

# The Advertiser Magazine

January 2022

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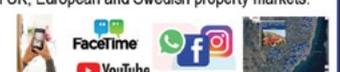


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# The Advertiser Magazine

THE Advertiser Magazine is published monthly and is bursting with useful adverts for a broad range of businesses located in 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

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Editor: Andrew Goth & Cheryl Woods

Artworker/Production : Jodie Escott

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# Welcome to the January issue of the Advertiser Magazine

It's 2022 already and who could possibly have realised how quickly the last year has gone by? We certainly hope that this year doesn't fly past so quickly.

I always plan to do so much during the Christmas holidays, then suddenly, they are over and I realise that I spent my time doing exactly what I wanted to do... nothing.

New Year's resolutions?? Not for us! We, at The Advertiser, are going to be the same wonderful crew we were last year!

Hopefully this year will see a little more normality in all of our lives, especially those who haven't seen their friends or family for so long.

Thank you, as always to our amazing contributors for making this, and every other issue of The Advertiser an interesting and informative community magazine.

May we wish you all a healthy and happy 2022.

*Andrew & Cheryl*



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# LifeStyle

## Interview with a Vampire, Goth.

This month, Andrew Goth; owner, proof-reader and delivery guy of this wonderful magazine sat down with me for a light grilling, where I attempted to find out his origin story. (An interview is by no means the work of a lazy writer out of ideas).

Brad: Andrew - you're known for being Australian, which part do you claim to be from?

Andrew: I come from Bankstown, about 30 km west of Sydney.

B: So you've named the most famous place in Australia and something that suspiciously sounds made up. Can you name any other cities in Australia?

A: Wollongong.

B: You should take those marbles out of your mouth. So you wouldn't say your South African?

A: No, I'm not from South Africa.

B: Are you ashamed to call yourself South African.

A: I told you, you wally, I'm not from South Africa.

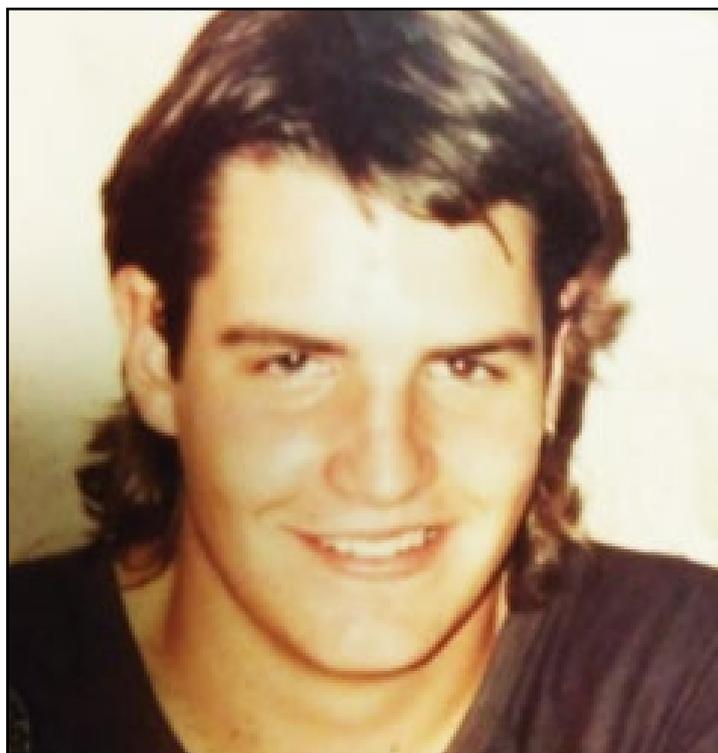
B: What sports did you play growing up?

A: I played rugby league and also rugby union in England and Sweden.

B: Did you win any trophies when you played?

A: The 'Most Valuable Player' one year and 'Forward of the Year' another year.

B: So you were quite good. Do you consider yourself the best rugby player in Spain?



A: No. I'd love to have a game sometime, but I don't think my knees would hold up.

B: Who has more trophies, you or your mum?

A: My mum had loads of tennis trophies but no rugby trophies.

B: Around here, you're quite the handy man, some would even say you're a handyman. What is your background?

A: In Australia, I was a tool maker and plastic injection moulder.

B: So you're good with your hands. How about your feet?

A: They come in handy when I'm swimming, they're big flippers.

B: What size shoe do you take?

A: European size 50.

B: Is it easy to buy shoes then?

A: No, it's very difficult. If there's a pair in the shop, I have to buy them no matter what they look like. Fortunately, now I can get them on the internet.

B: That explains a lot about your years of bad shoes. How long have you ran the Mojácar Advertiser?

A: We've been running the Advertiser for over 2 years now, but the Advertiser has been going for about 20 years, I believe.

B: Okay, 60 seconds of questions. Favourite customer?

A: I think the ones that sell beer, but Cheryl might have a different opinion.

B: Favourite co-worker?

A: My wife, Cheryl, is my favourite co-worker, but we couldn't do it without Mark, Brad, Jane and Jodie, as well as all the contributors.

B: You're dead to me. Tim Tams or Penguins?

A: Tim Tams.

B: Jaeger Bombs or Beer?

A: Beer... with a Jaeger Chaser.

B: In an emergency, who do you call?

A: Cheryl or Brad.

B: Next holiday?

A: Germany or Australia.

B: Thank-you Andrew, it's been revealing.

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

by Brad H

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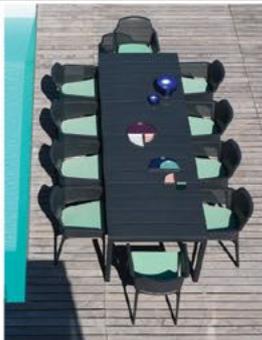
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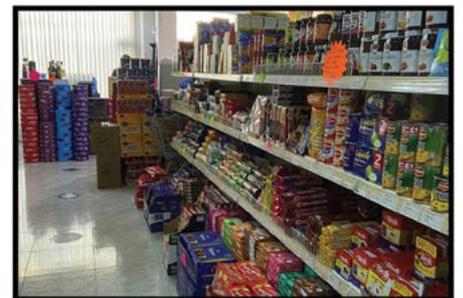
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# just for laughs

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## You Can Not Be Serious

Traditions - there are a myriad of them. There are national traditions, held sacred by the citizens of the country in question right up to the family traditions - funny little quirks perhaps, but held in high regard by the practitioners of said families.

We here in Spain have just celebrated the most traditional of traditions - Christmas.

Christmas qualifies as possibly the most widespread of traditions, being a main feature in all, (or all that I know of) countries that have a majority Christian populace. It's basically the same all over the world, and may have variations for the names used for Father Christmas, or the priorities given to one aspect or another, but Christmas is pretty much Christmas, and happens on December 25th.

But for me much of its charm is in the variations imposed upon it by individual families.

When is it the right time to put up the tree and decorations - don't go there! No two families will agree on that! However, it seems to be accepted by the vast majority that they should come down on the 6th January. Putting them up has a type of residual excitement to it. Taking them down does not.

It's not just the actual taking down, that is fairly straightforward. It's after the taking down that the fun, or lack of it, begins.

There's the serpentine mass of tinsel lying on the floor. Throw it away and start fresh next year? No chance! 'What a waste!' The Higher Authority will proclaim, 'It'll be fine for another year.' I refrain from pointing out that it's been fine for another year for as long as we've been living in Spain.

Baubles? Same argument, but with added nostalgia. 'No, we can't possibly throw that one out, Aunt Mary gave me that one when I was a child!'

It would be more than my life is worth to suggest that Aunt Mary, having left us many years ago for a more celestial abode, will never know. I know when to shut up!

But the lights! They are a seduction created by the Devil! Their delicate prettiness will soften the hardest heart as they twinkle innocently over the festive period - but take them down and there is no shred of prettiness or innocence about them!

No matter how tidy or careful I am they will wriggle and twist in my grasp until they have achieved a degree of twistedness guaranteed to try the patience and language control of even the most saintly of saints!

If I were a wealthy philanthropist I would willingly pour a medium-sized fortune into any invention that prevents Christmas lights from tangling as soon as they are freed from the tree!

As I struggle, surrounded by plastic wires and delicate bulbs intent on breaking themselves, purple in the face from frustration and a need to keep my vocabulary dignified, I see a vision of a fibre optic tree floating across my mind's eye. A fibre optic tree needs no lights - oh bliss! I say nothing. I know even the suggestion will call another tradition into play - An artificial tree? Certainly not! It's not Christmas with a plastic tree! How could you even think that?

Ah well. I've got 11 months to work the idea into the Higher Authority's mind!

- Jos Biggs



# OUT & ABOUT

Bars & Restaurants - Please submit photos of your event for publication!  
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# OUT & ABOUT



## ROSE & CROWN

### MACS CHARITY CHRISTMAS WALK



### BELOW... AFTERNOON TEA AT THE ROSE & CROWN WITH JILL FAMILIOE



# Bon Appetit

## Happy New Year! I hope you all had a great Christmas.

This month I thought I would start the year off as we start the day, with breakfast. As they say, breakfast like a king, lunch like a prince and dine like a pauper, so here are a few ideas to get your day off to a good start.

### FLUFFY AMERICAN STYLE PANCAKES - serves 4

These are so lovely and can be served with lots of toppings. My favourite is strawberries and maple syrup, but also good with bananas & honey, yogurt, compote and also to be truly American, crispy bacon and maple syrup.

#### Ingredients:

135g plain flour  
1 tsp baking powder  
1/2 tsp salt  
2 tbsp caster sugar  
130ml milk  
1 large egg lightly beaten  
2 tbsp melted butter plus extra for cooking



#### Method:

Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg then whisk in the melted butter. Pour the milk mixture into the flour mixture and using a fork, beat until you have a smooth batter. Let the batter stand for a few minutes.

Heat a non stick frying pan over a medium heat and add a knob of butter. When it has melted add a large ladle of batter (or 2 if your frying pan is big enough to cook 2 at the same time). It will seem very thick but this is how it should be. Wait until the top of the pancake begins to bubble then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm thick. Repeat until all the batter is used up, you can keep the pancakes warm in a low oven but they do taste best straight out of the pan! Serve with toppings of your choice.

### EGGS BENEDICT - serves 2

Not for everyday as the hollandaise is very rich, but a lovely treat now and then! The bacon can be substituted for smoked salmon to make eggs Royale or wilted spinach to make eggs Florentine. The Benedict and Royale are both popular options on our brunch menu.

#### Ingredients:

2 English muffins - you can get these in consum  
4 free range eggs  
4 rashers of bacon  
3 egg yolks  
1/2 tsp dijon mustard  
1 tsp white wine vinegar  
150g melted butter  
3 egg yolks



#### Method:

Melt your butter in a small saucepan and keep warm. In a heat proof bowl whisk your egg yolks with the wine vinegar, dijon mustard, a pinch of salt and a dessert spoon of cold water. Whisk for a few minutes then put the bowl over a pan of barely simmering water and whisk continually until pale and thick, about 3-5 minutes. Remove from the heat and slowly whisk in the melted butter bit by bit until it is all incorporated and you have a creamy hollandaise. If it gets too thick add a splash of water. Keep warm until needed.

To make your eggs Benedict, halve the muffins and lightly toast, top each half with a rasher of bacon and a poached egg then spoon over your warm hollandaise. Garnish with snipped chives if desired. Serve immediately.

### GRANOLA

Always popular with our guests and also with our Sunday brunches is our homemade granola and, it's so simple to make. You can either serve with greek yogurt and berry compote or with milk. We love the compote and yogurt option. This makes a fairly large amount but it will keep nicely for up to a month in an airtight container.

#### Ingredients:

500g large oats  
100g sunflower seeds  
100g pumpkin seeds  
150g dried cranberries  
100g chopped, unpeeled almonds  
200g of honey or maple syrup  
4 tablespoons of flavourless oil such as vegetable or sunflower

#### Method:

This is just a guide for ingredients, you can mix and match with all your favourite dried fruits nuts and seeds, coconut flakes are always a good addition too.

With the exception of the cranberries, mix all the ingredients together really well in a large bowl then transfer into 2 large baking trays lined with parchment. Bake at 150 degrees for 20 minutes then stir in the cranberries and bake for a further 15 minutes until golden brown. Leave until completely cold then transfer to an airtight container.

#### And finally...

For a quick healthy, on the go breakfast, particularly if you've overindulged a little at Christmas, is a delicious fruit smoothie. Low in calories and super tasty, bananas with soft fruits are my all time favourite but take the quantities given and experiment a little with your favourite fruits. Even add a handful of raw baby spinach for that extra healthy kick!

### FRUIT SMOOTHIE - serves 2

#### Ingredients:

1 banana  
1tbsp porridge oats  
150ml milk  
1 tsp honey  
80g soft fruit - whatever you have  
strawberries, blueberries and mangoes all work

#### Method:

Put all the ingredients in a blender and whizz for 1 minute until smooth. Divide between 2 glasses and enjoy!



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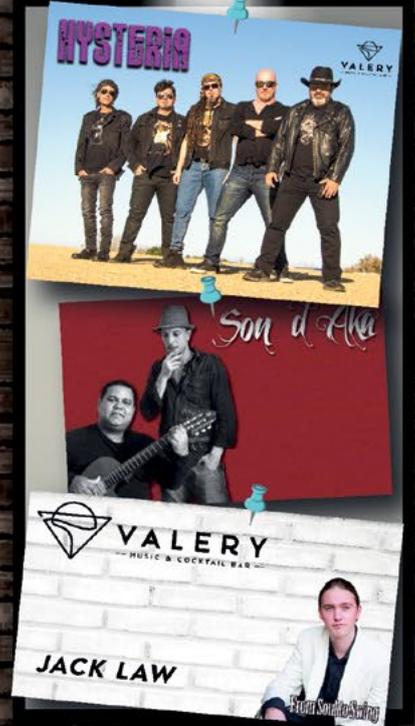
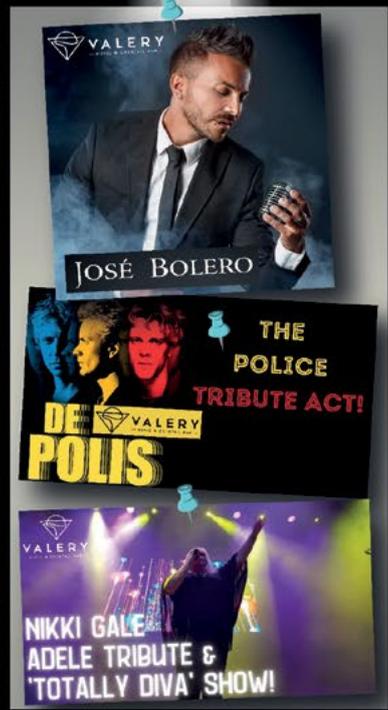
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## Sudokus

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

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

## Cross Word

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

### ACROSS

- 1 Courage to carry on (6)
- 4 Plant that causes skin irritation on contact (6)
- 9 Nut-turning tool (7)
- 10 Pick-me-up (5)
- 11 Covent Garden fare? (5)
- 12 Grand National racecourse (7)
- 13 Climbing shrub with fragrant flowers (11)
- 18 Fabric with a crisp smooth texture (7)
- 20 Semi-automatic pistol first patented in Germany in 1898 (5)
- 22 Conjecture (5)
- 23 Staggering (7)
- 24 Come to terms (or to rest) (6)
- 25 Kitchen appliance (6)

### DOWN

- 1 Symbolic figure supposed to bring good luck (6)
- 2 Vestige (5)
- 3 Ancestry, pedigree (7)
- 5 Consumed (5)
- 6 Part of a twining plant — red lint (anag) (7)
- 7 Go beyond (6)
- 8 Coastal town on the Isle of Thanet (11)
- 14 Unconventional (7)
- 15 Institute of higher education (7)
- 16 Parts of a process (6)
- 17 Liling Irish accent (6)
- 19 Flip chart supporter (5)
- 21 Remorse caused by feeling responsible for doing wrong (5)

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

# OUT & ABOUT



**FANTASTIC DAY AT THE BOOGIE IN BLUE EVENT FOR MACS !!!**



# OUT & ABOUT



**WHAT3WORDS** is a pretty cool application for use on mobile phones or tablets. What3words is a really simple way to talk about location. Each and every 3m<sup>2</sup> of the globe has been assigned a unique 3 word address that will never change. For example ///filled.count.soap marks the exact entrance to what3words' London headquarters. The application uses unique combinations of just 3 of a total of 40,000 words.

Chris Sheldrick used to work in the music industry, organising live events around the world. He quickly discovered that in the music world, people struggle with poor addressing every day. Getting lost trying to find events was pretty common.

He had some pretty bad days, like in Italy, when a driver unloaded all the equipment an hour north of Rome, instead of an hour south of Rome. And a slightly worse day, when a keyboard player called him and said, 'Chris, don't panic, but we may have just sound-checked at the wrong wedding'

After experiencing several similarly frustrating situations, he realised that addressing around the world just wasn't good enough. To get people and equipment to the right places – and on time – he tried sharing GPS coordinates instead. But asking people to meet at the likes of 40.7127753, -74.0059728 was just too unreliable. Entering 16 numbers into a device, or even sharing them over a phone call, can pretty easily go wrong.

After experiencing a few too many navigation nightmares, Chris sat with his mathematician school friend, Mohan Ganesalingam, to find a way to describe location that would be as precise as GPS coordinates, but more concise and easier for people to



**WHAT3WORDS**

use. Before long, Mohan created the first 3 word address algorithm on the back of an envelope. Chris and Mohan then connected with Jack Waley-Cohen, also a school friend, with a background in translation – and what3words was born. It's been five years since Chris, Mohan and Jack co-founded what3words. Today millions of people across the world are

using 3 word addresses to find, share and describe places faster and more easily – from festival-goers and travellers to delivery drivers, event organisers and postal services.

## HOW TO USE WHAT3WORDS

From helping people find you, to navigating to businesses and meetups with friends, here are some simple ways for you to start using what3words:

1. Go to your App Store or Play Store on your phone or tablet.
2. Search for and download the what3words application.
3. Open the App and when prompted, allow the app permission to use your location.
4. Wait for the blue dot to stop moving and tap 'Locate Me'. The 3 word address will display at the top of your screen.

The location accuracy is dependent on your device's GPS signal. It will be more accurate when you are outside with a clear view of the sky. You can also save what3word addresses, share them and navigate to them.

**Find out more by visiting: [www.what3words.com](http://www.what3words.com) or download the app and find out what your what3words address is.**

# Beautiful You



## Life Lessons

Well here we are in 2022, having survived 2021! What a very interesting year that was. For some of us it was without question, devastating, with the loss of loved ones, loss of security, jobs, and income. For some, it was a year of growth and major change. What happened to you? A lot of people have completely changed how they look at life. They have had a shift in what they thought was important in their lives. No amount of money is more important than time with those we have lost.

I am not just talking about death here, but also the loss of friendships. As we grow older we find that our friends actually become as important, if not more important than family, and yet this last year has brought about so many anxieties, and differences of opinions, that all relationships have been put under the microscope. Has yours survived? I was very privileged to attend the wedding of Cheryl and Andrew amid travel restrictions and regulations and, for a few days we were able to forget about pandemics and heartache, so welcome after all the worries.

However, I have also heard of so many divorces and separations, lifelong friendships have broken down, and families have split over stress and beliefs. Covid has been toxic in so many ways!

This year can be an opportunity to rebuild some of our relationships, or an opportunity to forge new ones. You should certainly have discovered some new aspects of your own behaviours and personality traits to help you to make the right decisions for you in this coming year. I truly believe that it can be a great year for you if you focus more on the precious gift you have of being alive, and being able to make some positive changes, while living in this new reality of boosters, vaccines, QR codes etc. I pray these are all soon a thing of the past!

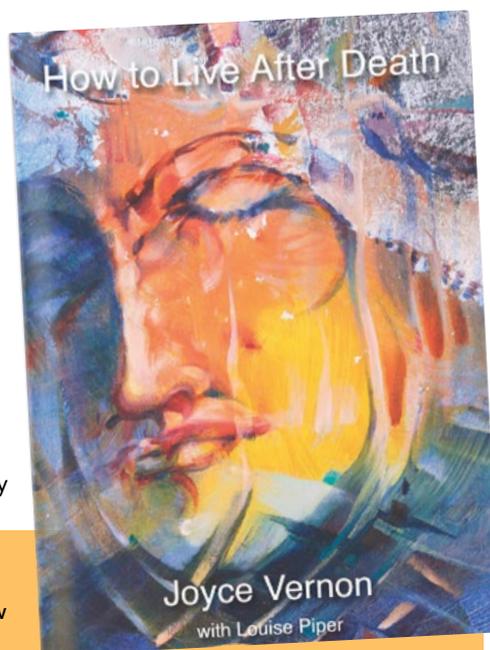
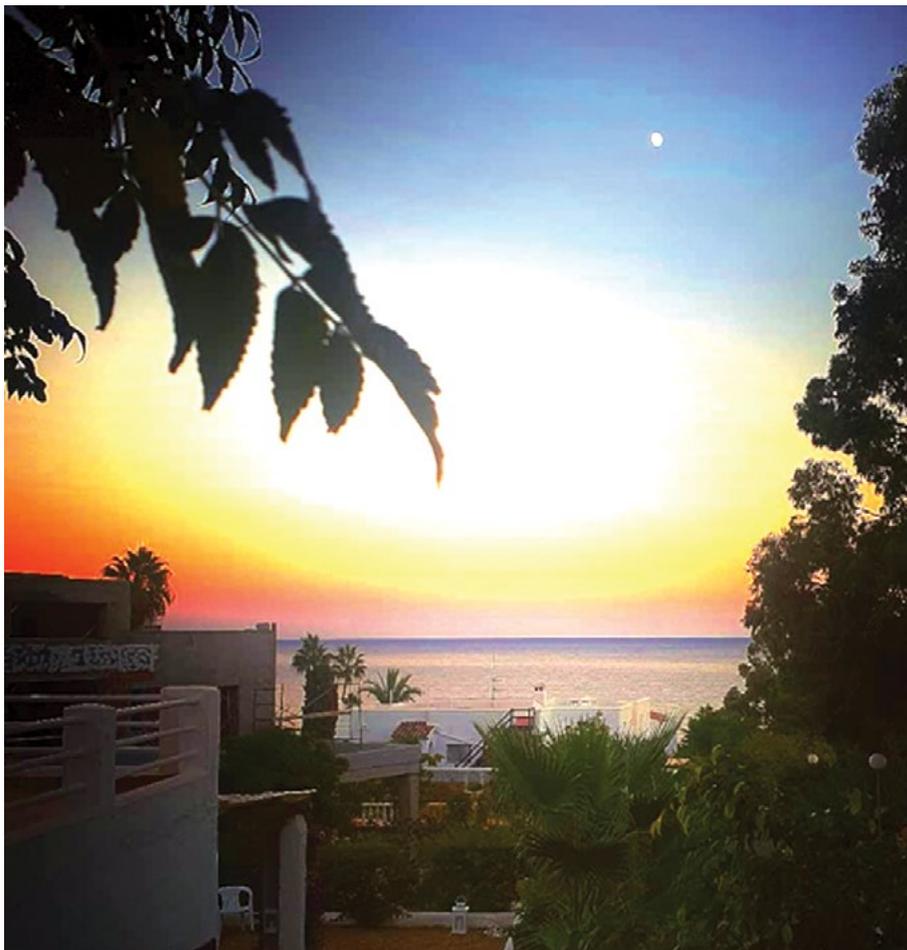
This year I will be looking forward to starting new classes in Psychic Development, Healing, and Life Coaching. Some of these will be online as well as in person as we are not guaranteed to be lockdown free, and the ability to be able to interact with others is so important.

I am also taking time out for myself, getting my paints out and letting my creative side come out to play. A great friend is taking sewing classes, others are joining yoga groups, walking groups etc, as we all now understand that our mental health is as, if not more, important than our physical health.

What would you like to learn this year? We are so lucky here to have so many options. We have cookery, birdwatching, photography and jewellery making classes as well - so we are spoilt for choice. These are fun, and you will be with like minded people so almost guaranteed to be able to meet new friends.

Let's start this year in a positive headset. Don't look back, look forward, and make every day something to be thankful for, don't waste the future by regretting the past. 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.

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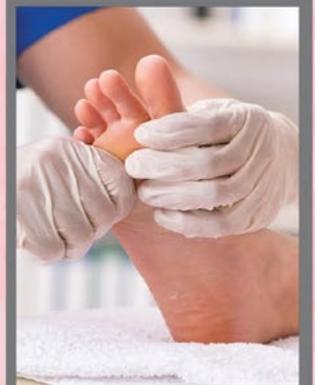


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# What's the problem?

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 was in a bad marriage for over 25 years, he was a control freak, eventually he left after his Mother died and went to live in her house. I loved living on my own the peace was great. My son 22, who had been working away came back and moved in with me. It's not working out at all. He's not working and he's awake half the night stomping around and banging doors. He's even getting on to me for how long I stay in the bathroom etc. I love my son but I don't want another version of his Father living with me.  
Elaine

Hi Elaine

I totally understand your frustration, you've finally got your own space and then you're invaded again. You didn't say why your son is back, but it sounds like he may have lost his job and possibly his home. He may feel very annoyed with himself that he's back living with Mother. You may need to sit and have a gentle chat with him to see what's going on. This may help and bring you both closer. If your son continues to disrespect you and your home it may be time to send him to live with his Father, he may not want to, but it might be just what he needs. This situation is not going to be resolved without some communication.  
Best wishes  
Theresa

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

He's taking advantage of your love, sadly. Talk to him about how you are feeling. He might be in a bad place. If, after that, he doesn't change his ways, then you must get tough. Good luck.  
Gillian

Your house, your rules. Set some guidelines and if he can't comply then he will have to leave. My 3 children have all left but they know there's a home here for them anytime. They also know that there are rules too. They tend to just visit rather than stay as they are not fussed about following my rules. It's difficult when they leave and come back for both people involved. Also having your own space and then losing it, is tough. As for the bathroom, I'd stay in there longer!  
Melanie

Be cruel to be kind. You deserve respect in your own home. He will come round, maybe not straight away, but it will happen.  
Gerry

At 22 I think your son should move out and take control of his own life, not yours. Help him financially if you can but give him his marching orders. You need to be in control and enjoy your life.  
Susan

Your house, your rules. If he doesn't like it, he knows where the door is. He's old enough to get off his backside, get a job, and start fending for himself.  
Jane

Tell him to move in with his dad.  
Lesley

Tell your son to leave.  
Suzy

**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@advertisermojacar.com](mailto:theresa@advertisermojacar.com)

# Welcome to your monthly hair dot com

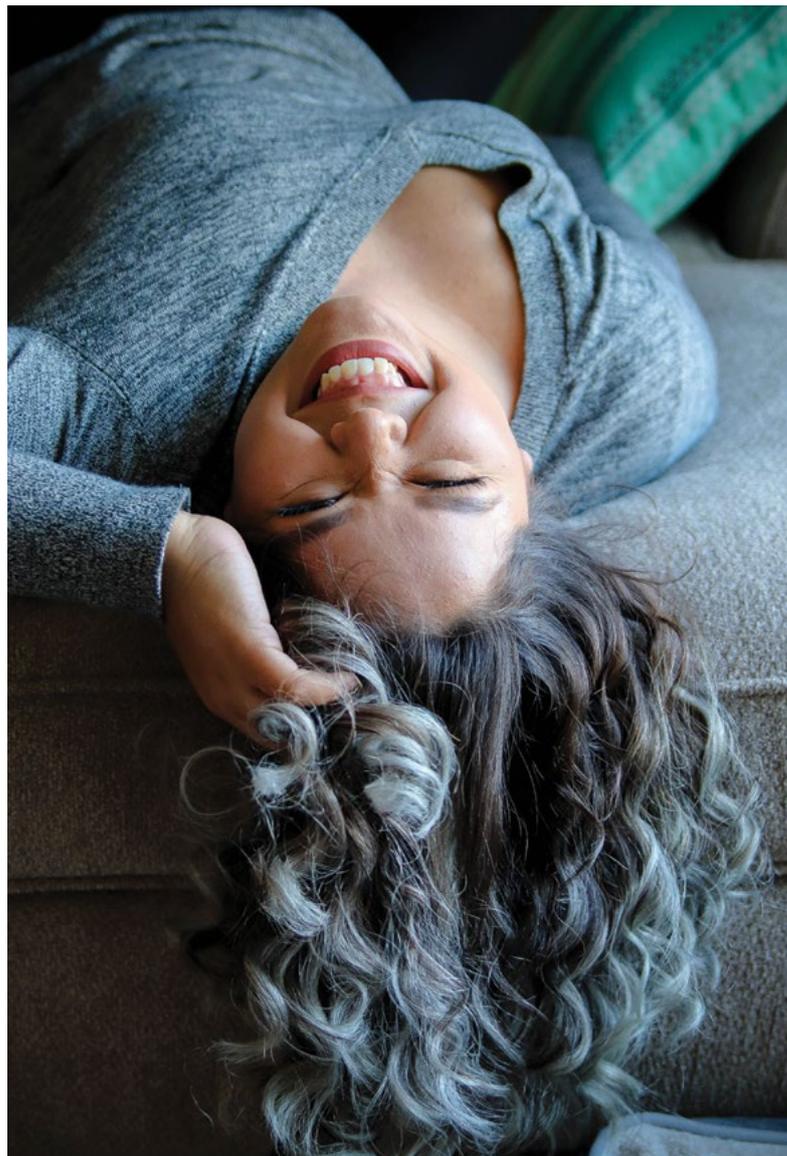


**By Beth Underhill**

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



## GOING GREY?

### Q ) HOW CAN I GO GREY GRACEFULLY?

A) Growing out grey hair, especially when you've been colouring it for a long time is easier said than done. You don't want to see harsh lines of demarcation as the roots start to grow, which is why asking your hairdresser is essential.

Grey hair happens to be one of the most popular trending hair colours at the moment; it's all part of the movement to recognize your natural beauty and age gracefully. The transitioning to gray can be achieved with a few techniques such as smudging or lowlights and highlights using the foil or spatula technique. Ash tones can slowly be added to your hair giving a dimensional variation of shades to allow your grey hair to blend beautifully with the rest of your strands.

#### • KEEP IT SHINY

Using a blue or violet coloured shampoo can keep your new grey hair shiny and bright.

#### • GREY HAIR STILL NEEDS SPF

Melanin helps protect hair against UV rays. Since grey hair is missing this pigment-making protein, it means it's also much more susceptible to UV damage. The UV light melts the cortex, making the hair more brittle and damaged. So just like your skin, you need to protect grey hair against the sun. You can use UV filter shampoos, serums and sprays.

### Q) HOW DOES A SEMI PERMANENT COLOUR DIFFER FROM A PERMANENT COLOUR?

The semi-permanent colour molecule is small enough to enter the hair's outer layer but too big to enter the inner layer like a permanent colour molecule. So semi-permanent dyes add colour without changing the structure of your hair like permanent colour can. Because the molecule is too big to enter the inner layer of the hair it eventually washes out unless the hair is porous due to other chemical treatments, such as bleaching.

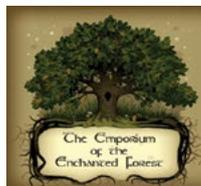
### Q) WILL SEMI PERMANENT COLOUR COVER GREY?

A) Semi-permanent hair colour only covers 20% of grey or white hair.

### Q) CAN I PUT A SEMI PERMANENT COLOUR OVER MY PERMANENT COLOUR?

A) Yes, you can do this to rejuvenate a permanent colour.

*Thank you for reading and looking forward to writing my next article.*



# The Apothecary

## Aromatherapy Essential oils – Spotlight on Basil Oil From the Apothecary of the Enchanted Forest.

With its high notes, Basil is a marvellous oil for the respiratory tract, opening the throat and easing congestion. It is also excellent for easing asthma, bronchitis & sinus infections. It can also be used for stress related nervous disorders, headaches & migraines & has uplifting qualities making it the perfect 'pick me up' tonic.

### BASIL OILS HISTORY.

Basil is known by many names including the Queen of Herbs or l'herbe royale, meaning "royal herb" in French, and is also referred to as Saint Joseph's Wort, French, European, Great, Common or Sweet Basil.

Basil is traditionally believed to have a fortifying effect on a person's emotions & mind and has been used for various applications, hence its multiple forms such as, dried powders, teas & oils.

Various religions and spiritual beliefs practice rituals have emphasis on the use of Basil. In Judaism, it is believed the use of Basil increases strength during fasting and other Orthodox churches use Basil to either sprinkle or prepare holy water. Pots of Basil herbs are often placed underneath church altars to pay homage to the belief that Basil was found growing besides the grave of Christ.

In other belief systems, such as those of India, Europe, Greece and the ancient civilizations of Egypt, Basil was buried with dead and thought to have protective qualities that could help their journey and ensure their safe arrival to the afterlife. Basil has come to represent good fortune in other parts of the world and in Mexico, bunches of Basil can be found hung in shop doorways, because the growth of Basil is believed to protect the success of the business.

Through the ages, Basil has been used for a myriad of applications and has been acknowledged as a natural anti-inflammatory, antioxidant, antibiotic, antiviral, anti-depressant, and diuretic, thus Basil is a common component in the traditional medicine practices of Asia, such as in India, where it is known as "Tulsi" and is still considered a sacred herb.

### USES OF BASIL OIL.

- **Relieves colds, coughs & sinus problems** – Blend a few drops of Basil, lemon and eucalyptus oil with a tablespoon of carrier oil and massage into the chest for a natural soothing, decongestant vapour rub.
  - **Ease sore muscles and joint pain** – To soothe aching sore or muscles, reduce inflammation & swelling, add 2-3 drops of Basil oil to a carrier oil and gently massage into affected areas. Or add a few drops of Basil and lavender oil into a warm bath with magnesium or epsom salts thus aiding in relaxation and soothing inflammation.
  - **Relieves stress & anxiety** – A few drops in a diffuser or warm bath will help alleviate tension, stress and anxiety and has the added benefit of improving circulation.
  - **Insomnia** – Mix a few drops of Basil oil to carrier oil and massage into the temples, the soles of feet, the wrists and the belly before going to sleep, this helps to relax the body and mind before sleeping.
  - **Skin care** – Prevention & soothing of acne breakouts dilute 1-2 drops of Basil Oil in a small amount of a light carrier oil, dip a cotton bud into this mixture and dab on cleansed areas of skin affected with acne.
  - **Hair care** – Add 3-5 drops of Basil oil per ¼ cup of hair product for eliminating excess oil on the scalp and effective hair cleansing.
- Basil oil is best known for...**
- Boosts immune system
  - Improves poor circulation
  - Supports respiratory system
  - Reduce nervous tension & stress
  - Musculo-skeletal aches & pains
  - Powerful antioxidant action & ideal for mature skin



### BASIL OIL

**Botanical name:** Ocimum Basilicum

**Origin:** Native to tropical Asia and Africa. The European, French or 'true' sweet Basil oil is produced in France, Italy, Egypt, Bulgaria, Hungary and the USA.

**Aroma characteristics:** Light, sweet, warm & slightly spicy crisp herbaceous aroma.

### THERAPEUTIC PROPERTIES

- Adrenal cortex stimulant
- analgesic
- antidepressant
- tonic
- antiseptic
- antispasmodic
- carminative
- calmative
- digestive
- expectorant
- nervine
- restorative

### THERAPEUTIC USES

- Nervous system anxiety, depression, migraine, headaches, nervous tension
- Digestive system - dyspepsia, gastric spasms, hiccups, nausea
- Circulatory system - poor circulation
- Immune system – colds, coughs, flu
- Musculo-skeletal system – muscular aches and pains, joint pain
- Endocrine system - irregular periods, menstrual pain
- Respiratory system - asthma, bronchitis, catarrh, coughs, congestion in the head, sinusitis, sore throat
- Skin care - congested skins and acne

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.

### Basil Essential Oil - Ocimum basilicum

- Alleviates migraine, headaches & tension
- Muscular aches & pains, joint pain
- Anti-viral
- Softens mature skin
- Irregular periods, menstrual pain
- Decongests skins and acne
- Anti-depressant



- Adrenal cortex stimulant
- Improves poor circulation
- Analgesic
- Gastric spasms, hiccups
- Powerful antioxidant
- Boosts immune system
- Antiseptic

©Apothecary of the Enchanted Forest, 14/12/2021

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# OUT & ABOUT



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Santa Claus and The Christmas Fairy at the Macs Christmas Fayre in Mojacar

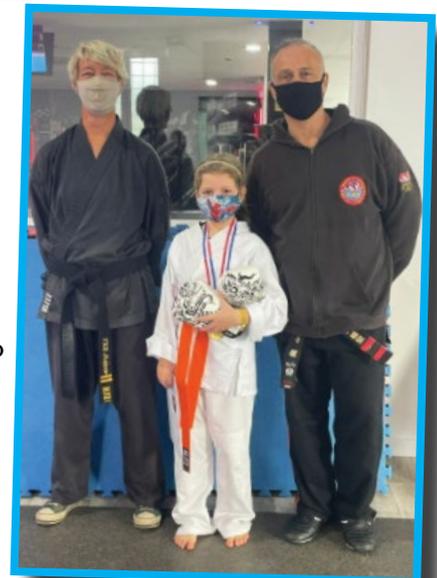


Some of the wonderful goods that were on offer at the Macs Christmas Fayre

Paul Ingham with Nur.... a volunteer for the lions. One of 10 donated hampers to raise funds for the Vera orphanage to repaint it and, to buy new bedding and Christmas gifts. 1,100€ was raised in total. Photo credit Jackie Miles Kirby.



Congratulations to all the children who passed their Taekwondo grading held at Platino Fitness Centre. on Saturday 18th December. ...and another "Well done" goes to Miss Olivia Vollans who won the award for 'Best Fighter'.



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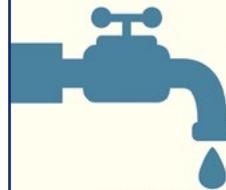
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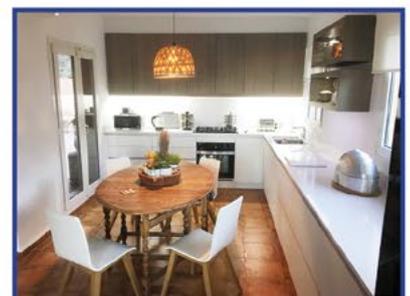
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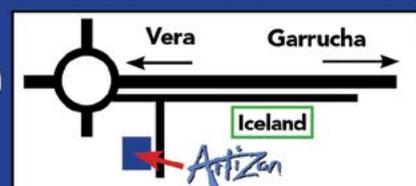
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# COMMUNITY NEWS

## Alexis Sewing School Turre Official Opening



**A few months ago, I saw a post on Facebook that told of the imminent opening of a sewing school in Turre that sought those interested in attending classes to make contact.**

Apart from a mandatory hand sewed apron in primary school I have scarcely touched a needle and thread since, save to sew on a detached button. However, the idea of being able to use a sewing machine really appealed to me. I have often envisaged simple dress ideas yet been unable to find exactly what I pictured. The idea that I could learn the skills to enable me to simply make my own clothes excited me considerably. I contacted Alexis and we began chatting.

Alexis is Scottish and her background is in designing and making Irish dancing costumes which, as everyone knows, are quite intricate and detailed. She has also designed several tartans, including a bespoke tartan for the Garners from Spanish Property Choice to use as their uniform. She moved here to Spain 4 years ago and continued to offer a dressmaking and alterations service.

During the pandemic, Alexis came up with the idea of making face masks which were sold in Total Entertainment in Turre, the proceeds of which were passed to the mayor of Turre to donate to the healthcare workers, the local food banks and Stepping Stones (a support group for carers of dementia and Alzheimer's sufferers). Alexis has since introduced masks to Clinivet to help raise money for abandoned cats and dogs.



Alexis often took on students and taught them the basics of sewing which, in turn gave her the idea of opening a sewing school. Sewing classes themselves are not unusual but, an actual school where the machines and all equipment is provided was certainly a novel concept to me. It appealed to me as I wasn't sure if I would take to sewing so the idea that without purchasing all of the equipment, I could have a try and test my flair for it without any great commitment suited me perfectly. All of this was included in the 20€ charge as well as the two hours of tuition.

The official opening of Alexis' sewing school took place on the 2nd of December on a blustery afternoon.

The ribbon was jointly cut by Turre's mayor, Martín Morales and Angela Morales. Incidentally Alexis' sewing school was the previous home of Angela Morales' mother who too, had experience as a seamstress. There was an impressive turn out which included future, present and past students. A delightful spread was laid on with the food being supplied by Los Angeles restaurant in Turre.

Over 20 students had signed up to the classes that commenced the same week, yours truly was among them. There are classes for complete beginners and those with some experience. I was really looking forward to the class but slightly apprehensive that I wouldn't be able to master the sewing machine.

Alexis explained everything very clearly and is with you every step of the way. All safety measures are strictly adhered to at all times.

I wasn't sure, before the class, if we would actually get to sew anything on that first lesson but I did hope so. I learned so much more than I ever could have anticipated. It is with enormous pride that I can show you my first creation, made completely, by me, in that first two-hour class. Guess what everyone got for Christmas this year!

- Cheryl Woods



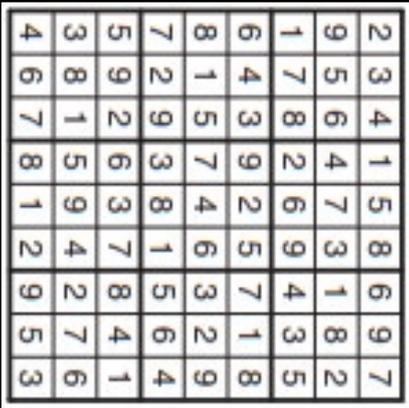
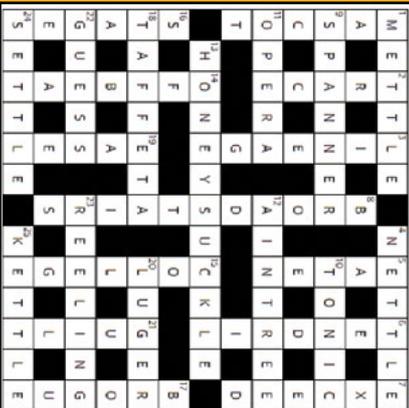
**For more information about classes and current availability contact Alexis Shillinglaw on Facebook or call her on 634 36 18 74**



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## Local Market Days

<p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>* Antas</li> <li>* Huercal Overa</li> <li>* Vera Playa</li> </ul>	<p><b>THURSDAY</b></p> <ul style="list-style-type: none"> <li>* Carboneras</li> <li>* Cuevas del Almanzora</li> <li>* Huercal Overa</li> <li>* Lorca</li> <li>* Olula del Rio</li> <li>* Purchena</li> <li>* Sorbas</li> </ul>	<p><b>SATURDAY</b></p> <ul style="list-style-type: none"> <li>* Aguilas</li> <li>* Albox</li> <li>* Arboleas</li> <li>* Tijola</li> <li>* Velez Rubio</li> <li>* Vera</li> </ul>
<p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>* Albox</li> <li>* Cuevas de Almanzora</li> <li>* Los Gallardos</li> </ul>	<p><b>FRIDAY</b></p> <ul style="list-style-type: none"> <li>* Chirivel</li> <li>* Garrucha</li> <li>* Taberno</li> <li>* Turre</li> <li>* Uleila del Campo</li> <li>* Zurgena</li> </ul>	<p><b>SUNDAY</b></p> <ul style="list-style-type: none"> <li>* Fines</li> <li>* La Alfoquia</li> <li>* Oria</li> <li>* San Juan de los Terreros</li> <li>* Villaricos</li> </ul>

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### Golf Clubs & Societies



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BOXERS GOLF SOCIETY: Tlf: 607 675 318 or forums section of [www.Arboleas.co.uk](http://www.Arboleas.co.uk)

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

FORUM GOLF SOCIETY: Richard Price: Tlf: 634 305 353 [rfp53@yahoo.co.uk](mailto:rfp53@yahoo.co.uk)

MOJACAR GOLF SOCIETY: Lynn Sefton: Tlf: 667 349 908 [raylynnsefton@gmail.com](mailto: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](mailto:stevedodd652@yahoo.co.uk)

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