

The Advertiser Magazine

December 2020

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Est. 2001

The Advertiser Magazine

THE Advertiser Magazine is published monthly and is bursting with useful adverts for a broad range of businesses located in Mojacar, Garrucha, Vera Playa, Antas, Los Gallardos, Bedar, Turre, Albox, Alfoquia and Zurgena.

Hugely popular with readers, the magazine is known for its photographic reporting of local events. It also contains articles written by the local community, for the local community.

A minimum of 5,000 copies of the advertiser are printed each and every month and delivered to over 200 local distribution points as well as to all of our advertisers. This means that you can always pick up a copy.

The Advertiser magazine is also available to download from our website

www.advertisermojomocar.com and approximately 3,000 downloads are recorded each month.

To advertise please get in touch using the details below.

Editor: Cheryl Woods

Artworker/Production : Jodie Escott

Facebook: The Advertiser Mojocar

Advertiser Sales: 657 982 879 (Jane)

General Enquiries : 675 608 716  

Email: advertisermojomocar@gmail.com

Website: www.advertisermojomocar.com

SPECIAL OFFERS, NEWS & IMPORTANT INFORMATION

Advertisers!! to be able to receive WhatsApps on special offers, updates and important information, please be sure to save The Advertiser number 675 608 716 to your phone contacts.

Welcome

to the December issue of the Advertiser magazine

Well, at last, we have reached December in a year which we all thought would never end. Well done for making it this far. I am sure we are not alone in looking forward to waving this year goodbye and hoping that the coming year brings us a little more stability. We are super excited about the December issue of The Advertiser magazine as, as well as the usual great articles, this month we have a brand-new article by Ashli of VaVa yoga.

Also new this month our qualified counsellor and psychotherapist, Theresa, will not only be answering a reader's problem but she invites you to give your opinion on the problem. Next month we will publish two of our readers answers.

Our sincere thanks, as always, to all of our contributors and of course, our advertisers.

Finally, just say that we really welcome feedback from our readers. What do you like most about The Advertiser Magazine? Is there something you would prefer to see more or less of? Drop us an email and give us your feedback.

We wish all of our readers a wonderful Christmas and a prosperous New Year.

Andrew & Cheryl



Quote of the month

May this month bring you Warmth, Love, Smiles, and Everything that fills your Heart with Peace.

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LifeStyle

TAKING THE POSITIVES FROM A DISASTEROUS YEAR

I'M not one to normally consciously search for positives. My natural state is surly and inactive. But in this pathetic attempt at a year, I think we can all do with a bit of an uplift, some silver lining, or as they say in German, surely the happiest of languages; "Auf Regen folgt Sonnenschein".

LIMITED NUMBERS TO A GROUP

Being limited to only 6 people together in one place at a time initially sounds bad, right? But it does have unexpected benefits. When you're at the bar, sipping a quite drink with your pals and the local drunk shuffles over, you no longer have to don a fake smile and nod your head to unintelligible mumbblings. It's a simple case of "Sorry Jeremiah, we've already reached our limit of the number of maximum permitted persons to sit at one table by law, so please move away", or words to those effect!

Even Christmas dinners will be spared the hanger-ons, no Uncle Lou demanding the TV to be louder and louder and what did you say? Nor Aunt Esmay critiquing how the meat's a little dry, the vegetables are over-done and the portions are too big. You served them Aunt Esmay, you served them! Sorry, getting back, where were we?

So while limited numbers can sometimes be a pain in the seventh planet from the Sun (Uranus! Both a high and low brow joke at the same time, aka: comedy gold. Thank-you and you're welcome), there's times where it might just cut the dead wood from your friends' groups for you.

MEDICAL INNOVATION

On a more serious note, it's taken this awful pandemic for some amazing things to occur, such as technology improvements to allow for work and schooling from home. But one of the biggest is the medical innovations and the collaboration of numerous countries to work together, not seen since the great world wars.

It's possibly the greatest innovative time ever in the field of medicine that will be felt for decades, if not centuries! The Pfizer/ BioNTech vaccine talked about mid-November was using technology being looked at for vaccines against cancer, so it's only a matter of time before we will all be living forever, obviously. An exhilarating and terrifying thought.

WORK TO LIVE, NOT LIVE TO WORK

A very unexpected positive is that after most of the world was locked up for months and working from home, many companies are now providing their employees new opportunities to get a better work-life balance. Companies have finally caught on that anything you can write on a computer in the office, you can write on a computer at home. Hazzah! There's nothing wrong with working on your sofa, sitting in your jocks and eating everything in your pantry, just remember to cover your webcam!

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

PS: Just like your Spanish, your local businesses, like bars, restaurants and shops rely on you. Use them (if you're able) or lose them.

by Brad H



Something Special



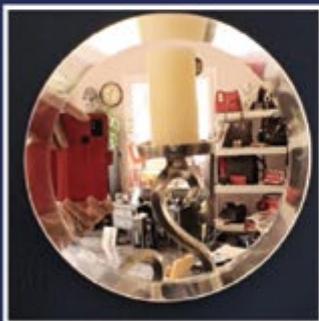
Some of the beautiful items available for sale in Something Special



Made from high grade stainless steel, this set of four cheese knives provides an implement for cutting and serving any cheese, be it soft, crumbly or hard.



Made from high grade stainless steel in a full, rounded design, our salad servers are a traditional spoon and fork set, with a sleek, polished design. This delightful set comes in a classic, black presentation box.



The Bevel Mirrors will create an effortless beauty to your home. The deep bevel around the edge brings an attractive texture to the glass. Backed with a powder coated frame in smooth grey, they will display well as a set.



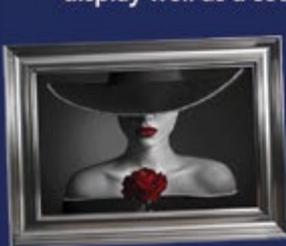
Bantam Cans are made of gleaming stainless steel and boast long, slim and elegant spouts – making them exceedingly attractive and also perfect to access hard to reach plant pots surrounded by dense foliage.



Made from cast aluminium with a Chalk, Slate, Dove or Terra finish, these minimalist vases hold cut stems with grace and style.



ARTWORK ON SALE



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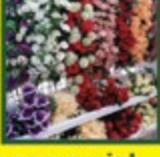
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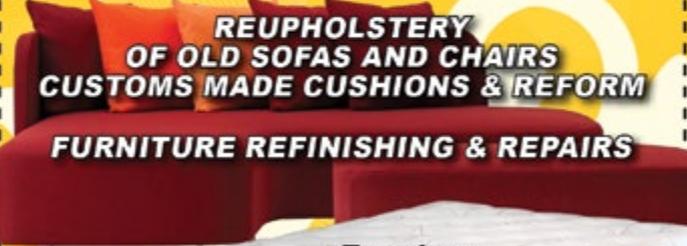
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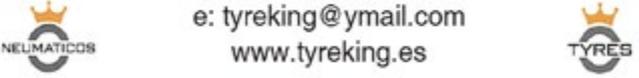
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Merry Christmas and Happy New Year

A few messages from our Advertisers

The Advertiser Magazine

Have a very Merry Christmas and a happy & prosperous New Year !!
from Cheryl, Andrew & The Advertiser team

INDALO PARTNERS
PERSONAL FINANCE MATTERS

Merry Christmas & happy New Year to all of our clients, old and new.
From Tim, Aurora, Anna & Caroline

PRICE BROWN PARTNERSHIP
ESTABLISHED 1986

Price Brown wish you a happy, healthy Christmas and a prosperous New Year

ibex INSURANCE

All our staff in Albox & Mojacar would like to wish our past, present & future customers a Merry Christmas & a prosperous New Year.

aura mistic

Feliz Navidad to everyone.
May you have a healthy New Year

INDALO OCIO
Oak Furniture Spain

Wishing you all a Very Merry Festive Season and a Prosperous New Year

COLES ANDALUCIA

Wishing all clients past, present and future a very Merry festive season and a prosperous New Year from all the team.

MOJÁCAR INSURANCE

We would like to wish all our clients a prosperous and healthy 2021.
Thank you for your continued support.

SCREENMASTERS

Wishing all our customers a Merry Christmas and all the best for the coming year of 2021.

PAPELERÍA
ESTANCO Y LOTERÍAS

Feliz Navidad a todos nuestros clientes y un Año Nuevo pacífico y prosperous.

BADGERS

We wish you much love for the holiday season and the coming year. May you have the closeness of your loved ones, family, and friends to fill your heart with joy.

Me & Mrs Jones
FURNITURE & BEDDING

A very Merry Christmas and a prosperous New Year to all of our customers, from Me & Mrs Jones Furniture and Bedding.

THE CORNER SHOP
English Food Store

The Corner Shop wishes everyone a Merry Christmas & a Happy New Year

Maxine Morgan Insurance

Wishing you all the best this holiday season and throughout the year. Merry Christmas!

MOJACAR HOME IMPROVEMENTS

Wishing all our customers a very Happy Christmas and a prosperous New Year.



ROSIE LEES
Cafe Bar Teashop

Feliz Festive Frolics to all our customers past, present & future! Thank you for your continued support & here's to all the fun & adventure 2021 holds in store xxx



DCM
Digitek
Communications
Mojacar

Wishing all our customers old & new a very Merry Christmas and a Happy New year. Here's to a prosperous and happy 2021. Best Wishes from Jason & Mandy at DCM.



**SUNERGY
ALMERIA**

Thanking all my customers for their support. Have a very Merry Christmas and a healthy New Year.



**PRONTO
IMPRENTA**
PRINTING & SIGNAGE

We would like to wish all our friends and customers a very Happy Christmas and prosperous New Year



salas
Opticos - audimetria

Have a very Merry Christmas and make a New Year's resolution for new glasses in 2021 with us.



blue sea villas

Merry Christmas & Happy New Year! Don't forget - Jakes Christmas Corner is open all through December. Merry Christmas !!



SUNDANCE® SPAS

We would like to wish all our customers a Happy Christmas and a prosperous New Year.




Glad Rags

Wishing all customers old & new a Christmas overflowing with love & laughter & a generous sprinkle of glamour and glitz. Thank you for your continued support. Jenni xx



Neptuno
Mojacar

Wishing you a wonderful Christmas and a bright New Year from all the staff.




Psychologist Psychotherapist
For your peace of mind Dr. Jane Thompson
Ph.D./Psy.D./M.Sc.

Wishing all my clients, past, present & future, a very Merry Christmas & a Happy New Year. Lets hope that 2021 brings us the peace we all deserve. My very best wishes to everyone.



LOCATION
WAREHOUSING S.L.
REMOVALS & STORAGE

Merry Christmas and best wishes for the New Year.




Zen Sports Massage
BODY • MIND • CYCLE

We would like to wish all clients past and present a very Merry Christmas and Happy Hogmanay.




COVIRAN
for all your...
- - -

We would like to wish all our customers a Merry Christmas and a Happy New Year.




Artizan

Eve & Paul would like to wish everyone a very Merry Christmas & a Happy New Year.




**SUPERMARKET
MOJACAR**

Merry Christmas to all our customers. Thank you for your continued support. ... and here's to a healthy 2021




**ANGELS
NURSING GROUP**

We would like to wish everyone a Merry Christmas and a healthy, happy New Year.




SOL
supermercado

Merry Christmas to all our customers. Wishing you all a prosperous 2021 & thanking you all for your continued support.




D&D

Wishing all our clients past & present a Merry Christmas and a happy, healthy New Year.




The Garage
AUTOMOTIVE DIAGNOSTIC SPECIALISTS

The Garage wishes a Happy Christmas and a healthy New Year to all their customers and want to thank them for their support in 2020.




TYRE KING
The Best Deal for Miles

Wishing every one of our customers a Merry Christmas and a bright and happy New Year





Merry Christmas and Happy New Year

A few messages from our Advertisers - continued...

Cocinas El Real y Construcción

Wishing all our customers, old and new a festive seasonal holiday.

total.entertainment Turre

Paul & Wendy wish our customers a very Merry Xmas & a happy, healthy & prosperous New Year! Thank you all for your continued support,

La Forneria

Wishing all our customers a very happy Christmas and a healthy & prosperous New Year. Have a lovely time.

COASTAL PROPERTIES
PROPERTY MANAGEMENT AND RENTALS

Coastal Properties and Torre Bahia wish everyone a very merry Christmas & a happy New Year.

VOSS homes
INMOBILIARIA ESTATAL ROENT

Have a Merry Christmas and a happy, healthy and prosperous 2021, from the Voss Homes Team.

GECKO LEGAL SERVICES

We would like to wish all our clients and friends all the best for Christmas and the exciting New Year.

mojacar estates

We would like to thank all our clients for their continued support in this last year. We wish everyone a Merry Christmas & happy New Year

Indalo TRANSPORT

All the staff wishes you a very happy Christmas and a peaceful New Year.

CASTELLÓN DE BÉDAR

A special thank you to the local community, and to wish all of our clients past, present & future a Merry Christmas and a prosperous & healthy New Year.

EcoCorp Solar & Energy Saving Solutions

Wishing you all Best Wishes over the festive season and a bright and happy New Year.

HARRISON'S CONVENIENCE STORE

To all our customers old and new a very Merry Christmas and a happy New Year.

Indalo STORAGE

Wishing everyone a very Merry Christmas and a healthy and happy New Year.

Wood 2go

To all our clients and friends in the Mojacar area - we wish you a safe and happy Christmas & New Year from us all here at Wood 2 Go.

Gondola
Calle Granada 2
La Alfoquia, Zurgena
Pizza, Pasta & Tapas

Thank you all for your support this year. Have a lovely Christmas and a happy, healthy New Year.

Mimi's Bar

Mimi's Bar would like to wish you all a very Merry Christmas & a Happy New Year. Here's to a brighter future in 2021.

HAVE TOOLS Handyman

Have a great Christmas holiday and a happy and bright New Year

OUT & ABOUT IN THE COMMUNITY



Our very own Joyce Vernon celebrated her birthday last month and, while we would have loved to have a huge celebration for Joyce, she was happy to celebrate with a few close friends. Sam, Joyce, Chris, Rebecca, Cheryl & Kerry



A lovely vintage Citroen parked opposite Shea's Restaurant and Bar at The Kimrick



For anyone who was planning to spend Christmas in the Southern Hemisphere, Anto has a Down Under Christmas tree



Anto from Anto's bar at Las Buganvillas - Living The Dream!!



Christmas decorations at Antos Bar



On the road to Macenas castle... Can anyone explain this please?



Beautiful rock sculpture on Macenas beach



The cliff edge and the waterfront on the road to Manaca



Natural local beauty spot

photo credit : Andrew Goth

Bon Appetit

Ho Ho ho

THE Team at Rosie Lees wishes each and every one of you a very Happy Christmas and a healthy and prosperous New Year.

It's the Christmas season soon and the goose is getting fat, the Christmas cakes, Christmas puddings and mince pies have been laced with brandy and nearly complete, delicious!

The Christmas trees, lights, tinsel and stockings are coming outBrown paper packages tied up with string these are a few of our favourite Christmas things.

After a difficult and very challenging year for most people we need to celebrate the joy that Christmas brings.

Therefore I am giving out a few more recipes that are good, quick, easy and perfect to compliment your Christmas fayre. Let's make this a real Christmas cracker!

DOUBLE DELIGHT

To start with a lovely Bellini Cocktail to get the Christmas morning going. Mix Champagne with peach juice to suit your palate.



QUICHE LORRAINE

Preheat the oven 200C/180C fan/Gas Mark 6

Ingredients:

For the Shortcrust Pastry:
175g plain flour
100g room temperature butter
1 egg yolk

For the Filling:

200g streaky bacon cut into strips and gently fried
1 onion peeled and chopped
50g grated Cheddar (or Gruyere)
3 large eggs
300ml single cream (or milk)
Salt and pepper



To make the pastry

Put the flour in a bowl. Cut up the butter and rub it into the flour until the mix looks like fine breadcrumbs. Add the egg yolk and mix into a firm ball.

Put in the fridge to rest for at least 20 minutes.

Roll out the pastry thinly on a floured surface - to fit a 23x2.5cm dish. Place in carefully making sure there are no gaps between the tin and the pastry. Trim the pastry at the top edges and prick the bottom with a fork. Line the pastry with greaseproof paper and fill with baking beans (you can use rice if you don't have baking beans)

Put in the preheated Oven 200C/180C fan/Gas Mark 6 and cook for 15 minutes.

Remove the greaseproof paper and the beans (or rice).

Check there are no holes in the pastry and brush with a whisked up egg.

Bake for another 6 minutes until golden brown.

For the Filling

Place the bacon, Cheddar and onion in the base. Mix the cream, eggs, salt and pepper together, and pour over. Grate some cheese on the top.

Bake in the oven for 25 minutes or until golden and set.

Serve Hot or Cold.

BLINIS

A small pancake topped with Smoked salmon and cream cheese

Ingredients:

100g plain flour
1 egg separated
150ml milk
25g melted butter
Sunflower oil

Put the flour in a bowl then add the egg yolk and half the milk.

Whisk until smooth. Add the rest of the milk and the melted butter.

Whisk the egg whites until stiff, fold into the batter mixture.

Fry a tablespoon at a time of batter for 2-3 minutes.

Serve with cream cheese and smoked salmon on top. (You can change to a different topping if you wish)



PIGS IN BLANKETS

Ingredients:

16 chipolatas
8 rashers of bacon cut in half and spread thinly
Heat the oven to 190C/170C Fan/Gas mark 5.
Wrap the bacon around the sausages and bake in the oven for 30-35 minutes.
Serve warm.



DEVILS ON HORSEBACK

Ingredients:

12 rashers of bacon
24 prunes (or apricots if you prefer)
Branston pickle
Heat the oven to 190C/170C Fan/Gas mark 5.
Cut the bacon in half.
Take the stone out of the prunes (or apricots)
Fill the fruit with a small amount of Branston pickle.
Wrap the bacon around the prunes.
Bake for 30-35 minutes. Serve warm.



Enjoy your Festive Season and we look forward to seeing you in 2021. Feliz Navidad y Prospero Año Nuevo 2021.



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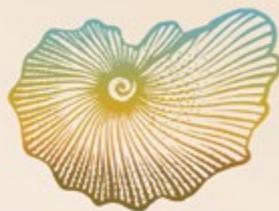
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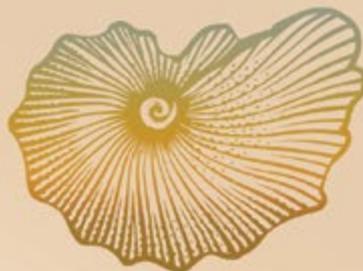
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COMMUNITY NEWS

Keeping the wheels turning at the Paws-Patas animal shelter.....

Can you help raise some Christmas cheer!?

THE PAWS-PATAS Animal Charity needs an extraordinary 9,500€ per month in order to "keep the wheels turning" at the shelter.

Many people will wonder why such a huge amount is required but the following break-down will explain how these costs amount to such a sum. Some of the regular costs are internet, water and electricity totalling 627€. Although, we kindly receive food donations from Holland and locally, this does not include required special food and cat litter. We also need to cover the cost of maintaining the van and indeed the constant upkeep of the shelter. **DOGS:** An initial consultation with the vet plus blood tests, followed by vaccinations for puppies, neutering, micro chipping and passports comes to a total of 258.40€ per dog. **CATS:** The same procedures, although neutering costs are smaller, comes to a total of 217.50 for each cat. Sometimes we find 8 kittens and 6 puppies abandoned at our gates overnight and often requiring medication over a period of time. During October alone, 20 puppies, 9 dogs, 12 cats and 24 kittens had to be looked after at the shelter or thankfully by kind fosterers.

The charity receives no statutory funding from the government and relies entirely upon donations from the generosity of the public plus their four outlets situated in Mojácar, Turre and Las Buganvillas manages to raise a substantial amount via donations. However, with the current restrictions regarding COVID-19, PAWS-PATAS has been unable to organise fundraising events such as quizzes, fashion shows, drama and choir productions, etc. With the loss of this much needed revenue, the "wheels" are not "turning" as smoothly as they could! It's a constant worry.

The annual Christmas Fayre usually collects within the region of 2,000€. Again, because this has been cancelled, the outlets are organising their own slice of Christmas Cheer. On Saturday 7 November, the volunteers at Las Buganvillas arranged a Table Top Bazaar featuring many handmade goods, decorations, a unique selection of jewellery, a Tombola and refreshments including homemade cakes. A BIG "Thank You" to them and a

BIGGER "Thank You" to our supporters for attending and raising a whopping 908€.

The Mojácar outlet is planning a very special Raffle.

Prizes include a delicious packed hamper (thank you to renowned cake maker Maggi Lake for providing a homemade Christmas Cake and chutney), 30€ voucher from Beaches Hair and Beauty and 6 bottles of wine from Carrigans Bar in Mojácar. Apart from large individual prizes offering an array of goodies, there are also "complete themed sets" and each winner will also receive a unique Lucky Troll painted by the organiser and talented artist Bunny Willis who has been trawling the Mojácar Riverbed to collect stones and paint fun caricature personalities.



Tickets are available from the Mojácar outlet and Carrigans - 1€ for a strip and 5€ for 6 strips. The winning tickets will be drawn on Tuesday 15 December at the outlet at 11:30...please come along and join the fun.

PAWS-PATAS always needs volunteers to help in so many different ways. For further information or to donate please visit their website: www.paws-patas.org. Dogs: dogs@paws-patas.org. Cats: cats@paws-patas.org. To report an injured, abandoned or mistreated animal - please contact Seprona on 062 or email: seprona@guardiacivil.org

VOLUNTEERS AREN'T PAID, NOT BECAUSE THEY ARE WORTHLESS, BUT BECAUSE THEY ARE PRICELESS.

Press Release by: Chrissie Cremore

Photos: Above: Lynn Hart and Bunny Willis with some of the groovy prizes to be won from the raffle in Mojácar.

Left: Volunteers at the Las Buganvillas Outlet with part of The Table Top Christmas Bazaar item



Beautiful you



SOME people believe in angels who guard us, protect us, and guide us. We ask our angels for help, and healing, and at this time of year we are surrounded by images of them everywhere we look. Are they real, or are we just comforted to think we have some benevolent entity that has infinite love for humanity.



I firmly believe in angels, and consider myself truly blessed to have seen some from time to time. They are not all the same, and rarely have I seen one dressed in white! The largest one I saw was at Cortijo Grande, and was at least 10 metres tall, and no, I had not been sipping wine first. The smallest one was about 1 metre tall, and they all have this amazingly calming presence, sometimes making you feel a wave of emotion.

I totally understand the sceptics among you wailing oh my gosh she has completely lost the plot, and 10 years ago I would have agreed with you!

Many belief systems believe in angels and messengers which have connected with us mere mortals in various situations throughout history. Can they all be wrong? If we can understand that there are millions of different life forms on this planet, from bacteria, insects, mammals, fish, birds etc..and so many differences in our own human form, it is not then outwith the bounds of reason to be open to other life forms or dimensional beings? I certainly have absolutely no doubt at all that life continues in spirit after this mortal body dies, and the one thing that transcends life and death is love.

Greeting card companies, jewellers, artists, musicians and poets

all refer to angels and adorning the ceiling of the Sistine chapel in the Vatican you can see angels and men interacting with each other. So whether you believe or not is really immaterial to me. What interests me is whether you are ready to take on the role of an angel to someone who needs one at this very difficult time of the year. Yes, difficult ! The Christmas season is meant to be a time to be with family and friends, and yet this year we are all affected by the new restrictions and regulations due to Covid. There are so many people who have been struggling with the isolation since this first became a leash on our socialising in March. Just consider how these same people are absolutely dreading this Christmas!

I know of so many people who have lost their partners or family members and this is like an ice cold blade piercing their hearts. Could you leave a card, a box of chocolates or biscuits on a neighbours doorstep? A little plant or a candle? It is not the value of the item, it is the feeling you will give them to feel that they are not amputated from the happiness at Christmas that we all take for granted.

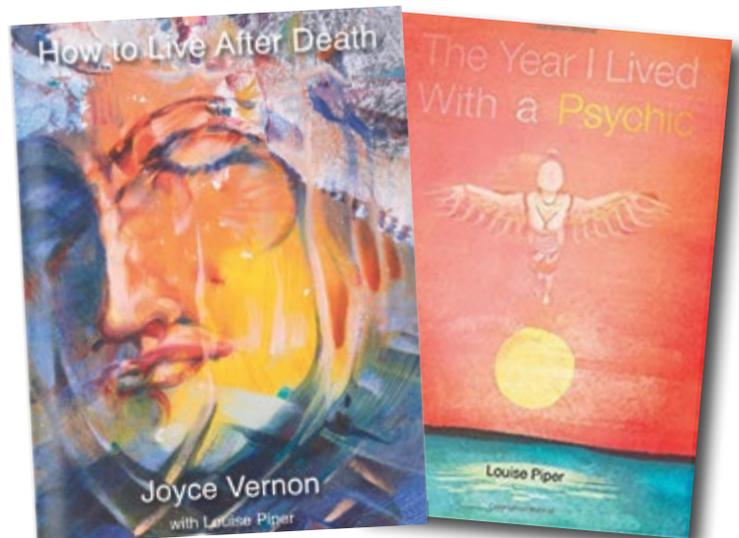
Yesterday was my birthday, and I received some lovely gifts, but one that truly moved me was a bag of groceries! Ordinary everyday items, that will keep my fridge and my tummy full all week! That was special to me as I knew that my friend had really thought about what I needed, instead of another possession.

So if you don't believe in angels, be one, for someone who may be in desperate need of just your thought. After all, it's the right time of year for miracles you know!

Happy Christmas everyone.

Painting by Javier Torras

javiertorras.com



"HOW TO LIVE AFTER DEATH" is not the only book about Joyce and her Psychic Medium gift. Author Louise Piper came to stay with Joyce for a time and published the book she wrote, "The year I lived with a Psychic Medium" about her experience. Both books are now available on Amazon UK and Amazon Spain and make wonderful gifts.

Editorial provided by Joyce Vernon

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

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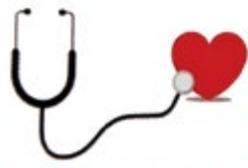


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Welcome to your monthly hair dot com

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.

When writing my articles I usually take inspiration from my clients. Thank you for your questions, I look forward to reading many more. I do hope that you enjoy reading and find this page helpful.

I would love to hear from you with your questions, please send them to me at:- bethunderhill@hotmail.com
Etticut Salon facebook page or www.etticut@weebly.com

Q) WHY IS MY HAIR BREAKING?

A) Hair is made up of mainly proteins and has moisture for stretch ability. There are various reasons why hair breaks, depending on the hair type and condition but here are a few reasons to consider if your hair seems to be breaking.

NOT ENOUGH MOISTURE

Your hair needs moisture for stretch ability; this prevents breakage. Try using a shampoo for dry and damaged hair or a hydrating shampoo and conditioner. Do not use hydrating shampoo on fine flyaway hair as it can cause it to become flat due to the hydrating components within the shampoo, for fine flyaway hair use a shampoo for damaged hair.

HEATING APPLIENCES

Heat from heated hair appliances can make the hair weaker by drying out the natural moisture; use a heat protector before applying heat, this will prevent the loss of natural moisture. Hair will start to disintegrate at high temperatures over a prolonged time, bear this in mind when using hot hair straighteners.

STRETCHING WET HAIR

Hair is at its weakest point when it is wet as water is trapped between the chains of proteins within the hair. Blot excess water with a microfiber towel; do not rub as this can cause the hair to tangle and break, then lightly blast excess water (about 60%) from the hair before using a wide tooth comb on long hair or a comb on shorter hair. Use an ionic hair dryer for smoother results.

CHEMICAL TREATMENTS

Using chemicals to colour hair can deplete proteins within the hair, the proteins are broken down using an oxidation process to remove natural colour and deposit artificial colour. The hair can only take a certain amount of oxidation before it starts to break. Keep hair colouring to a minimum on the mid lengths and ends.

PILLOWCASES

I am often asked why hair is breaking in various areas even though chemicals have not been used. Tossing and turning at night on a synthetic pillow with a cotton

pillow case can cause heat and friction to the hair resulting in frizz and breakage. Try sleeping with a feather pillow and using a silk or satin pillow slip.

OVER WASHING YOUR HAIR

Washing your hair more than necessary strips it of its natural oils, this natural oil protects the scalp from infection. Shampoos are designed to swell the cuticle to remove dust and debris, this opening of the cuticle can also cause damage to the hair if used too often. Washing with a mild pH balanced shampoo up to three times a week is more than sufficient to keep hair and scalp healthy and clean.

OVERDUE HAIRCUTS

Between 6 and 8 weeks hair naturally starts to split at the ends, skipping trims will cause the split ends to travel up the hair each time the hair is brushed or washed. Regular trims will prevent the hair from becoming damaged.

REMEMBER TO DEEP CONDITION

Deep conditioning products contain concentrated components that will leave behind a film that won't wash away like normal surface conditioners. Using reconstructing shampoos, conditioners and sprays on wet hair will act like fillers and strengthen the hair.

A BALANCED DIET

Eating a balanced diet can improve the quality of hair, hair is made up of proteins but be aware too much protein within the hair can cause it to break.





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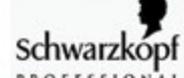


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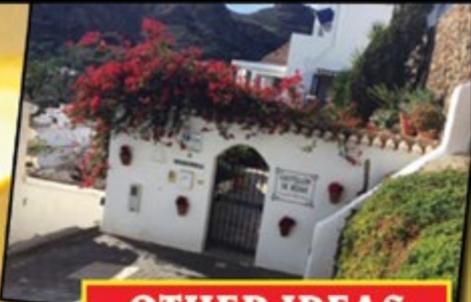



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Castellon de Bedar would like to wish you all a very Happy Christmas and a very Healthy, Happy and Safe 2021. Let us hope that the New Year will be one to look forward to.



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What's the problem?

At the Advertiser magazine, we recognise that everyone needs to reach out for advice now and then. Seeking the help of someone who can not only offer a completely objective point of view, but is also qualified to advise you, may not always be possible. We are delighted to be able to offer the services of a qualified counsellor and psychotherapist, Theresa Wood, to answer any of our readers issues or problems.

Dear Theresa

Im a bit worried about my Dad he's in his late 70's. My Mum passed away earlier in the year. I know he misses her, we are all heartbroken but he is going to the graveyard several times a week, I'm not sure it's good for him. He will often send a photo of the grave to us all in the family chat group, if he's put something different on the grave. This really upsets us especially if we are already having a bad day. Do you think we should sit him down and explain it's not good for him to be going so often? We are afraid he will never move on. Sarah

Hi Sarah, I'm so sorry for the loss of your dear Mother, unfortunately when you lose someone very special it is something that you never get over, you just do your best to live with it in your life. Perhaps your Dad is doing his best to look after the place that your Mother now rests in. I'm sure his placing new items on the grave and sending the photo to you all, maybe his way of showing you that he is still looking after your Mother, it may never have occurred to him that it might be upsetting.

It may help if you talk to your Dad, not to discourage him from visiting the graveyard, but perhaps to gain a better understanding of what he might be getting from his visits. There are often older people visiting their relatives and also have time on their hands for a chat. Every person grieves in a unique way and at a different pace to others, even if they are sharing the loss of the same person. Going through the first year without your Mother must be incredibly hard for you all. Be gentle with yourself and your Dear Dad. Theresa

Would you have answered the same as Theresa?
If not, we would be interested in knowing your answers. Email them to: theresa@advertiseremojacar.com and we will publish them in the next issue of the Advertiser.

Theresa Wood M.I.A.C.P. - M.Phil. Psychoanalysis - Bsc. Counselling & Psychotherapy
Would you like to ask for Theresa's advice? Email in confidence at: theresa@advertiseremojacar.com

OUT & ABOUT IN THE COMMUNITY



Garrucha market is now held at the port at Garrucha every Friday morning



photo credit : Andrew Goth

WHAT IS YOGA?



Yoga is Yoga is Yoga ... isn't it?

Actually no...

SO if yoga isn't yoga isn't yoga, then what is it? Well, that's like saying a car is a car is a car, but we all know that's not true either. I mean we can hardly compare a Formula 1 racing car to a decrepit old rusty bucket of bolts with wheels, can we? They both get us from A to B and do the same function, don't they?

Well yes and no....

Allow me to introduce myself. My name is Ashlí Miréla and I have been teaching yoga for some years now. I hear stories of people giving yoga a very wide berth because they think that all yoga is the same. They also think its only for young gorgeous chicks with lithe sexy, skinny, bendy Lycra clad bodies.

Not true.

You may be amazed to hear that there are at least 28 styles of yoga and that contrary to popular belief, yoga is for everybody, although not every style is for every BODY.

You may have heard some of these names bandied about, for example, Hatha, Vinyasa, Yin, Hot & Ashtanga, to name but a few.

These are all very different from one another, e.g. Hatha is a gentle, slow breath led style, Vinyasa is a faster advanced style but continuous flow, Yin is passive with a focus on releasing fascia and a meditative style of yoga, whereas Hot yoga is practised in very hot studio of 40°C, resulting in extreme sweating (all good for detoxing) and Ashtanga is considered the premier elite style of yoga with a fixed sequence of 66 postures. All have benefits exclusive to themselves, and all play a very important role within the body and mind.

The actual word YOGA means 'Unity' of the body, the mind



and the spirit and depending on what you're seeking from your practice, you can choose to focus on the physical aspect, the mental or connecting with your spiritual self, or a combination of all three. However, no matter what style of yoga you choose to practice, you are healing the body because yoga is medicine and

the ultimate healer for a myriad of health issues.

REGULAR PRACTICE OF YOGA CAN IMPROVE MANY AREAS OF HEALTH INCLUDING:

- *reducing stress,*
- *boosting the immune system,*
- *improving anxiety and depression,*
- *easing or completely eliminates back pain,*
- *helping you sleep better,*
- *increasing energy & vitality levels,*
- *improving respiration,*
- *improving your mood with the release of endorphins (feel good hormones),*
- *improving your posture,*
- *helping dampen down chronic pain, especially good for fibromyalgia,*
- *detoxifying your organs,*
- *improving and aids the digestive system,*
- *improving muscle tone,*
- *strengthening muscles (especially important for osteoporosis),*
- *protecting or reduces injuries,*
- *improving athletic performance,*
- *improving circulation and cardiac health,*
- *helping maintain a balanced metabolism and...*
- *assisting in weight reduction.*

One of the great things about yoga, is that it is gentle on the body, and I think it's the most sustainable exercise there is. If an exercise practice goes into the 'too hard basket' then we are likely to ditch it. Which leads to the other great thing about yoga, which is that you don't need any special clothes or equipment, you can simply do it anywhere, any time and there are a variety of styles to choose from that you and your body may need at that time.

You don't need to be able to touch your toes to do yoga, you don't need to wear purple Lycra and you certainly don't need a fancy space or swish mat. All you need is the desire and willingness to just DO IT, that's it! No excuses, just yoga.

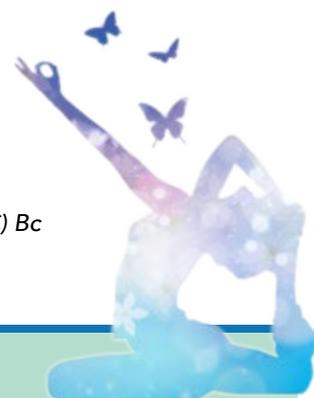
So in your enthusiasm to try this 'yoga thing', and before you go rushing out to buy your yoga mat and sign up with a studio, its recommended you shop around. Try a few different studios, styles and yoga instructors, (it is super important that you have a really good connection with your yoga teacher, otherwise you wont go back), as we are all different and are schooled from all around the world, but most of us have our speciality (mine is assisting people in beginning their yoga journey).

Finally, with these extraordinarily stressful times, this is the BEST time to start your yoga practice and remember you're never too old, too big, too tall or too stiff to start. Here at the VaVa Yoga Studio, we are ready to guide you through your yoga journey; for all ages, all genders & all levels.

Yoga is for everybody.

Namaste, Ashlí

*Ashlí Miréla BCompMed. S.E.N (SANC) Bc
DipNut. DipAdv DTM.
YTTC. mFENACO/Naturopath*



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Why I chose a Spanish life

How does a firefighter from Nottingham end up running one of the largest Cancer support charities in South East Spain?

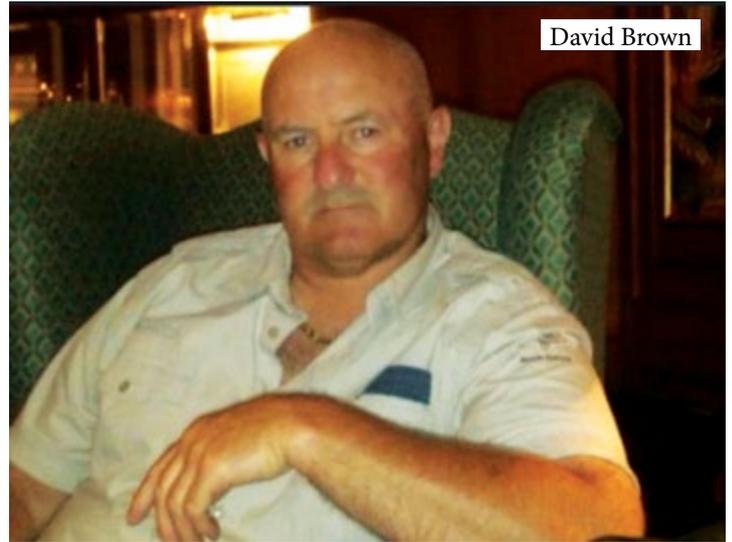
This month I had a lovely chat with David Brown, president of MACS (Mojácar Area Cancer Support). David moved to Spain in July of 2001. He and his late wife, Elaine Kay Brown, met while they were both firefighters in the UK. Elaine also had a school uniform business and, when it began to grow and expand, they both left the fire service to concentrate fully on the business.

It constantly surprises me the chain of coincidental and serendipitous events which lead up to someone's departure from their own country to make a brand-new life in Spain. David and Elaine took a holiday in Marbella, with thoughts of perhaps buying a holiday home. Not being overly smitten with the area they had looked at, they returned home to the UK, not too put out that they hadn't found the area appealing.

A short time later, David and Elaine were sitting, watching a holiday program on television which happened to be featuring Mojácar and the surrounding areas.

They decided to plan another trip to look at this area and came to Cabrera. They spent three weeks exploring the surrounding areas and visiting properties. They returned to the UK without having made any commitment but with three or four possibilities in mind.

They had only ever thought of their possible property purchase in terms of being a holiday home. Soon after returning to the UK, as happens, normal life and routine once again began to dictate the rhythm of their days. It came as a complete surprise when they were approached with an offer to buy their business, the business they hadn't even considered selling! But sell it they did when the offer was too good to turn down. The sale of their business was over and done with in a matter of a few short weeks and they



David Brown



bought a campervan, returned to Spain and purchased one of the properties they had originally looked at. They lived in the campervan until the completion date on their house.

Sadly in 2007, Elaine was diagnosed with cancer. She found that, living in Spain, there was little in the way of support groups so, Elaine being Elaine, she decided to set up a coffee morning for others who were, or had been, diagnosed with cancer. The group slowly grew and what started as a coffee morning in Elaine and David's home expanded. Shirley Jackson from Miraflores camp site in Los Gallardos (Los Gallardos Leisure) very kindly gave the group a room to meet in, free of charge, for many years.

What had started out in David and Elaine home developed, with time, into a very large, well known charity. Devastatingly Elaine passed away in September of 2018 and the emotion in David's face when he speaks about her is a testament to the depth of their love. MACS now have six retail shops and there are approximately 120 volunteers involved at any given time. They ordinarily, also organise a wide variety of fundraising events throughout the year and have helped hundreds of people suffering with cancer. David might have officially taken retirement when he was 55 but, over 15 years later, he works harder than ever keeping the whole operation running as smoothly as can be.

When I asked David if he would ever consider returning to the UK, he told me that he long ago learned to say "Never say never"!

by Cheryl Woods



David with his late wife Elaine Kay Brown

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just for laughs

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

What kind of Christmas music do elves like?
"Wrap" music

How can Santa deliver presents during a thunderstorm?
His sleigh is flown by raindeer

Why was the turkey in the pop group?
Because he was the only one with drumsticks!

What do Santa's little helpers learn at school?
The elf-abet!

What do you call a snowman with a six pack?
An abdominal snowman

Who delivers presents to baby sharks at Christmas?
Santa Jaws!

What did Adam say the day before Christmas?
"It's Christmas, Eve!"

What does Santa suffer from if he gets stuck in a chimney?
Claus-trophobia!

What do you get if you cross Santa with a duck?
A Christmas Quacker!

What kind of motorbike does Santa ride?
A Holly Davidson!

What goes "Oh, Oh, Oh"?
Santa walking backwards!

Why was the snowman looking through the carrots?
He was picking his nose!

The World According to Chrissy... Part 6

SO this is it, the last 5 minutes of the journey is upon us. As the coach slowly crawls along the ever increasing incline to the hotel, Chardonnay is doing a name call, although, not the names I had in mind. Where she thinks she might have lost a passenger, "friends and family" as we are affectionally called by our hostess, is beyond me as she only did a name call an hour ago whilst mid motorway. Consequently, she is very pleased we are all still present and under her due care. Reminding us to collect all of our belongings as we will be arriving in exactly 2 minutes.

Unfortunately this latest command has caused a rather unexpected incident. Muriel from 'Sit Down Zumbra' stood up to get her bag from the over head compartment, as she opened the hatch, down came a shower of white powder, which ordinarily might have looked rather suspicious but considering the average age of the ladies on board being 146 it didn't need much explaining that it was in fact Dorothy's powdered milk as she wont drink that 'foreign muck' in her tea they always have in these hotels.

Dorothy is 94 and has been living in Spain for 56 years but will not use any other milk produce except her precious carnation powder, which her daughter sends over once a month to top up her supply.....of which she has 38 tins in her larder, you know, just incase. Incase of what, I am really not sure unless she knows of some up coming armageddon that we don't, because she can read tea leaves, I've been told.

Muriel is currently gasping for air as she inadvertently breathed in the equivalent of 5 table spoons of the powdered substance during its shower of descent. Its completely covered her hair, turning her into a sickly sweet smelling Cruella Deville, I don't think this will be too much of an issue as I'm pretty sure she could whip it off and give it a rinse under the tap as her hairline has very often dropped to a jaunty angle after 3 Tio Pepes in her local bar, plus it hasn't changed colour in 15 years. Her shoulders are now

sporting what looks like 3 years worth of dandruff and I'd place money on her pockets being full too.

Chardonnay came running to the rescue with some water for the choking Muriel, who now looks like a rabid dog from a Stephen King film. The milk has turned into a foaming sea of custard now descending down her blouse, ironically enough, blended in quite well.

We thought Dorothy was coming to her aid with a pat or two on the back but she had in fact tottered over with one of Hazels zip lock sandwich bags to scrape off the piles that had gathered on poor Muriel's shoulders as she didn't want to have to turn the coach back to get to fetch another tin. Apparently she had only bought 3 with her. Yes 3 tins. Thats a tin a day. One tin a day of powdered milk.

I swear to god, I did not ever put that down as a secret of long life. But Dorothy has proved me wrong. Not convinced me to use it though, just proved me wrong. She did, however, decline Juan Franco, the long suffering coach driver, the use of his mini dust buster to suck up the rest of the dispersed powder from the floor, head rests, turn ups of Muriel's trousers and her pockets to empty into her bag as the dust buster was currently full of the remainders of his cigar ash from the last toilet break. Wise choice Dorothy, wise choice.

After Muriel is relatively milk free, still reeking of stale melted ice cream, we begin our dismount from the trusty steed we have called home for the past 4 hours, 27 minutes and 55 seconds.

The first 3 passengers, family, friend or whatever Chardonnay is calling us, have had to reverse down the stairs of the coach taking approximately 9 minutes each. I am taking this moment to enjoy a 45 minute nap.....

The hotel awaits....

Much love to all, Chrissy

If you missed the previous parts - you can download previous issues from www.advertiseremojacar.com



...is it just me?

by Madness from Mojacar

HAVE you ever looked at someone and really wondered how on earth they ever managed to reach the age they did, being as dim as they are?

Working with the public is a stressful enough job at the best of times and certainly requires plenty of patience. Sometimes, however, one is simply baffled by the inane things people do or say.

Recently, I had reason to be at the shop where I work long after the premises had closed. A lady obviously didn't notice that all of the lights were off and the window blinds were closed, she also failed to see the "Closed" sign hanging in the door. Having tried unsuccessfully to open the locked door, she peered through a crack in the drawn blinds and spotted me inside.

She hammered loudly on the door, while mouthing something unintelligible at me through the glass. Never having studied lipreading, I always have difficulty understanding someone through the tiniest crack in a drawn blind and a glass window, especially as I WAS ON THE PHONE AT THE TIME!!

Anyway, the lady outside continued to mouth words in an increasingly dramatic manner, as well as add some actions, like some bizarre game of charades through glass!

I could only guess that there must be some emergency for which she was seeking my assistance. I ended my phone call quickly, managed to find my keys, opened the blinds and unlocked the door all the while oblivious as to what the wildly gesticulating lady could possibly want.

Finally, I manage to get the door open only for her to ask "Are you open?" Literally that was all that she wanted to ask.

Seriously.....? Did we look as if we were open? Did she imagine that when open, we always kept the lights off, the blinds drawn and the door locked with the closed sign showing? Does everyone have to put up with this type of absurdity on a daily basis or IS IT JUST ME!?!?



YOU CAN NOT BE SERIOUS

I expect that Isambard Kingdom Brunel was proud of the Clifton Suspension Bridge, and he had every right to be so. It's not just functional, it is beautiful as well.

These are exactly my feelings towards my bird table. The Herculean effort that I made to put it up, which involved blood (I got a splinter under my fingernail) sweat (you try digging a hole in my garden without breaking sweat) and tears – well, blood and sweat then! has made me appreciate the finished article.

I invested a considerable amount of effort into this engineering marvel, and I am proud of my achievement. I waited to watch the flocks of grateful birds that would come to grace its pristine surface.

Next day I waited again. And the day after. The birds were still around. They were all over the garden, squabbling over every ant and insect, perching on every surface available to them, except my table.

The ungrateful little expletive deleted! Here they had a state-of-the-art self-service restaurant, and they were pointedly ignoring it! It took the best part of a fortnight before any avian activity was seen on my table. I looked out, and there was a collar dove sitting right in the middle stuffing it's face with seed as fast as it could.

I've never regarded collar doves as the sharpest thinkers in the bird world, but it had beaten the sparrows to a bountiful breakfast. I've always thought that sparrows were higher up the Mensa ratings than doves, but maybe they aren't. This format continued for a

good week, with the dove putting away every seed and leaving a clean plate behind.

Then one day I looked out and there was the dove, surrounded by five sparrows. I called the Higher Authority to witness the sudden popularity of my table. All my work had not been in vain – at last I was being appreciated!

'H'm.' She said.

'What do you mean, H'm?' I thought she could have reacted with a little more enthusiasm.

'Have you noticed anything about the sparrows?' She enquired.

'No.'

'They are all girls. Wonder how long it will take the boys to cotton on?'

I opened my mouth to say, I'm not sure what, but something along the lines of 'So? What's your point?' but thought better of it. I could see the gaping maw of an argument looming.

She turned to look at me. It was a very meaningful look. 'I'm sure the boys will work it out for themselves in a few days.'

I feel that those sparrows have let the whole male species down. I feel like going out there, catching one, and plonking it down on the table. 'There!' I'd say, adding 'Dimbo!'

by Jos Biggs

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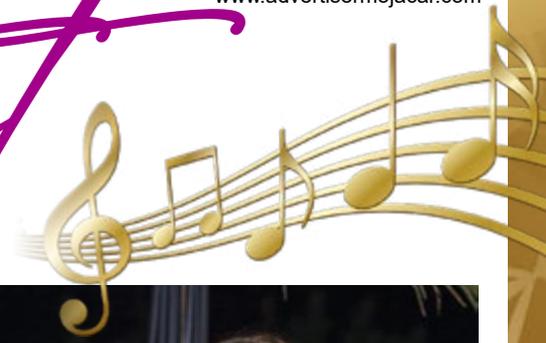
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SPECIALISTS IN COMPLETE HOUSE REFURBISHMENTS

Featured Artist



JACK LAW

I had the pleasure of chatting with well-known, local artist Jack Law this month and learned quite a lot about him.

Apart from being one of the most popular artists in our area, Jack was also last year's winner of Male Artist of The Year competition. While Jack is best known for his vocal and guitar skills, I discovered that he can also play bass, mandolin, ukulele and piano! (Is that all Jack?)

When I asked Jack when he first became interested in music, he looked at me nonplussed and replied that he had "Never Not Been".

Jack is 29 years old and was born in Sheffield, in south Yorkshire in the UK. When he was 12 years old Jack's father, Terry, took early retirement and the family moved to Limoges, Poitiers in France.

It isn't often that one meets an artist who cannot remember their first public appearance. However, Jack's parents have relayed the story of how, when he was about eight years old, they were taking a ferry from Portsmouth in the UK to Bilbao in Spain, Jack suddenly jumped up from his seat and decided to add vocals to the tune being played by the band!

Jack's first paid performance came when he was about 16 or 17 years old. A local French bar owner and his wife were quite encouraging to Jack's talents and paid him the substantial sum of 20€ to perform in their bar. Jack, like most musical artists, had to pay his dues by playing for little monetary return for many years. His all-time favourite Jazz hero is Bobby Darin and one of his guitar idols is Slash from Guns N' Roses but, it was when Jack, as a young boy, first heard the guitar riff played from Eric Clapton's famous "Layla" he recalls thinking "Yes, that's what I want to be able to do".

A few years ago Jack decided to join his parents Hilary and Terry, who were holidaying in Spain, for a short ten day break. As has happened many, many times before, he fell in love with the area and is still here today.

There are few music venues in the local area that Jack hasn't played at. As well as his solo performances Jack also plays in a band called Seldom Sober, with other band mates Ryan, John and Nick.

Jack's latest project was completed just before lockdown. He has a recording studio called The Jungle. Here local artists or bands can record tracks or albums but it's uses are varied, the recording studio can be used to record adverts for radio or other audio media.

To contact Jack regarding bookings for either live music or enquiries relating to his recording studio please do so by emailing him at: jack.law.87320@gmail.com or call him on 0034 689 750 176.



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COMMUNITY NEWS

Mojácar votes for a new town flag

MOJÁCAR Council is asking residents to cast their vote for a new flag design, which will be formally registered and adopted to represent the town.

Mojácar to date, does not have the three representative elements of a shield, flag, and anthem to identify with, despite its history. The present coat of arms has been changed over time and, has never been officially approved in a formal plenary session.

For this reason, experts in the field of heraldry, flags and genealogy have been asked to prepare three options for a new design that will be put to the vote. The most popular design voted for on the Councils 'Mojácar Informa' Facebook page will then go to final approval through the Autonomous Administration and be legally registered in the Andalusian Registry of Local Entities. The Culture Department's Councillor, Raquel Belmonte, hopes that all the people of the town and followers of its social networks will take the opportunity to select their favourite flag, with November 28th set as the deadline.

Three options have been designed, all in keeping with Mojácar's history and tradition, using elements that have endured throughout the centuries. The double-headed eagle on the shield dates back to the 16th century, when it was the most powerful heraldic image, symbolizing the union between the Holy Roman Empire, the Habsburg Empire and the Hispanic Monarchy, including the Castilian colonies in American and Asia. The double-headed eagle was the emblem of the Habsburgs that always appeared as an imperial symbol and, also appeared on the coat of arms of Carlos I.

Going back to the time of the Catholic Monarchs (the grandparents of Carlos I), Mojácar was ceded on June 12th, 1488 and given the title of city. The coat of arms was received in 1497 by Mojácar as a royal favour, like other important areas



in the region, that were recognized as strategic places within the eastern Kingdom of Granada. Later, in 1530, through loyalty to the Hapsburgs, it was distinguished with the image of the double-headed eagle with Felipe II later adding the motto "La muy noble y muy leal ciudad de Mojácar, llave y amparo del Reino de Granada."

The depiction of the tower symbolises the watch and guard over the sea and, from the Moorish invasions from Africa with the key representing the closed entrance to block any enemies. It was with thanks to Mojácar that the uprising of the Alpujarras failed, which would have meant a severe setback to the Christian settlements.

The colours of blue and yellow belong to the original design and have prevailed through the centuries, with the sword representing the struggle that took place between the two cultures during the reconquest.



Mojácar finalizes works on its senior centre

Mojácar Council's new Senior Residence and Day Centre, situated 300 metres from the beach in the urbanized El Palmeral area, is now a stage closer to completion, although it does have the available extra land for future extensions and spacious green areas.

Mojácar's Mayor, Rosmari Cano, along with members of her Government team and Council architects, joined Pilar Ruiz Jiménez from Almería Provincial Council and, representatives from the construction company. Together, they inspected the Centre to fully review the final state of the building's works so that the facilities can soon be put into operation. Mojácar Council will now put the furnishings, equipment, and management of the Residence out to tender.

This much needed facility for Mojácar will offer accommodation



and a full level of care for a maximum of 60 people. It will act as a substitute for the family home, either on a temporary or permanent basis, for those elderly people in a situation of dependency.

An independent Day Centre on site will also offer comprehensive care for up to 20 seniors, with the aim of maintaining and improving the best possible level of personal autonomy and quality of life, whilst providing essential support to their families and carers.

The total build of 2,750 square metres is on a 10,000 square metre urban plot, leaving space for outdoor facilities and green areas. The architecture has been designed to assist and encourage physical autonomy, as well as social relationships, all working hand in hand with the all the duties of the various levels of staff that will be employed there.

In the residential area there are 6 single bedrooms with bathrooms, 27 double bedrooms with individual bathrooms, lounges and 2 dining rooms. There will also be a clinic, an occupational therapy room, psychology, and physiotherapy facilities, medical consultation rooms, and a pharmacy.

Rosmari Cano expressed her great satisfaction with the completion of the works and its upcoming opening saying, "it is a Centre designed to offer our seniors care, assistance and quality of life." She went on to point out that this completely new facility would also be available to the provincial authorities in the event of an emergency or any need arising throughout Almería, in which Mojácar Council would make every effort to collaborate.

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

Sudoku Hard

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

Cross Word

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

ACROSS

- 1 Miscellaneous articles needed for a specific activity (13)
- 8 Prevent (4)
- 9 Lineage (8)
- 10 Working (10)
- 12 Large fish-eating bird (6)
- 14 Tail bone (6)
- 15 Cites diner (anag) — tactless (10)
- 19 US Rocky Mountain state (8)
- 20 Unwanted hole allowing something to escape (4)
- 21 Decisive time (6,2,5)

DOWN

- 2 Philanthropy (8)
- 3 Savoury jelly (5)
- 4 By a stroke of luck (7)
- 5 French sculptor of The Kiss (5)
- 6 Sainly (7)
- 7 Listed entry (4)
- 11 Pigeonholed as an actor (8)
- 13 Horizontal underground plant stem — I'm her Oz (anag) (7)
- 14 Stop knitting — start sailing (4,3)
- 16 Gave out cards (5)
- 17 Head of state (5)
- 18 Flap (2-2)

Environmental Issues



COASTAL CLEAN UP Mojacar - Playa Punta de Cantal.

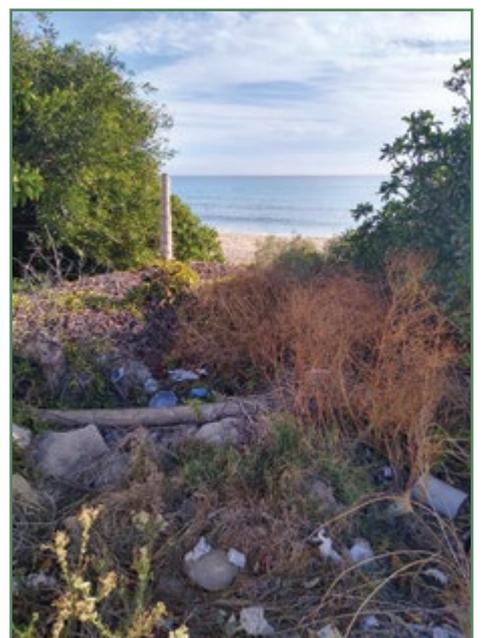
A group of Coastal Cleaners Andalucía volunteers came together (socially distanced and, with masks of course) in the last days before the municipal restrictions kicked in to clean a coastal area and a section of beach in the middle of Mojacar playa on November 9th.

The 18 volunteers, some seasoned regulars and a number of new comers, made short work of cleaning 18 sacks of litter from an over grown thicket of bushes and the beach. We also removed a mattress, pillow and a rat trap! As is always the way, the team worked together and chatted as we removed the litter, stopping for a drink in a local taberna when we had finished. Rubbish was put into 20kg dog food bags which were supplied by the 5 Bone kennels. These strong sacks can then be emptied, washed and reused to prevent adding more plastic to the problem. We collected plastic bottles and aluminium cans separately so that they could be put into the yellow recycling containers. The number of plastic water bottles really was shocking and highlights the need to think ahead and take a refilled bottle when out and about.

At present it is impossible to organise another group clean until the situation is more stable but a couple of locations have been suggested and I hope that we will soon be able to get out and continue to keep our beautiful coastline clean and help to protect the wildlife that call this part of the Mediterranean home. In the meantime, why not go for a walk and take a bag to collect litter along the way? Or look at ways to reduce single use plastics at home. There are plenty of ideas online that all help us to become part of the solution.

As the year comes to an end, I'd like to thank everyone who's been involved with the work of CCA this year. Whether by volunteering, supporting and sharing posts on Facebook or by attending one of the trips I was able to arrange. You really are a fantastic bunch, I hope you have a great Christmas and that 2021 sees us all able to spend time with friends, visit family and enjoy ourselves more freely.

Love and Best wishes Sue x



Editorial provided by Sue Parmenter 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 Coastal Cleaners Andalucía

Community

OUT OF HOURS CHEMIST ROTA FOR DECEMBER

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- **MOJÁCAR** - JAVIER ABELLÁN (Días: 4, 12, 20, 28)
C/Silos 14, Mojácar Pueblo. T: 950 478 029
- **MOJÁCAR** - FRANCISCO SALAS (Días: 6, 14, 22, 30)
P/Mediterráneo 237 (opposite Red Cross) T: 950 615 080/069
- **MOJÁCAR** - EDUARDO VALERO GONZÁLEZ (Días: 7, 15, 23, 31)
P/Mediterráneo 411, Local 42. T: 950 472 661
- **MOJÁCAR** - JUAN JOSÉ CRESPO HARO (Días: 1, 9, 17, 25)
P/Mediterráneo 231 (near Pueblo Indalo) T: 950 472 016
- **GARRUCHA** - JUAN GEA CINTAS (Días: 5, 13, 21, 29)
C/Mayor s/n (near Cinema). T: 950 132 279
- **GARRUCHA** - LUÍSA MOLDENHAUER (Días: 3, 11, 19, 27)
C/Mayor 144. T: 950 460 085
- **TURRE** - BLANCA RUBIO (Días: 8, 16, 24)
C/Las Tiendas 1. T: 950 479 012
- **VERA** - ELISA BELMONTE (Días: 7-20)
C/Mayor 69. T: 950 393 343
- **VERA** - SUSANA RABELL (Días: 21-27)
C/Mayor 100. T: 950 390 410
- **VERA** - JUAN DE LA CRUZ BELMONTE MENA (Días: 1-6, 28-31)
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C/Llano de los Olleres s/n. T: 950 434 170
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Community

Book Review

WRITTEN by local author Gerry Hawkins "The Shadows of Valdeseta" is an intriguing tale of tragedy and heartbreak. Set in the beautiful valleys of rural Spain, it will take you to a place so far removed from modern life you will lose yourself in its twists and turns.

Spanning over fifty years, the story will lead you through the intricacies of rural life in the 1950's, and how it captured the imagination of Maggie, who became obsessed with finding out what really happened to the village called Valdeseta, and why it was abandoned all those years ago. Through meeting Micaela, the only survivor of the village, she solves the mystery of its troubled past.

Although this is her first venture into writing, Gerry has put everything into it to make it as true to life as she possibly could. A labour of love, it has taken eight years to complete, mainly due to other commitments, but the lockdown gave her the opportunity to finally finish the project.

Through chatting with her Spanish neighbours and talking to people who had themselves gained a good knowledge of traditional Spanish ways, together with some research of her own, she was able to gather enough information for the book.

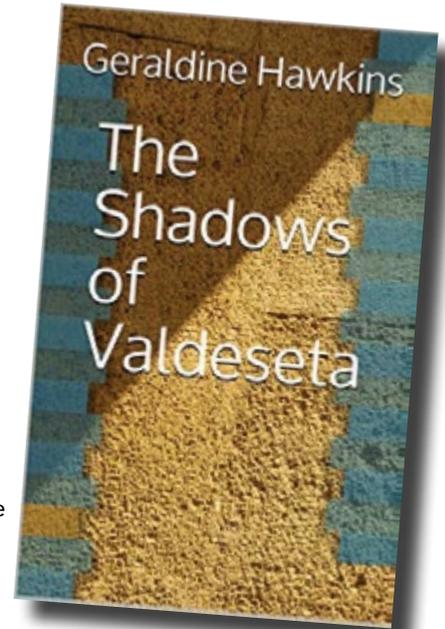
Gerry relocated to Spain with her husband, Jon in 2009, where they spent the next few years rebuilding a ruin, undertaking



most of the work themselves. Proud of the fact that she learnt how to lay blocks and render, they remember fondly the long days spent building their dream home in the mountains. Although it was hard work, the satisfaction they gained from it was well worth it.

These days they are probably best known for being the owners of Mojacar Home Improvements and Mojacar Homes & Villas, a well-established company on Mojacar Playa.

"The Shadows of Valdeseta" is now available in paperback and ebook format from Amazon, or available to buy in paperback from Mojacar Home Improvements.



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