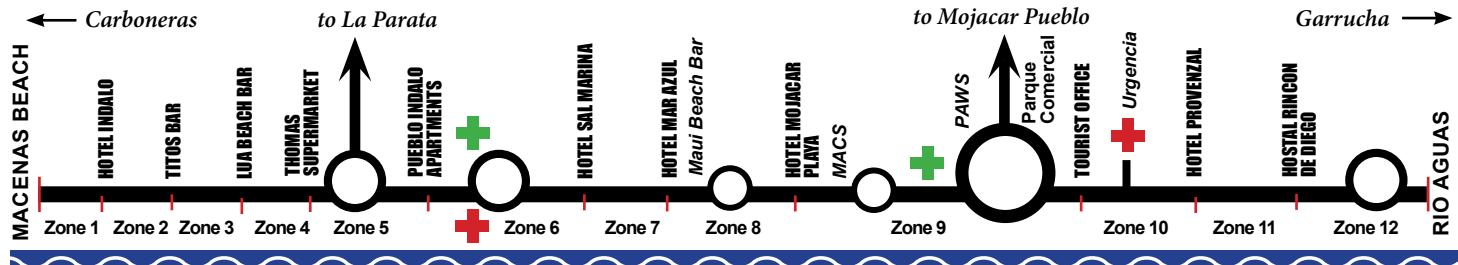
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LifeStyle

Hunting Rabbits, Ducks, Houses

DO you like your home? I don't know if it's because recently there was a pandemic and everyone had to stay in their houses for months, you may have heard about it, it got me thinking about having a better home.

I'm not too fussy. I'd be happy with 4-5 bedrooms, a few bathrooms, swimming pool, a bit of space outside, opposite the beach and a bowling alley. Oh, and for the price of a used Bentley.

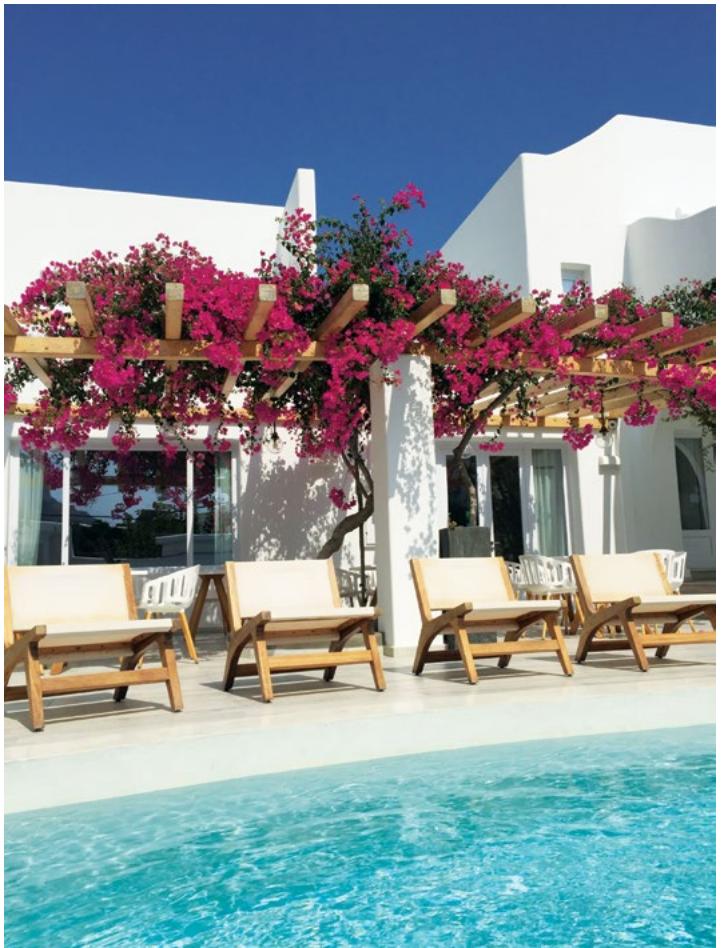
Not such a tall order, right? Okay, I may need to adjust my expectations, a little.

Seriously though, my house has everything my wife and kids need, close to the beach, communal swimming pools, 2 living spaces and enough bedrooms. But for me, it's just a bit small and I don't like sharing walls with neighbours. Wait... I take that back! We may need to sell our house, so I meant to say cosy and with a great community vibe!

SEARCHING ONLINE

The first thing most of us do when considering buying a house is take a look online to see what's available and rough prices. My wife hates me doing this, because I'm usually looking at buying a whole ghost town in the middle of nowhere. "Look, you can get 7 houses for €235,000! They might need a tiny little bit of work though..." .

I must admit, many real estate agents have worked very hard over the last few months to provide such options as virtual tours and more photos and longer descriptions than ever. All the agents in the real estate section have been really quick to provide information when I've requested it and I'm sure you've found the same.



But there are a couple of tricky, less professional types out there and I've become quite adept at spotting them. Beware the fish-eye! If you start to see walls bending, or something that should be a straight line, not straight, then the photo has been taken using the fish-eye filter. It does capture more in the photo, but also causes the room to look bigger than you would expect when you see it. I've seen bathrooms that could rival the Great Hall.

Then there's the classic "bait and switch". You see a nice looking house and an excellent price, make contact only to find out that it was sold just a couple of days earlier. The friendly non-

professional offers to show you similar properties. However, when you continue to see the same place for sale for 6 months and get the same reply each time, you work it out! Although you would probably work it out before I did.

STAYING PUT

The other option is to fix up all the things that bother me. Update the bathroom, renovate the kitchen and move the beer fridge closer to the couch. It would definitely be cheaper than moving and all my local restaurants and bars do already know me, it would be a shame to break-up those relationships. But if you do have a big house with a pool and bowling alley going cheap, let me know.

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

by Brad H

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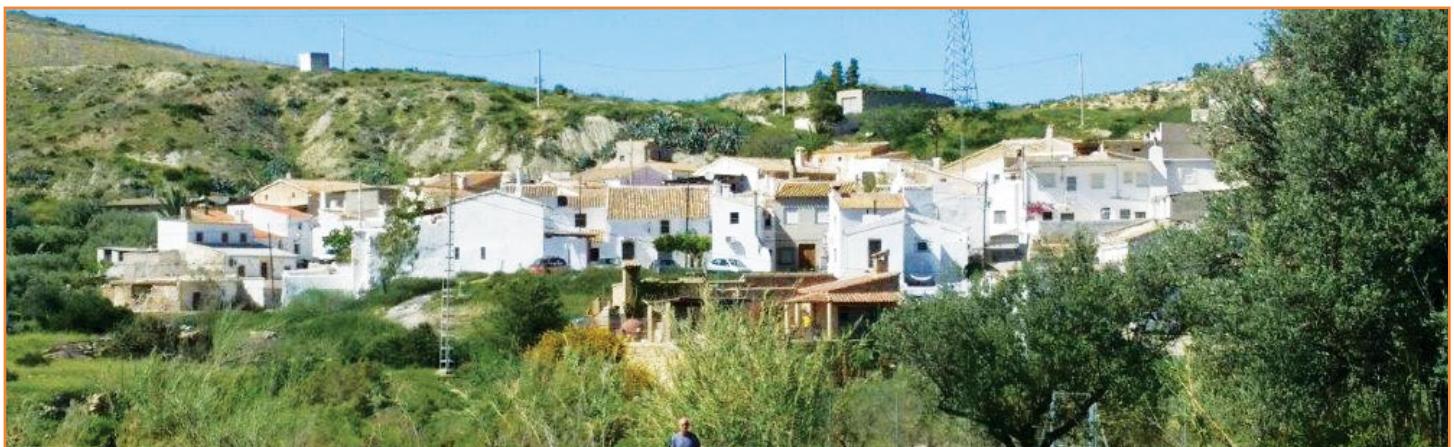
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Why I chose a Spanish life

written by Carol Sutton

www.losgileshostal.com



BACK in 1986, before many English people had really heard of Mojácar, my brother-in-law back in the north west of the UK was doing a big electrical job for a client. The client was very pleased with the work and when he knew my brother-in-law had a wife and 2 young children and could not afford a holiday that year, he offered the keys to his villa for a couple of weeks for nothing.

When my brother-in-law asked where it was, the man said Mojácar. My brother-in-law said he had never heard of it, and was it an island? He was given a map and told to fly to Almeria or Alicante.

Back in those days it was 3 hours 20 minutes from Alicante as the motorway was not built, and from Almeria the transfer bus Tarleton (of whom many of the reps for them still live here) was a scary ride on a single mountain track - with pull in areas for passing and no boundary between the high cliffs and the sea.

They booked their family holiday and asked my 20 year old sister would she like to go, as then two of them could go out each evening and 1 stay in with the children.

My sister fell for a Spaniard, went back to the UK and learned fluent Spanish in 4 months from a Dutch man. Back she came to Mojácar still only 20 years old. You had to have a visa in those days to work in Spain. She lived in Mojácar for more than 20 years before finally moving inland to a small village called Los Giles which she discovered whilst working in an estate agents. She fell in love with the village and tried to buy something but she couldn't afford the house she liked, (which is now mine and my husband's house) How did that happen you may ask?

During my first marriage we had many separate holidays. I used to visit my sister and stay with her a lot, hiring a car and driving around the area exploring whilst she worked. I fell in love with Mojácar, I envied her lifestyle. At this time I was working for a big American firm and climbing the ladder - working more and more hours. When I remarried I could not wait to introduce my new husband to Mojácar and we booked a small apartment for 1 week in September. It had had no rain for months and was rather desperate for it, we were not. It rained for 6 whole days and nights the sun only showing on our last day, we had to buy shoes and fleeces. I had told him it rarely rained. I thought I would never get him there again. Being in a small 1 bed studio flat did not give us much to do either.

The following year when I tentatively asked him if we should book Mojácar again, he agreed and a 2 bed apartment was booked. No rain all week. He like me, fell for the charm of Mojácar - this was in 1996. We often talked about buying a holiday home in the hills an old Cortijo somewhere, as we lived in a farmhouse.

In 2002 we told my sister who was working as an estate agent that we were looking for something inland - as we did not feel that

an apartment would suit us and it didn't matter if we needed to do work. We went over in 2003 and looked around Arboleas at farmhouses over riverbeds and some semi detached. We thought we wanted to be somewhere alone in the hills. After several days of looking we took a day off for the beach. By this time I was managing director of European sales working more than 80 hours a week and not at home much, so we needed some quality time together. We had rented a villa in La Parata near to where my sister was living at the time. When we got back to the villa there was a note on the gate from my sister, she had been trying to get hold of us all day, we had left the phones in the villa. Her dream home in Los Giles was back on the market and she desperately wanted to show it to us. The next day we set off with her, the house came with what was once the village oven where they all went and baked their bread and it was all put into a big oven (now a bedroom). The main house had 13 rooms and needed a lot of work but we fell in love and made an offer on what was only the 4th property we had seen.

My sister recommended a Spanish builder. And she oversaw the works and had power of attorney for everything. We were so grateful to her, we gave her the deeds to the oven which had only 3 rooms and then pigstys or corals as they call them here. She renovated the oven to a 2 bedroom house and moved in, in August 2004. Our house had a new roof, one flat roof to create a nice terrace and the goat shed removed with other corals to make a nice garden. The reform was done in four parts. The 1st part did 50% and then the money dried up but we had bedrooms and bathrooms, a makeshift kitchen and a camping cooker.

THEN I WAS MADE REDUNDANT AT 46 after 20 years with the company. In those days you got great payoffs and we realised we could do part two of the building works. We sold up in the UK



brought our three cats with us and some of the furniture. This was March 2006 and I needed a job. I had sent my CV to every estate agent in Mojácar

And one that knew my sister sent me an appointment for an interview. We flew in on Saturday 18th of March and I had the interview on the Tuesday and got the job to start after Easter - April 18th. We lived in the house with builders in every day. My husband got a job in a ferretería in Mojácar (now a restaurant). The house was improving every day and once we had a master bedroom upstairs - a new floor.

The money ran dry again in 2012. We were left some money so stage three started.

Our idea had always been to open a bed and breakfast when we retired, just 2 rooms with en suite and air con. Stage three was to do something with the old bathroom which had been the only bathroom at the time with cold water only and tiles falling off the wall, with a wide passageway with a fireplace. We had this made into a Moroccan bar with a lovely toilet and a stable door put in place of the metal door that had been our only access to the garden.

We managed to raise more money by cashing in our pensions (not recommended) by the way. We had two staircases - one unusable as it was dangerous, horrible brown double doors into what is now our office. We went to have the stairs repaired, they had used cane from the riverbed as the framework and it had been eaten away, no wonder the stairs were collapsing.

Some friends had given us their double doors with glass in, they needed refurbishment so the drab double doors went and the wood doctor, alias Simon Sinclair, restored our old wooden stairs and we had carved metal frames for the side. They let more light into our entrance hallway and from there you could see how beautiful the new stairs looked, a feature. We also had an en suite put on our bedroom so that the other 2 bedrooms would have their own en suites. By this time age 57 we were

preparing for the day we would open our bed and breakfast.

The house is virtually finished, so last year we decided to register our business and open as Hostal Los Giles www.losgileshostal.com. I am still working in the estate agents (k7). My husband works part time cleaning pools so he can be here if needed. So from wanting a remote house, we are living in a large village house. We now own the el horno (oven next door) and we live village life with the Spanish. I am proud to be working in a Spanish office and living in a village with lovely Spanish neighbours who send family to our bed and breakfast in August.

All our cats that originally came with us have passed away. We now have four adopted cats and help feed and neuter the ferals with our English neighbour.

Our bed and breakfast offers free bikes, wifi, air con, en-suites, jacuzzi and plunge pool - all for 35 euros a night including continental breakfast. www.losgileshostal.com

Would we return to the UK. Absolutely not!



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Bon Appétit

Gastronomy & Cooking - by Pig & Fig

AS we head into August the temperature is still climbing, wow you really do forget how hot it can be this time of year.

So this time of year my 'go to' food really is something light and easy, maximum flavour with minimal effort.

Last month I wrote about different salads including some great classics. This month I thought I would write about learning some new skills which will really help add to your cooking repertoire.

At the cookery school we have a number of classes such as a Basic Tapas class and an Intermediate Tapas class. I have a bank of recipes which I draw from depending on the time of year and cooking experience of the clients attending.

We have now been open nearly a year and during this time I have tried and tested many recipes and created some new and exciting dishes to add to classes... "Taste of Asia", "Mexican Street Food" & "Mediterranean Vegetarian" to name but three. The appetite to learn a new skill is quite incredible. The classes are informative, creative and fun as well as a really great way to meet new friends.

So, currently the most popular classes are the "Seafood Tapas" and "Taste of Asia" ... both classes include learning new skills. The seafood class really is informative and gives you confidence when out shopping to select different ingredients which you normally may not try.

One of the tastiest and easiest recipes is a chickpea and chorizo salad, with added spinach and topped with prawns, cooked in olive oil and garlic. I have added a link to my Facebook page which has a video showing you how to prepare the prawns.

<https://www.facebook.com/386149465491429/videos/1347993538717516>

Gambas con Chorizo, Garbanzos y Espinacas

Ingredients - serves 4

500g raw prawns (peeled and de veined)

1 red chilli, finely sliced

200g chickpeas

50ml chicken or vegetable stock

6 tbsp olive oil

30g chorizo - sliced

2 garlic clove - crushed

50g baby spinach

50g roasted red peppers from a jar

Squeeze of lemon juice , salt & pepper

Method

1.Drain and rinse the chickpeas, then put in a large pan with the stock. Simmer for 2-3 minutes, then drain and tip into a serving bowl (this just adds another level of flavour)

2.Meanwhile, heat 1 tbsp of the olive oil in a frying pan. Fry the sliced chorizo for a few minutes until crispy, add half the garlic and



cook for 30 seconds . Add the spinach to the pan to wilt, stirring occasionally. Transfer to the bowl with the chickpeas. Slice the peppers and add to the bowl.

3. Heat the remaining olive oil in a large heavy based pan until quite hot, then add the remaining garlic and fry for 30 seconds. Then add the prawns, chilli and salt then fry for a few minutes until all the prawns have turned pink and begin to curl.

4. Add the prawns and garlicky oil to the chickpeas, chorizo and spinach and toss to combine, add a squeeze of lemon and season to taste.

Finish with chopped parsley and chunks of fresh bread - have either as a starter as part of a meal or as a light lunch.

Enjoy !!



Editorial provided by:

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

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SHEA'S Bar & Restaurant at The Kimrick opened for business on the 11th May. Shea had spent many months renovating and redecorating his new restaurant and originally the long-anticipated opening was planned to take place just before St. Patrick's Day, however, we all know what happened to everyone's plans this spring!!

Shea, previously of La Parata, is well known in the area and his culinary expertise and personable manner makes dining at his restaurant a special experience. The menu at Shea's Bar & Restaurant at The Kimrick is varied and has something to offer all tastes. Dishes are prepared to the high standard one has become accustomed to from Shea.

The Kimrick boasts one of the largest terraces in the area and Shea has created a beautiful setting. The outside bar provides the perfect location for drinks or snacks. Diners can enjoy their meals either on the aesthetically pleasing terrace whilst enjoying the sunshine or take shade under one of the many enormous sun umbrellas. If you prefer to dine indoors there is a bright sunny dining room which has been beautifully and tastefully redecorated. With its vast dining areas both inside and out, Shea's Bar & Restaurant at the Kimrick is the perfect location to hold a group booking or a party. The spacious locations ensure no issues with social distancing.

Shea holds regular events such as the Hog Roast event which took place on the 1st of July. The event proved so popular that further events are scheduled for both August and September.

The Kimrick is just 200 metres up from the Red Cross Roundabout, in the opposite direction to the beach. Shea's Restaurant & Bar at The Kimrick is open 7 days a week. The terrace bar is open for drink from 12pm until late. Lunch is served from 1pm until 3:30pm and dinner is available with reservations from 7pm each evening.

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Ghosts or Gremlins

The Gremlin is a mischievous creature that sabotages aircraft. This concept of gremlins was popularised during World War II among airmen of the UK's RAF units, in particular the men of the high-altitude Photographic Reconnaissance Units (PRU) of RAF Benson, RAF Wick and RAF St Eval. It has now spread to any type of machinery, including car engines which is ironic as the AMC Gremlin was an American car.

So we casually mention a gremlin whenever we come across these glitches.

But what if it isn't a gremlin at all? We must also consider an alternate source of the mischief, and we should not discount the spirits who find it funny to meddle. As a child we were used to doors opening by themselves, and my father would say 'here's Charlie'. It didn't really bother me that a ghost lived in the house with us, until one wintery day when the door kept opening and my mother was getting cross as the door was letting a draft in. After about the 4th time, she shouted Charlie, close the door after you! The door closed immediately, and we were all scared by his sudden response! My parents told us not to worry about Charlie, as he was there to look after us. As a small child, that was reassuring.

How many times have you lost your keys, spectacles etc, searched high and low, and then they appear right where you know you have already looked? It can be so frustrating, but we can also ask the spirits to help us to find things, including pets and even people. I find it fascinating how those in spirit still try to help us, and obviously enjoy playing with us. It is also wonderful to get help from our loved ones which is tangible and precise. Here is a testimonial from a client a few years ago.

Hello there, we came to see you at Alvaston Hall...as a couple during the christmas holiday. Just wanted to let you know that you mentioned you could see either the Eiffel Tower, France or Blackpool Tower. You said that my father was excited for us, and it would soon make sense. When resting in our room later on we had a phone call from our god-daughter saying she had got engaged up the Eiffel Tower !!! we were amazed. Did not know she was in France. Also you mentioned a 30ft tree to the left of our garden was dangerous and needed checking (poss fencing damage), when we got home we discovered the neighbours had to have it cut down as it was coming out of the ground during the high winds on the day we left for our visit to Alvaston. It would have caused a lot of damage. We would like to thank you for the information you gave us regarding our loved ones, you were so accurate we wished we had a longer time with you. Thankyou J & M Rogers.

Obviously this was an example of help from a spirit, and yet we started off talking about the naughty ones. We can, and many people do, dismiss the idea of spirit as nonsense. However, we all find the idea of haunted houses intriguing. Alvaston Hall in Cheshire where I was the resident psychic for a number of years,



had several ghosts, and I would occasionally do ghost walks with the guests.

I am regularly asked here in Spain to go to business premises and homes to clear the unwelcome guests and give the owners peace of mind.

Sometimes it is a simple task, but other ghosts take more persuading.

I was talking yesterday to a woman who was married to a Guardia Civil officer, who had worked in a building in Madrid which was haunted. It was a government building obviously, and one part of the building is now closed off as it has been

recognised as being haunted. They were fed up of the phones ringing but nobody on the other end, pictures kept falling off the walls despite being securely fastened etc. I have asked if she will take me there one day to investigate. She also told me that there is another government building in Granada, which her husband said was even worse. People would report hearing voices, and lights would go on and off for hours, and the photocopiers would turn on and off by themselves. The haunted part of this building is also closed off. Another investigation needed there too!

Sometimes these things can be explained away, but if it frightens the Guardia Civil then I for one believe them.

We also have help from our animals in spirit, who stay beside us just the same as when they were alive. One lady was approaching me in the street and I was saying what a cute little dog she had. She looked astonished as I told her I could see a springer spaniel sitting beside her, who was called Meg, and she had died of kidney failure a year ago. The lady was tearful and happy, and Meg told her to talk to her whenever she felt the warmth on her right foot. Meg said she used to sit on that foot as the lady had arthritis in the right foot, and the warmth from Megs body eased it. She was so happy to hear her beloved dog was still with her.

So here is my advice. If you have lost anything ask your people in spirit to help you to find it, and if you are lucky enough to have a mechanic in spirit, then they can help you fix the car engine.

Keep talking to your loved ones. They hear you x

Painting by Javier Torras.

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

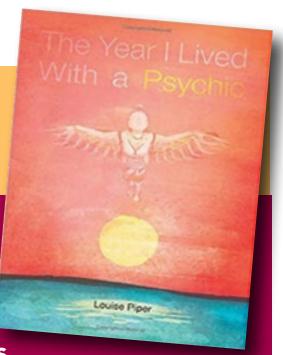
Joyce is a professional psychic medium with over 45 years experience.

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Joyce has worked with the police in the UK with murder and missing persons cases.

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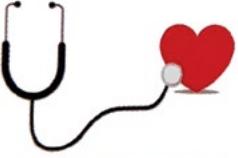
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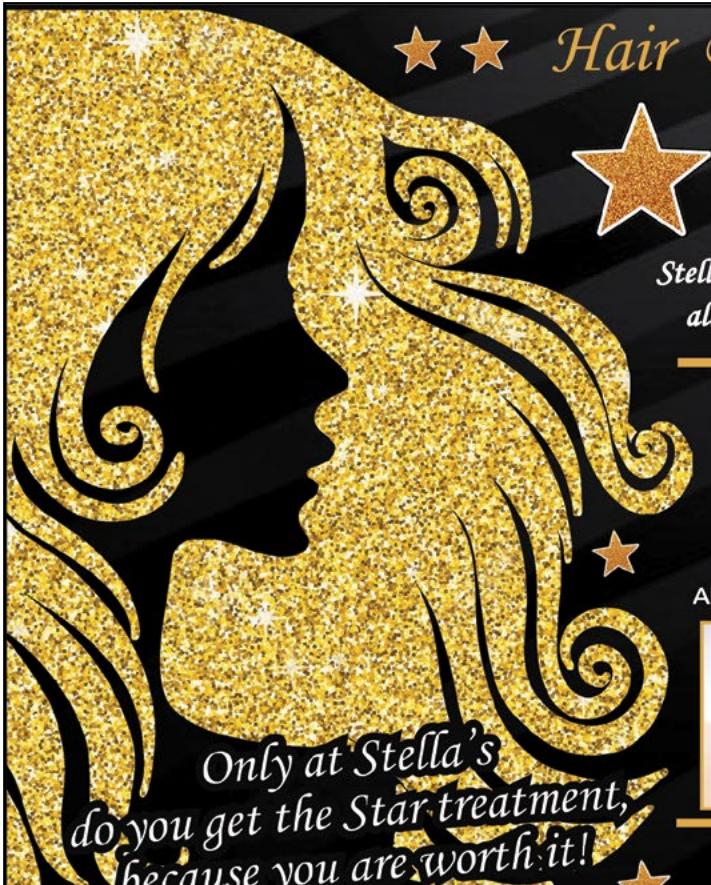
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Welcome to your monthly hair dot com

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 and how to make the most of your crowning glory.

Every face is unique, the proportions, features and shape of your face will determine the hairstyle that will suit you. Choosing a hairstyle is a two way conversation between you and your stylist, it's all about balance between the hairstyle and the shape of your face..

By gently pulling your hair back from your face and looking in the mirror at the jaw line, the temples area, the cheek bone and the proportion of the head to the chin area your stylist can discuss with you what style will suit you.

Once armed with this information you can then look on the internet and through magazines to give you some ideas to discuss with your stylist.

Here are some of the general rules....

OVAL SHAPED FACE

An oval face shape has long been regarded as the ideal face shape, simply because its proportions and balance allow it to pull off practically any haircut, hairstyle with ease. We try to create the oval shaped face using your hair.

LONG OR OBLONG SHAPED FACE

Layers, curls and waves to add volume around the oblong shaped face, a full or feathered fringe to shorten the face, a side parting as opposed to a centre parting takes the attention off the oblong shaped face. Short hair with little height also suits.

HEART SHAPED FACE

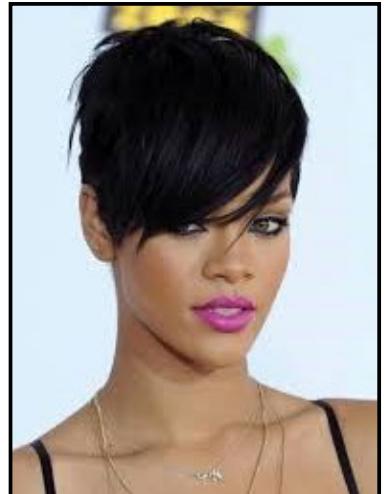
Heart shaped is usually wider at the cheek bone and narrow at the chin with a shorter forehead. Hairstyles with some height will balance out the



chin area, to give the illusion of a more narrow cheek bone some wispy hair around this area works.

DIAMOND SHAPED FACE

A diamond shaped face is generally narrow at the temples, wider at the cheek bone and narrow at the jaw. Short haircuts with a longer fringe take the attention from the cheek bone. A hairstyle with too much height can cause the face to look longer. A jaw length bob is a great cut for this shaped face as it has fullness at the temples and at the jaw bone.



ROUND SHAPED FACE

Asymmetrical cuts are great for the round shaped face and by using hair on the face we can narrow down the cheek bone and add length to the face.

TRIANGLE SHAPED FACE

The triangle shaped face needs height to balance out the chin area, short hairstyles with lots of texture and movement are great to open up the face.

PEAR SHAPED

The pear shaped face is narrow at the temples, wider at the cheek and jaw area. Hairstyles that soften your jaw line such as a long layered cut or a long below the jaw bob, short textured cuts look great too.

SQUARE SHAPED FACE

A square shaped face has the same width at the temple and jaw area, using hair to narrow down these areas works. Long bobs can round off the square jaw line, the length of the cut is important as too near the jaw will accentuate the jaw line.

Here is a link you might like giving lots of ideas for different shaped faces <https://stylesatlife.com/articles/hairstyles-for-oval-faces/>

NEXT MONTH

What hair products are best for your hair type?



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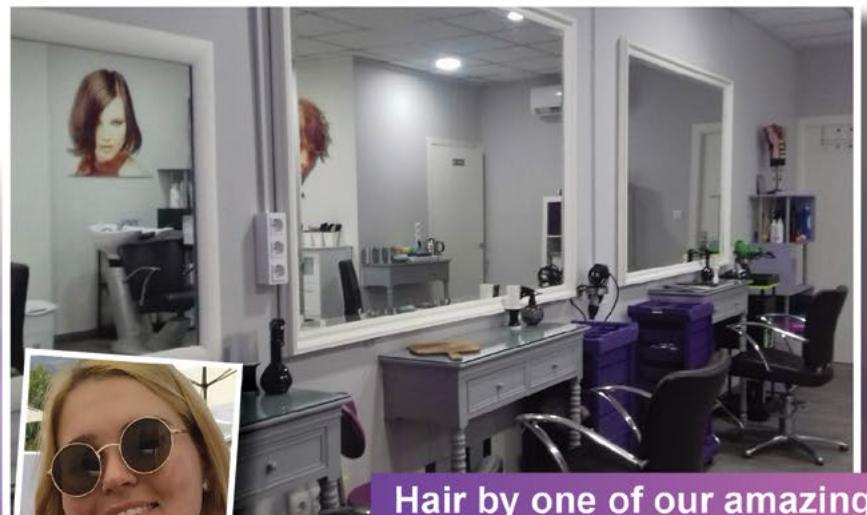
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Domestic Violence

Helen Lloyd-Waldren

Love
Shouldn't
Hurt

ONE of the realities of the recent lockdown situation is that domestic violence cases were 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?"

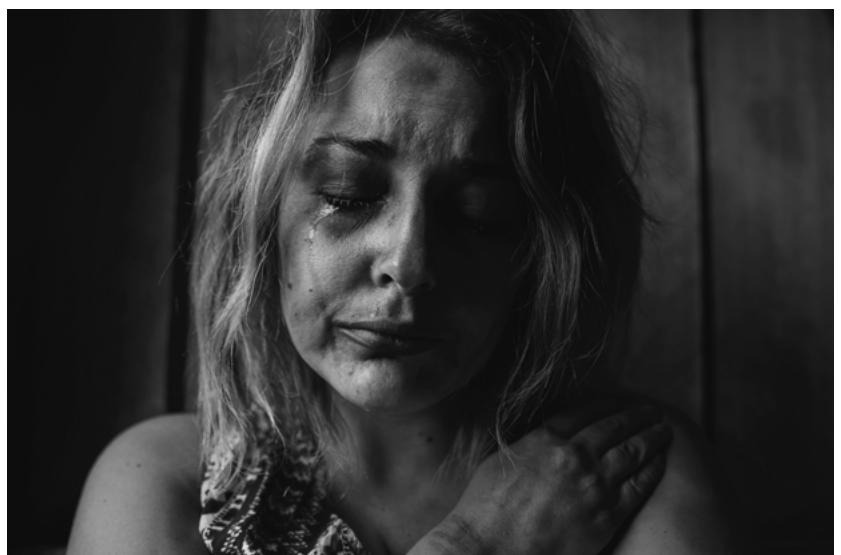
Understanding this can be difficult, there are a myriad of reasons why but sadly it's often the most dangerous time as they're 70 times more likely to be killed in the weeks after leaving their abusive partner

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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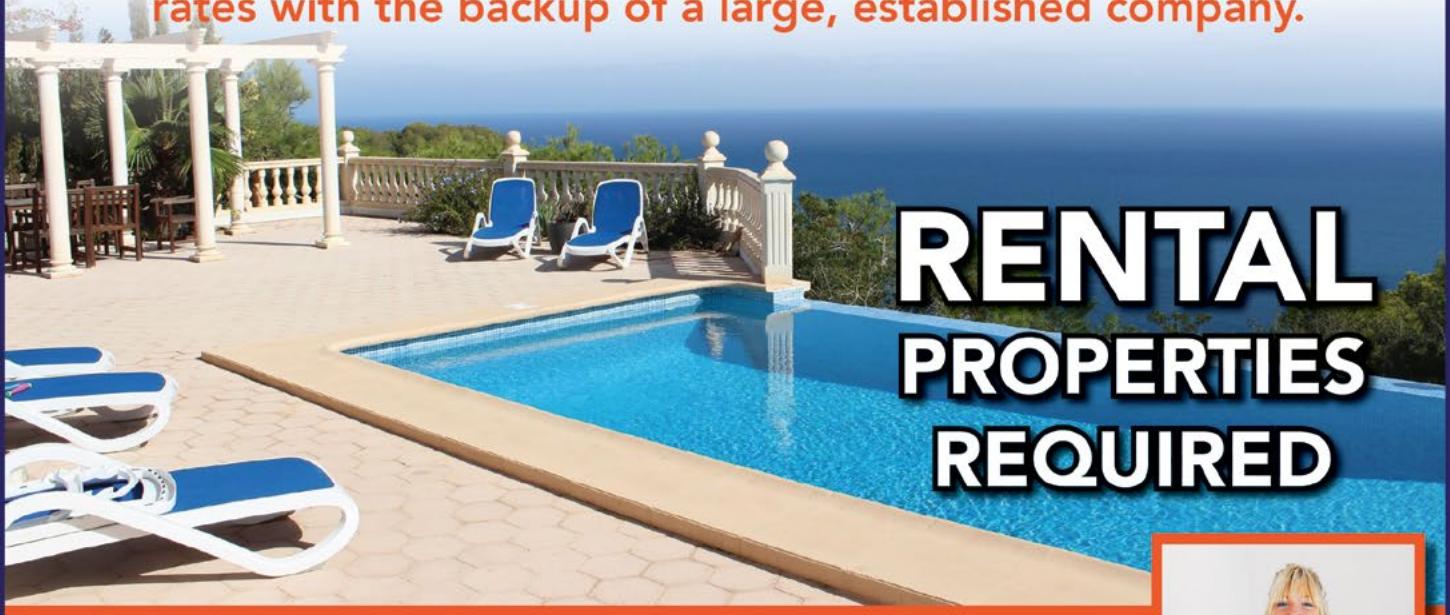


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just for laughs

Here is are some articles, that we hope that you, our readers, will find amusing.

The World According to Chrissy... Part 2

AM I still on this bus? Have I been transported to another dimension where I have a platinum rinse and permanently set blow dry? Who are these florally clad ladies surrounding me at such close proximity? And why are they shouting out Z list celebrity names at random?

And the sudden realisation of where I am slaps me round the face like a budgie smuggler swim suit freshly removed after a 40 length stint in the communal pool. I must have nodded off during one of Hazels' monologues about Douglas McBroths collection of sporrans he'd hand knitted himself out of sheep's pubic hair. Hazel, if you remember, is my dog faeces breath, highlander loving travel companion - not through choice I might add.

As I slowly and painfully bring myself back to consciousness, I remember the lovely Chardonnay promised us a scintillating game of Celebrity Bingo on this leg of the journey to Benidorm, just to break up the boredom she declared. Maybe she should have a stint of sitting next to Hazel, oh she'd be enthralled almost as much as I am.

So with Celebrity Bingo underway, I thought I'd invent my own little game to play along side Chardonnays exciting edition. Chardonnay had very cleverly, so she thought, stuck an envelope underneath everyone's seat with the name of who she considered a celebrity. I'm pretty sure we do not share the same level of stardom or TV interest at this point, and I quickly strike her off of my list of people to join for an evening aperitif during our stay. This list was along with the rest of the coach party of gagging geese, although I haven't quite discounted Juan Franco the driver yet. I have another 2 hours and 37 minutes to see whether he'll cut it or end up on the heap of wavy skirts, cheesecloth tops and school sandals.

Upon instruction of Chardonnay, we all had to lean forward to reach for our glitter adorned envelopes, crafted by our

endlessly talented hostess. A huge foresight on Chardonnay's behalf was that she was innocently unaware of what happens to most women over 65 when they have to bend over. The chorus of trumps and squeaks that followed could have reignited the Orient Express's engine for several European tours.

Unfortunately, the recycled air-conditioning became almost as unbearable as Hazels not for the faint hearted breath. Doris from the Wednesday Jazz and Folk Singers Church group, who was sitting 3 rows ahead, announced rather loudly that perhaps another toilet stop could be added imminently if you don't mind. I sense she may have leapt forward rather too quickly and energetically, which may have caused rather more than a little bottom puff to escape, and perhaps a change of 'Bridgets' was needed sooner rather than later.



Poor Doris, or rather poor Sandra who had to remain seated next to her. Sandra, who everybody knew had a very bad gag reflex, as it was noted during one of the 'Bake and Take' stalls at the fun raising event for Big One Eyed Dick, the homeless dog. Sandra misunderstood the instructions and made her cake using dog food thinking it was for One Eyed Dick so when tasting her own cake had caused her to gag that much she performed the best impression of a choking cat I had seen this side of an Andrew Lloyd Webber production.

After all the uproar of passing wind and cracking hips, I've completely run out of time to tell you my very own version of Celebrity Bingo. I guess we'll have to wait for the next issue.

See you then!

Much love to all, Chrissy

If you missed Part 1 - you can download July's issue from www.advertisermojacar.com

...is it just me?

WHEN it comes to Spanish bureaucracy, we all have a horror story to tell. Language can often be a barrier. Long-winded procedures and illogical red tape can be daunting at best, and often insurmountable. However, once one has a reasonable command of the language and has lived here sometime, one becomes somewhat accustomed to the long, drawn out processes.

Or so I thought!

Recently I had to go to one of the local town halls. I already had all of the documents on the list, I had already checked if that list was an exhaustive list of everything required.

I checked the opening times of the Town Hall. When I arrived I was told that although the office I needed was part of the town hall, that that particular office was located in another building.... ON THE OTHER SIDE OF TOWN. This left me with barely sufficient time to return to my car, drive to the other side of town, find parking (AGAIN) and still hope to conclude my task.

However, I decided to drive to the other side of town so as to be

completely sure of the new location. When I arrived the office was just about to close for the day, after all it was almost 1:30pm!!!



Not to be outdone, I decided to double check the opening hours for the next morning and was informed, to my delight, that the office opened at 8am.

Thrilled with the thought of not having to miss another whole morning from work I rose early the next day. Ignoring the cold dark winter morning, I was up and out the door at 7am, determined to be first in the queue at the advised opening time of 8am and cheered by the prospect of being able to complete my task and still make it to work on time. How naive was I?

I waited outside the office, in the cold and the dark of the bitter January morning at 7:50am....At 8:15am I wondered if perhaps I had misheard the lady who had given me the opening time... perhaps she had said 8:30am.

At 8:45am I decided that I needed to place my numb fingers around a hot mug of coffee or risk losing them to frostbite. Warmed and re-motivated I duly returned at 9:15am only to see the shutters of the office still resolutely closed.

With all thought of a timely arrival at my workplace now vanished AND having checked that indeed it was not another red day, green day, blue day or day with pink spots and a tinge of yellow, there was nothing I could do but wait.

At 9:50am, almost two hours after I had been told this office opened, the lady who had given me the opening hours just the day before came strolling up. She greeted me cheerily and began to open up. At this point I was incandescent with rage and almost crying with sheer frustration.

"Do you remember me from yesterday?" I snarled at her through gritted teeth.

"Of course" she replied with a friendly smile.

"You told me that this office opened at 8am" "I have been waiting here since ten to eight this morning" I cried at her, my voice reaching an almost hysterical pitch.

HER REPLY

"It does open at 8am".....(WAIT FOR IT)..... "On the mornings my husband can take my child to school I open at 8am....but on the mornings he can't take my child to school, I open later"

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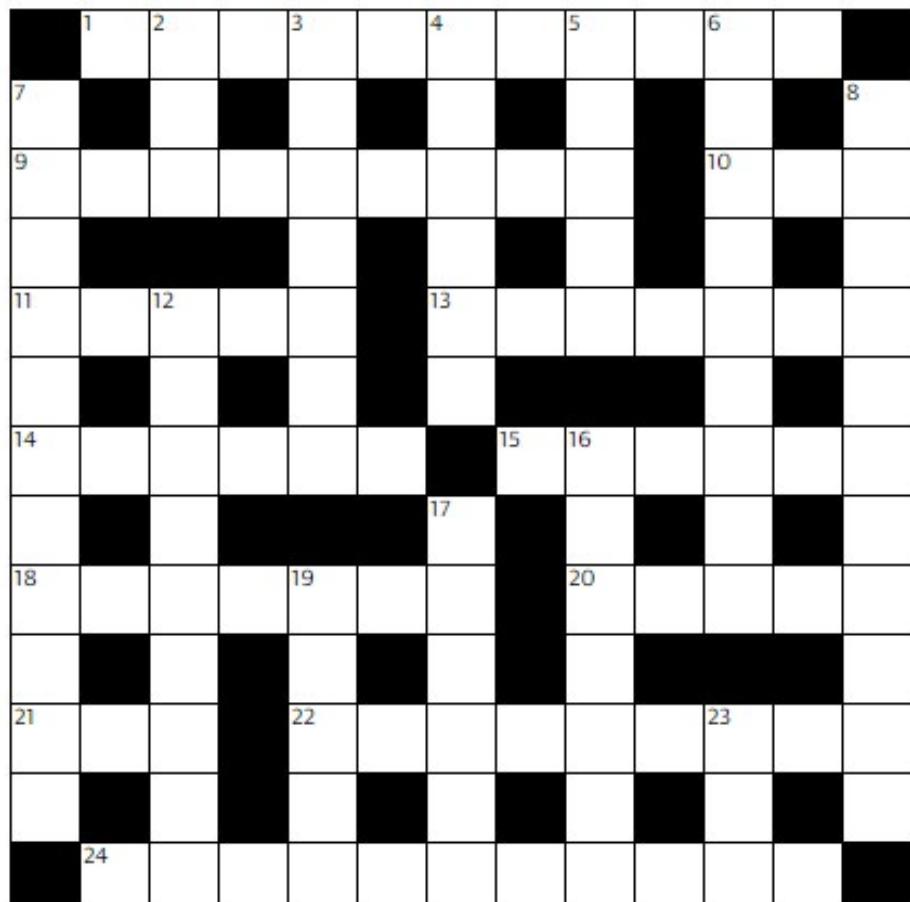
Sudoku Easy

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

Sudoku Hard

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

Cross Word



Across

- 1 Extravaganza (11)
- 9 He starved (anag) — gathered food (9)
- 10 Bond (3)
- 11 Appearances (5)
- 13 Satirical drawing (7)
- 14 Make allowances for (6)
- 15 Weaken — sieve (6)
- 18 Much (7)
- 20 Before a given time (5)
- 21 Catch — after all deductions (3)
- 22 Innkeepers (9)
- 24 Reckoning (11)

Down

- 2 The norm (3)
- 3 Dairy products, can be hard or soft (7)
- 4 Hit out (6)
- 5 Below (5)
- 6 Armstrong or Sharman, say (9)
- 7 Calling into question (11)
- 8 Men's angle is (anag) — nonsensical (11)
- 12 Ensemble of players (9)
- 16 Sightseer (7)
- 17 Logo (6)
- 19 Theme (5)
- 23 In the past (3)



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Environmental Issues

AT last, Coastal Cleaners have been back out doing our bit!

Cleaning an area around the Las Salinas lakes in Vera Playa where sadly a large number of plastic gloves had blown from the bins and car park of Consum supermarket and were endangering the ducks, flamingos and other birds and wildlife that call it home.

We collected 4 sacks full (mostly gloves) in an hour. There is another section to do - so I expect we will be back out there early one morning before the heat of the day again soon.

All safety precautions were taken. We wore masks and used gardening style gloves which were washed in a machine after the clean. Everyone used litter picking sticks to help us keep our distance from and yet be able to collect the gloves which were bagged and binned.

The next venture was a kayak clean with 12 of us setting off from Macenas Beach Mojacar, we passed the arch and made our way down to Treasure Island before turning back and stopping at a less accessible cove to relax, swim and clean the litter and ocean plastics.

Five sacks were removed from this spot with a real mix of items from car inner tubes and crates to the more usual plastic bottles, rope and drink cans.

The next kayak clean is pencilled in for the end of the month and was full within a day of advertising.

In the meantime diving courses, dolphin watching and sales of

our up-cycled ex inflatable bags continue as we all keep our fingers crossed that another hard lockdown isn't required anytime soon.

Please see the CCA Facebook page (Coastal Cleaners Andalucia) for events like this to get involved in and thank you as always for your time, interest and support.

Sue Parmenter-Phillips.



Editorial provided by Sue Parmenter-Phillips from Coastal Cleaners Andalucia

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 Andalucia

Useful information



OUT OF HOURS CHEMIST ROTA FOR AUGUST



- GARRUCHA - JUAN GEA CINTAS (Días: 7, 15, 23, 31)
C/Mayor s/n (near Cinema). T: 950 132 279
- GARRUCHA - LUÍSA MOLDENHAUER (Días: 5, 13, 21, 29)
C/Mayor 144. T: 950 460 085
- MOJÁCAR - JUAN JOSÉ CRESPO HARO (Días: 3, 11, 19, 27)
P/Mediterráneo 231 (near Pueblo Indalo) T: 950 472 016
- MOJÁCAR - FRANCISCO SALAS (Días: 8, 16, 24)
P/Mediterráneo 237 (opposite Red Cross) T: 950 615 080/069
- MOJÁCAR - MIGUEL ABELLÁN BERRUEZO (Días: 4, 12, 20, 28)
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- MOJÁCAR - EDUARDO VALERO GONZÁLEZ (Días: 1, 9, 17, 25)
P/Mediterráneo 411, Local 42. T: 950 472 661
- MOJÁCAR - JAVIER ABELLÁN (Días: 6, 14, 22, 30)
C/Silos 14, Mojácar Pueblo. T: 950 478 029
- TURRE - BLANCA RUBIO (Días: 2, 10, 18, 26)
C/Las Tiendas 1. T: 950 479 012
- VERA - ELISA BELMONTE (Días: 1, 2, 17-30)
C/Mayor 69. T: 950 393 343
- VERA - SUSANA RABEL (Días: 3-9, 31)
C/Mayor 100. T: 950 390 410
- VERA - JUAN DE LA CRUZ BELMONTE MENA (Días: 10-16)
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- ALBOX - ESTEBAN GRANERO (Días: 18-24)
Plaza San Francisco 24. T: 950 120 234
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- ALBOX - FÉLIX L. MIRÓN (Días: 4-10)
Plaza García Haro 1. T: 950 430 037
- ALBOX - JOSÉ PAREDES (Días: 11-17)
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 CORTIJO GRANDE GOLF CLUB: Mike Picken: Tlf: 950 475 509
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 TSB GOLF SOCIETY TURRE: Tlf: Dez 677 161 705 or Mark 663 603 898
 URCAL GOLF SOCIETY: Steve Dodd - Tlf: 608 238 827 stevedodd652@yahoo.co.uk
 VALLE DEL ESTE GOLF SOCIETY: Alan Townsend: Tlf: 690 090 982

1920's Casino Night Friday 14th August 7pm

Age Support Almanzora is delighted to announce that its much-awaited 1920's Casino Night will now take place on Friday 14th August from 7pm. The venue is still Harley's Bar in Albox, opposite the Bowling Alley, and it will be fully air-conditioned for the event.

Claire Stoner is the 1920's vocalist with music provided by Contraband. Tickets cost €10 and include a 2 course meal.



The event was a sell-out before it was postponed and tickets are of course still valid. If you have a group of more than 4 you will now need to reserve a table via Ellen Green of Age Support (Facebook) or Harleys.

We have all been looking forward to this event and hope everyone will be in 1920's dress and have a great night.

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