

The Advertiser Magazine

November 2021

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The Advertiser Magazine

THE Advertiser Magazine is published monthly and is bursting with useful adverts for a broad range of businesses located in Mojácar, 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.advertisermojacar.com and approximately 3,000 downloads are recorded each month.

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Welcome

to the November issue of the Advertiser Magazine
Another jammed packed issue of all your favourite articles and adverts from our local businesses. Many of the businesses in our community are already preparing for Christmas. Have a look through and perhaps choose a restaurant for your Christmas Day lunch or plan your Christmas party season.

Thank you as always to our advertisers and clever copywriters. In this issue we go to print with our wedding. Watch out for the photos.

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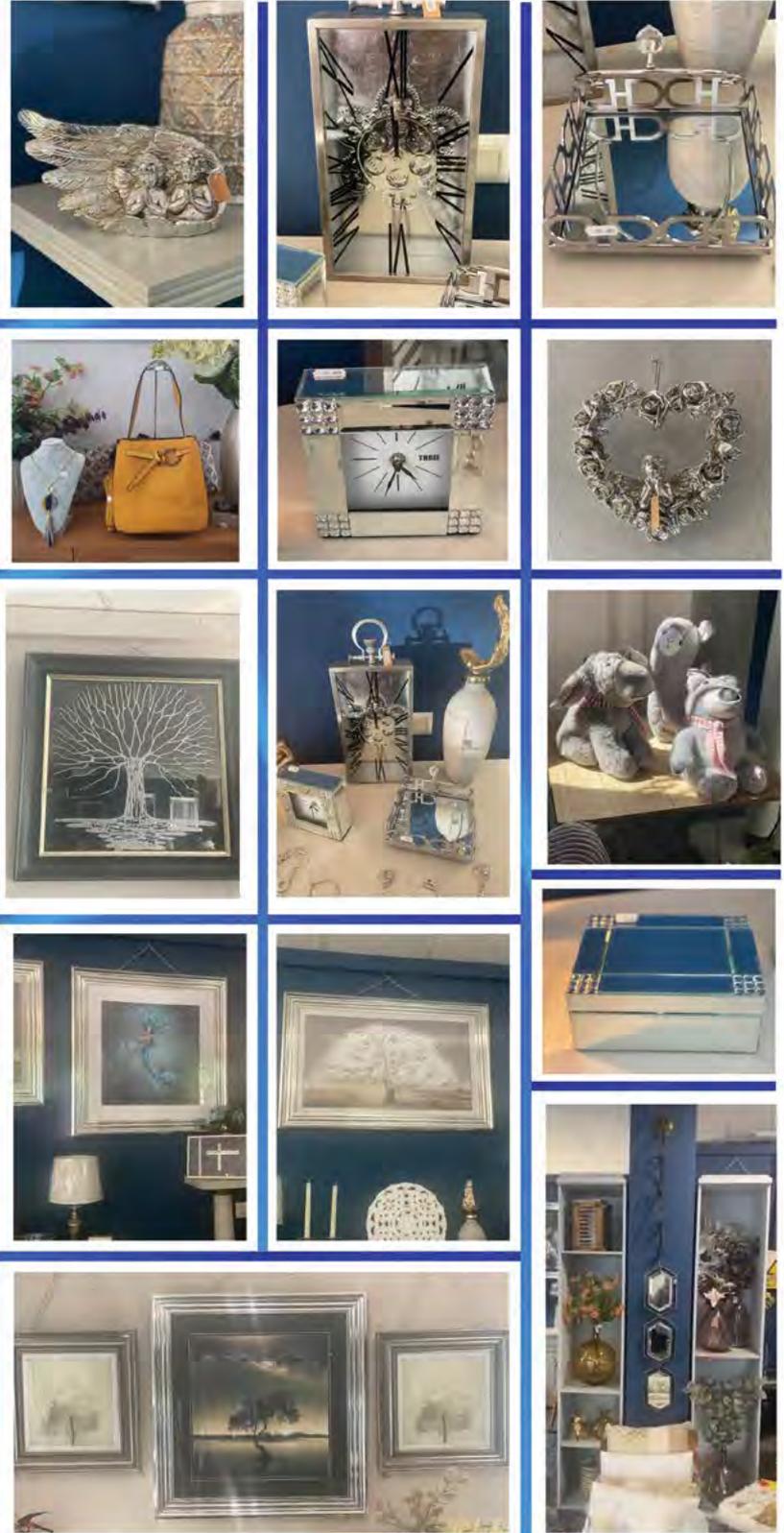
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LifeStyle

WHAT TO DO WHEN YOU HAVE NOTHING TO DO?

People who are home each day, day after day, either through choice or circumstance, come across the same problem eventually. How to fill the day? Hobbies, regimented schedules, volunteering, sofa quality-controller, mobile phone holder-er?

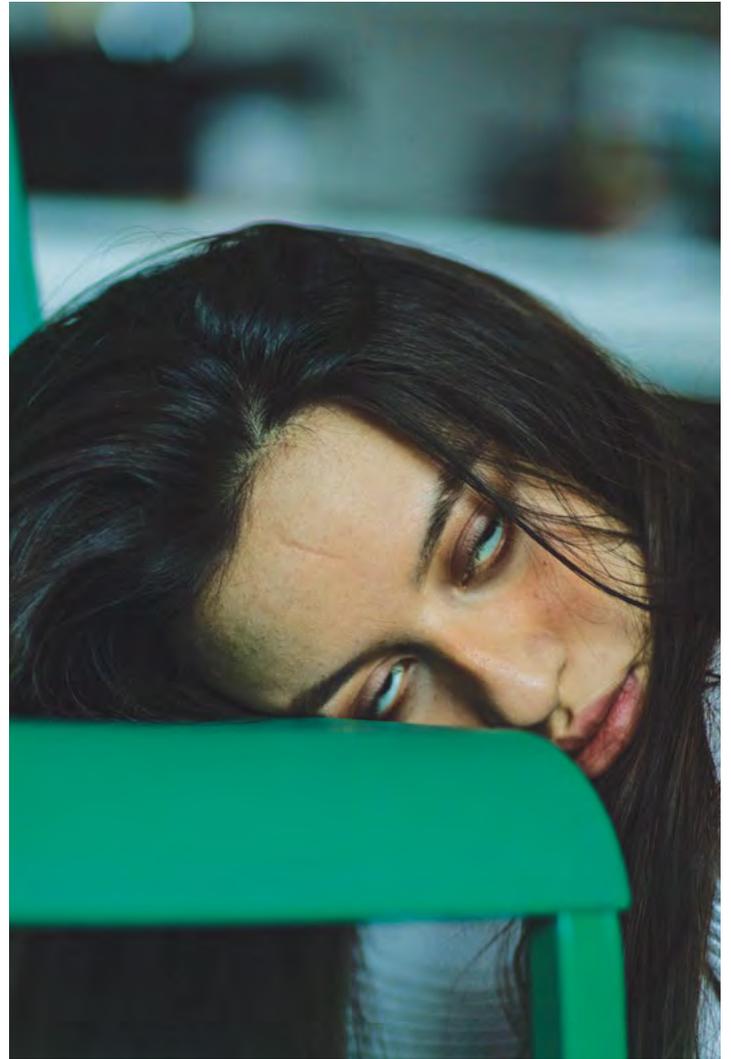
For the last couple of years, I'm lucky enough to have had 2 months off over the Summer months. But towards the end of this time, I get a bit bored. I've usually travelled a bit, recharged the batteries, hung out with friends and family, apologised to friends and family for doing something inappropriate and walked the kids along the paseo enough times to go through two pairs of thongs (Australiano for sandals).

Self-Improvement anyone?

I like to feel that I'm constantly trying to improve myself in one way or another, even if that isn't perceptible to anyone around me. Like, at all. I like to read on a wide range of topics and sub-topics and build up knowledge that will never be useful nor help me to win a pub quiz.

With the internet, there is a never ending stream of information that we all have access to. We can sip our drinks sitting on the beach reading about the latest scientific achievement, or gathering information on the best way to prune a rose bush, or which plastic surgery would best suit me. Maybe that's external improvement.

I try to keep my health somewhere between not too bad and terminal. Every so often I realize that maybe it's not the dryer shrinking my clothes and I need to get moving more. My problem is I love eating bad foods, drinking beer and watching TV. While I hate jogging, swimming laps or riding a bike for any distance, I sure do love playing ball sports. I'm like a jack Russell, I can chase a ball around all day.



I both admire and detest people that can stick to a regular exercise routine. As I've previously mentioned in this column, a routine takes 21 days to implement. Do something every day for 21 days, once you've achieved this, you can pare it back to a couple of times a week and maintain your drive. This is clearly one of those "do as I say..." instances, okay?

I need a volunteer from the audience

I try to keep the number of times I help others to a minimum because if I can keep expectations low, I won't disappoint anyone. But that's just my personal philosophy. However, if you have time and are much nicer than I, there are plenty of good charities that are always looking for new faces to come and join the team. I'm sure there are a few on the following pages, so get in touch with them if you can.

Procrastination...

I've been meaning to write about procrastination for a while now, but just haven't got around to it. I kept putting it off, probably because I'm a master procrastinator. Others call me a master of debates, which would be true, but I usually put this off for just one more episode on Netflix.

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by Brad H

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OUT & ABOUT

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250 guests attended the annual MACS (Mojacar Area Cancer Support) BBQ on the 2nd of October 2021, held at Miraflores Camping, Los Gallardos.

The safety measures, which are always in place at Miraflores, were observed. The food was as ever, delicious. Thanks to Ben and all the team and thank you to Shirley, Ben and David Jackson for the support they've given MACS from the very first coffee morning which MACS founder, Elaine (Brown) held there in 2007.

Paul Rawlins (founder of The All Skas and a member of the MACS fundraising team) did a superb job keeping everything ticking along. A massive shout out to Tim Ridgway (also from the All Skas) for setting up and monitoring the sound system all day. From 9am until 5.30pm!

MACS had the support from some of the best local musicians, most of whom started arriving at 9.30am. Yet again, they gave their time f.o.c.

At 12.30pm one of two hosts for the afternoon, Carl Lewis, kicked off the event, singing songs through the decades, whilst entertaining everyone with his witty banter!

Tony Justice and Lady Ellen followed Carl - singing a mixture of swing, Blues and easy listening songs.

Following Tony and Ellen, Carl entertained everyone for a short time and then introduced Jill Farmiloe who sang songs from Blues, to jazz, from the 60's to the present day. Paul Rawlins on keyboard and Tim Ridgway on saxophone both joined Jill for several songs

Carl came back and on and introduced the second of the hosts - Betty Swallocks, who after a short set, introduced The All Skas.

Betty returned to introduce Melanie Howard-Coles, who sang a mixture of Motown, Northern Soul and Ska.

Prior to the final band of the afternoon, Carl Lewis was asked, and very kindly agreed, to step in and perform an extra set. THANK YOU Carl. Following this, he introduced Glam Slam, a relatively new band to the area, who performed songs mainly from the 70's.

The artists were all brilliant. There was a variety of genres to please everyone. It should be recognised that singing is their job/work and to give their time f.o.c is very much appreciated. Thank you doesn't seem enough, but THANK YOU TO THEM ALL.

Thank you to the MACS Fundraising Team, along with MACS shop volunteers, who kindly offered their help. It takes considerable time to organise any event and the work which goes on tirelessly behind the scenes and on the day itself, ensured another successful fundraiser, providing guests with a wonderful atmosphere in which to enjoy 5 hours of live music, good food and a safe place to spend the afternoon with friends.

Thank you to the volunteers and the general public who donated prizes for the five superb raffle hampers. A special mention to Fran for putting the hampers together so beautifully. Congratulations to

the lucky winners.

There were two Squares Boards; Denise Posting won 200 euros prize money and Veronica Bridges won 100 euros. 300 euros went to MACS.

Thank you to everyone who attended and for the extremely positive comments we have received. Thank you for your continued support and generosity – it is very, very much appreciated.

The total figure raised (subject to a final check during banking) is a whopping 4,265 euros!! This is an unbelievable amount of money, which will help to continue to support MACS patients and their Carers, now and in the future. THANK YOU.

MACS local cancer charity, has charity shops in Mojácar, Turre, Albox (2), Vera or Huerca Overa. If you would like information about the location of those shops, general enquires or serving as a volunteer, call 634 328 334 weekdays between 11 am and 4 pm. If you or a loved one needs the support of MACS, please call 634 656 555.



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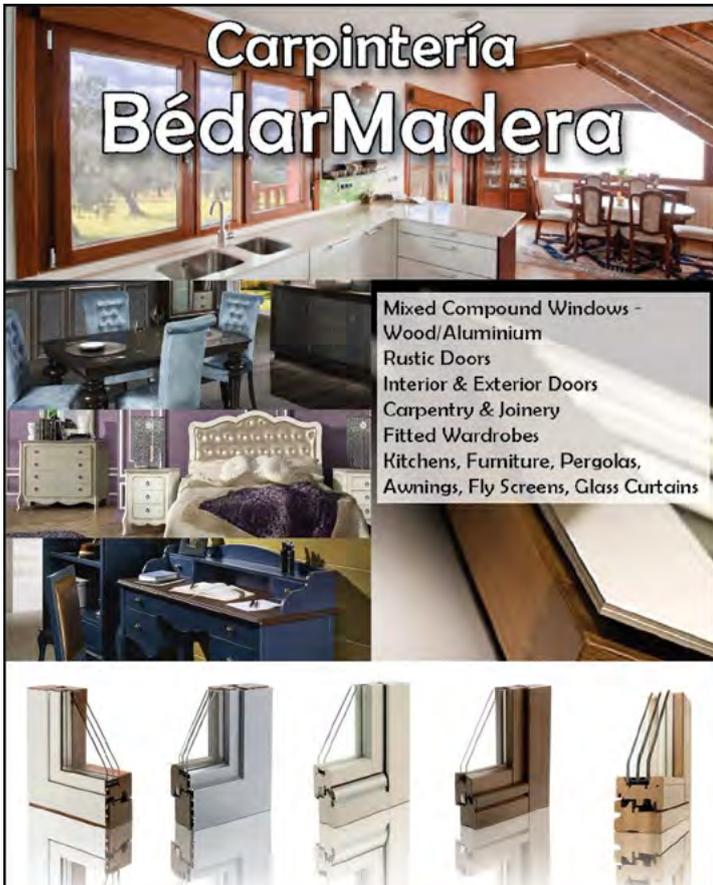
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Bon Appetit

Although we still have warm sunshine in November, when the sun dips behind the mountains and it's dark by 7, a little bit of warming comfort food is often in order.

MIXED MUSHROOM RISOTTO

serves 2

Risotto can seem a little time consuming with the constant stirring but I find it quite relaxing especially if enjoyed with a glass of wine! (you'll need to open one any way for the recipe!)

Ingredients:

- 200g prepared mixed mushrooms
- 150ml white wine
- 600ml vegetable stock
- 170g risotto rice
- ½ leek finely chopped
- A generous knob of butter
- Black pepper
- Level tablespoon of grated parmesan
- Tablespoon chopped fresh parsley



Method:

In a medium sized saucepan gently fry the leeks in the butter until soft taking care not to colour them. Add the mushrooms and cook through. Add the rice and mix in to completely coat the rice.

Add the wine and, stirring continuously, cook gently until the liquid is 2/3 reduced. Add a ladleful of stock and again cook and stir until the liquid is nearly all gone. Repeat a ladleful of stock at a time.

This will take about 20 minutes or so, don't rush this stage as the rice won't be cooked. Pour yourself a glass of the wine to enjoy while you are doing this! When the stock is nearly added check to see how the rice is coming along. For the final amount of stock, reduce the liquid according to how wet or dry you prefer your risotto. Stir in the parmesan for a minute or so then add black pepper and the chopped fresh parsley. Check for seasoning and add a little salt if required. Serve immediately with a little more parmesan if desired.

A tasty soup is always a winner for a quick supper or autumnal lunch. We also serve this as a little soup taster with our Christmas afternoon tea at La Meseta. Always very popular!!

SPICED PARSNIP AND CARROT SOUP

Serves 4

Ingredients:

- 2 tablespoons Olive oil
- 1 tsp ground coriander
- 2 tsp cumin seeds
- ½ tsp ground turmeric
- 1 large onion rough chopped
- 2 cloves garlic finely chopped
- 400g diced parsnip – roughly 1 inch cubes
- 200g carrots cut in similar sized chunks
- 1.2 l veg stock



Method:

Soften the onions in the olive oil with the cumin seeds, coriander,

turmeric & garlic. Add the chopped vegetables and the vegetable stock and a good grind of black pepper and simmer for around 20 mins or until the vegetables are soft. Leave to cool for a little while then liquidise or use a stick blender. Add a little more stock if too thick. Warm through and serve with some warm crusty bread or even better, some tasty cheese stars!

CHEESE STARS

This makes a dozen or so and can easily be doubled for a bigger batch. This is my go to cheese straw recipe, perfect with the soup or as some delicious nibbles for a drinks party.

Ingredients:

- 140g self raising flour
- 140g strong cheddar grated
- 85g cold butter cut into cubes
- 1 egg
- ½ English mustard
- Ground black pepper

Method:

Rub the butter into the flour until it resembles breadcrumbs then add the cheese and mix well.



Whisk the egg with the mustard and black pepper and mix into the dry ingredients to form a soft slightly sticky dough. This can also be done in a food processor, processing the flour and butter first, followed by the cheese then the egg mix, process until the ball of dough is formed.

On a floured surface, roll out to about 1cm thickness and either cut into star shapes – I use a 4cm cutter or using a pizza wheel, cut into 2cm x 8cm shapes for your classic cheese straw.

Space out on a baking paper covered baking sheet. Brush with beaten egg and bake at 200 degrees for 15-20 minutes until risen and golden brown.

Transfer to a cooling rack and once cold transfer to an airtight container. These will keep for up to 5 days and can be gently warmed before serving. I've never had these last more than a day in my house though! They also freeze well so a good one to make in advance for Christmas.

Talking about the C word, make sure you pick up your copy of the advertiser next month for some fab festive recipes.

No. 1
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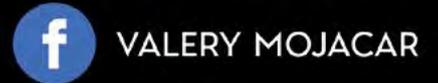



Recipes provided by
Katie of La Meseta

Cortijo La Meseta 1 • Bédar 04288 • Almería • Spain

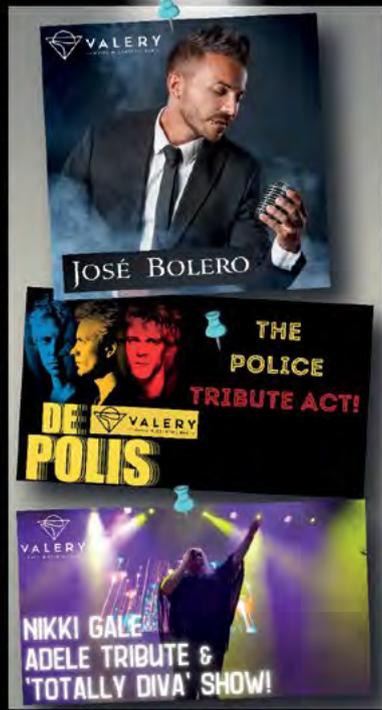
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Friday 3rd December Xmas Lights Switch on Party at Valery / 15€

VALERY CHRISTMAS LUNCH PARTY DAYS (3 Course Xmas Meal)

Wednesday 8th / Thursday 9th / Friday 10th December / 20€
Wednesday 15th / Thursday 16th / Friday 17th December / 20€
Wednesday 22nd / Thursday 23rd December / 20€

CHRISTMAS WEEK AT VALERY

Tues 21st Carol Singing around the Xmas Tree, Snow,
Mulled Wine, Mince Pies, Roasted Chestnuts
Wednesday 22nd Xmas with Jack Law
Thursday 23rd Xmas with José Bolero

XMAS EVE

Friday 24th Xmas Eve Party with Ashley / 25€

XMAS DAY

Have a Merry Xmas from Valery from 1-3pm

BOXING DAY

Sunday 26th Boxing Day Party with Melvin / 25€
Monday 27th Xmas with Ashley
Wednesday 29th Xmas with David Coll

NEW YEARS EVE

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Paseo del Mediterráneo 213, Mojácar Playa

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- * Smoked salmon with beetroot, vodka creme fraiche, served with a shot of vodka.

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- * Squash & chestnut filo crackers
- * Veggie Wellington
- * Fish option available.

Choose from one of our delicious Dessert Courses:

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- * Jamaican Ginger Sponge Pudding
- * Strawberry Pavlova.

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2022

31/12/2021

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drinks not included

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MADNESS		THE
BAD MANNERS		ALL-SKAS
THE BEAT		"THE NUTTIEST SOUND AROUND"
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THE SPECIALS.....		

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Friday 12th November : Shayne Prince
Friday 3rd December: The All Skas

Friday 10th December:
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XMAS MEAL & SHOW
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Friday 15th December: Shayne Prince

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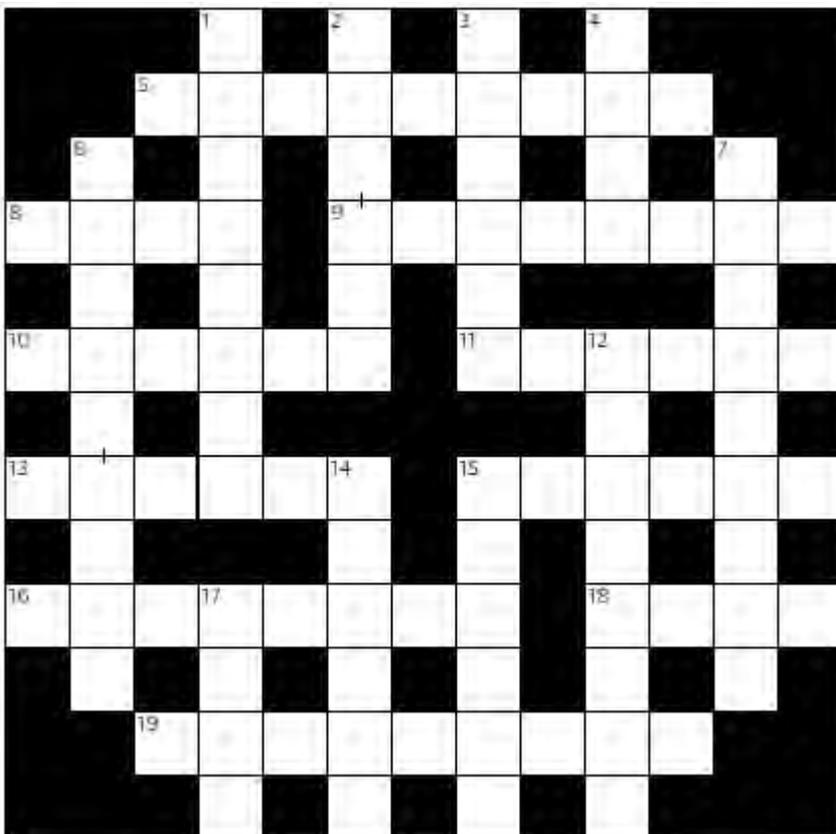


Sudokus

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

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

Cross Word



ACROSS

- 5 8 speech in a drama (9)
- 8 Piece for a lone singer or musician (4)
- 9 Swingeing (8)
- 10 Factional divide (6)
- 11 Empty (of) (6)
- 13 Player's token in Monopoly (3,3)
- 15 ___ Morning, 1967 song by The Velvet Underground (and Nico) (6)
- 16 Always sober (8)
- 18 Part played (4)
- 19 Explosive stuff (9)

DOWN

- 1 Single stone in the form of an obelisk, say (8)
- 2 Quick-firing naval anti-aircraft gun used in both World Wars (3-3)
- 3 Taken for a ride (6)
- 4 Simon and Garfunkel number, say (4)
- 6 Film commentary (5-4)
- 7 To hand (9)
- 12 Hold sacred (8)
- 14 Tasty morsel (6)
- 15 Like the sea? (6)
- 17 Bit of a wedding cake? (4)

Find the solutions to these puzzles inside the back page of this issue !!

Beautiful You



November Nights

How quickly this year has gone. It seems to have rushed past us with the speed, heat and intensity of a wildfire. So many changes, rules, regulations and limitations on our normal lives. Can you remember when life was last normal?

It seems that time has lost its grip on us, we drift from day to day, week to week not just forgetting what we are supposed to be doing but also why we were doing it !

Relationships have suffered, families have been devastated by the loss of loved ones and have had to deal with a plethora of emotions, from guilt and anger with the restrictions on visits etc.

Some of these rifts will never mend, others will grow back stronger. So why the title of this piece?

November is a cool month. The nights are darker and longer and, we have Christmas and winter to occupy us. It is my favourite month and also my birth month so, perhaps I am biased! We are safe and warmly ensconced in our homes and have time to reflect on the year and dare to plan for the new year just a few short weeks away.

Time to reflect.

3 words that hold such magnitude. Are you taking time to review the events this year, to renew acquaintances that were maybe put to the side while life tripped you up with obstacles? Possibly this year has made you determined to make changes in your life and put yourself as a priority next year. I certainly think that looking after your own happiness is always the right decision as then we are relaxed enough to help others. Emotional stress is one of the worst threats to our health so, we should not become a martyr to anyone else's cause before putting our own worries to rest.

It is also a time for bonfires and celebrations and, a time to regret that Guy Fawkes wasn't successful in ridding us of self-serving politicians!

I like to think about family and friends and a trip to the Alpujarras where the beautiful autumn colours remind me of my grandmothers patchwork blankets. She used dark reds and oranges and golds for her winter patchworks which, made you feel warm just looking at them. I don't suppose many people have one of these traditional blankets now and that is a shame. They used to be passed down through the generations.

I wonder what the younger generations will treasure in the future? Grandmas iphone won't have the same beauty and memories, that's for sure. We are living in such a disposable world today. Nothing is built to last, electrical items seem to last for a maximum of 3 years, whereas the old appliances were built to last, and there was a pride in the production quality. Nothing seems to be repaired as much now and, if it can be mended, the quote is usually a deterrent, making us think we may as well buy a new one...so many landfills overflowing with last years

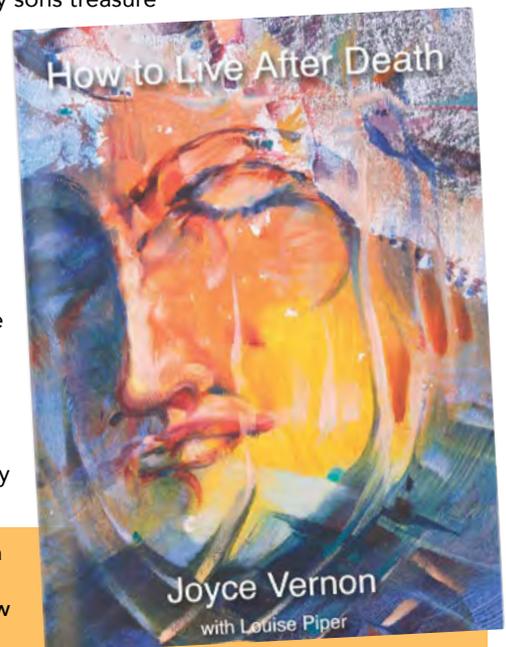


'latest gadgets'. I still have, and treasure my fathers old wooden foldable ruler and, I have wonderful memories of being intrigued by how many different ways I could fold it when I was a child, knocking nails into scraps of wood in his shed and gathering the wood shavings like curled up leaves as he was using his plane, smoothing and shaping the wood when he was making furniture. I still love the smell of wood and, am instantly transported back to my childhood whenever I pass some fresh cut logs.

November should smell of bonfires, wood, damp leaves, cinnamon sprinkled toast, toffee apples and home made treacle toffee. Simple pleasures from much simpler and, for me, happier times. I make no apologies for nostalgia and memories. I have a special store room in my heart for them all and it grows bigger every year. I hope my sons treasure

their simple memories from their childhoods as they too grow older. I hope they in turn will make their own traditions and rituals and, maybe, if I am lucky, they will want to include me in theirs as I have in turn shared mine with them.

Enjoy your November nights, and send me a happy birthday wish x



"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, once again I have had so many questions this month that it might be easier to start a Q & A (questions and answers) page, 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 FALLING OUT SO MUCH LATELY? A) SEASONAL HAIR LOSS

It's not a perfect measure, but some experts estimate that we may shed up to 100 or more hairs a day. That's not cause for alarm, nor does it mean you're going bald. About 90% of your 100,000 hair follicles are producing hair at any given time. The other 10% are in a resting (telogen) phase, and the hair falls out after about 2 to 3 months. It's replaced by new hair, and the growth cycle starts over again.

However hair loss is more noticeable when we start to lose the long summer days and the autumn days begin, why? Because a lack of sun light effects the hormones that impacts hair growth, this progression of hair loss is commonly known as Seasonal Hair Loss. Seasonal changes can lead to stress and fatigue also a poor diet can be related to hair loss, dietary supplements containing B vitamins, sulphur amino acids, zinc, iron and selenium can be an effective complementary treatment against seasonal hair loss but don't worry because unless there is an underlying problem your hair will soon start to regrow as normal.



Q) CAN COVID 19 CAUSE HAIR LOSS?

A) YES, COVID 19 HAS BEEN RECOGNISED AS A REASON FOR HAIR LOSS

The COVID-19 pandemic has caused emotional stress causing hair to switch from the growing phase to the shedding stage prematurely. While shedding hair is a normal part of the hair cycle, excessive shedding is not.

During the normal hair cycle, we lose about 50 to 100 hairs per day, however, while someone experiencing stress might lose about 300 hairs per day. This amount of shedding of hair from the scalp can lead to noticeable hair thinning.

Unfortunately, premature shedding is not only seen in those who have COVID-19. It also appears in those caring for a loved one who is ill, those who have experienced the loss of a loved one, and those whose lives have been severely disrupted in other ways by the virus.

The good news is that this type of hair loss is temporary, usually lasting from three to six months before going back to the normal hair cycle. For most people, the hair shedding and thinning should resolve itself fully within one year from the onset. so when you see those little hairs growing like a halo above your longer hair it is new hair growing ready for the next cycle of growth.

Until the normal hair cycle returns, it might help to use a product like Rogaine or its generic version, minoxidil, to decrease the amount of shedding. Steroid injections, performed by your local dermatologist, might also help to ease the amount of hair lost.

Thank you for your questions and I look forward to hearing many more.

Beth x





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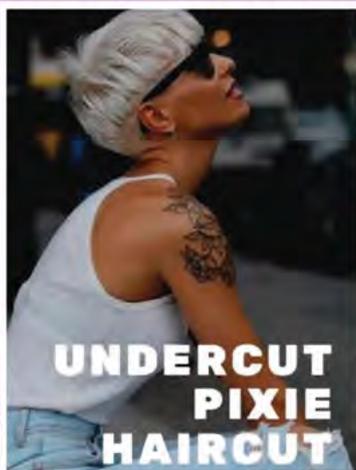


Etticut would like to welcome Maureen to our team of hair stylists. Maureen has been an owner of hairdressing salons and with her vast experience and attention to detail we are very proud to have her on board.

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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

My wife recently found out I was having an affair. It wasn't really an affair I was just having sex with someone, when the opportunity arose. I don't care about the woman at all. She's just local and hangs around the bar. My wife says she's devastated, but I'm finding it hard to look and act sorry so she can forgive me because it was nothing. I love my wife we have a good sex life and three kids. She wants me to go to couples counselling but I'm afraid the counsellor will be one sided and my wife will leave me.

David

Hi David

I totally understand how you are feeling and so will the counsellor. I'm sure you do love your wife. It seems you have very different ideas about what marriage and being faithful means. This is something you could renegotiate with the counsellors help, you could explain to your wife that you would like a fresh start, where both of you could have sex with other people, as long as it's on a casual basis. I think your wife's devastation is because she didn't know the rules/vows of your marriage had changed. I hope it all goes really well for you and your wife.

Best wishes

Theresa

We posted this question on a confidential facebook group. The answers we received were varied. Here are some of them...

Your lack of understanding about why your wife is so upset and the fact that you are NOT sorry or have any remorse shows just how little you care about your wife. As things stand you've lost her already. If you truly care you will follow through with her request and go to counselling and perhaps, through that, you will realise just how much pain you have put her through. If she can see that you understand her pain there's a chance that she will stay around to work things out, but frankly you've shown that only your needs/feelings matter. She deserves better than you are capable of giving her.

Aileen

Without counselling your wife may think you don't care about her and her feelings and may leave you anyway.

Think carefully and honestly. If you found out your wife was having an affair, would you be alright about it? Her leaving your arms to go into the arms of another man, snuggled up close of an evening, sharing secrets, hopes, desires etc?

You possibly wouldn't be fine about it and neither is your wife. It's not just that you think nothing of this other woman but you think so very little of your wife. You were quite happy to be having sex with another woman but now you've been caught out you are showing all your narcissistic qualities, "It doesn't matter, I'm not to blame, it doesn't count" etc. Please go to counselling to help save your marriage and give your wife time to come to terms with your infidelity. But you also have to be honest with yourself and that, I'm afraid, may be the hardest thing for you to do.

Janice

I would say because of your total lack of empathy, your disrespect for your wife and the woman you were having sex with and the fact that you are finding it hard to look and act sorry so that your wife will forgive you shows misogynistic tendencies. You also have the gall to think perhaps your wife will forgive you!!

She may do BUT she won't forget.

You say that you and your wife have a good sexy life but that is clearly not enough and when a local woman who just hangs about the bar is available for sex, any thought of loyalty and respect for your wife and family flew out of the window. A couple/relationship counsellor will be impartial and you know that. You say you love your wife now that you have been found out, but do you really?

If your wife hadn't of found out, would you have carried on sleeping with the other woman?

Sandra

It might have been nothing to you (I'm actually feeling sorry for the poor woman you had the affair with as well as your wife!!) but it is understandably devastating to your wife. Put yourself in her shoes...and think, would you feel so flippant and uncaring if it were the other way around? How would you feel if she were the one to say she'd had an affair... but it wasn't an affair, just sex...and meant nothing!!? Now do you see why she wants you to go for counselling? You are scared that the counsellor will be one sided, and that your wife will leave you if you go...I think you've got more chance of her leaving you if you don't at least try to put things right between you!!

Karen

It would be so easy to throw abuse and scorn at you for this request for help, but it is more important to try to understand your thought process. You say you love your wife and kids, and that may be so as you are reaching out for advice, which gives a small hope of decency. Some men see love as sex, and some men can separate the two. You seem to have the capacity to regard sex as some sort of take away option, I fancy a curry tonight, KFC tomorrow, but are confused that your wife doesn't understand that you can have sex with another woman and it be nothing to you. Couples counselling may give you a greater insight into your personality, some people are sex addicts, and you are extremely lucky that your wife has offered this option, as, from the previous replies show, most people would have thrown you out onto the streets. So if you truly love her, show her by doing what she wants for a change, instead of doing whatever you want, whenever you want.

Joyce

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The Apothecary

Aromatherapy Essential oils – Spotlight on Chamomile oil From the Apothecary of the Enchanted Forest.

CHAMOMILE OILS HISTORY.

There are several types of chamomile used in aromatherapy, with Roman and German (belonging to the Asteraceae family), being the most common and popular across multiple essential oil applications. There is also Moroccan Chamomile that belongs to the same botanical family as the German and Roman chamomile, but it is a distinctly different plant. Tansy Blue is Moroccan chamomile's other name and thought to be a true chamomile.

Chamomile is one of the most ancient medicinal herbs known to mankind with its history going back as far as the ancient Egyptians who devoted it to their Gods due to its ability to treat acute fever. It was also used by the Egyptians as part of the embalming oil used to preserve Pharaohs in their tombs, and the ladies of nobility used it as a skincare treatment, according to hieroglyphics.

The Romans used it in medicines, beverages and incense and the Anglo-Saxons considered it among the nine sacred herbs and used it for healing and ceremonies. Chamomile cultivation began in the 16th century eventually becoming a mainstay in the doctors black bags in Europe and the early days of the United States, due to its diverse health benefits.

But its main claim to fame is undoubtedly for its soothing and calming effects on the skin (especially itchy skin). Whenever we have sunburn, itchy spots or a rash, we find ourselves reaching for the chamomile lotion.

USES OF CHAMOMILE OIL

- **Skin care** – Chamomile is loaded with antioxidants thus making it an excellent option for improving the tone & texture of the skin at the same time reducing the appearance of ageing. Due to its gentleness, it's perfect for hyper sensitive skin. When mixed with a carrier oil such as calendula, it soothes and softens the skin. German chamomile oil can be used as a powerful anti-inflammatory when used in topical applications.
- **Support nervous system** – When used during a massage, the soothing nature of chamomile oil has proven to be extremely beneficial due to its calming and relaxing properties.
- **Pre-natal** – Used in pre-natal massages to help the expectant mothers relax.
- **Mood boost** – The aromatherapy benefits of essential oils are triggered by the heady scents which have the ability to influence your mood. The aroma of chamomile can aid in relaxation and leave you feeling rejuvenated.
- **Detoxification** – Both German & Roman chamomile are known to encourage sweating and perspiration, which is a natural way to remove and eliminate toxins from the body.
- **Hair care** – Add a few drops to freshly washed damp hair to nourish hair and scalp.

CHAMOMILE OIL IS BEST KNOWN FOR...

- Skin care allergies, itchy, sensitive & inflammatory skin conditions
- Relieves headaches and migraines
- Aids insomnia
- Alleviates menstrual pain and aids with menopausal symptoms
- Musculoskeletal system aches & pain

CHAMOMILE OIL

Botanical name: Anthemis nobilis

Origin: Native to southern and western Europe. Principle places of production, Chile, Bulgaria, France, England and Hungary.

Aroma characteristics: sweet and warm with a strong apple-like aroma.



THERAPEUTIC PROPERTIES

- analgesic • antidepressant • anti-inflammatory • antiseptic • bactericidal • carminative • hepatic • hypnotic • nervine • sedative (nerve) • stimulates leucocytosis (production of white blood cells) • stomachic • tonic • vulnerary.

THERAPEUTIC USES

- Digestive system – nausea, indigestion, colic & dyspepsia.
- Musculoskeletal system – muscular spasms & contractions, rheumatism, dull pain and muscle aches.
- Endocrine system – PMS and menopausal problems.
- Urinary system – cystitis.
- Nervous system – migraine & headache, nervous tension, depression, fatigue, insomnia and stress-related problems.
- Skin care – rashes, sunburn, insect bites and stings, acne, eczema, psoriasis, skin irritation, dry & sensitive skin and inflammatory skin conditions.

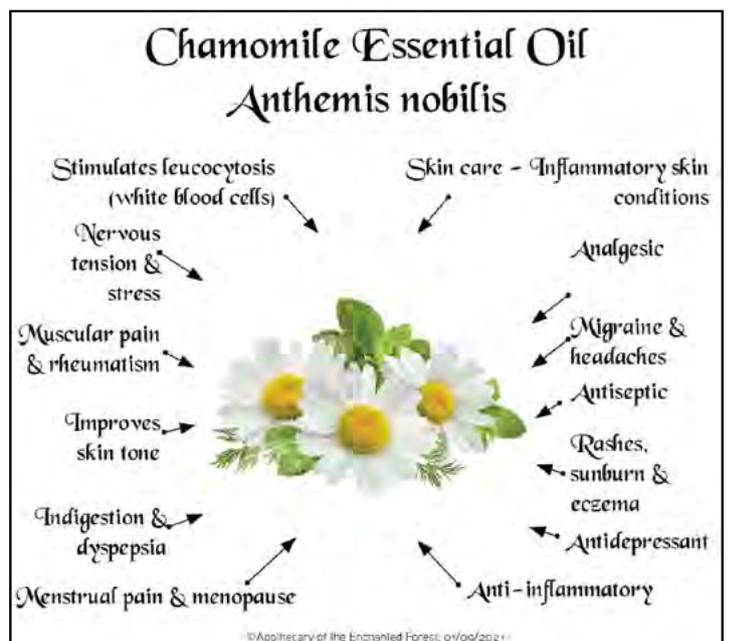
All the essential oils highlighted in this column are available at The Emporium of the Enchanted Forest (inside the VaVa Yoga Studio), and you can explore our Apothecary and discuss any questions you may have with me, Ashlí.

Ashlí Miréla

BCompMed. mFENACO/Naturopath. S.E.N (SANC). DipNut. DipAdv DTM. DipArom. YTTC.

Disclaimer & safety advice:

Possible skin sensitivity. The information from The Apothecary is provided for informational purposes only. It is not intended to be substituted for the advice provided by your doctor or other health care professional. If you rely upon any programs or techniques, or use any of the products and services made available by or through the use of our shop or website for decision making, without obtaining the advice of a physician or other health care professional, you do so at your own risk. The information in our shop and on our website is not intended to cure, diagnose or treat medical conditions, nor is it a substitute for medical advice. We strongly advise you to consult with your medical doctor or a knowledgeable health practitioner before using any essential oils internally to ensure a safe and optimal program for your individual body and do not attempt to self-diagnose or prescribe any natural substances for health conditions that require professional attention.



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The Vera Triathlon took place in Vera Playa on Sunday the 10th October.

Here are some photos of the participants.

Cycling Section of Vera Triathlon



Cycle Section of the Triathlon by Buganvillas



Preparing for the swim at Las Marinas

Vera Trathalon - Sunday 17th Oct



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You Can Not Be Serious

The Higher Authority came back from her morning art class with a strange expression on her face - I couldn't make my mind up whether it was a good expression or a bad one, or indeed anything in between.

As a gesture of sympathetic concern I asked her 'What's up?'

She put the huge carrier bag, the one she uses to transport her necessities to class and back, on the kitchen table, rummaged around in it for a couple of seconds and, like Little Jack Horner who sat in the corner eating his pudding and pie she extracted, not the plum that Little Jack was so pleased about, but a stiff sheet of heavy duty paper with a harbour scene on it.

The artist had obviously hired or borrowed a boat, because the artist's point of view was looking from the sea over the harbour with its attendant different crafts, and towards the land with its vertiginous assortment of gaily coloured terraced houses.

Wordlessly she held it up for me to see. I adopted a completely non-committal face - it was, to put it kindly, not very good; and this was stretching not very good to its absolute limit.

I felt a deep dark chasm open up in front of me. Whether or not I fell into that deep dark chasm depended on my reaction to the crude daub in her hand. What could I, should I say? Should I lie and say 'Very good dear?' or should I shame the devil and say 'Not very good, is it?'

I needed more time and information. It came out of her bag, so presumably she painted it, in which case the required answer would be 'That's nice' in a convincing voice.

Now my wife may not be Picasso, but she does know that eyes are usually one either side of the nose, and has come up with some pleasing portrayals of this and that; so I hazarded that maybe it wasn't her toil that had resulted in this misbegotten scene.

Playing for time I asked 'Did you do that?' readying myself to exude enthusiasm if the answer was yes.

'No. *****did it. She asked me what I thought of it, and all I said was Very Nice, so she gave it to me.'

She sighed. 'What am I going to do with it? She's coming round for a coffee on Saturday. She'll be hurt if I haven't hung it.'

I rose to the occasion magnificently. 'Prop it up there, against the pot plant, and tell her I'm going to put it up on Sunday afternoon. Then when I water the plant on Sunday morning I might inadvertently spill some water on it.'

She looked at me with something approaching awe. 'Brilliant.' She propped the offending artwork against the pot plant. 'Thank you dear.'

I am such a hero!!

- Jos Biggs



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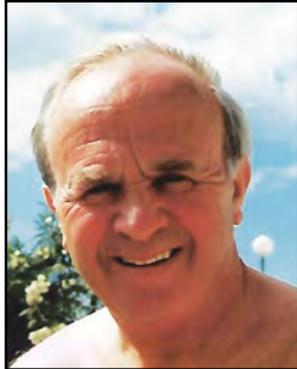
OBITUARY

James (Jim) Lyford Franklin

October 18, 1934 – August 11, 2021

JIM FRANKLIN died peacefully at home in his beloved Bedar on August 11.

As a small boy Jim was passionate about film, drawing cartoons (mostly Mickey Mouse) and filming them on an antiquated camera. At school he was frequently told that he would amount to nothing but became a successful BBC producer.



Aged 18, Jim did his National Service in the RAF where he spent most of his time underground in a telephone exchange, writing scripts. National Service completed, he was determined to join the BBC, prepared to sweep floors if necessary.

Instead, his first job there was as a Light Entertainment director, later winning a BAFTA for his work on Michael Palin's Rippling Yarns and a Silver Rose of Montreux for his contribution to comedy.

Film editing then was physically lengthy and laborious but Jim mastered it, making The Goodies ride their triple tandem down a vertical cliff face and across a beach in a continuous shot.

Jim and Janet met and fell in love at a local theatre group, marrying in 1964. After 32 years Jim took early retirement from the BBC and he and Janet discovered Bedar, their home for the next 29 years.

Sadly, dementia took hold three or four years ago, but Jim was still very happy and accompanied by Janet would sit in the PAWS-PATAS Turre outlet, watching the world go by.

Typically, he made conquests among the lady shoppers who regularly chatted to him and referred to him as their boyfriend.

A gentleman to the end Jim, will be sorely missed by all who knew him.

Excerpt from the book IDUS, by J.L.Cano

"The symptoms of the so called "maniacal phase" in a person that is bipolar can include the following: Easily distracted, excessive participation in activities, little need for sleep, low capacity to discern, deficient control of temperament, lack of auto-control which induces to heavy drinking, drug consumption and numerous sexual encounters with many different partners.

When in a sad or depressive state the bipolar person can have problems of concentration, difficulty in remembering and taking decisions. They can also experience problems with an appropriate food intake; they can go from having a lack of appetite to an excessive intake of food resulting in gaining weight which in turn results in feelings of guilt and low self-esteem. In extreme cases they are in a high risk of becoming suicidal.

Lucas had not noticed any of the symptoms in Alejandra that might have made him think that she suffered any serious illness. Now that he had been made aware by Asuncion about her daughter's condition he was worried about their impending relationship. He very much liked Alejandra and they had so far enjoyed great times, especially in bed; he now wondered if her insatiable appetite for sex was part of her condition.

Lucas suddenly felt as if a large rock had fallen on his shoulders, the weight that although not physical felt equally heavy was almost unbearable. He turned to Asuncion and found her looking straight into his eyes, almost drilling them to find out what was going on in his mind.

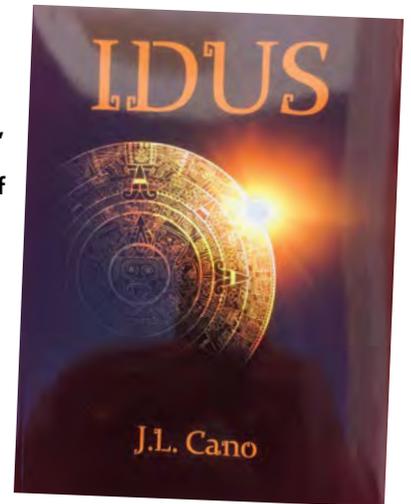
-You have to make some difficult decisions my dear friend; I wish I could help you in making the best possible ones – the old lady sounded like a mother when advising a son or daughter about life changing choices.

-Yes, I must admit Asuncion that I was not expecting any of the things that are happening today, it certainly will be a day to remember. You know? I have been faced with a multitude of difficult decisions in my life; these are no more or no less difficult than others, it's just a matter of how prepared one is and I must admit that I was totally unprepared today.

-I can understand what you're saying Lucas. It's not every day that you get offered to become part of a drug running cartel and find out that the woman you have started a relationship with has a serious mental condition – there was almost a hint of an ironic smile in her face.

It seemed almost surreal. The beautiful Caribbean afternoon, the soft breeze coming in from the sea, the pleasant musical tones being played by the boys and sang by the group of young people that surrounded them, the effect of the cocktails that he had consumed, all of these sensations on the one side of the balance while on the other having to decide what to do with his life. At 57, Lucas had more or less decided to start, as he would say "switching the lights off", that didn't mean stop living, not at all, but it meant leaving certain aspects of his life behind, such as the responsibilities of a full time job. He wanted to ease himself into a pleasant retirement and to harvest the fruits of what he had been sowing all his life, and that in the company of an attractive, young, lively, sexually active woman. Alas, that woman who he thought he had found in Alejandra, had just turned out to have a serious condition that would interfere with his plans for a golden twilight to his life."

You can arrange to pick up a copy of the book from José at his home in Mojácar by emailing him at cuqueros@hotmail.com or from Pronto Imprenta at Las Buganvillas.



Local Market Days

MONDAY

- * Antas
- * Huerca Overa
- * Vera Playa

TUESDAY

- * Albox
- * Cuevas de Almanzora
- * Los Gallardos

WEDNESDAY

- * Cantoria
- * Lubrin
- * Mojácar
- * Palomares
- * Velez Blanco

THURSDAY

- * Carboneras
- * Cuevas del Almanzora
- * Huerca Overa
- * Lorca
- * Olula del Rio
- * Purchena
- * Sorbas

FRIDAY

- * Chirivel
- * Garrucha
- * Taberno
- * Turre
- * Uleila del Campo
- * Zurgena

SATURDAY

- * Aguilas
- * Albox
- * Arboleas
- * Tijola
- * Velez Rubio
- * Vera

SUNDAY

- * Fines
- * La Alfoquia
- * Oria
- * San Juan de los Terreros
- * Villaricos

SUDOKU EASY

SUDOKU MEDIUM

CROSSWORD



BRAIN GAMES

SOLUTIONS

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

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87	88	89	90	91	92	93	94	95	96	97
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120	121	122	123	124	125	126	127	128	129	130

Bowling Clubs



ALMERÍA BOWLING CLUB: Shirley Jackson: Tlf: 679 970 399

INDALO BOWLING CLUB: Carolyn Micklefield: Tlf: 696 186 279 Indalo Bowling Club

CABRERA LAWN BOWLING CLUB: Ian Jackson: Tlf: 634 340 361

MOJACÁR BOWLS CLUB: Janet Lawrence : Tlf 627 204 422.

ZURGENA BOWLING CLUB: Tlf: 629 311 200 / 634 335 988 www.zurgenabc.com

Golf Clubs & Societies



AGUILON GOLF MEMBERS: Les Raufer: Tlf: 636 938 404 or 634 641 199

ALMERÍA GOLF LEAGUE: Les Raufer: Tlf: 950 619 273 or 634 641 199

BOXERS GOLF SOCIETY: Tlf: 607 675 318 or forums section of www.Arboleas.co.uk

CORTIJO GRANDE GOLF CLUB: Mike Picken: Tlf: 950 475 509

FORUM GOLF SOCIETY: Richard Price: Tlf: 634 305 353 rpf53@yahoo.co.uk

MOJACAR GOLF SOCIETY: Lynn Sefton: Tlf: 667 349 908 raylynnsefton@gmail.com

TSB GOLF SOCIETY TURRE: Tlf: Dez 677 161 705 or Mark 663 603 898

URCAL GOLF SOCIETY: Steve Dodd - Tlf: 608 238 827 stevedodd652@yahoo.co.uk

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+

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