

**Hollands Café - Dutch Bar**  
**Het Trefpunt**  
 Strandbediening - Beach-service  
**Playa la Carihuela**  
 Torremolinos

**Beach-service**  
**Het Trefpunt**  
 La Carihuela  
**Welkom**  
 Service met een Glimlach  
**Playa Antonio**

## I believe in me

I believe in me is a Dutch television series broadcast by SBS6. The reality series follows a number of relatively unknown folk singers who have never broken through.



SERIOUS!? is a free monthly newspaper. Each edition can of course also be read online. Would you like to have it delivered to your home? Which can! Send us an email or check out the website. If you have any questions or suggestions, you can also let us know by e-mail.

Website: [www.serious.es](http://www.serious.es)  
 Email: [info@serious.es](mailto:info@serious.es)

You can also follow us on Facebook and Instagram: Seriously Carihuela.

Enjoy reading!

SBS6 is holding on to the success of I Believe in Me, which is in the process of filming the third season. And in this series the folk singers travel to Spain. People who were on holiday here or who live here will certainly have noticed that this group of singers has thrown many a party in the bars of Carihuela.

The new season of I believe in me can be seen on SBS6 from August.



## This month in ¿SERIOUS!?

left or right

**BINGO**  
 scavenger hunt

**RELAX**

**Just Red**  
 mosquitoes

**BOAT TRIIP**

**Wayne**  
**Ward**

**Café de Babbelaar**  
 Diverse broodjes en snacks  
 Spel, bier en vertier

**Calle Bulto 23 La Carihuela**



## Bijgeloof enzo

Voor bijgelovige mensen is vrijdag de dertiende een angstige dag. Een dag waar ooit eens een woord is verzonnen met veel te veel lettergrepen; paraskevidekatriafobie. Dat is: specifieke angst voor vrijdag de dertiende.

Toen ik paraskevidekatriafobie voor het eerst las kreeg ik spontaan last van hippopotomonstrosesquippedaliofobie (over veel te veel lettergrepen gesproken) Een nogal indrukwekkend woord dat toch ook best sarcastisch is, vanwege zijn eigen lengte, 'angst voor lange woorden' betekent. De term paraskevidekatriafobie blijkt bedacht te zijn door de Amerikaanse therapeut en historicus D.E. Dossey, die zich gespecialiseerd heeft in het behandelen van mensen die kampen met irrationele angsten, irrationele angst kan ervoor zorgen dat je geïmmobiliseerd raakt van je eigen angst. Als je het woord vloeiend kunt uitspreken, zo stelde Dossey, ben je genezen van de angst voor vrijdag de dertiende.



Wanneer is het vrijdag de dertiende bijgeloof begonnen? Het zou teruggaan naar vrijdag 13 oktober 1307, toen in Frankrijk op bevel van Philips de Schone honderden Tempeliers werden opgepakt. Hij beschuldigde de ridders van de machtige religieuze en militaire orde van een hoop illegale gedragingen, maar was eigenlijk gewoon uit op hun geld. Ondanks het feit dat de orde een belangrijke rol had gespeeld tijdens de kruistochten en de verovering van het heilige land werd het grootste deel van de arrestanten later geëxecuteerd. Volgens sommigen ligt deze gebeurtenis aan de oorsprong van de slechte connotatie van vrijdag de 13e, maar daarover is niet iedereen het eens.

Volgens de volksverhalen kwamen de heksen iedere vrijdag bij elkaar, samen met een partij zwarte katten. Dat bracht natuurlijk ongeluk! Dit volksverhaal was afkomstig uit Scandinavische landen. Bij de samenkomst van de twaalf heksen zou de duivel als dertiende lid aanwezig zijn. Het getal dertien heet dan ook wel het duivelsdozijn.

# HAPPY DAYS

SERVICE WITH A

**Calle Chiviva 5  
La Carihuela**

**Tot ziens!  
See you soon!**

**Jurry, Helen en  
Max**



Er werd vroeger al geschreven over deze dag. Het oudste bewijs dat hiervan te vinden is staat in een artikel in De Leeuwarder Courant van 3 april 1896. Een artikel over het geloof in vrijdag de dertiende. Niet onder een ladder lopen, geen zwarte katten tegen komen, zout over je schouder heen gooien, vooral het ongeluk afkloppen op hout. Hoeveel ongeluk heb je nou eigenlijk op vrijdag de dertiende? In de Verenigde Staten verzuimen opvallend veel mensen hun werk en worden zakelijke transacties uitgesteld.



Onder de vele verhalen over dit bijgeloof wordt ook gezegd dat de meeste vliegtuigen geen 13e rij zouden hebben, dat gebouwen geen 13e verdieping zouden hebben, althans niet bij nummering in de liften, en dat er in ziekenhuizen geen operatiekamers met het nummer 13 te vinden zijn.

In Nederland klopt het niet, dat vrijdag de dertiende meer ongelukken brengt. Integendeel: er komen op vrijdag de dertiende juist minder ongevalmeldingen binnen dan op andere dagen bij de verzekeraars, volgens het Centrum voor Verzekeringsstatistiek. Misschien dat dit veroorzaakt zou kunnen zijn doordat mensen op die dag extra voorzichtig zijn.



Overigens zijn er zat verhalen bekend dat vrijdag de dertiende geen ongeluk brengt. Een man zal met een goed gevoel terug denken aan deze vrijdag in 2010. Dat is namelijk de dag dat de Fransoos in een klap miljonair werd. En wel 13 miljoen op vrijdag de dertiende. En laten we nou eerlijk zijn er gebeuren iedere dag genoeg vervelende dingen, deze dag daar zal niet anders zijn.. En wie gelooft er nou in bijgeloof, iedereen weet toch dat dat dat ongeluk brengt.





# A thank you from Henk

Henk Kuilenburg, also better known for the returning tourist in the Carihuella Park, as the man of the keys, arrived in Spain in the spring of 2016. The Rotterdammer who had decided to go to Spain for a month to help his friend Koos, who had bought a number of apartments in the Carihuella Park for holiday rental. Either Cocasa Carihuella park rental.



Henk would provide the newly purchased apartments with a lick of paint and some other renovations so that everything would look fresh and fruity again. After a few months, he was also waiting for guests who arrived to provide them with the keys and take them to their apartment. You soon saw Henk busy with a number of keys. He looked like a janitor at times.



If something was missing for the guests, you could always contact Henk. That one month in the spring of 2016 has now turned into years, with the great result that Henk stayed in Carihuella. In the winter there was work to be able to do in the summer with the holidaymakers he spent a lot of time on. When there was some free time, he liked to join Francis' trips. These day trips often included holiday guests who had booked with Cocasa. Of course you could also spot him every now and then in a cafe while enjoying a glass of wine.

Henk has now stopped working. Unfortunately, because of the Corona, he was unable to say goodbye to what he had in his head. But does he want to say the following:



*I want to say a big thank you to everyone for the nice time I had. From the time I came to Spain I got to know a lot of nice people. Of course I'm not 20 anymore and it's time to slow down a bit. But have always done the work with great pleasure. There are too many nice stories to tell what I have experienced here. And although I will no longer be there to hand you the keys on arrival, you will certainly meet me here very often. I also want to thank the people I worked with for the great time. I hope to see everyone again soon in Carihuella. Thanks again!*

*Henk Kuilenburg*





## Asunción de la Virgen

There you are again in front of a closed supermarket. On an ordinary weekday. ordinary? No, there is another public holiday in Spain. In this Catholic country, the Holy Days are bursting with traditional festivities. Which also varies by region. In 2021 there will be at least ten national, compulsory, days off. Last month we had Virgen del Carmen and this month we celebrate Festival of the Asuncion de la Virgen.

The Asunción de la Virgen Maria or Assumption of Mary or Assumption of Our Lady is a national holiday in Spain that also has its roots in the Catholic Church. It is the day on which Mary's ascension into heaven, body and soul, is commemorated and celebrated.



There will be many Spaniards who will celebrate this in church, but for the most part this day is synonymous with a day off on which there is no work and also symbolically the end of the busy summer weeks. In many places this day is celebrated with fireworks where thousands of people enjoy large and sometimes very long fireworks displays. Perhaps that will be something different this year due to the Corona guidelines that should be adhered to.

This year it falls on a Sunday, August 15, many shops will be closed on Monday, August 16. If a public holiday falls on a weekend, the Spaniards are closed on Mondays, so a nice long weekend.

## TESTING



**PCR and Antigen Testing in the Clinica Servicio Medico, Costa del Sol (opposite Butchery Stam), next to the old Mercadona).**

**The antigen test should not be older than 24 hours. Results within 30 minutes with international travel certificate. Tests are taken every day between 9.00-12.00. Costs 40€ (weekend 50€). Make an appointment and send a Whatsapp to Frandalucía. 0034-686487731.**

**WAYNE WARD**

**The Guitar Man**

'Not to be missed, music from the fifties to the nineties'

Facebook Wayne Paul Ward

**655365852** **Booking Information**



## Can't get any fresher!

Every Wednesday in the euro café, potatoes are peeled and cut to serve the tastiest papads to the guests. Deep fried in the cleanest fat. So see you Wednesday at the Euro Café!

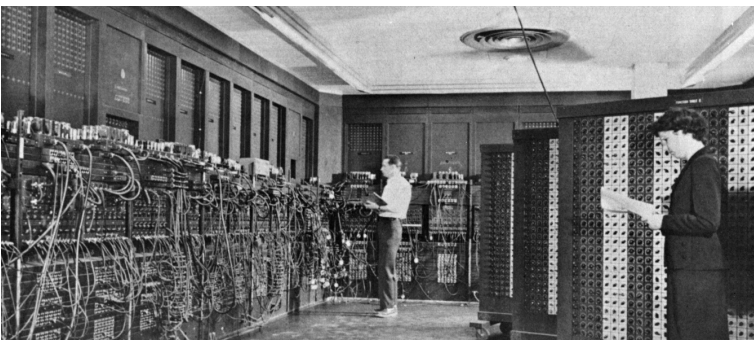




## World Wide Web

Nowadays, the internet is as natural as water from the tap. But the network was once conceived to protect America in the Cold War. And it was super complicated too. Literally “rocket science”. We used to have to browse through a thick encyclopedia to find the information we wanted. Nowadays everyone uses the internet very easily and quickly, within seconds you have already found the answer. There may be some facts about the internet that you didn’t know;

The very first computer ever was called Eniac. He weighed more than 30 tons. FYI, this is heavier than two trucks. The computer cost 400,000 euros. It was more than 100 times slower than your smartphone.



Internet was invented in 1969. Only universities used it then. It was not until 1995 that all people got access to the internet. If Facebook were a country, with more than 1.4 billion users, it is immediately the country with the largest number of ‘residents’ in the world.

The dating app Tinder proposes 21 million matches every day. Twitter’s blue bird has a name. It’s called Larry. Every minute 100 hours of footage is added to YouTube. You will never succeed in watching all the videos. The word “Google” came about because founder Larry Page mistyped “googol.” A googol is another word for ten sex-dillion (a 1 and 100 zeros behind).

Every minute we share 350,000 photos on Instagram. One in ten people on Twitter follow Katy Perry. Less than half of all people in the world have access to the internet. In 2014, there were 285 giant internet cables at the bottom of the ocean. The cables carry the internet from one continent to another.

## BINGO SCAVENGER HUNT

¿SERIOUS!? has set out a bingo treasure hunt especially for the children. In the village, look for the symbols that can be found on the windows of shops, cafes and restaurants. Write the number on the same picture on the bingo card. With a full and of course properly completed card you can get an ice cream at Casa Mira (left of the church in the street)!



GRAND CAFÉ - RESTAURANT

*The Launch*

TORREMOLINOS

PLAYA LA CARIHUELA

ESPAÑA

ONTBIJT • LUNCH • DINER

CALLE CARMEN 35 29620 TORREMOLINOS SPANJE (0034) 952377751



# Een vloek of misschien toch een zegen?

Worldwide, 9 out of 10 people prefer their right hand to perform all kinds of motor activities. A small minority chooses the left hand for this. Small and big inconveniences left-handers face in our right-handed world.

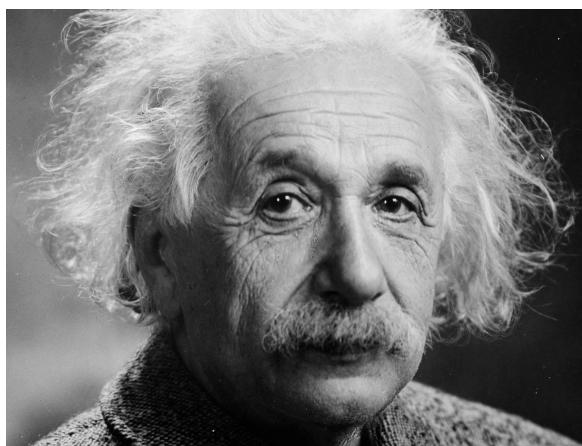


I personally know all about that. Right-handers will never know what a hellish medieval torture device the scissors can be. not to mention the can opener. You have to twist yourself in all kinds of acrobatic turns while driving to get that bottle of Coke from the cup holder. Unconsciously, many left-handers are pros in yoga. Measuring tapes are always upside down, the handle of the drill is on the wrong side and don't get me started on an Ikea package. Such a fork in the snack bar with the serrated edge on the wrong side, a corkscrew that rotates differently or a lecture block whose spiral gets in the way. And so there are innumerable things in the world that I can mention. No, the life of a left-hander is not always a bed of roses.

But as one of the best football players of all time, and also left-handed, Johan Cruyff always said; every disadvantage has it's advantage! Leonardo da Vinci, Albert Einstein, Beethoven, Picasso, Diego Armando Maradona, Lionel Messi, Paul McCartney, Ringo Starr, one by one legends and all left-handed. It is said that left-handers are more creative than right-handers, they are better at

divergent thinking. This means that they are able to come up with many different ideas and come up with multiple possible solutions. Divergent thinking is a hallmark of creativity.

Much ink has already flowed over the brains of left-handers, but they are certainly no thicker, heavier or bumpier on the right side than those of right-handers. They are organized slightly differently and that has advantages. It is striking under the MRI scanner that the distribution of functions across the hemispheres of the brain is less strong in left-handers than in right-handers. In left-handers, they are more divided between the two halves. When understanding language, they therefore 'switch' more often. You could say that in left-handers the hemispheres of the brain are more balanced. You don't notice that in everyday life. But if a left-hander breaks his hand, for example, he will benefit. If a right-hander breaks a hand, he is completely out of hand. A left-hander, on the other hand, can still do quite a lot when breaking his left hand.



Several studies have been done among left-handers and right-handers, for example into the mathematical results between left-handers and right-handers. And what turned out? The results were the same for the simple questions, but the left-handers scored better on spatial awareness. This is because the right hemisphere of left-handers is larger. A real math genius. Around the for some reason, left-handers tend to adapt more quickly.



The same goes for underwater viewing. Scientists think that it has something to do with another part of the brain that is more dominant in left-handed individuals.

Certain studies have found that people with an IQ of 140 or higher are mostly left-handers. What is of course already known to many is that people on the left are better at certain sports, such as tennis, boxing, football and fencing.

Why exactly the right hand is usually dominant, remains a mystery. Left-handers also function normally, don't they? Besides, if being right-handed is an advantage, why do left-handers still exist? Nowadays, there are all kinds of items for sale especially for the, perhaps occasionally slightly "clumsy" leftists. So that we can open a can smoothly without too much fumbling. You can find these articles at [www.delinkshandigewinkel.nl](http://www.delinkshandigewinkel.nl)

I MAY BE  
**LEFT HANDED**  
BUT I'M ALWAYS RIGHT:~





# HOOK UP CALENDAR

August 1, 2021  
Mustard Day World Wide Web Day

August 3, 2021  
watermelon day

August 5, 2021  
oyster day

August 6, 2021  
Fresh breath day

August 7, 2021  
International Transgender Rights Day  
Sneekweek

August 8, 2021  
International Cat Day

August 10, 2021  
International Day of Biodiesel

August 11, 2021  
Son and Daughter day

August 12, 2021  
Day of the Middle Child  
International Elephant Day  
International Youth Day

August 13, 2021  
left-handers day  
Friday the thirteenth

August 14, 2021  
World Lizard Day

August 15, 2021  
Relaxation Day  
Asuncion de la Virgen

August 16, 2021  
International Roller Coaster Day Heart  
Day  
Tell a Joke day

August 17, 2021  
Saint Juttemis  
Black cat appreciation day

August 19, 2021  
International Day of Photography  
International Day of Humanitarian Aid  
Orangutan Day  
Day of the Honeybee

August 20, 2021  
World Mug Day

August 21, 2021  
International Homeless Animal Day

August 22, 2021  
Day of the Tooth Fairy

August 23, 2021  
Birthday of the Internet  
International Day of Remembrance of  
the Slave Trade and its Abolition

August 25, 2021  
Kiss and Make Up Day



August 26, 2021  
World Dog Day

August 27, 2021  
Redheads Day

August 28, 2021  
Groningen Relief  
Night of the Bat

August 29, 2021  
International Day Against Nuclear Tests

August 30, 2021  
International Day of the Missing Inter-  
national Whale Shark Day





## impulse buying during lockdown

During the previous lockdown, the National Information Center for Companion Animals saw a large spike in the purchase of puppies. But many people who bought or adopted a dog then bring the dog back to a shelter now that they have less time. Several shelters are now full of puppies due to these impulse purchases. This is not only true in Spain, but also in the Netherlands.

If you are thinking about getting a pet, a dog or cat into your family and you are ready to adopt one, consider adopting a dog or cat from a shelter. That way you are doing a good deed because you are giving an abandoned animal the loving life it deserves. This also makes room for other dogs that need shelter. Most shelters already take care of the



necessary vaccines and raise the dogs correctly. So you get a healthy, partially trained dog. Unfortunately, there is also enough choice so that you can choose from different dog breeds what suits you best. And a final advantage is that it will cost you less than buying a dog from a breeder. In Spain, adopted dogs are fully checked at most shelters. are microchipped, get all the vaccinations they need and are spayed or neutered. You can usually pick up the dog from the shelter after a week to 10 days. Joe & Janice have been running the animal charity AID since 2008. Animals In Distress. Their goal is to rescue abandoned, abused animals and find forever homes they deserve.



For years they have independently helped animals in England. They moved to the Costa del Sol in 1998 and helped animals whenever possible. A few years later they moved inland to Coin and became even more aware of the plight of so many animals.

Due to the amount of stray and abandoned animals, they became more involved in animal rescue and relocation in 2007 and in early 2008 they became a Registered Charity No. 7974 - CIF N° G92937002. All dogs are in their shelter except the young and sick, who are cared for in their own home or foster family.

The mission is to find good safe homes for the lost, abandoned, abused animals in shelter and to network with other charities to find a home here and in other parts of Europe.



Most dogs and cats are housed in the Netherlands and the United Kingdom, a few go to Belgium and Spain. They do not receive any form of local government funding. So everything is paid for from donations. All the money raised is used to help the animals in one way or another.



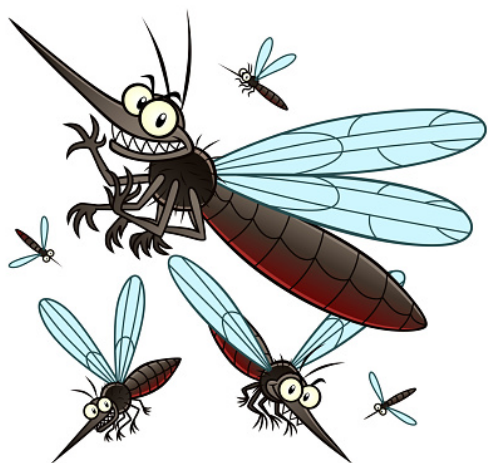
None of the volunteers or the charitable committee receive a salary, so they always really need everyone's help. If you'd like to make a donation yourself so they can keep up the good work they're doing, take a look at their site. There you will find the donation link.

[www.animals-in-distress.eu](http://www.animals-in-distress.eu)



## Belangrijk of zwaar irritant

Ook zo'n hekel aan dat gezoem van die rottige muggen? Sla je het liefst hele families muggen dood zodat jij en je geliefden niet geprikt worden? Toch zijn muggen heel belangrijk voor ons ecosysteem. In de natuur heeft elk levend wezen een plek in het geheel. Als mensen zijn we geobsedeerd door nut. Alles moet praktisch nuttig zijn, en een volwassen steekmug is dat niet, maar als je zo denkt over de gecompliceerde natuurlijke systemen dan doe je ze geen recht. Vanuit direct menselijk perspectief is een stekende vrouwtjesmug niet nuttig. Maar als muggenlarven vindt diezelfde mug gretig aftrek als vissevoer.



Een liter muggenlarven kost al snel 10 euro, best nuttig dus. Maar er is meer aan de mug dan liters muggenlarven en jeukende bulten.

Een mug kent een aantal levensfasen waarin ze functies in de natuur vervult. Net nadat de mug wegvliegt en jou achterlaat met een stevige muggenbult legt ze honderden eitjes in plasjes, slootjes en ander water. Die eitjes komen snel uit en worden dan muggenlarven. Na een periode als muggelarve in het water verpopt de larve zich en wordt ze een mug. Slechts een kortere periode vliegt de mug als niet stekend mannetje of als stekend vrouwtje rond.

Een muggenlarve is een waterfilteraar. Als een buisje zuigt ze water naar binnen en filtert daar algen uit. Samen met andere filteraars zorgen de muggenlarven ervoor dat er minder algen in het water zitten. Die filterende functie wordt belangrijker naarmate klimaatverandering zorgt voor regelmatigere algenbloei in ons zwemwater. Als er te veel algen komen, kunnen zelfs blauwalgen gaan bloeien en daardoor kan het water giftig worden. Vissen, kikkers, libellenlarven en waterkevers eten graag muggenlarven. Zonder genoeg muggenlarven zullen er steeds minder libellen, vissen en kikkers zijn. Muggen kunnen dan, omdat hun voortplanting snel gaat,

### The best international bar in La Carihuela



Calle Aladino 12 La Carihuela Torremolinos  
Bij La Tahona rechts af, 25 meter van het strand

steeds vaker als plaag voorkomen. Een typisch gevolg van het verslechterende evenwicht in het ecosysteem. De steeds hevigere wisselingen tussen muggenplagen en blauwalgenbloei zijn het waarschijnlijke gevolg van de ineenstorting van het ecosysteem waar de muggenlarven deel van uitmaken. Maar niet alleen de larve is een belangrijk onderdeel van de natuur.



Voor al van de niet stekende mannetjesmuggen zijn er veel. Soms zijn dat zulke grote aantallen dat muggenwolken ontstaan. Niet schadelijk, maar juist intrigerend, ook omdat het gezoem van die miljoenen muggen een heel vreemd geluid is. Voor zwaluwen, grote liefhebbers van muggen, natuurlijk een feest om doorheen te vliegen. En niet alleen zwaluwen maar ook andere insectenetende vogels en zelfs vleermuizen genieten van die wolken voedsel.

Al die mannetjes in zo'n wolk zijn natuurlijk op zoek naar dat ene vrouwtje, de liefde van hun korte leven. Dat vrouwtje gaat na de paring op zoek naar een leverancier van bloed. Het vervelende moment voor ons mensen. Maar het aantal keren dat ik gestoken word is inmiddels gedaald tot misschien vier à vijf keer per jaar en dat is toch best uit te houden? Dus heb je een jeukende muggenbult, denk dan even aan de miljoenen muggeneitjes die je zo mogelijk hebt gemaakt, en het voordeel van schoon zwemwater, kikkerconcerten en die zwaluwen, zonder wie de lente een stuk minder leuk is.

[www.absolutemedia.es](http://www.absolutemedia.es) Adv. Palma de Mallorca 76-local 3 Torremolinos



## Absolute Media Worldwide SL

**TV VLAANDEREN**  
DIGITAAL

**CANAL DIGITAAL**

[info@absolutemedia.es](mailto:info@absolutemedia.es)

Mobiel Maurice; (+34) 629557095 Tel/fax. 952057276



ALLROUND DJ/ZAN-  
GER RICKY Also for light  
and sound. More info call  
+31612481027



For all  
youre  
partys!

FOR RENT TWO  
LUXURIES  
APARTMENTS  
AND STUDIO  
IN THE  
CARIHUELA PARK

INFO: [deesjoris@gmail.com](mailto:deesjoris@gmail.com)

SINGER/ENTERTAINER  
JOS TORREMOLINOS



info  
through  
Facebook

DK7 for all your  
painting  
DK7 walls and doors  
DK7 for floors ect.

MORE INFO:  
+31643446564

For our Bar with Terrace and  
Beach Service we are looking  
for employees with a positive  
attitude and who want to work  
on the Costa Del Sol this sea-  
son. Spanish language is not  
a requirement. Send an email  
with a photo and some infor-  
matio about yourself to:  
[work@het-meetpoint.com](mailto:work@het-meetpoint.com)

APARTEMENT for RENT



Do you want to offer some  
thing yourself or to sell?

Send an email to:  
[info@serieus.es](mailto:info@serieus.es)

Are you looking for some  
something post it here!

Send an email to:  
[info@serieus.es](mailto:info@serieus.es)

## MEDICAL CARE

### DOCTOR

**Frank Buster, Torremolinos.**

Tel: 952 473 170 of 608 658 338

**J.O. Landman, Torremolinos.**

Tel: 952 388 872

voor spoed Tel: 617 913 196

### DENTIST

**Snezana Kools, Torremolinos.**

Tel: 661 470 111

### THROMBOSIS SERVICE

**Frank Buster, Torremolinos.**

Tel: 952 389 941

**J.O. Landman, Torremolinos.**

Tel: 952 388 872

### PHARMACY (24 UUR OPEN)

**49, Av. de Sorolla 43, Torremolinos.**

Tel: 952 377 959

**Calle Pablo Bruna 11, Torremolinos.**

Tel: 952 370 685

### OTHER USEFUL NUMBERS

**General emergency number: 112**

Emergency medical number: 061

Urgent medical questions: 902 505 061

Fire brigade: 080 or 085

National Police: 091

Local Police: 092 (emergency)

Dutch Embassy: 913 537 500

Belgian Embassy: 915 776 300

24 hour locksmith: 951 440 006

Coast Guard: 900 202 202

### TAXI COMPANIES

Benalmádena Tel: 952 441 545

Estepona Tel: 952 802 900

Fuengirola Tel: 952 471 000

Málaga Airport Tel: 952 176 030

Marbella Tel: 952 823 835

Mijas Tel: 952 476 593

San Pedro Tel: 952 774 488

Torremolinos Tel: 952 382 744

### MARKET COSTA DEL SOL

#### Monday:

Marbella en Torox-Costa, netxt to the  
football stadion-feria terrein.

#### Thursday:

Fuengirola, feria terrein nabij los Boli-  
ches.

#### Wednesday:

Alhaurin de la Torre, La Cala de Mijas,

feriaterrein.

Estepona, Avda Juan Carlos.

In paloma Park Benalmadena every  
wednesday van 08:00 tot 13:00 uur

#### Thursday:

Torremolinos, feriaterrein next to Aqua-  
park El Calvario.

#### Friday:

Arroyo de la Miel

#### Saturday:

La Cala de Mijas

Fuengirola

Parque Dona Sofia

#### Sunday:

Estepona, at the harbor.

Málaga, next to footballstadion Rosale-  
da.

Fuengirola, Calle Mendez Nunez.

Torremolinos

Coin La Trocha

**BY BUS TO: M110** Málaga-Benalmá-  
dena Costa

**M120** Torremolinos- Fuengirola

**M121** Mijas, Benalmádena, Torremoli-  
nos

**M123** Churriana, Torremolinos, Be-  
nalmádena Costa, Plaza Mayor, Ikea.

**L1** Goes to the market in Torremolinos.



# FRANDALUCÍA

My temporary “new” life in NL

Around the spring I had the idea to carry out work and social life in NL during the summer months. my own work on the Sol has been down for 1.5 years and apart from a few weeks in a clinic and appointments for PCR testing are not making any source of income. And then even in the sunny, relatively cheap south, things go quite fast.....It is always very nice to meet old friends and acquaintances and now after that awful C-time it looked good ... ..3 weeks ago. In the meantime, the youth is being blamed, which I don't think is entirely justified. A minister on terrible dancing shoes that Jansen is promoting

is very unbelievable. Add to that a Grappermaker who does give very false notes...and the youth cannot take this seriously. If I were young and I get the brake on it after 1.5 years, I also went wild from these “leaders”....



It took some getting used to seeing all the faces again. some would better their helesjansen life walking their whole life with


**RIJNLAND**  
 Facility bv


**Glasbewassing**  
**Kunstof kozijnen**  
**Gevelreiniging**


**Zonnepanelen reinigen**  
**Dakgoten reinigen**



06-19 750 750 - WWW.RIJNLANDFACILITYBV.NL  
 GLASBEWASSING@RIJNLANDFACILITYBV.NL



a mask.... with the eyes and then finding out that only 9 teeth are present is not a party. I now work in the National Maritime Museum, one of the most beautiful buildings in our capital. Also in the Jewish Historical Museum you will receive the coffee by me :)



Lovely city and a pleasure to be here in the summer. But oooooo how different life is than in our own Carihuella! Now that I'm writing this, the weather is nice (I've also drowned on the bike a few times ppff)

And so fight at 6 pm for a place on a terrace where you can use poco vino for mucho dinero. People work hard, walk and talk fast, everything on the clock and 9 hours in a row getting started with just 30 minutes lunch break is simply forbidden in Spain :) For me, this work rhythm was the last time over 20 years ago. Very strange..... We will certainly last another 2 months, but now I realize all the more why I am so happy in the warm south! Warm regards from Mokum!





# what does a musician do besides making music? Wayne Ward told us

I would like to start by congratulating Nancy on the new Elite news paper for la Carihuela Torremolinos! Good Luck!!!

If you have heard the name Wayne Ward you will know he is a very popular Vocalist, Guitarist and Musician is Torremolinos and all over the coast of southern Spain! Covering a wealth of uplifting music from the 50's to the 90's and a unique sell out BeatleOne Show the ultimate tribute to the Beatles! Catering for all international local people and tourists. Please make sure you look out for Wayne Ward, Guitar-Man & BeatleOne.



As well as working all across the coast of southern Spain and inland Andalucia wayne performs for and organises Charity events and will be hosting his next charity event for Ángeles Malagueños de la Noche which will be a full day music event featuring some of the coasts best artists and we have lots of donations from local bars and restaurants which will be auctioned on the day of the vent to raise money.



As well as being one of the coasts busiest musicians wayne with his partner Lisa run the local torremolinos lunch club which has been established over four years now! We have weekly meetings for food and drinks and boast around 100 international members now, we have just rebranded to the Lunch Club and now we have a monthly wine tasting event and just adding the once a month coach trip to the clubs amazing day line ups.



Please fell free to contact us on the website for more information <https://torremolinoslunchclub.com>



Wayne also has a craft ale distribution company called craft on the coast which distributes fine craft ales brewed here in Spain mainly southern Spain to bars and restaurants and includes a craft ale Locator on the Craft on the Coast website. <https://craftonthecoast.es>

And last but not least wayne has Tech computer called TorreTech which specialises in all aspects of computers and technology supporting from home users to enterprise level companies internationally. Computers, Laptops, Clusters, Websites and television consulting IPTV If you would like to contact wayne on any information on any of the above services go to the url for the specific service or visit [wayneward.es](http://wayneward.es) and use the contact us form or live chat.

See you soon in the Carihuela Torremolinos :)





# Grandcafé de Brabander Boat Party 2021



It's refreshing, it's just fun, it's something different. It has ambience. The Brabant boat party is a different holiday experience because you have no excuse to have fun in this time. Every Tuesday in August, September and October from 5 pm to 9 pm fun at sea with DJ music for everyone. And that for 35 euros per person. Of course this does not include drinks, which are available on board. So if you want a party on the high seas, book on time. AMBIANCE WHERE DIFFERENT. Frans de Brabander tel. 0034-634 015 067





## ¿¿RIDDLES??

A man is murdered in his office. Among the suspects are Gerrie, Julia, Jason and Sophie. The numbers 6, 4, 9, 10 and 11 are written in blood on the wall. Who is the killer?

Two men are playing chess. They play five games and win three each. How is that possible?

Three doctors say that Robert is their brother. Robert says he has no brothers at all. Who is lying?

Start with 1000 and add 40 to it. Add 1000 again. Now you add 30 and 1000 again. Add 20 more and 1000 again. How much do you have now?

I only exist when there is light, but disappear when light comes upon me. What am I?

It lives in winter, dies in summer and grows from top to bottom. What is that?

Whoever makes it sells it; Whoever buys it doesn't use it; Whoever uses it will never know... What is this?



## ¿ Did you know!?

- ¿ Did you know that humans and bananas have 50% of the same DNA!?
- ¿ Did you know that farting is good for high blood pressure!?
- ¿ Did you know that a giraffe can survive longer without water than a camel!?
- ¿ Did you know that the Bible is the most stolen book!?
- ¿ Did you know that you can't snore and dream at the same time!?
- ¿ Did you know that the sunrises on Mars are blue!?
- ¿ Did you know that anatidaephobia is real!? Fear of a duck staring at you.
- ¿ Did you know that arachibutyrophobia really exists!? Fear of peanut butter sticking to your palate.
- ¿ Did you know that nomophobia also exists!? Fear of not having coverage on your phone!?
- ¿ Did you know that honey can be kept for more than 3000 years!?
- ¿ Did you know that women blink more often!?
- ¿ Did you know that more than 50 percent of the world's population has never made a phone call!?
- ¿ a cockroach can survive 9 days without its head!?
- ¿ Did you know that an average of 100 people per year choke on a ball-point pen!?





## The comments of the month

Whether you are walking down the street, going somewhere to eat or have a drink with friends, family or colleagues. You often hear those comments and sentences that make you think .... huh what does that person say and that you have to laugh about it. These comments made headlines this month:

A doctor knows a little about many things. A specialist knows a lot about a little bit. I'm a super genius: I don't know EVERYTHING about anything.

At times I am a genius... Unfortunately it is often windless here!

The social ladder is a household ladder for most people.

Medical science has still not developed an effective vaccine against the contagiousness of the yawn.

Some people never exaggerate, they just remember things big.

Anyone who receives a salary increase because of his good performance is therefore underpaid for some time.

Nothing is more evenly distributed than the mind. Everyone thinks they've had enough.

After rain comes rain, just look in the dictionary.

I cannot understand some people that they have been the fastest of millions of seeds.

With money we don't have, we buy things we don't need to impress people we don't like.

Nothing is more evenly distributed than the mind. Everyone thinks they've had enough.

Golf is marbles for rich people who are too lazy to bend over.

The existence of intelligent aliens is unerringly proven by the fact that they have not yet contacted us.

The décolleté is like the sun: you can look at it, but you mustn't stare into it.

Everything happens automatically with IT people, but nothing happens automatically.

## The Village Idiot

**The "Village Mad", our permanent anonymous writer/star, who writes a monthly column. This month the following came out of the pen:**

What a week, what a week.

It is July 11, the day of the European Championship final Italy - England. Before going to watch the match at my English friends from the Sunset Inn, I first have a bite to eat at the Kippenhuis. Daan is ill and appears to have been replaced by Geurdy, a good friend of mine. First pee and wash your hands. Even before I reach the toilet I again notice a closed curtain, behind it there is a growling sound, I think I gradually have a curtain phobia.

Back at the table Geurdy asks "what can I do for you?" Would you like something vegetarian, what can you recommend? A fresh chicken salad is the answer. Chicken isn't vegetarian, is it? Yes, is her reply, this is corn chicken.

Football result was very disappointing for us, but next Wednesday looks to be fun. For 35 euros I signed up for the boat trip with world famous Dutch artists, organized by Franske de Brabander. Again a disappointment, on the day of departure the boat turns out to be broken. Ergo, little to no ambiance for me. And if that's not enough, the F1 of Silverstone is ruined in no time by an insane, kneeling BLMer, what an idiot, so rightly so, what a week!

The Village Madman.





# True or False

Apples make you wake up faster in the morning and not caffeine.

Alfred Hitchcock had no belly button.

A smoker who smokes a pack a day loses an average of 2 teeth every ten years.



In winter we don't get sick because it's cold, but because we don't get out enough.

When sneezing, all bodily functions stop, even the heart.

An average person of 50 years spent 5 years of their life in queues.

The toothbrush was invented in 1498.



A fly has an average lifespan of one month.

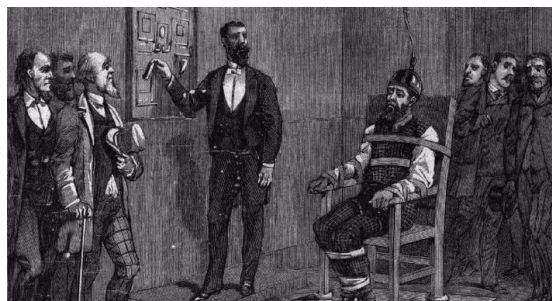
Your feet are bigger in the afternoon than in the morning.

Most of us have eaten a spider while sleeping.



The only animals that can see behind them without turning around are rabbits and parrots.

A dentist invented the electric chair.



Fish scales are an essential component of lipstick.

A kilo of lemons contains more sugar than a kilo of strawberries.



111 111 111 x111 111 111 = 12 345 678 987 654 321

80% of all animal species are insects.

If you chew gum while peeling onions, you won't cry.

A beaver's teeth continue to grow throughout its life.

A butterfly has 12,000 eyes.

Crocodiles can't stick out their tongues.

Pigs are the only animals that can get sunstroke.

In the USA, approximately 200,000,000 M&Ms are sold per day.

Every minute 40 people in the world end up in hospital from bites.

Every year 40,000 Americans are injured by toilets!!

So what do you think?  
It's All Right!!!!



## Live music six days a week at the El Mojito Bar





# Beautiful red is not ugly

About two percent of the population is born with red hair and white skin. So red hair is rare. You have red hair if both parents are carriers of the MC1R gene. The first redheads are said to have appeared about 20,000 to 100,000 years ago. Often reference is also made to the Neanderthals. A natural Ginger, the people who have the MC1R gene are real Gingers or redheads. Here are some facts about people with red hair that you may not have known:

Red hair is more difficult to dye. The pigment of red hair is strong and therefore more difficult to dye than all other hair colors. Redheads also have less hair on their heads. On average, these fiery hair types have 90,000 hair follicles, while blond people have 110,000 hair follicles and brunettes have 140,000. And no, redheads don't necessarily go bald, because red hair is thicker than other hair colors.



40 percent of Brits are 'secret red-heads' Russia has a high content of gingers in the Kazan region, as much as Scotland and Ireland have.

Red hair and blue eyes is a rare combination. Most of the redheads have brown or green eyes. One percent of gingers have red hair and blue eyes, so that's as rare as finding a four-leaf clover.

Research shows that redheads are more sensitive to hot and cold pain, with their bodies able to regulate temperature more quickly. They especially have more pain in their molars.

People with red hair need over 20 percent more anesthesia during surgery than people with other hair colors. The reason is as yet unknown, but it probably has to do with the mutated MC1R gene.



In Roman times, red-haired slaves were more expensive to sell than slaves with other hair colors. The Romans had a high regard for red-heads: red hair symbolized strength and endurance. Therefore, prisoners' hair was often dyed red.

Aging shouldn't be a problem for Gingers as gray hair comes on at a very old age. First it fades to pink blonde and then to grayish white!

Andre Bosgra: +34 611 35 87 31  
 of mail: andre@costa-tv.com  
 Calle Carmen Montes 4 local 3, La Cañuela

amena DIGI Lobster. Costa INTERNET República simyo

Openingstijden:  
 maandag 10.00 tot 14.00 u.  
 dinsdag gesloten  
 woensdag 10.00 tot 14.00 u.  
 donderdag 10.00 tot 14.00 u.  
 vrijdag 10.00 tot 14.00 u.  
 zaterdag 10.00 tot 14.00 u.  
 zondag gesloten

Adolf Hitler was against ginger marriages. He was, according to various reports, afraid of deviant offspring.

Redheads generate their own vitamin D.

It's no secret that, exposed to UV rays, redheads burn quickly. Redheads cannot absorb enough vitamin D due to the low concentrations of eumelanin in their bodies. This is not bad news! Gingers can generate their own vitamin D when exposed to light. It doesn't matter how strong the light is!



Red-haired men are not that popular among women. Women are less likely to be sexually attracted to red-haired men, I don't think these women will talk about the photo above. Red-haired women seem to have an edge over men!

eredivisie DIVERSE SCHERMEN LIVE! VOETBAL

Open: 12.00h

Stancate Torremolinos FUNDADA 1968

LIVE! MUSIC!

DIVERSE BROODJES & HOLLANDSE SNACKS

Calle Jaèn 2 (naast Hotel Riu Nautilus)

VOLG: f i



## Monthly column by Peter Klomp

### Why Carihuela?

Well, that's an open door if you live here. For the "tourists" it is certainly the atmosphere, the fun, the parties, the sun, and I could go on and on. Oh yes, apparently there are also quite a few fun makers who come here for love. That's nice and it should stay that way, by the way, I'm also looking for a nice thing. I think Torremolinos should become and remain an open minded enclave. For everyone. For every color. For LHBT and what else there is in the world. All that nagging with that figure in Hungary who has pushed through a strange law. Dictators only look at themselves in the mirror and have no feeling whatsoever with what is happening in the world and in Carihuela. As far as I'm concerned, they thunder him with tar and feathers from the European Community. What a lullo.

To come back to that living here. Last winter, when there were almost no tourists and winter visitors, I noticed how the "neighborhood" is still intact here. People visited each other, drank a cup of coffee here and a cup there, discussed the state of affairs in the world and helped each other through the pandemic. That is how it used to be in Rotterdam where I come from. Yes, in the past, nowadays that is hard to find. You hardly see the neighbors, neighborhood cafes where you could get together have become a rarity.



I am therefore looking forward to arriving back in Carihuela at the end of July and moving into my apartment in Carihuela in September and becoming part of the community. Enjoying billiards again with the billiard club, playing golf, enjoying a lovingly prepared meal here and there and regularly partying and relaxing with live music.

In England, the reins have been loosened again and the English are completely unhinged again. I'm curious how the infections develop there. We have now seen in the Netherlands what dancing with Jansen has brought about. A wave of infections and an R-factor above three. Yes, that Rutte and de Jong are doing well again. Testing for holidays is going wrong and the Netherlands is turning dark red. The majority of infections are in people who have not yet been vaccinated. Let's hope that everyone will see that vaccination is protected and we'll just smear those denying wappies around their mouths and send them to Limburg to clean up the mess.

For now, see you sun and see you in Carihuela.

Peter Klomp



## Submitted by grandma

### A Grandma. (according to an eight-year-old)

A grandmother is a woman who has no children of her own. She loves the children of others very much.

A Grandpa is a Man-Grandma. He goes for a walk with boys and they talk about fishing. Grandmas don't have to do anything just be there. They are so old that they cannot run or play wild games. You should never tell them, hurry up. Usually they are thick but not so thick to fasten the children's shoes. They wear glasses and weird underwear and can take their teeth out of their mouths.

They don't have to be pretty, they just have to answer questions like: why do dogs hate cats and stuff. They don't talk to you childishly like other people who come to visit. They don't skip parts when they read to us, nor do they mind having to read the same thing over and over. Everyone should have a Grandma, especially if you don't have a TV. Because Grandmas are the only grown-ups who have time..





# Through the eyes of a sports fan

## La Squadra Azzurra

The Blue Team! The European Championship 2020 is over! Somewhat disappointing. I'm not talking about the deserved champion here, but the level of the matches as a whole. Many countries sail on experienced forces, with enough young talent. However, these talents will have to mature for a number of years before they can finally be decisive. This unbalanced balance does not always benefit the game. Nice matches interspersed with huge seed parties. Germany is a good example of this. A few transition years and then this neighboring country will surface again. Hopefully the same also applies to the Netherlands. The national coach, who has since resigned, showed with a number of decisions during the European Championship that he absolutely cannot handle this level.

Good old Louis will undoubtedly get more out of it during the 2022 World Cup. Spain is not what it used to be either. Nice football players, but with a handball rondo you can't get to a final these days. The Xavis and Iniestas of this world are sorely missed these days.



France fell through the basket and I am very happy that England has not denied my right. A team with eleven miners should not be on a football field, let alone win a European Championship. A cowardly coach who chooses security over football. The English people hardly cared. They played at home, a full Wembley and there was an old-fashioned party again. Would you be an average

Giving an English supporter a football, this beautiful object cannot be held high three times. The chance of this happening with a can of beer is many times greater.



No, the rescue this tournament has been Italy. Not that I want to be right here, but I do admit a bit of chauvinism. Fortunately, this confirmation was also given by a great trainer, Roberto Mancini. When announcing the line-up for the final, he knew by listing the starting eleven (a lame joke in between) and the text; "you know why we are here, it's up to you" to have given enough motivation for this last race. A football player does not need to hear long speeches about tactics, playing methods, etc. A football player at this level (you would think) knows what to do. It is logical that Italy did not always play attractively after the group stage. The average Italian knows that he can always fall back on pure defense, with a portion of aggressiveness and persuasion on top of that.

Just ask warriors like Giorgio Chiellini and Leonardo Bonucci. That's really all that has been said. The people who still doubt the transfer of Matthijs de Ligt from Ajax to Juventus, understand little of it. Would he have come into his own at Barcelona or Bayern Munich? There, many football fans still underestimate the power of Serie A. In Italy they learn what pure defense is, including De Ligt. And Chiellini and Bonucci can also be next



**Zanger/entertainer Corné van Meer is te boeken voor al uw feesten/partijen en evenementen op +31612684094 en voor de ondernemers in Spanje weer van 3 tot en met 21 oktober.**

**Voor appartementen verhuur, bel +31613186899**

Defend properly at the ball, otherwise you won't win 8 national titles together with Juventus, a European Championship, many more prizes and you play on your 36th resp. 34th still at the highest level with no signs of wear.

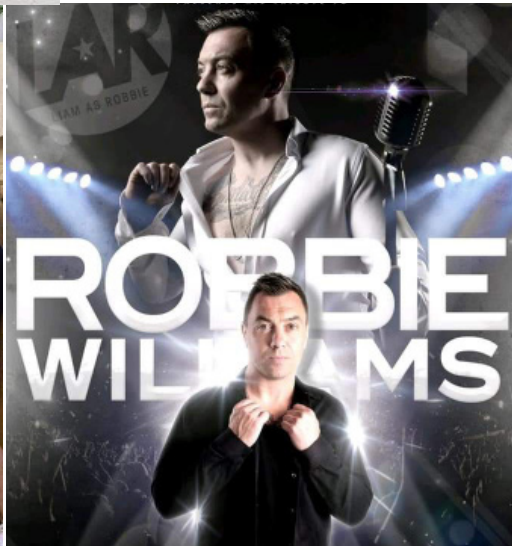
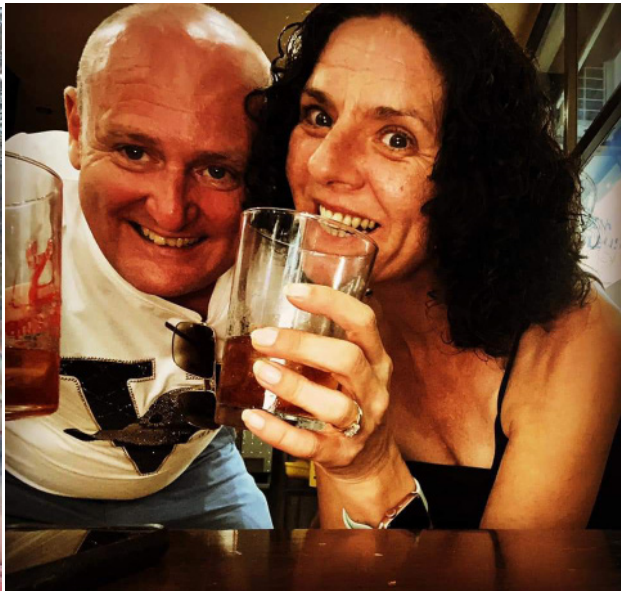


We Dutch can take an example from this. As a Dutchman I still feel like a small thumbs up in that regard. The idiosyncratic and know-it-all football behavior of the Dutch clownish supporter (a consequence of 1974) will not change quickly and will be turned into harsh reality. Forget the Beckenbauer-esque imitation and do what you have to do and what you stand for in the field. Only then will you take things a step further and the Netherlands will be taken more seriously again. Louis van Gaal knows this too.





# *Carihuela Lives!!!*





# Carihuela Lives!!!





# ¿WEED, is it allowed or is it not allowed!?

**The current scenario about marijuana in Spain is still a sensitive topic. We are dealing with a legal limbo in which the use of cannabis in Spain is legally prohibited and punishable, but in some cases is “allowed” by the authorities. The Spanish Cannabis Clubs exist thanks to a back door in the law that decriminalized the consumption of cannabis in private places.**

There are hundreds of clubs scattered across the country. Cannabis clubs, or Coffeeshops known to us, offer their members various benefits. The quality of the cannabis is regulated, unlike black market cannabis. Members also get the cannabis for a reasonable price.

The Cannabis Clubs in Spain (particularly in Barcelona) are the result of legislation and legal gray areas.

There are now hundreds of these clubs. The Spanish Coffeeshops are always an association, which falls under a non-profit organization. You must always register for this before you can enter. In addition, you make a donation and receive a membership card. In these cases, according to Spanish law, you can just smoke your joint, if you are “caught” outside with this by the police you can be thrown on the receipt for 600 euros.

Although smoking weed in a cannabis club

so is allowed, smoking a cigarette is prohibited as in any business. In Spain, some political parties see something in legalization of cannabis, but other political parties do not want to hear about it yet. Perhaps after the results of a study by the University of Barcelona, they will think differently if they know that a possible legalization of weed in Spain could bring the treasury at least 3.3 billion euros in taxes.



According to the research report “Cáñamo”, legalization in Spain would result in an annual turnover of 8.5 billion euros with 3.3 billion euros in revenue for the Spanish government.

It would also reduce cannabis sales on the black market by 15%, according to researchers from the Unidad de Políticas de Drogas del Servicio de Psicología y Logopedia of the Universidad Autónoma de Barcelona (UAB).

Not only would more money be raised by the Spanish government, but there will also have to be better control over the production and sale of weed in Spain with legalization. About 101,596 jobs would also be created, which in turn would generate more money for Social Security.

The research writes that the black market is not expected to disappear completely, but it will decrease by about 15% and take a big dent with better control over the production and distribution of the cannabis. In total, legalization of cannabis would see an annual turnover of about 8.5 billion euros, on which the Spanish tax authorities 1.02 billion euros in VAT, 486.6

million euros in special taxes (such as that of tobacco with surcharges due to the black market), 371 million euros in corporate taxes, 1.4 billion euros in payroll tax (IRPF) and 26 million euros in export taxes. And if you’re reading this, the legalization of marijuana may not last very long.

## Happy Garden

If you also smoke weed yourself, you can go to the Happy Garden, a Coffeeshop in Carihuela. As you can read in this article, there are also certain rules that must be adhered to. If you want to enter here, take your passport with you, because information is needed for registration. When this is done you will receive a pass. You pay a donation of 20 euros for this. For this you get 10 points that are put on your card, the other 10 euros is for registration. The points on the card can be used for consumptions. If you want to see what the shop looks like and where it is exactly, scan the QR code below.



*When handing in the coupon below in the Happy Garden, the registration costs are free and you save 10 euros.*





# The Spanish healthcare

**Here in Spain, Spanish healthcare consists of private and public healthcare. Private healthcare is provided by private companies, while public healthcare is provided by the Spanish government. Every resident of Spain who contributes to the social security system in Spain or who contributes in the Netherlands in the event of a benefit or pension is entitled to public care.**

Public healthcare can be seen as the Spanish health insurance fund and comparable to healthcare in the Netherlands: everyone who in one way or another contributes to the social security system in Spain or who pays contributions in the Netherlands in the event of a benefit or pension is entitled to entitlement to public health care in Spain. All care is included, with a few exceptions, such as dental and ophthalmology. Public medical care in Spain is of a high standard and comparable to that in the Netherlands. Because the organization of care and accessibility is different here in Spain than in the Netherlands, this can give a strange feeling in the beginning. Many public hospitals are also very old and therefore look less clean, so that you (unjustly) look at healthcare from a different perspective. Fortunately, this is already changing, new/modern public hospitals are now being built.

In public medical care it is sometimes unclear how agreements are made, where agreements should be made, treatment of patients is different than in the Netherlands, doctors are even more on a pedestal here.



In general, Spanish GPs receive their patients from Monday to Saturday. Your attending physician (referring physician) is designated by the local health center in the place where you live. However, you can choose another doctor if you are not satisfied with him/her. Waiting times for an appointment are quite short and consultations are free, but also very short (about 5 minutes). And don't be surprised that the doctor's office door remains open!

## Medicines

Medicines are obtained by prescription and must be purchased in a pharmacy. You pay a personal contribution that amounts to approximately 40% of the price of the medicine. Because the government has imposed a price reduction for medicines, medicines in Spain are generally cheaper than in other countries.



## Private insurance

Anyone can take out private health insurance. There are no restrictions, except an age restriction: there are few, if any, Spanish private health insurance policies that include people over 65 (insured persons who reach the age of 65 will of course remain insured). Spain has a lot of private health insurance. When taking out the policy, pay close attention to the cover and especially read the 'small print'. That way you won't be faced with any surprises.

Spanish private hospitals are not necessarily better than public hospitals in terms of quality, but waiting times are much shorter.

You will usually be referred directly to a specialist and English is also spoken in most clinics. Especially in the tourist areas. In some cases you can even contact Dutch/German speaking doctors or specialists.

In addition to investing in new clinics with modern technology, you can also count on comfortable rooms (which you do not have to share with another patient) and good meals.





# Relax, have we forgotten how?

Busy busy busy. Nowadays it seems to be the only word we can all relate to. If you meet someone at a birthday and ask how they are doing, you will soon hear “I’m busy”, or “it’s busy at work”. We are faced with stimuli every day. Lots of incentives. We sprint home from work to pick up the kids, do some quick shopping, then cook dinner and then run to work out the pounds.



Every now and then it’s good to take a break and put everything back together. Time to pause for a moment, then go full speed ahead again. What can help us are moments of rest and relaxation.

And, that’s exactly what Sean Moeller thought, the creator of National Relaxation Day on August 15.

We can of course only embrace this day and say no to it. As far as we are concerned, there is not one National Relaxation Day, but you should actually have such a day every week. Or, maybe every day such a moment...

But, how do we actually do that, relax? Have we forgotten?

There’s nothing wrong with an evening of Netflix, gaming or walking for hours through the Facebook or Instagram timeline. We do it regularly. Still, it’s good to let go of the internet every now and then, to do something different. Less online means less incentives and more peace of mind. If you take such a digital break, you will immediately notice the positive effect on you, your well-being and your life.

Meditations, scent experiences, float and yoga sessions and other fine rituals. Imagine yourself in a completely different world, forget the everyday. These are moments to completely relax your body and mind and to enjoy the here-and-now more. Nowadays there are many apps and websites that help you with various meditations to calm your mind and body.



Do you regularly go outdoors? Nice! Nature has a major influence on your mental health; it reduces tension, anger and fatigue and it increases your feeling of happiness and energy. The fresh air helps you to relax, provides the necessary vitamins and has a refreshing effect. Only when you go to bed relaxed do you rest well. Enjoying the outdoors can help you on your way. By allowing yourself some daylight and fresh air throughout the day, your body knows that it is time to go to sleep at night. But even after a day in the sauna, you will undoubtedly fall into a deep sleep. Because you are in a relaxed ‘flow’ all day, your heart rate decreases, making you relax even more.



NEXT MONTH  
IN ¿SERIEUS!?

**butterflies**

**AUTUMN**

**Grandpas & Grandmas**

**DURABLE**