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February 2021

Online Issue

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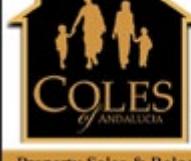


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Est. 2001

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 🇪🇸 🇬🇧

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Welcome to the February issue of the Advertiser Magazine

WELL, here we are once again with many people in lockdown of some sort or another.

Do you remember back in the lockdown of spring 2020 when we used to say "When this is all over"? As if, suddenly, there would be an announcement that the virus had disappeared and we could all go out and meet up for a massive party.

I think some of us also thought that when the clock struck midnight on 31st of December 2020 that somehow everything would change. Here we are almost a year later and in pretty much the same situation.

This issue of The Advertiser magazine is an online only issue due to the fact that so many drop-off points are closed and movement is quite restricted.

Also, many of our Advertisers are either closed or unsure whether they will be able to open.

Thank you as always to our many contributors.

As usual they have all worked really hard on their articles, making this issue as interesting and fun as very other.

Hopefully we will be back to a printed issue in March! Stay safe everyone.

Cheryl & Andrew

Quote of the month



All you need is love. But a little chocolate now and then doesn't hurt.



- Charles M. Schultz

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LifeStyle

BRAD RUNS FOR 'EL PRESIDENTE'

FIRSTLY, this title is a little mis-leading, as Brad can't run for president due to not having Spanish Nationality, plus the numerous arrests for public nudity, inciting a riot and impersonating a morgue attendant. But "Brad Runs for President Advisor" isn't as eye-catching. Welcome to our new series, where I make suggestions to improve our future lives in downtown España.

I know what you're thinking – don't try to change Spain. You can't change Spain. Just bend to Spain's will and you change or get out. That's fair enough too, but "The secret of change is to focus all of your energy not on fighting the old, but on building the new" – Socrates. You can't argue with Socrates, he's been dead for years.

GREEN PARKING

There's little doubt that your petrol/diesel drinking gas-guzzling car is on the way out and fast, electric vehicles (EV) are in. Every car maker is making EV versions and Tesla is leading the charge with their impressive range and giga-watt battery factory (try saying that 5 times fast).

The problem as I see it, there's a huge hurdle stopping millions of people even entertaining the idea of buying an EV, do you know what that is? No, not that they like the smell of petrol, although it is intoxicating... literally. It's that a sizeable portion of the population don't have a garage, carport or regular car park spot that they can recharge their vehicle.

Therefore, the best way to encourage the purchase of EVs is that it's made easy to recharge them. My grand scheme is to force, by law, not by blackmail – that would be coercion, all new carparks to have 100% of spaces made available to a recharge station. This means that every car in that carpark is able to recharge.

It doesn't just stop there. All current publicly owned carparks must have 50% of spaces with availability by 2024 and 100% by 2029. Private carparks can be lower rates, of course, but you get the idea. It should get to the point where you can recharge your lovely little car every time you take it out.

WHAT ABOUT COMPENSATION?

Of course, we can't expect the public and private carparks to pay for the running of your car and the installation of these charging points, so it's only sensible that there is a small fee if you use this service. I've tried working out the price per kilowatt and how many kilowatts a car needs, but there's far too many variables involved for me to work out using only 19 fingers and toes.

Therefore, after some brainy types have come in and worked out the cost, then the carpark can add 50% mark-up on top of that, or if early estimates show that this is too much or too little, changed to be fair for user and provider.



There's no negatives to this – car manufacturers will be happy, environmentalists will be happy, the government will be happy, your general Moe will be happy, I'll be happy and the oil companies... well forget them.

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

Strong replies will be added to next month's column and may be ridiculed.

by Brad H

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BEGINNERS JEWELLERY EXPERIENCE DAY

SPACES AVAILABLE

6th March, 3th April, 1st May 12th June, 3rd July, 7th Aug

The day starts at 0945 until 1700. Includes refreshments, homemade cake. A scrumptious lunch with fabulous views over Bedar and the Sierra Cabrera mountains. At the end of the day you will get canapes and Cava and the Silver twisted ring. All for 49 euros. Once you have completed the Beginners Day you can then progress to one of our Creative Days and really discover the joy of jewellery making.

CREATIVE DAY

DATES AVAILABLE

23rd February, 16th March, 27th April, 4th May, 18th May and 15th June.

The day starts at 0945 until 1700. Includes refreshments, and homemade cake. A scrumptious lunch with fabulous views over Bedar and the Sierra Cabrera Mountains. At the end of the day you will get canapes and Cava. All for 45 euros plus materials at cost.

You can also book both courses with a group of friends.
* Creative day subject to having made the silver ring
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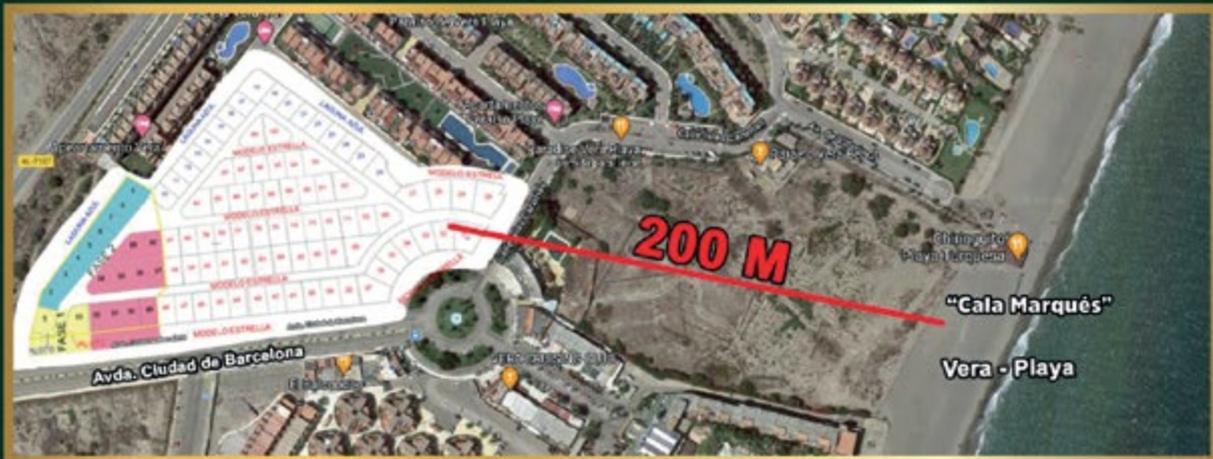
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COMMUNITY NEWS

and...the winning numbers are...

PAWS-PATAS Animal Charity sends massive applause to Bunny and Trevor Willis...Queen and King of the mighty PAWS-PATAS Christmas Raffle.

Weeks of preparation and dedication did not go unrewarded as a grand total of 1623€ was raised from the drawer on Tuesday 15 December at the PAWS-PATAS outlet in Mojácar. During these "testing times", this amount of money is a fantastic boost to the "purse" at the animal shelter; which requires 9,500€ per month to keep the shelter working and the animals safe.

Thank You...to Carrigans, Bar One, Lemon Lounge, Salty Dog, The Roof Garden and Mimi's for offering to sell tickets and Thank You to everyone who supported PAWS-PATAS...and Thank You...to the 4 people who spent 10 hours folding the raffle tickets!

For further information regarding volunteering or donating, etc...please visit our website: www.paws-patas.org



A million steps in 50 days

- **Chrissie Cremore**

CHRISTINE Logan and her husband Bill moved to Spain 3 years ago. Originating from Charlton in S.E London, they fell in love with Mojácar after several holiday visits and knew it was the place they wanted to settle in.

Apart from her husband Bill and beloved daughter, 25 year old Amber who still lives in the UK (who she misses dreadfully), Christine's other major obsession is dogs. All breeds, sizes, colours and shapes. Christine grew up with dogs and has rescued many others over the years; bringing her 2 rescue dogs Bella and Brandy with her when she moved to Spain. Whilst settling into her new home, Christine was delivered another wonderful bonus when she discovered the PAWS-PATAS Animal Shelter near Mojácar.

Without a second thought, as soon as she could, Christine offered her services as a volunteer to help walk and tend to the abandoned puppies and dogs 2 years ago and swiftly became a Team Leader. Also helping at fundraising events and donating regularly.

Knowing how much money is needed to keep the shelter in existence and the fact that during 2020, the arrival of Covid-19 affected PAWS-PATAS abilities to arrange fundraising events, Christine wondered how she could contribute more. Her love of walking bought to mind the idea of walking A MILLION STEPS IN 50 DAYS...an average of 20,000 per day.

"It's really important to keep making people aware of the costs involved at the shelter"

explains Christine" Also the fact that when one decides to adopt an adult dog or puppy PAWS-PATAS asks for a small donation of 180€ which not only helps with the cost of possible medical treatment and food but also includes vaccinations, neutering, microchip and passport. Thats quite an amazing deal don't you think?" enthuses Christine.

Christine's marathon started on 1st January and will end on 19th February. You can

visit and donate on her Facebook page and follow her journey. She plans to pop up in several destinations and also approach local businesses in the hope that they can donate a little and she can promote them. Her aim is to raise 500€. Little did Christine know that she would undertake such a venture when she moved to Spain. "I live in a beautiful place and have a dream job volunteering for PAWS-PATAS...my other little joy is a chilled glass of Cava at the end of the day" laughs Christine. Perhaps in late February she may also need a hot bowl of water to soak her feet!

At the time of going to press, Christine has completed 332,440 steps which is a third of the way and she has raised 512€. For up-to-date information please visit her Facebook Fundraising page. Christine has walked in the rain and conquered a massive blister on her foot by walking in flip flops. Her determination has no barriers!

HAVE YOU GOT ANY IDEAS HOW TO HELP RAISE MONEY FOR PAWS-PATAS?

For further information regarding volunteering, adopting, fostering or donating please visit their website: www.paws-patas.org. For Dogs: email: dogs@paws-patas.org Cats: cats@paws-patas.org.

For abused/abandoned animals - contact Seprona on 062. Email: seprona@guardiacivil.org. Also please donate clothes, etc to the outlets in Mojácar, Turre and Las Buganvillas.





INDALO PARTNERS

PERSONAL FINANCE MATTERS

Brexit and UK Ex-Pats in Spain

Please note that current Covid 19 Restrictions may impact on this information:

RESIDENCIA

If you were legally resident in Spain before 1 January 2021, you will be able to stay. You must ensure you are correctly registered as a resident. Children must also be registered with their own residency document.

If you are registering for the first time, you will be issued with a biometric residence card called a Tarjeta de Identidad de Extranjero (TIE).

If you registered as a resident before 6 July 2020, you will have a green A4 certificate or credit card-sized piece of paper from Extranjeria or the police.

You can exchange your paper EU residence document for the new TIE but you are not required to. The Spanish government recommends obtaining the TIE because the biometric card is more durable. It will also simplify administrative processes and border crossings.

INCOME TAX

The UK has a double taxation agreement with Spain to make sure that you do not pay tax on the same income in both countries. If in doubt, contact us about double taxation relief.

Existing double taxation arrangements for UK nationals living in Spain have not changed.

As a Spanish resident, you must declare your global income to the Spanish authorities, no matter which country it came from. If you are not a resident, you will only pay tax on income that came from Spain.

We will be sending out our tax forms in March to complete the tax returns and payments by the end of June based on 2020 income.

DECLARATION OF OVERSEAS ASSETS

You may need to file an annual declaration of overseas assets called a Modelo 720. There are severe penalties if you do not file, or give incorrect or incomplete information.

This is a declaration only and does not incur taxes.

DRIVING LICENCES

If you are resident in Spain and have not exchanged your UK licence for a Spanish one, your UK licence will continue to be recognised until 30 June 2021.

If you were resident in Spain before 1 January 2021 and registered your details with the DGT (Spanish Traffic Authority) before 30 December 2020, you must make an appointment with the DGT to complete the exchange of your UK licence by 30 June 2021. You will have to show proof you are registered as a resident at the appointment.

You will have to give your UK licence to the Spanish Traffic Authority at your appointment. They will provide you with a temporary driving permit ('autorización temporal para conducir') to use until your Spanish licence is processed. This document is only valid in Spain and not in any other country.

The rules for exchanging a licence have not been confirmed for those that did not register their details with the DGT or moved to Spain after 1 January 2021. We will update this information when

For more information please contact Tim Taplin 647 866 371

E:mail tim@indalo.partners

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INDALO PARTNERS

PERSONAL FINANCE MATTERS

more information is available.

You can use your Spanish licence in the UK for short visits, or exchange it for a UK licence without taking a test. We will update this information if there are any changes to the rules, as soon as it is available.

Lost, stolen or expired UK licences:

If you live in Spain, you will not be able to renew your driving licence in the UK. If your UK licence is lost, stolen or expired, you will need to apply to the Driver and Vehicle Licensing Agency (DVLA) for a 'certificate of entitlement' to be able to apply for a Spanish driving licence.

MEDICAL

If you have a registered S1 form and were living in Spain before 1 January 2021, your rights to access healthcare will stay the same from if you are either:

- receiving a UK State Pension
- receiving some other 'exportable benefits'
- a frontier worker who lives in Spain and commutes to work in the UK

European Health Insurance Card (EHIC):

If you are not an S1 holder, but are registered for public healthcare in Spain in another way and are travelling outside of Spain, you must apply for a Tarjeta Sanitaria Europea (TSE - a Spanish-issued EHIC) online (in Spanish), or go to your nearest social security office (Insitituto Nacional de la Seguridad Social).

You must also buy comprehensive travel insurance to cover anything not covered by your TSE, EHIC or for travel to countries outside the EU.

If you were living in Spain before 1 January 2021, you may be eligible for a new UK-issued EHIC if you're:

- a UK student in Spain
- a UK State Pensioner with a registered S1
- a frontier worker with a registered S1

An EHIC is not a replacement for comprehensive travel insurance.

PASSPORTS & TRAVEL

You should carry your residence document (the green paper EU residence certificate or the new TIE), as well as your valid passport when you travel. If you have applied but not yet received your document, carry proof you have started the registration process.

If you have not yet applied for a residence document, you should carry evidence that demonstrates you are resident in Spain. This could include a tenancy agreement or a utility bill in your name, dating from 2020.

If you cannot show that you are resident in Spain, you may be asked additional questions at the border to enter the Schengen area, and your passport may

(continued overleaf..)



For more information please contact Tim Taplin 647 866 371

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INDALO PARTNERS

PERSONAL FINANCE MATTERS

Brexit and UK Ex-Pats in Spain ... continued

be stamped on entry and exit. This will not affect your rights in Spain.

Passports:

You must have at least 6 months left on an adult or child passport to travel to most countries in Europe (not including Ireland).

As a non-EEA national, different border checks will apply when travelling to other EU or Schengen area countries. You may have to use separate lanes from EU, EEA and Swiss citizens when queueing. You may also need to show a return or onward ticket.

You can travel to other countries for up to 90 days in any 180-day period without a visa for purposes such as tourism.

To stay longer than 90 days in any 180-day period, to work or study, or for business travel, you must meet the entry requirements set out by the country you are travelling to. This could mean applying for a visa or work permit.

Travel to the UK and Ireland has not changed.

BANK ACCOUNTS

The impact of the UK leaving the EU is that rules on whether banks can provide accounts to their customers who are resident in an EU/EEA country may change.

Different countries and different banks are taking different approaches.

These approaches will mean:

- some countries will not allow UK banks to continue providing accounts to residents
- some banks will be closing accounts for people who are EU residents
- some banks will continue to serve EU residents with existing accounts, but will not allow new accounts.

Your bank should contact you to let you know what they are planning to do. If you have any concerns about whether you might be affected, contact your Bank.

INVESTMENTS

Passporting rights have now ceased and the transition period has come to an end. Passporting refers to the regulation of financial services, allowing UK firms to continue to do business throughout the EU without the need for further authorisation.

Financial Advisory firms operating in Spain will no longer have UK FCA Regulation and must be regulated via a European Regulator.

It's difficult to predict the impact on any individual investments because this can depend on several factors.

It's possible there could be a short period of temporary market volatility, which might mean the value of your investments in the short term could rise or fall. Whether they fall or rise, and how much and how long, is difficult to predict.

If the value of your investments has fallen and you don't require access to these funds in the immediate future, this may not be a big problem because markets are likely to recover over time. However, if you're planning to cash in any investments in the immediate future, we recommend that you contact us for advice as soon as possible.

For more information please contact Tim Taplin 647 866 371

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(Net of charges)**

Low Risk 5.79% pa

Low/Medium Risk 7.12% pa

**If you have any questions or would like to arrange an
appointment to discuss this further, please contact
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Bon Appetit

By Elaine Jenks


ROSIE LEES
Cafe Bar Teashop

LOVE may very well be in the air as we welcome February; the month to celebrate Love, Affection and Romance, and spoil our significant others on Valentines Day.

It's the perfect opportunity to score some serious brownie points or even let your secret crush know you are thinking about them! So what do you have planned for 14th February?!

Valentine's Day originates from the Roman festival known as Lupercalia. A celebration of the coming of spring, fertility rites and the pairing of women and men. However at the end of the 5th century Pope Gelasius the First replaced Lupercalia with Saint Valentine's Day.

*Roses are Red, Violets are Blue,
Sugar is sweet And so are you.*

Keeping Valentine's Day in mind we have decided to make this months recipes all about chocolate, which for many years has been a traditional gift on this special day. As fellow chocoholics, our main course and dessert this month all contain this magical ingredient! We hope you have as much fun trying these out as we did making them!

Happy Valentines Day!

Chocolate Chilli con Carne



Ingredients

2 chillies dried or fresh	2kg minced beef
2 tsp black peppercorns	2 chopped onions
2 tbsp cumin seeds	6 garlic cloves minced
2 tbsp coriander seeds	2 tbsp tomato purée
2 tsp paprika	1tbsp smooth peanut butter
1 tbsp oregano	1 liter beef stock
3 tbsp vegetable oil	25g dark chocolate
	409g tin of kidney beans

Method:

1. In a pan toast the peppercorns, chillies, cumin and coriander seeds then grind in a pestle and mortar or an electric grinder. Mix with the paprika and oregano.
2. In another pan heat half the oil and fry the onions until soft then add the garlic and brown the beef mince in the same pan.
3. Add the meat stock, spice mix, tomato purée and peanut butter and cook for approximately 30 minutes gently. Grated the chocolate and add the kidney beans. Simmer for another 5 minutes. Serve.

Chocolate Profiteroles

Ingredients

50g butter cut into cubes	300ml double cream
2tbsp caster sugar	50g coco powder
75g strong white flour	175g caster sugar
2 beaten eggs	25g dark chocolate chopped finely

Method:

1. Heat the oven to 220C / Gas Mark 7.
2. Put the butter and 2tsp of caster sugar in a saucepan with 150 ml water. Place the pan over a low heat until the sugar has melted then bring to the boil.
3. Take off the heat and add the flour all at once and beat with a wooden spoon until the dough comes away from the sides of the pan. Leave to cool for 5 minutes.
4. Beat the eggs gradually into the dough mixture until you have a stiff glossy mixture.
5. Dampen a baking tray with water and using 2 teaspoons or a piping bag put a dough ball the size of a golf ball onto the tray.
6. Place in the oven and cook for 15-20 minutes. Remove them and cut a small slit in the base to release moisture and stop them collapsing. Cool on a wire tray.

7. When cold, whip the cream lightly and pipe into the centres of each profiterole and pile up in a plate into a triangle shape.
8. To make the sauce, sift the coco powder into a bowl. Put the sugar and 100ml water in a pan and heat until dissolved. Bring to the boil and cook for 1 minute. Pour over the coco powder and add the chocolate. Return the sauce to the pan and cook until the chocolate has melted. Set aside for 15 minutes to cool then drizzle over the profiteroles. Serve.



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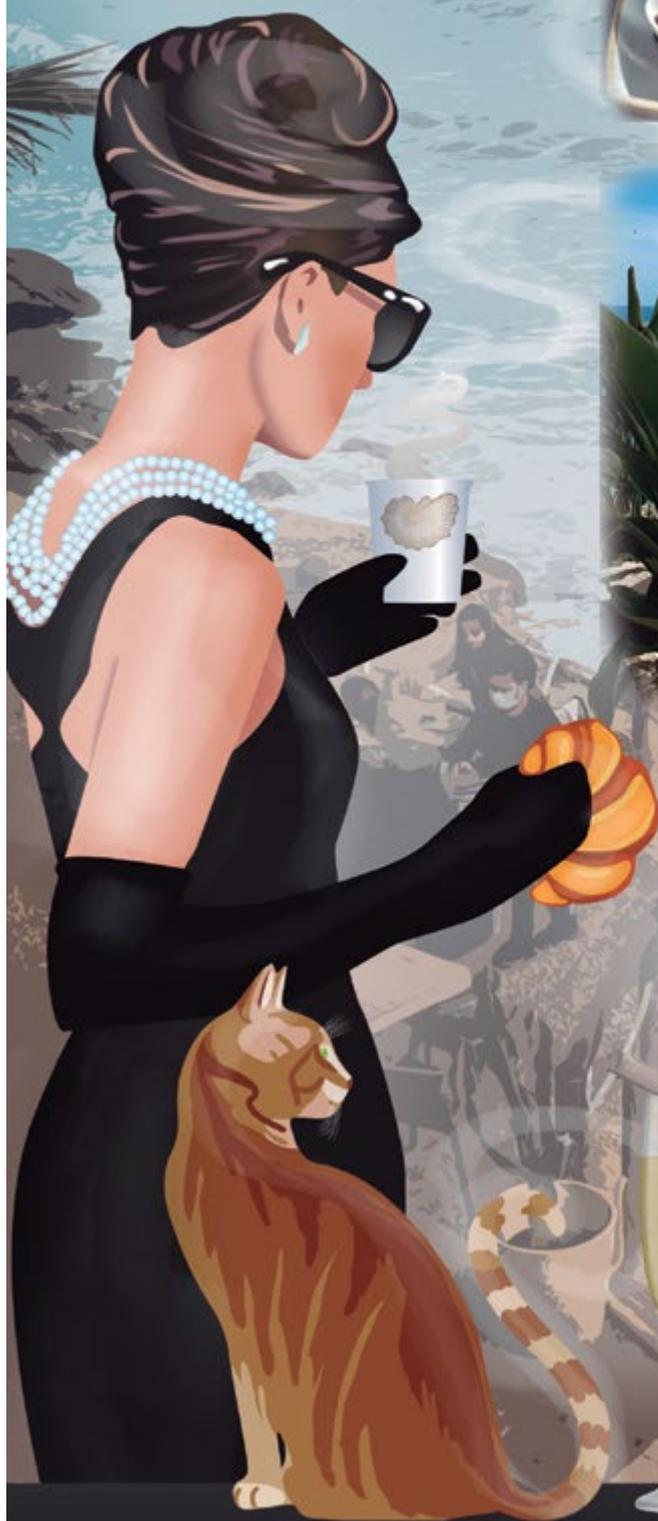
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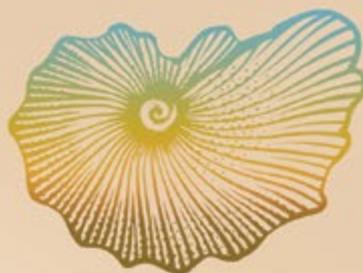


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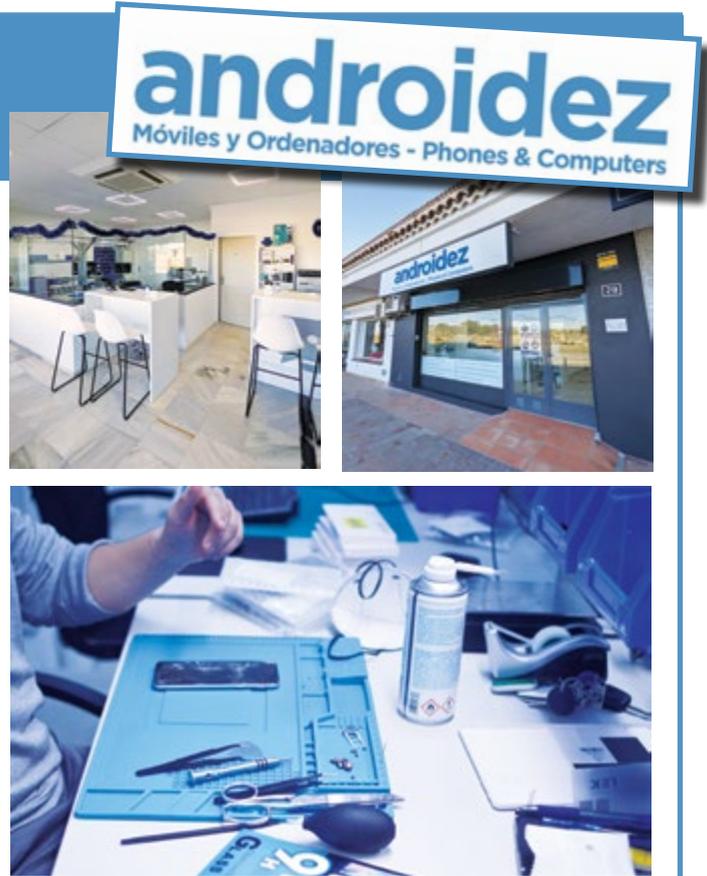
George Boricean is a lot younger than your average business owner. As a child he was fascinated with computers and how they worked and loved nothing more than to spend his time taking them apart and putting them back together. As he grew, he began offering to repair his friend's phones and computers.

Although George worked briefly with Next Communications and at a phone and computer shop in Garrucha, he had such a good reputation that in less than a year he had enough business to work for himself full time.

In January of 2015 George started his online phone and computer shop. He rented a small space locally, initially just as a workspace to do repairs. His intention then was only that his bedroom be free of computer and phone parts. However, word quickly spread, within a year George had doubled the amount of space he was renting at Las Buganvillas. Since then, George's business has gone from strength to strength and he is now well known as the go-to guy for any computer or phone requirements.

In December of 2020, after spending several months renovating a shop unit, George opened his own phone and computer shop, offering both sales and repairs, at 29 Las Buganvillas (between the bakery and Paws). He opens Monday to Friday from 10am-6pm. Just pop in if you have any computer or phone requirements.

Las Buganvillas roundabout, 29. 04621 Vera Playa.
Tlf: 950 042 338 / 661 375 489 info@androidez.es



I'm on Route

How many times have you just got the kids to bed when you realise you need something from the shops? Or, perhaps, you are shielding and would prefer not to go out. Wouldn't it be lovely to be able to order a take away meal from whatever restaurant you like, regardless of whether or not they offer a delivery service?

Perhaps you fancy a bottle of wine but have already had one too many to drive! Of the many business ideas we hear about this is, by far, one of the best.

Charlie had long thought about the possibility of offering a local delivery service.

It had often occurred to him how great it would be for all the local restaurants to be able to offer a home delivery service. Charlie recognised that many of the restaurants would likely not have enough orders for home delivery to be able to employ their own delivery person. So why not offer an independent delivery service that all restaurants could avail of? Brilliant, right?

It was only during the spring lockdown of 2020 that Charlie began to recognise the true potential of his idea. He began to work on his business model and recognised that the service need not just be limited to restaurants. He offers a bicycle delivery service to anyone who wants it. He can collect and deliver grocery items, medicines from the chemist, documents, post and parcel deliveries and collections as well as take away food deliveries.

His delivery people all travel by bicycle which apart from being environmentally friendly, also keep his operating costs down and eliminate problems such as traffic and parking. The bicycles have a thermal box in which up to 30kg of goods can be stored.

The rates are very reasonable. Call Rosa on 634 336 266 from 9am until 10pm to arrange collection or delivery of anything you like...and Charlie or his team will be on route!

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THE CREW

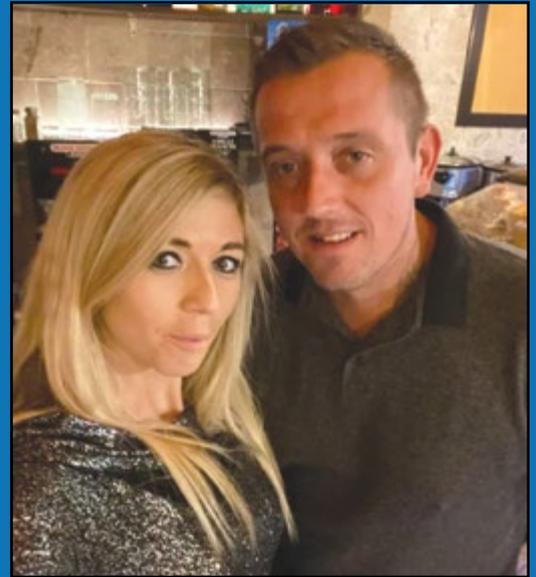
Now what would make anyone open a bar amid the current restrictions?

Well, that is just what this crazy young couple, Emily and Rickie, decided to do! They both already own their own businesses in Mojacar. Emily owns Total Entertainment with her mum Karen. Rickie runs his own construction and reformation business, Obrillaz. So why then did they decide to open a bar?

Well, they had always wanted to run a bar. Recently they heard, through a friend, of a bar that was coming onto the market. It just came at the right time, when all of the pieces were in place and they were both in a position to do it. They considered that while they were already working 24/7 in their existing businesses, they may as well take on this new project while they are both young enough to have the energy to do it.

And so, The Crew bar was born. It is located on the beachside in Mojacar, near The Irish Rover. Emily and Rickie have a strong family support network which enables them to keep all the balls in the air. The Crew Bar opened at the end of 2020. It is a family friendly bar which shows major sporting events. They host fun quizzes and games such as 'play your cards right' and the bar has already become popular with the locals.

We wish Emily and Rickie all the best for the future. For opening hours and upcoming events, please see their Facebook page: [thecrewmojomocar](https://www.facebook.com/thecrewmojomocar)




Cocinas El Real y Construcción

Zoe Rylett & David Moxham have lived in Spain for over 20 years. They ran "Ferreteria El Real" and "The Full Swing Golf Shop" for many years. In January 2014 they closed these businesses and decided to leave Spain and moved to Bulgaria for a very special reason. They adopted beautiful twin baby girls from Bulgaria, it was to be the biggest decision of their lives and was by far the best decision they ever made.

Upon returning to Spain in January 2016, they again went into business running "Cocinas El Real" and "Emporio de Zoe". Both businesses were located in a small local in Los Gallardos and they were both so successful that they decided to expand.

The recent lockdown was excellent for their businesses. Many people, having spent more time in their homes than they ever normally would, began considering home renovations and kitchen upgrades.

Zoe and David decided to expand into a much larger premises, moving from a 60m2 local into a 300m2 showroom.

Their new premises is located just 300 metres off junction 525 off the A7, between the motorway and Miraflores campsite.

Zoe and David have not yet finished ...as Zoe hinted at an exciting new project in the pipeline. Watch this space!



Their new premises is located just 300 metres off junction 525 off the A7, between the motorway and Miraflores campsite.

COMMUNITY NEWS

One person really can make a huge difference

This is the story of how one girl made a huge difference to so many people this Christmas, literally, one step at a time.

Jodie Esquer realised that so many people suffering hardship due to the pandemic. She decided to do something about it and set herself a goal to raise enough money to buy all of the children of Turre Town Hall's Food Bank, a present for Christmas.

She set herself a goal of walking 500,000 steps to raise the money. The idea of walking 500,000 steps to raise funds came from a friend of Jodie's in Ireland who had done the same for prostate cancer victims. So, Jodie decided to do it!

"I distributed collection tins in many Turre businesses and set up a Go Fund Me page. Then I began my 500,000 steps, some days walking for five or six hours," said Jodie.

"Little did I know that the community, my friends and my family would come together as they did. People regularly handed me donations, people I didn't even know, who wanted to help me make a difference and ensure that Turre children had toys at Christmas."

Donations came in from far and wide on the Go Fund Me page from as far away as Australia. By December 2nd Jodie had already raised 1,600€ and the donations were still coming in.

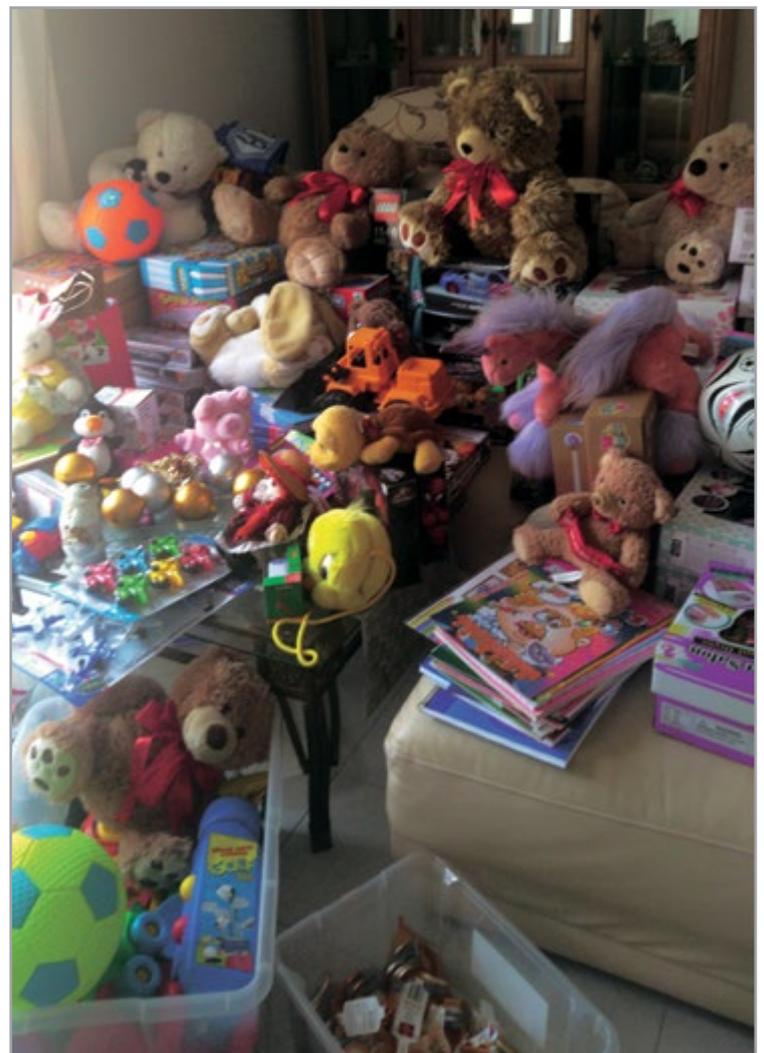
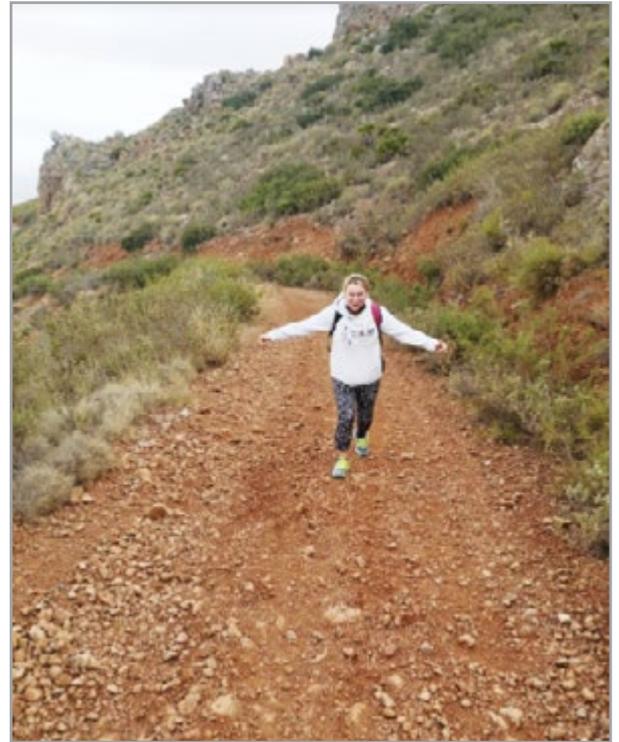
"So, with more money than I'd ever expected to raise and toy donations, I had enough to buy every child whose family is assisted by the Food Bank not just a toy, but sweets and stocking fillers too."

The children received the toys on December 23rd with Santa Claus, Mrs Claus and the Elf all present, and the look on the children's faces that made it truly magical.

Each family also received a €10 voucher for either meat or fish at Turre's Vega supermarket.

"I would like to thank my mum Gill, my dad Berto, Eileen McGill, Ros Daffurn and everybody else who did so much to help and encourage me. A special thank you to Ken, for playing Santa, and to all the elves for their help" she added.

"Together we did this and I'm so proud of our great achievement."



Beautiful you



What is love anyway ?

WE are all affected by it, whether we are in love, looking for love, feeling love for someone, and how much money is spent on cards, gifts, flowers, chocolates etc etc each year! Everyone has their own thoughts on it. We feel it from an early age, I can remember my first love. His name was William Nolan, and we were 10 years old. I know he loved me because he let me ride his red racing bike! Do you recall the name of your first love? My parents were married for 57 years , and died within a year of each other as they were not happy being separated from each other, and yet some of us never seem to find 'the one ' and have the bruises on our hearts to tell the tale.

My friend's 6 year old daughter was asking me what love was and I said "just find someone who makes you laugh, cuddles you and cares about your happiness and you will be fine". To which she replied, "Oh that's easy, I have found you". Heart melting innocence.

Is it simply a chemical reaction to another person? I don't think it is any one thing. As I have grown older It isn't a handsome face I am attracted to. It is their kindness, sense of humour and intelligence that interests me. Oh and, they must like to hug!

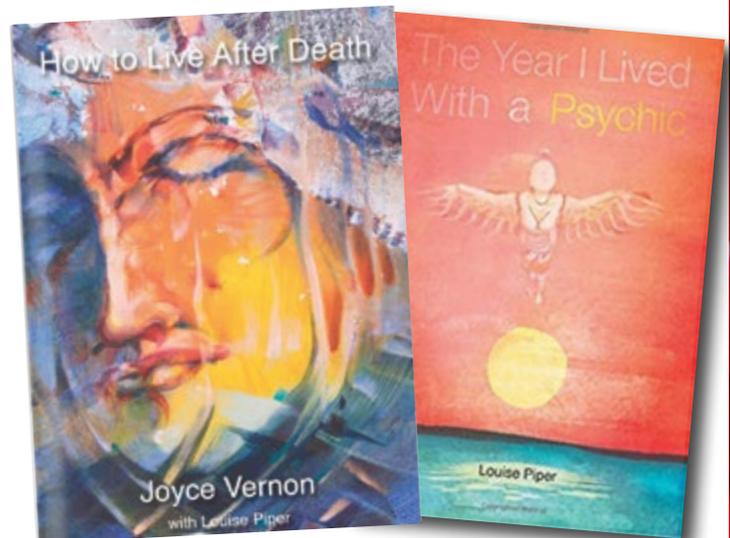
I recently watched the movie Ghost, a very good effort at describing what happens to us after we die. Obviously, with some dramatic sequences added, yet a very well written story. The love we feel for someone, connects us and this is true after we die. I have written about this before, and we really do feel a tangible physical pain in the heart, heartache, when we experience the loss of our loved ones. I truly believe that my mother died of a broken heart and there are countless other phrases, like pining away that explain this phenomenon. I wonder what would happen if we all woke up tomorrow being able to see our loved ones again? Would we feel less pain, or more?

Love is a natural part of life, not just for humans, but also some animal species feel it too. Dogs obviously spring to mind, but also horses, cats, amongst others show their love for us. It truly is a remarkable emotion, and one we should treat with respect and great care. I think to love someone is the best thing about being human. It is worth the pain, and it is eternal. So telling someone you love them is never a waste of time. So this Valentine's day, sit



Who knows, you may have your own love story to write this year.

back and think about your own loves, our past and our present and, see how you have been changed by each and every one of them. I hope you have no regrets or bitterness and lots of wonderful memories and, that you can say honestly that you have loved and, been loved at least once in your life.



"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. She offers private sessions and also Skype and Facebook messenger readings. She is a Reiki Master and also teaches both Reiki and Prana energy healing. Joyce has worked with the police in the UK with murder and missing persons cases. Call or WhatsApp: 634 332 542 or Visit www.joycevernon.com



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

WHAT CAUSES DRY HAIR AND DRY SCALP IN MEN AND WOMEN?

A) Environmental factors, your hair care routine, and your hormonal health can all play a role in keeping your hair moist and healthy.

EXCESSIVE SHAMPOOING

Frequent shampooing can strip your hair of its natural protective oils and lead to dryness. Everybody produces a natural oil called sebum which is there to help protect the scalp and keep the hair moisturised. As we age we produce less sebum.

People with curly hair are especially prone to dry ends as the natural oils do not reach the mid lengths and ends of the hair.

How often you need to use shampoo depends on your hair. If your hair tends to be dry, you may want to try shampooing it every third day, if however you feel that you need to wash your hair every day, try rinsing your hair with clear water and applying a small amount of surface conditioner and rinse instead of shampooing every day.

SUN EXPOSURE

Exposure to UV light from sunlight can damage the outer layer of your hair stripping it of its colour; this protective outer layer is called the cuticle.

The cuticle protects the inner layers of your hair and helps lock in moisture. When the cuticle is damaged, your hair can become dry or brittle.

BLOW-DRYING AND USING HEAT ON YOUR HAIR

Exposing your hair to heat when blow-drying, straightening or curling can damage your hair if heat is used for a prolonged period of time. When drying or straightening your hair, keep the appliance moving along



the hair shaft to prevent prolonged heat on one area. Use rollers when possible rather than curling irons because hot rollers are safer and healthier than curling irons.

THYROID DYSFUNCTION

Your thyroid gland is located on the front of your neck and produces hormones that control your metabolism. The abnormal level of estrogens often affects the health of the hair. Thyroid hormones stimulate hair growth by acting on stem cells in your hair follicles.

Both underactive and overactive thyroid glands can negatively affect your hair growth and lead to dry and brittle hair.

CHLORINATED WATER

Chlorine sucks the natural oils from your hair leaving it dry, rough, and damaged. Chlorine can also cause chemical reactions in your hair, changing the natural colour of your hair, weakening each hair strand, and causing split ends.

HAIR PRODUCTS

Certain hair products that contain harsh ingredients can dry out your hair.

You may want to avoid products that contain the following:

- isopropyl alcohol
- propanol
- propyl alcohol

Here are some ways you can easily keep your hair hydrated at home:

- Shampoo less. If your hair tends to be dry, you can try reducing the amount of times that you shampoo your hair, frequency to two or three times per week.

- Use cooler water. Using cool water when you're washing your hair may help your hair retain moisture.
 - Change your shampoo or conditioner. Switching to a shampoo designed specifically for dry hair can help keep your hair moist.
 - Try leave-in conditioners. These can come in sprays or creams, they are left in your hair to help moisturize extremely dry hair.
 - Change your brush. Boar bristle brushes and nylon brushes have bristles that are close together. These bristles can help stimulate your scalp and distribute oil throughout your hair.
 - Air dry. Letting your hair air dry can help you avoid potentially damaging heat that dries out your hair. If you do blow-dry your hair, try sticking to the lowest temperature setting.
- Hope this has helped, please continue leaving me your questions, I look forward to hearing from you. x

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WHAT IS YOGA?



Don't be a fall statistic!

Yoga for mature adults & mobility impaired.

Just because your body is getting old, doesn't mean you have to too!

AGE is a state of mind and we can buy into the stereotyping of ageing and let an older person move into our body OR we can reclaim our power, stay young while growing older, be physically active and become stronger.

As we age we need to move more – not less. We need to improve our balance, flexibility and strengthen muscles in order to avoid falls; as alarmingly 1 in 5 falls are responsible for serious injury, with falls leading the way as the main cause of death from injury in older adults (Kelley et al., 2014). Scary as that sounds, the good news is that research shows that yoga and strength building programs can significantly reduce the incidence of falls by up to 40% (Judge, 2003) and it's never too late to start.

Declines in mobility, flexibility, balance, coordination and strength are associated with the ageing body. These are vital functions of the body that safeguard independence and an optimistic quality of life (QoL). There is mounting evidence and firm belief recognising that yoga is favourable to an ageing body, seeing cognitive improvements, a reduction in the incidences of falls, physical and mental health and well-being, in addition to reducing the periods spent within the healthcare system.

Our contemporary society is giving rise to younger retirees, as young as 60 and is often accompanied by a sedentary lifestyle; so promoting active lifestyles and minimising physical inactivity are crucial to slowing down the aforementioned health deterioration. Improving physical fitness and function are key elements to ensuring independence and positively impacting QoL (Chen et al., 2008). Daily activities that promote and enhance a good QoL include everyday physical actions such as driving, cooking, housework, travel, shopping, socialising, dancing, exercise and gardening are all dependent on movements that require strength, flexibility, mobility, agility and balance.

Poor balance is one of the main causes of falls, is acknowledged as a key risk factor with the majority of falls occurring in the home and contributing to hip fractures; further to this, 1 in 2 of these falls actually occurs while walking forward. The simplest most basic everyday movements i.e., changing position, getting off the toilet or out of the bath, reaching up, bending down, picking up bags/children/animals, moving on stairs, turning and backing up have been related to contributing to falls. Whereas low intensity strength training, exercising and balance training including yoga have been linked to reducing the rates of falls.

An uptake in Complementary and Alternative therapies (CAM) is on the rise in the United States by as many as 1 in 4 adults adopting CAM. Yoga currently ranks in the top ten commonly used and most popular therapy with 88% of American ageing adults claiming yoga as being beneficial in treating conditions related to heart diseases, allergies, back pain, disturbed sleep, arthritis and joint pain and diabetes.

VaVa Yoga has developed a new yoga programme specifically designed for seniors and people who have impaired mobility, in this we take into consideration hip and knee replacements, weight gain, sedentary lifestyle and stiffness & reduced strength related to ageing. Clients will see improvements in their balance, mobility, strength, flexibility, *ROM (see footnote), cognitive capacity, pain management, sleep, vitality and self-efficacy. The litmus test is to help clients avoiding the health care system, maintaining independence and ultimately improving their QoL.

The saying "better early than late, better late than never" applies succinctly to this yoga program as doing 'something' is better than doing 'nothing'. So don't be a fall statistic and come to this special yoga class, GENTLEMEN you're welcome too! Call me for enquiries (number below), learn new skills, (while getting stronger), meet new faces and lets get you mobile again.

Yoga is for everybody. Namaste, Ashli

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

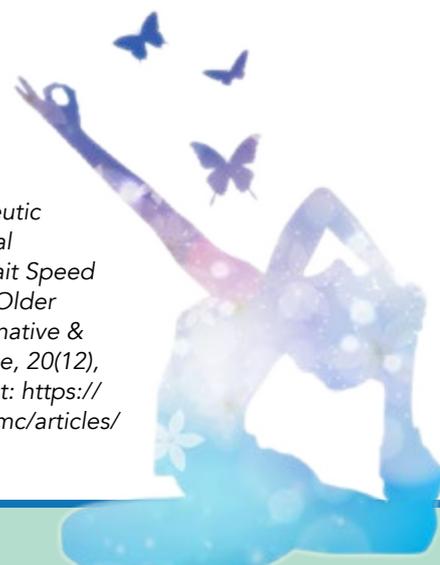
**[ROM - Range of movement or motion. Joints must have good flexibility so that they can achieve ROM. Flexibility is the ROM surrounding a joint and represents the muscles, ligaments, bones, tendons and the joint itself. The various joints do various jobs in the body and have their own unique level of flexibility which is expressed in degrees of movement].*

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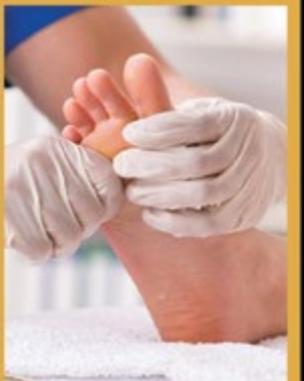
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Aromatherapy Essential oils – Spotlight on Patchouli

From the Apothecary of the Enchanted Forest.

PATCHOULI has probably the most distinctive smell of all the essential oils, with its strong, fragrant, earthy, exotic musky notes and deep woody undertones. This plant, which bears an uncanny resemblance to lavender, is native to India and Malaysia and was commonly used to repel mosquitoes and kill bed bugs.

Between the 18th century to the mid-19th century, the dried patchouli leaves were used as packing materials for Chinese silks and cashmeres to protect these delicate fabrics from moths whilst in transit. During Victorian times, these scarves, shawls & fabrics made their way to England and quickly gained a reputation for luxury due to its heady aromatic fragrance, and of course only available to the elite & high society.

Patchouli went through a revival during the 70's and now we associate patchouli with the hippie era, but there is way more to patchouli than just Woodstock, bongos, mung beans & free love. Believe it or not, patchouli is an amazingly effective oil in skin care as its cell regenerating properties accelerates healing and helps break down cellulite. Like a fine red wine, Patchouli is one of the few oils that actually improves with age and mature skin benefits from its deep moisturising collagen repairing properties.

Patchouli really is a wonder oil, from its ability to sedate to settling anxiety and infection, we can see why this wonder oil has been labelled the true title of 'liquid gold' (Kocevski D et al 2013).

Lets explore some of the ways in which we can use patchouli.

• Soothe inflammation

Mix 4 drops with a little almond or olive oil and rub on feet, abdomen, low back and any other achy joints or areas of concern.

• Stress buster& feel good boost

Add 6 drops to a diffuser, inhaling the aroma will help release the feel good hormones, serotonin and dopamine in the body. Or combine 5 drops each of patchouli & lavender essential oil and add to bathwater for a deep relaxing soak.

• Skin health

Add a few drops to your face and body wash, or dilute with equal parts carrier oil and massage on the skin.

• Natural insect repellent

Add 10 drops to 100ml water spray bottle, spray on skin, furniture, clothes, bedding and soft furnishings.

• Hair health

Massage a few drops into the scalp or add a few drops to your conditioner.

• Libido booster

Use 5 drops in the diffuser or combine 3 drops with 3 drops olive oil and dab on wrists, temples & back of the neck.

• Natural deodorant

Combine a few drops with a carrier oil and massage over body and under arms.

• Natural antibacterial

Keep in the medicine kit and apply topically.

PATCHOULI

Botanical name: *Pogostemon cablin*

Origin: Native to tropical Asia, especially Indonesia and the Philippines.

Aroma characteristics: Spicy, woody, strong, sweet, deep and exotic, earthy, heady uplifting & sedative.

Therapeutic properties: Antidepressant, antibacterial, antifungal, anti-infectious, anti-inflammatory, antimicrobial, antiseptic, astringent, calmative, cytophylactic (protects cells), nervine, immune-stimulant.



Therapeutic uses: Viral, fungal, bacterial infection, parasitic infection, respiratory tract infection, insect repellent, insect bites and stings, gastrointestinal infection, bronchitis, catarrh, colds, influenza, rheumatism, muscular pain, acne, abscesses, depression, moodiness, irritability, problematic skin conditions.

- Moisturises dry skin and reduces appearance of wrinkles and uneven skin
- Aids the lymphatic system and improves circulation
- Boosts the immune system
- Combats colds and flu
- Supports the nervous system and improves fatigue
- Skin care for cracked skin (heels) and skin infections

All the essential oils highlighted in this column are available at The Emporium of the Enchanted Forest (inside the VaVa Yoga Studio), and you can explore our Apothecary and discuss any questions you may have with me, Ashlí.

Ashlí Miréla

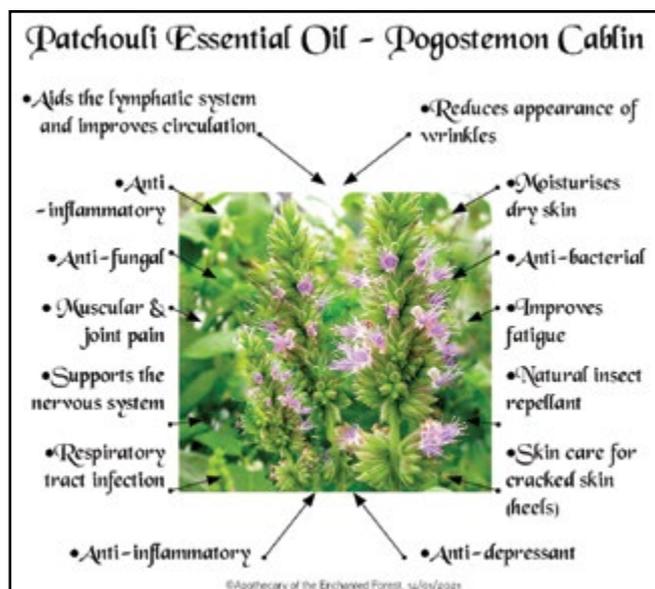
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What's the problem?

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.

Hi Theresa

I have just found out that my boyfriend has been sleeping with one of my friends.

He says it only happened once and she means absolutely nothing to him. But a few friends I have told, have admitted that they knew and it's been going on for a while. I should be angry but I'm just so heartbroken, I thought we were soulmates.

The friend who betrayed me knows all my really personal stuff, even from my childhood. I can't stop crying, I just look at myself now and feel so ugly. How will I ever get over this, I've nobody to talk to because she was my best friend.
Sophia

Hi Sophia

Thank you so much for your email. You have been really brave opening up to me when you have been hurt so badly. Losing a relationship that is important to you is grief. Finding out what has been happening and realising that what you thought was going well in your life, has actually been fake is really difficult for anyone.

First your boyfriend, there are two types of people in the world. Those who need to be unfaithful as it gives their low self esteem a boost and inflates their ego. The other type of person wouldn't be unfaithful if their partner was in a coma and never going to recover. I'm telling you this to show you that this has nothing to do with you. Everyone has their own standards and morals. You cannot

persuade a faithful person to cheat, no more than you can persuade an honest person to steal. It's not in them.

As for your friend, I actually feel sorry for her. Her jealousy of you and your life has allowed her to try and steal what is yours, instead of finding her own love. Now she has lost you and no doubt she will soon lose your boyfriend, statisticians tell us that 98% of relationships that start as an affair fail, because the foundations of the relationship are rotten. You haven't done anything wrong, you have a clean sheet going forward and your honesty and good heart will hopefully attract an equally good person. For now you are grieving so be gentle with yourself. In time you will see that you lost nothing and escaped future misery.

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.

In January's issue of the Advertiser, Larry wrote to Theresa wanting advice on how to deal with his dysfunctional family. We had a few people write to us with their answers. Here is Larry's problem with two of our readers answers.

Dear Theresa

Myself and my girlfriend both come from dysfunctional families. There are addictions in both families. In previous years, Christmas has been a nightmare as our families start to drink, they get louder and louder, then some form of argument, usually over some past grudge emerges. Last year we avoided going to our families on Christmas Day even though we were invited, but then we became the 'problem' in their view. What can we do?
Larry

Hi Larry

Maybe try and sit everyone down a few weeks before the Christmas period and explain how you are feeling. See if you can come to some sort of compromise by maybe seeing families separately over the Christmas week.

Christmas is a lovely time of year, and it should be filled with happiness, not stress or arguments. Have a magical Christmas day for yourselves, make it special.... and maybe see the rest of your families split between Christmas Eve and Boxing day. Hope this helps. Warm regards,
Sandra.

Hi, My name is Gillian

This is my answer to Larry's problem.

It's a tough problem to answer because Christmas is ultimately about family. However, if you are not enjoying spending time with them, then I definitely think it's time to start your own tradition. You should not be dreading Christmas. It should be a time to enjoy quality time with your loved ones. If that means that you and your partner choose that time to spend alone together then that's fine. Make it "your thing", tell your family and don't feel guilty about it.
Good Luck.

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

just for laughs

You Can Not Be Serious

ONE of the best investments that I ever made was to spend a large amount of money on a winter pool cover.

Whether the word 'investment' is correct or not is a matter for discussion; You could say 'outlay' or 'expenditure' and all of the above would be accurate. However, the end result is the same – I spent a considerable (I consider) amount of money to cover over the pool during the winter months.

But I consider it worthwhile - no longer do I have to undertake the weekly chore of cleaning the pool.

No longer do I have to assemble the various poles and heads necessary to perform the cleaning ritual. No longer do I have to dip little strips of paper into the water, wait 15 seconds and then try to match the colour of the paper with the colour on the chart. No longer do I have to best guess which colour is nearest, search for the relevant chemical bucket, and hope that the noxious substance that I chuck in is the right one and in the right amount.

Another unpleasant task that I do not have to do is the unsavoury emptying of the skimmers. Anything which has been held captive in the close confines of the skimmer's basket is bound to become less attractive in its inevitably semi-decomposed state.

Of course also there is the task of removing all the excess detritus from the bottom of the pool – even in winter it seems that an inordinate amount of leaves fall in and sink to a watery grave, even though all the trees within the garden walls are bare branched.

Then there is the monotony of pushing and pulling the pole with the cleaner head backwards and forwards across the bottom of the pool. Not only is this more of a workout than a casual observer would credit, but there is a certain amount of concentration involved – one pass has to marginally overlap with the next, otherwise a streak will be left where the passes have not quite married up.

And all this after having scrubbed the tiles on the waterline – they are hard to reach, being as they are immediately underneath the projecting coronation stone – it's not a simple to-and-fro like the bottom, it is more of a contortion to reach them as they nestle just out of convenient reach.

There is an awful lot of bending required from start to finish; bending over the pump house to correctly position the various handles to change the water flow from its default position to its cleaning position.

Bending to remove the skimmer baskets. A half bend, a real back-breaker, when pushing and pulling the cleaner head.

But the one that makes every euro spent worthwhile is not having to attach the hose. This involves bending over double right on the edge and at extreme risk of falling in. It is not possible to do this without immersing your arm up to the elbow in water so cold as to be actually painful.

And I mean painful!

by Jos Biggs

Dear Tech Support,

A few or more years ago I upgraded from Boyfriend to Husband and noticed a distinct slowdown in overall system performance, particularly in the flower and jewellery applications, which operated flawlessly under Boyfriend.

In addition, Husband uninstalled many other valuable programmes, such as Romance and Personal Attention and then installed undesirable programs such as Cricket, Football, Golfing and Continuous TV. Conversation no longer runs, and Housecleaning simply crashes the system.

I've tried running Nagging to fix these problems, but to no avail.

What can I do?

Signed, Desperate

Dear Desperate,

First keep in mind, Boyfriend is an Entertainment Package, while Husband is an Operating System. Please enter the command: 'http: I Thought You Loved Me.html' and try to download Tears.

Don't forget to install the Guilt update. If that application works as designed, Husband should then automatically run the applications Jewellery and Flowers, but remember... over-use of the above application can cause Husband to default to Grumpy Silence, Garden Shed or Beer. Beer is a very bad program that will download the Snoring Loudly Beta.

Whatever you do, DO NOT install Mother-in-law (it runs a virus in the background that will eventually seize control of all your system resources). Also, do not attempt to reinstall the Boyfriend program. These are unsupported applications and will crash Husband.

In summary, Husband is a great system, but it does have limited memory and cannot learn new applications quickly. It also tends to work better running one task at a time. You might consider buying additional software to improve memory and performance. We recommend Food and Hot Lingerie.

Good Luck,

Tech Support



...is it just me?

by Madness from Mojacar

Why is it that every time I go to an ATM I seem to find myself waiting behind someone who, it appears, is having their very first experience with one.

I mean ATM's or bank machines, as they are commonly referred to, were first introduced over forty years ago. It has been over thirty years since they became commonplace. It's hardly new technology.

So why, today, in 2021 am I standing in the freezing cold getting my head blown off while the person in front of me appears to never have used one before? "Pin Number??" you hear them exclaim in a bewildered tone! Then, when they do manage to figure out what a pin number is and eventually what their pin number is, they seem unable to type it in without saying the digits out loud. Is it just me or am I the only person who always seems to be in the queue behind these people?!?!?



The World According to Chrissy... Part 8

At this moment in time, I felt like Chardonnay was Willy Wonka and my travel companions were waiting for that illustrious golden ticket. What they thought they might be winning, I am yet to fathom.

The gaggle of ladies are shuffling closer and closer to the list that is clenched tightly in Chardonnays not so perfectly manicured hand, as she lost a nail whilst retrieving Marions hearing aid that had slipped down the back of her seat on the coach. Along with the hearing aid, she pulled out three euros, a bic pen, a cough candy that Hazel promptly claimed and ironically a nail file but did not find the nail that once belonged on her wedding finger, that now revealed a bitten down stump that even Stig of The Dump wouldn't admit to owning.

I have taken my place at the back of the group because I'm pretty sure I would not be able to conceal my disappointment with whomever I am partnered to room share. Right now though, I do actually wished I had brought a one man tent with me, not that I own one and the thought of camping ever in my life is something completely alien. Sleeping in a field with nothing to protect me but a thin sheet of nylon and a swiss army knife, definitely not on my bucket list.

The gap between myself and the gaggle is increasing as they are all desperate to get a glimpse of the list before Chardonnay announces the great reveal.

Out of the corner of my eye, I notice Sandra creeping round the back of Chardonnay. I'm reckoning she is going to try for a sneaky over the shoulder peek at the list.

Whilst I'm just thinking to myself that my mother would have given me a clout for reading over her shoulder, lo and behold, Chardonnay throws her arms in the air for whatever reason, no idea as I wasn't listening, and promptly punches Sandra clean off

her feet. The fact that she landed in the plant pot that Sue had only been fished out of not 20 minutes ago was just beautiful. That poor potted palm has probably not seen so much action since England won the Cup god knows how long ago.

Chardonnay was mortified that she'd practically flat lined a pensioner, she started having palpitations then and there.

Sandra had a fantastic shiner developing under her 'Roy Bon' Chinese shop glasses, but no blood luckily. Once again, the two young lads came to the rescue, looking quite bemused as to why these little old ladies seemed to have a fascination of throwing themselves in to the plant pot.

Juan Franco, coach driver extraordinaire, popped up out of nowhere with some ice for Sandra's face but somehow tripped on route and knocked her back into the plant again, landing face first into her heaving bosom, that's possibly the most action her cleavage has had in many a year.

I am now currently waiting for Jeremy Beadle to pop out from behind said plant and tell me this has all been a huge prank and I've been on Candid Camera the entire journey.

Seriously, you couldn't make this up.

Somebody had given Chardonnay a brown paper bag to gather her senses, I sincerely hope it wasn't one of Hazels as there could have been anything from jellied eels to soiled ear buds inside prior to use.

In all this kerfuffle, the list has been thrown in the air, landing rather coincidentally next to my bag. Now, here's the question one and all, do I graciously hand back without glancing or shall it suspiciously disappear, never to be seen again? What to do.....

Much love to all, Chrissy

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

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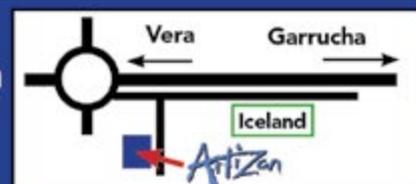
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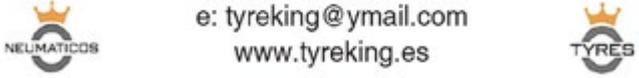



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Environmental Issues

DISAPPOINTINGLY, due to the ongoing pandemic, the first beach clean of 2021 was cancelled. This was to protect the volunteers and be sensitive to the risks that meeting up could present. However 2 parts of the inland CCA team met and did a rambla and a roadside clean in Los Torres and Los Llanos, Arboleas.

One team collected 12 bags of rubbish and lots of plastic irrigation piping. The other, collected a whole car boot full, plus cleaned around the litter bin area itself as, it was "a disgrace after the market".

This is important work especially, as we are likely to have some heavy rainfall at some point. Ramblas (river beds) all lead to the sea and work like this helps to protect marine life from afar.



So thank you to David, Kathy and friends for your efforts and to Maxine and Mark.

Whilst the new municipality restrictions are in place we will continue to patch pick in our own areas.

I like the idea that all the little areas we do add up and, connect to keep our environment cleaner and safer for the animals and marine life we share it with.

I have hopes that we will be back out as a group in the near future and able to kayak, walk and socialise in safety once the vaccines are more readily available. In the meantime.... stay safe and stay happy.

Sue Parmenter. CCA Founder.

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



Sudoku Easy

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

Sudoku Hard

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

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 Alarm (13)
- 8 Writer (4)
- 9 Proclaimed (8)
- 10 Sidestep (10)
- 12 Stuff (6)
- 14 Neglect (6)
- 15 Naively optimistic (6-4)
- 19 Hard wheat flour used in pasta and puddings (8)
- 20 Great rage (4)
- 21 Senior barrister (6,7)

DOWN

- 2 Fresh and unusual (8)
- 3 Long-suffering (5)
- 4 Characteristic of a certain area (7)
- 5 Slot (5)
- 6 Farm vehicle (7)
- 7 Surplus (4)
- 11 Run through (8)
- 13 Put back (7)
- 14 Jumble (7)
- 16 Wrong (5)
- 17 Small and delicate (5)
- 18 List of options (4)

COMMUNITY NEWS

Fabulous Fotos

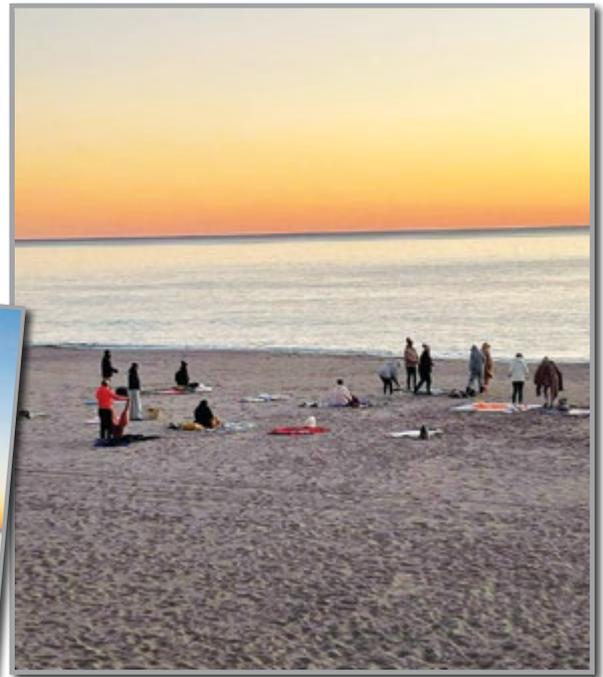
Photo Credit from local photographer Tony Unwin



100€ Raised for Vera & District Lions

On New Year's Eve a group of local yogis braved the chilly weather to celebrate the last sunrise of 2020 on the beach in Mojácar. Donations were made to local charity Vera & District Lions Club. Just over 100€ was raised & passed on to the shop in Turre.

To join in regular beach classes contact Peni Howe 647 593 323 penihowees@gmail.com



COMMUNITY NEWS

Tremendous applause for tenacion thirteen

- **Chrissie Cremore**

AS the end of 2020 loomed, Ann and Brad Swift, organisers of the annual new year day swim in Mojácar knew that due to Covid-19 this fun and ever growing event would not be able to take place.

However, there was a "bubble" of folk whose determination did not wane and stop them from greeting 2021 with their desire to raise much needed funds to help PAWS-PATAS Animal Charity. Especially after a year which halted all fundraising events creating extreme financial stress. The animal shelter requires 9,500€ per month in order to cover basic working requirements and care for the kittens, cats, puppies and dogs continually abandoned and often requiring medical treatment.

On Friday 1 January 2021 at high noon; although the sun was shining, the Alboran Sea offered a chilly welcome to the 13 intrepid swimmers who braved the elements and plunged into the water. Enduring 15 minutes of bobbing in the Mediterranean and offering a roaring rendition of Auld Lang Syne.

85 year old local writer and thespian Jim Dale-Grey insisted on taking part as he is particularly concerned that Shoestring Productions have been unable to support PAWS-PATAS during 2020. Jim has written a new play which is waiting in the wings and the drama group are "chomping at the bit" to begin rehearsals when restrictions allow. Also returning from previous years were long-term PAWS-PATAS volunteers from the shelter, Kerry Clarke, Christine Logan and John Sutcliffe.



Refreshments were served by The Swifts and Bunny and Trevor Willis supplied hot mulled wine. 2020 saw 80 brave people join hands and run into the sea with a further 200 cheering them on from the beach. This is the 6th annual swim and in previous years hundreds of euros have also been raised in memory of Elaine McBride, Little Leo and MACS.

However, these 13 Trojans raised the bar and with sponsorship in Spain, the UK plus donations at the event; at the time of going to print a staggering 2983€ has been raised. "PAWS-PATAS thanks everyone who took part. These are precious euros in testing times and our gratitude is great"...says Committee Member Chrissie Cremore. Chrissie continues to explain how a "little" can go a "loooooong" way and would also like to extend "extra special thanks to those who consistently donate and those who help when they can. The £1/1€ scheme has generated thousands over the past 5 years, providing an extremely "comfy cushion" for the shelter and the animals"



PAWS-PATAS wishes you all a much happier, positive and prosperous 2021.

Keep smiling and keep safe.

THE EXECUTIVE COMMITTEE AND EVERYONE AT PAWS-PATAS...

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For further information, regarding donating or volunteering, please go to their website: www.paws-patas.org. Email: dogs@paws-patas.org or cats@paws-patas.org

Please donate items to our outlets in Mojácar, Turre and Las Buganvillas.

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Mojácar approves its first municipal equal opportunities plan

RAQUEL Belmonte, Mojácar's Social Services Councillor, recently presented for approval at a plenary meeting, the first Equal opportunities Plan for the town's Men and Women.

The Social Services Department hopes to count on the involvement and participation of all Municipal divisions, as well the different political groups and associations within the town.

Amongst the long list of proposed objectives, is the support and promotion of associations to encourage their active participation, along with comprehensive action plans focusing on those who are experiencing difficulties. Training and employment policies are a priority, as well as the eradication of obstacles that hinders the promotion of women locally.

There will also be a strong focus on the fight against gender violence and the management of balancing work, family, and personal life. The actions to be taken will have an impact throughout the areas of education, culture, sports, health, employment, and training, Mojácar Council's Local Police Force already has an important track record regarding the fight against gender violence. Since 2007, it has had a Viogén unit that has worked continuously in the full

monitoring of related cases and, is the only Andalucían town that fully manages the protection of all victims.

In 2016, the Local Police were awarded the Menina Prize by the Andalucían Government for their work and initiatives and, they regularly hold talks on prevention at different local educational centres as well as participate in regional Government assignments and training.

With this first Equality Plan, gender violence prevention campaigns will be intensified, with the preparation of informative brochures on; crimes against women, self-defence protocols, as well as activities aimed at self-protection and the psychological support for victims of violence.

With regard to family life and well-being, actions will be aimed at possible changes, to encourage a fair distribution of responsibilities in the home as well as increase the awareness on the subject of paternity leave.

In sports, there is an aim to promote participation of girls and women in all fields of sport, as well as encourage artistic and cultural interests.

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