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MEET BOB THE EDITOR

WELCOME TO THE JANUARY ISSUE

COVERING CATALUNYA & COSTA AZAHAR.

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January is named after Janus (Ianuarius), the god of the doorway; the name has its beginnings in Roman mythology, coming from the Latin word for door (ianua) - January is the door to the year. # January's birthstone is the garnet which represents constancy. Its birth flower is the Dianthus caryophyllus or Galanthus. ♦♦♦♦

"Auld Lang Syne" is a Scottish poem written by Robert Burns in 1788 and set to the tune of a traditional folk song (Roud). It is well known in many English-speaking (and other) countries and is often sung to celebrate the start of the New Year at the stroke of midnight.

Should auld acquaintance be forgot,
and never brought to mind ?

Should auld acquaintance be forgot,
and auld lang syne ? ...

♦♦♦♦

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TAMARA DE LEMPICKA 1929

THE **Happy New Year 2010**



Ow!!! my poor head....Has anyone got an alka-Seltzer???

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Smoking to be banned in all public places in 2010

Health Minister, Trinidad Jiménez, has confirmed again today the government's intention to ban smoking in public places from next year. Jiménez explained that the Smoking Law (la Ley del Tabaco) was in its final stages of being reformed and that her department intended to have smoking banned in bars, restaurants and other leisure venues to coincide with Spain's presidency of the European Union. In order to give weight to her decision, the minister for health made reference to studies carried out by countries where smoking had already been banned in public places, like the UK, Holland, France and Italy. Jiménez reiterated her hope of reaching a broad consensus across all the different political groups and pointed out that only 1% of the 350,000 establishments that should have already provided separate smoking and non-smoking areas had done so. She also underlined that the long-term objective of tightening the smoking laws was to preserve the health of the nation as a whole, including those who work in bars and restaurants and are forced to become passive smokers.

Cataluña takes its first step to banning bullfighting.

A total of 67 deputies in the Catalan parliament have voted in favour of debating a possible prohibition of bullfighting in the region. A series of amendments presented to block the vote, presented by the PSC, PP and Ciutadans, have all been defeated this morning in the chamber. 59 voted in favour of the amendments and 5 abstained. Those who want to see Spain's 'National Fiesta' banned insist that it is no more than torture, while Ciutadans and the Partido Popular argue that any veto would



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be against 'freedom'. The Socialist party in the region, PSC, has meanwhile given its deputies a free vote. The debate was brought by a 180,000 signature petition under a Popular Legislative Initiative, ILP, and can now continue.

Passengers get on board

Spain's first driverless metro line Spain's first fully automatic, driverless metro line opened in Barcelona this Sunday, when the first stretch of Line 9 of the city's metro system officially opened to passengers. There are five stations on this section: Can

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16 years in Spain. References available.

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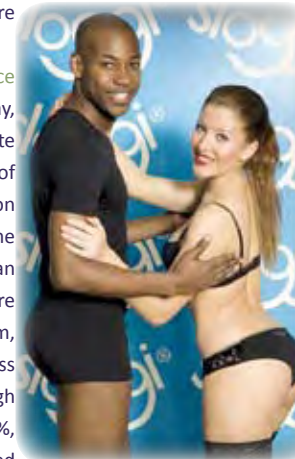
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Zam, Singuerlín, Església Major, Fondo and Can Peixauet. It runs for almost 4 kms, connecting the districts of Santa Coloma and linking up with Line 1 at Fondo. It's Spain's first experience of the driverless system, which Europa Press notes already operates in other cities such as Paris, Dubai and Singapore. Once fully constructed, Line 9 will be the longest metro line in Europe, with 47.8 kms of track linking up 52 stations. The Badalona section is set to open in the first quarter of next year, with the entire line planned to be in operation in 2014.

An average of 350,000 people are expected to use it every day.

Cataluña votes for independence but turnout was low. Sunday, 13th December, was the date chosen by 166 municipalities of Cataluña to vote in referendums on whether the region should become independent from Spain. More than 700,000 people over the age of 16 were eligible to vote in Sunday's referendum, overseen by 15,000 volunteers across the region, but in the event although there was a massive yes vote at 94.71%, turnout reaching just 27%. 3.53% voted



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'No', while there were 1.76% blank votes and 0.34% were void. It was a symbolic vote which is not legally-binding, but was supported by a number of Catalan political parties, including ERC and ICV.ative Initiative, ILP, and can now continue.

Spain's best bottoms. Lingerie company Sloggi has been organising a 'Top Culos' or Best Bottom contest in Spain for years, and this year more than 200,000 took part. This year's winners have now been found – 21 year old Eve Fernández García, who is a beautician student, and Moise Chery, a 30 year old man of Haitian origin who lives in Santander

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Spain starts work on nationwide map of graves of Franco's disappeared. An agreement was signed on Monday 21st December, under the Law for Historical Memory passed in 2007, to draw up a nationwide map of the mass graves which contain the remains of thousands of victims killed during the Civil War and the Franco dictatorship. The map is to be drawn up by the Justice Ministry from data which will be provided by seven of Spain's autonomous communities. It will include a database of information on the location of each mass grave, its characteristics, any action which has been taken at the site, and details of the victims who are known to lie there. The information collated from Andalucía, Aragón, the Basque Country, Cantabria, Castilla-La Mancha, Cataluña and Extremadura is to be published on a Web page to be set up by the Justice Ministry. The number of 'disappeared' thought to lie in these graves runs into the tens of thousands. The Platform for the Forcibly Disappeared gives the number as more than 42,000 in Andalucía alone. The EFE news agency however quotes other data from historical memory associations in the region which put the figure at more than 53,000 victims who were buried in Andalucía's 648 mass graves.



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Work to excavate what was thought to be a Civil War mass grave in Alfacar, Granada, believed to hold the remains of the poet, Federico García Lorca, concluded last week with no sign of any human remains. Six areas at the site were detected by ground penetrating radar as anomalies in the ground and excavated as possible mass graves, but all have now been inspected and none were found to contain any remains. Ian Gibson, the Lorca expert and biographer who identified the site after he was taken there by the gravedigger in 1966, believes the search should continue in the area nearby. He commented to El País that the man who told him he had dug the grave, Manuel Castilla, a waiter known as Manolillo the Communist, would have gained nothing by lying.



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DIVORCE - DIVORCIO by David Piqué



Without doubt, one of the happiest days of our lives is the day we are married. Whether it be a traditional church wedding, before a judge or another competent authority, nobody will dispute the fact that it is a very special day which is hard to forget. But luckily or not, the mythical phrase "Those whom God hath joined together, let no man put asunder" is no longer like Utopia seeing that (according to statistics) one divorce is produced every 3.7 minutes in Spain.

When living together has become impossible due to a lack of love, it seems that a divorce is the solution to the problem as neither the husband nor the wife can bring about the dissolution of the marriage without pleading due cause. The only established requirement according to law is that, except in exceptional cases, more than three months have passed since the marriage took place.

There are two types of divorce. The most recommended, economic, rapid, efficient and in general the least traumatic, is that of mutual agreement which can be applied for by both parties or by only one with the consent of the other. In this case, the divorce petition must obligatorily be accompanied by a proposal of settlement on behalf of both parties and should cover the following aspects: a) who will make use of the family home and its contents; b) who will be awarded custody of the children, what

visiting rights the other spouse will have as well as communication and holidays with the children; c) how each will contribute to the various financial costs (child support, any expenses derived from the marriage); e) the maintenance to be paid by one spouse to the other. Once the petition for a mutual agreement divorce has been presented together with the settlement proposal, which must be endorsed by a lawyer or solicitor, the judge will summon them for ratification and if there are any children under the age of 12, the Department of Public Prosecution must approve the settlement so that sentence can finally be pronounced to approve the proposal of settlement.

The second type of divorce is a contested divorce which means that one of the spouses, through a lawyer or solicitor, lodges a divorce petition against the other spouse. Once the petition has been received by the other spouse, he/she will have 20 days to contest it and subsequently a hearing will be held where a judge will determine the measures to be taken according to the claims made by both parties. We will cover this process in more detail and the effects of divorce in a later article.

by David Piqué
any legal questions can be sent to davidpique@advocatsreus.org or The Olive Press direct

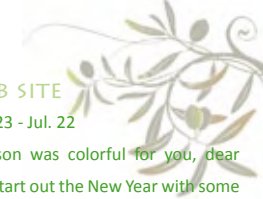
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BRITAIN DECIDING WHICH SOUVENIR TO HURL AT BROWN

BRITAIN was last night pondering which model of a famous building it would throw at Gordon Brown's head.

Families across the country became embroiled in heated arguments over the best historical souvenir for knocking the prime minister's teeth out, as experts stressed that if you wanted to leave Mr Brown with stitches you should really use a tiny cathedral.

Roy Hobbs, from Doncaster, said:

"We were in Stratford back in June and I picked up this lovely, detailed model of Anne Hathaway's cottage. It's got three little chimney stacks and it's good and heavy."

But his wife Jill insisted: "Anne Hathaway's cottage is bullshit. You want something with lots of spikes and knobbly bits. What about York Minster sellotaped to a brick?"

Tom Logan, a mental patient from Hatfield, said:

Experts say the flying buttresses of Bath Abbey would hurt like hell



"I once threw a Royal Albert Hall paperweight at Jamie Oliver. It left a beautifully symmetrical dent in the middle of his forehead and temporarily cured his lisp.

"But if I was hurling something at the prime minister I'd probably go for an Edinburgh Castle or a Forth Rail Bridge on the basis that he would find them reassuringly familiar and would then forget to duck."

Mr Brown's Special Branch protection officers are now expected to receive additional training in how to throw themselves in front

of miniature versions of some of Britain's most treasured architecture travelling at up to 40 miles per hour.

Margaret Gerving, a retired headmistress from Surrey, added: "I'd really like to throw the Royal Yacht Britannia at Harriet Harman, though I suspect I'd need an absolutely enormous crane."

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CAPRICORN Dec. 22 - Jan. 20



January is a personally important month for you, —a time for reinventing yourself. While there are more career pressures to deal with, you have very strong powers of attraction and can form a beneficial friendship this month. Gifts, pay increases, or other bonuses are likely forthcoming this month.

AQUARIUS Jan. 21 - Feb. 19 -Until the 18th, dear Aquarius, life is quiet as it should be. It's time to catch up on your sleep, pay more attention to your dreams and intuition, and deal with some endings that need your attention. While the New Year may not start with a bang for you, from the 18-20 and forward, others pay close attention.



PISCES Feb. 20 - Mar. 20



Barriers have been coming down for you in the past years. With jovial Jupiter moving into your sign this month (and staying there much of 2010), you'll be enjoying a lucky streak of sorts. Your confidence and optimism increase. Some financial tensions are likely, coming from others draining your resources.

ARIES Mar. 21 - Apr. 20



Career and professional matters are in strong focus this month, dear Aries, but they are not always easy. While you have the opportunity to truly shine professionally, blockages can come from both outside and within.

TAURUS Apr. 21 - May 21



Challenges this month mostly revolve around home, family, finances, and personal energy levels, dear Taurus. A partner is facing problems that ricochet back to you. However, opportunities to break the routine and to get away are likely to arise now and in the coming months.

GEMINI May 22 - Jun. 22



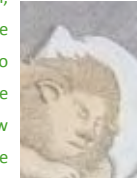
You can expect 2010 to be a banner year for your career, dear Gemini, with doors opening up for you and strong support from others. Late January brings a taste of that exciting energy. Until then, you have to deal with some tricky misunderstandings, delays, and miscommunications.



CANCER Jun. 23 - Jul. 22

The holiday season was colorful for you, dear Cancer, and you start out the New Year with some challenges with those close to you. However, by mid-month, you are rediscovering the joys of partnership, as well as a newfound urge to explore and expand your horizons.

LEO Jul. 23 - Aug. 23



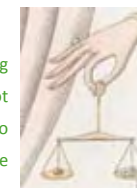
More rethinking of your strategies when it comes to personal plans is in order this month, dear Leo. Others might not be getting you right now, and you experience delays and frustrations that force you to go over your plans and refine them. You are also learning to be more humble and patient.

VIRGO Aug. 24 - Sep. 23



You are learning about what motivates you and how to express yourself more freely as a result, dear Virgo. A new beginning or a surge in your romantic life is experienced from the 13-18, although you'll still need to iron out your differences when it comes to shared values. A romance or creative project moves forward at this point.

LIBRA Sept. 24 - Oct. 23



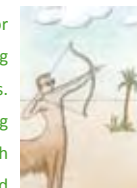
2010 will bring its share of responsibilities to you, dear Libra, but nothing you can't handle. In fact, you will come out stronger and more self-reliant than ever before. More confidence is with you on the job in January. You will need to be careful, however, that you don't take on too much.

SCORPIO Oct. 24 - Nov. 22



Career demands are heavy this month, dear Scorpio. Some decisions or plans may be on hold and projects need to be redone. While you have excellent ideas for projects now, mull them over until a better time for launching them.

SAGITTARIUS Nov. 23-Dec. 21



As adventurous as you are, dear Sagittarius, January pulls you closer to home and family. This is a trend that continues much of the year—family and domestic activities bring joy and increase. Challenges with friends over values are likely to crop up now and throughout 2010. This has you questioning who is a true friend...and who isn't.

NEWS HOUNDS & MORE...JAPAN AND CANINE BLOOD BANKS... BY DR. RONALD ROSENFELD D.V.M.

**My New Year Resolution...
I will not eat other animals poo!!!
...I will not lick my masters face
after eating other animals poo!!!**



**Your dog
or cat could
help save a life
of another. Why
not be part of our
blood donor program.**



The Japanese are looking for blood donors, canine blood donors! This is according to one of the countries largest animal care centres.

Japan is a nation of dog lovers with over six million registered dogs as pets and they are crazy for their canines, many of which are company for an ageing population serving as child substitutes in a country with one of the lowest birth rates.

Many peoples' wish for their pets, as for themselves is that of a long life. This implies a greater need for blood for operations and medical treatments that may be

required in an ageing population become more demanding and frequent, according to the executive director of the Animal Referral Medical Centre PN Kawasaki, outside of Tokyo. The most common need

for transfusions there are due to an increase in cases accompanied with blood loss as well as an increase of treatments of patients with cancer.

Many pet owners will spare no expense in the quest for proper medical care for their pets, even if the donations of

blood are complicated and unusual. There is no equivalent dog blood bank in Japan (or in many places in the world), as there is for a human blood bank; private hospitals and clinics then have to type and classify any blood required for an operation or replacement treatment. Canine blood can only be stored for about a month and a dog may only be able to donate once a year, bigger dogs of course can donate greater quantities. The average donation is about 200 ml. There are 13 different blood types, more than with us, which therefore necessitates a greater variety of donors.



In Japan there is not a recognized blood bank, so there is not the capacity to store blood. Individual hospitals may have their own donor dogs and stores but they can not resell or distribute this blood. Here in Spain, as may well be the case in some other countries, there are blood banks available although many hospitals maintain their own donors, properly vaccinated,

A. M. P. A. R. E. The society for the protection of animals Ebro region. Based

A.M.P.A.R.E.
PROTECTORA D'ANIMALS
DE LA RIBERA D'EBRE
Based in MORA LA NOVA

CONTACT | Susan : 689 468 752 English
Isabel: 977 404 720 / 657 905 465 Spanish/ Catalan
www.naturahumana.com/ampare

in Mora La Nova. We desperately need to re-home dogs to make room for more! We have over 200 dogs for adoption. Susan 689 468752 English Isabel 977 404720 Spanish/ Catalan Donations always appreciated.

I have adopted an abandoned dog. Have you?

Alberg d'Animals de les Terres de l'Ebre

657 18 14 37
619 84 87 78

www.albergdanimals.com

Carmen and Anna of ARCA the dog refuge wish to give sincere thanks to everyone for supporting them with donations and helping to raise money from the boot sales.

A special thanks to those who adopted, the friends who fostered and the volunteers..

Wishing you all. Good health and happiness in 2010.

Thank you..... Mavis Betts

parasite free, and blood typed. To the authors knowledge, there is a blood bank in the Malaga area. There may well be others and one would expect to find that in the Barcelona area there is another besides that which is connected to the Veterinary School there. The best way to find out is to ask your veterinarian, as well as having your dog tested and blood typed for future reference. You might also be able to have your pet tested for free if you are prepared to allow them to be a potential donor.

Most of what has been covered here is also true for cats, only they have fewer blood types than dogs.

Ronald Rosenfeld D.V.M.

Pet Turtle Danger. A recent study published in Paediatric magazine deals with a link to salmonella infections in children with pet turtles. It also refers to the danger of swimming in pools or ponds where they are kept. In many places the sale of these little animals is now prohibited as they are endangered, so take heed!



"Hello, I Am Encarna From The Animal Refuge Terres Ebre, Please Help Me!!! I have 20 puppies and 70 dogs, 40 cats please I need food for dogs and cats....."

Association for the refuge and Care of Animals

Arca

Hundreds of lovely dogs need homes
Donations and Volunteers needed
Maeve (English) 678 975 816, Cinta 625 915 605
Sue (English) 630 791 918, Carmen 655 040 359
protectora.arca@wanadoo.es
http://www.protectoraarca.org/

"moral and cultural progress of a country is measured from its treatment of animals" (Mahatma Gandhi)

URGENT ADOPTION REQUIRED CALL ARCA TODAY.

A.R.C.A. (Association for Refuge and Taking care of the Animals) it is a non-profit association operating since the summer of year 2001.

At this moment they have 300 abandoned dogs.

They are in Tortosa in the province of Tarragona (Spain). All the material aid comes from the much appreciated donations but with each new arrival more donations are needed. If you want to donate to Arca if only by 5€ each month, minimum, please send an e-mail with your personal data and account number or call or write. Or just become a volunteer to help with the dogs.

email: protectora.arca@wanadoo.es

ARCA : Post office 496, Tortosa, (Tarragona) or contact:

Maeve (English) 678 975 816

Cinta 625 915 605

Carmen 655 040 359

SHARPIE

FOXI Male-3 years. small good character.

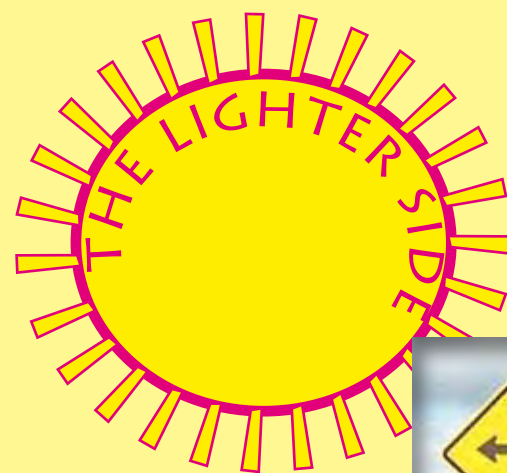
PEGI Female. 2 years. Good character

SULTAN Male. 3 years. lovely character

Call Arca Today To Provide A Home To One Of 200 Dogs Needing A Loving Home Or If You Can Volunteer Any Assistance With The Dogs

Please Donate Today!

To Help Us Find Homes & Stay Healthy



COWS -VS- PIGS
FOR THOSE MEN WHO SAY, "WHY BUY A COW WHEN YOU CAN GET MILK FOR FREE?"
HERE'S AN UPDATE:
A RECENT SURVEY FOUND 80% OF WOMEN ARE AGAINST MARRIAGE... WHY? BECAUSE WOMEN REALIZE IT'S NOT WORTH KEEPING A PIG IN CLOVER JUST TO GET A LITTLE SAUSAGE



Chinese year

Don't know if this is just a sick (sorry) coincidence but....
2007 - Chinese year of the Rooster - Bird Flu Pandemic devastates parts of Asia
2008 - Chinese year of the Horse - Equine Influenza decimates Australian racing
2009 - Chinese year of the Pig - Swine Flu Pandemic kills hundreds of pigs around the globe.
Has any one else noticed this????!!!!!!!!!!!!!!

It gets worse.....

next year.....

2010 - Chinese year of the Cock - what could possibly go wrong?



Cher finds the limits of plastic surgery have been reached!!!



A policeman was patrolling a local parking spot overlooking a golf course. He drove by a car and saw a couple inside with the dome light on. There was a young man in the driver's seat reading a computer magazine and a young lady in the back seat knitting. He stopped to investigate. He walked up to the driver's window and knocked. The young man looked up, cranked the window down, and said, "Yes Officer?"

"What are you doing?" the policeman asked. "What does it look like?" answered the young man. "I'm reading this magazine." Pointing towards the young lady in the back seat, the officer then asked, "And what is she doing?" The young man looked over his shoulder and replied, "What does it look like? She's knitting." "And how old are you?" the officer then asked the young man. "I'm nineteen," he replied. "And how old is she?" asked the officer. The young man looked at his watch and said, "Well, in about twelve minutes she'll be sixteen."



International symbol of marriage Approved
New York-AP-



On Jan 1st, 2010, after 5 years of heated debate, the Commission of Human Rights approved the new International Symbol of Marriage:



HEALTH SELF-HELP TOOLKIT: STEPPING BEYOND ADDICTIONS

Well, we made it, we passed through the deepest, darkest turn of the year yet again, the winter solstice, & now the days lengthen little by little once more, almost invisibly. For most of us, the heart of winter brings a time of reflection, sitting with the quiet at those depths, with the gift of time we can look at the shadows inside, the real rich story of how we are beyond the mask of personality and the face we usually keep on for the world of relentless progress. It's the time when seeds rest deep in the earth, true to themselves; ready to become who they are expressing their unique signature of the pattern of reality. And traditionally it's a time we use to make resolutions to be true to ourselves, to go beyond the habitual patterns that seem to promise lightness of being, spirited-ness & diversions, but in fact end up weighing us down. The means we thought would lead to the goodies end up instead becoming a smokescreen sapping our energy & preventing us from achieving the very things they promised to deliver. We become addicted to the highs and familiar-ness of a very narrow band of experience. And so we miss the everyday feast of small miracles & ordinary magic that occurs on a daily basis if we don't insist on editing reality and putting a lid our genuine responses and insights.

Paulo Coelho has a story about how some Moroccan desert tribes perceive original sin in his fine book, 'Like the Flowing River.'



Eve was out walking in the Garden of Eden when the serpent slithered over to her.

'Eat this apple' said the serpent.

Eve, who had been properly instructed by God, refused.

'Eat this apple,' insisted the serpent.

'You need to look more beautiful for your man.'

'No. I don't,' replied Eve. 'He has no other woman but me.'

The serpent laughed. 'Of course he has.'

And when Eve did not believe him, he led her up to a well on top of the hill. 'She's in that cave. Adam hid her in there.'

Eve leaned over and, reflected in the water of the well, she saw a lovely woman. She immediately ate the apple the serpent was holding out to her.

According to this same Moroccan tribe, a return to paradise is guaranteed to anyone who recognizes his or her reflection in the water and feels no fear.

So here's to any of you getting real & using this time to stop smoking, comfort eating, avoiding exercise (me!!!), over-watching TV, lying comfortably-uncomfortable under the 'duvet of despair' as a friend of mine calls it, or whatever your particular pattern of sapping your life energy is. May a good appreciative look at your shadow, your messy, creative and vital depths, usher you through the gates to a freer, juicier year ahead. **Taru Burstall is a registered family therapist, masseuse & acupuncturist; Tel: 629 301 509, taruyes@gmail.com.**

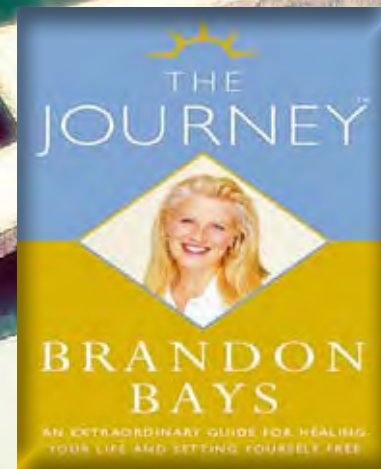


THE JOURNEY – AN AMAZING HEALING PROCESS

The Journey, developed by Brandon Bays, is a deceptively simple process that helps people clear out emotional blocks which give rise to physical and psychological problems. Brandon's own healing journey began after she was diagnosed with having a basketball sized tumour. Rather than undergo surgery she embarked on a soul-searching journey in which she uncovered a means to get access to a cell memory associated with the tumour and to tap into the boundless healing potential inside all of us. Only six and a half weeks later she was pronounced tumour free, text book perfect without the use of drugs or surgery. She then developed a profoundly effective process which uses practical techniques that help people clear longstanding emotional issues and physical challenges through tapping into the body's infinite wisdom

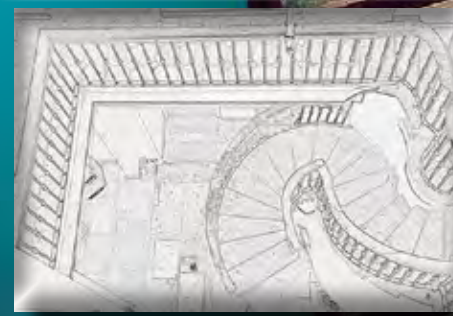
Her bestselling book, "The Journey", has been widely read and, as the tools are so user friendly, many organizations have incorporated them into their workplace. Businesses, universities, schools, hospitals, prisons, alternative centres, counselling groups, youth groups, churches and all manner of social and spiritual organizations are using The Journey to liberate people's highest potential and facilitate lasting healing.

Since its inception in 1994, Journey work has been expanding worldwide and Journey seminars are now conducted in over 30 countries with the book translated into 20 different languages including Spanish.



JOURNEY OUTREACH is the charitable arm of the Journey. It was born in 2004 when a generous group of individuals made donations with the prayer that a Journey Centre be built in South Africa so that its youth-orphans, children with AIDS or drug addictions, those who had suffered the hurt and pain of violence and sexual abuse would have a free-of-charge way to find freedom, love and healing. The results have been amazing and Journey Outreach now has active programmes in South Africa, Botswana, Namibia, India, and with indigenous communities in Australia and New Zealand.

For further information on this amazing healing process, please contact: **Brid Ní Riordáin** on 977 444703 or e-mail **Brid** at: bridniriordain@hotmail.com. Or visit www.thejourney.com



Is your life limited by emotional trauma or physical pain? Are you longing for the freedom that lies beyond that pain? "The Journey" could be your road to that freedom.

For more information go to www.thejourney.com or call **Brid**, an accredited Journey therapist living in Tortosa, on: 977.444703.

SAN SEBASTIAN (ST STEPHEN) 20TH JANUARY



San Sebastian in the Basque country is the place to be in January. In 1812 Lord Wellington freed the city from the French and the locals still celebrate the event.

La Tamborrada January 19 - 20, 2010

San Sebastián

Drum roll, por favor! Take your ear plugs to San Sebastian in January, because its time once again for the infamous and deafening La Tamborrada. Prepare yourself to see and hear this sleepy resort town come alive with the sound of thousands of beating drums, all day and all night.



Spain is known for hosting some exceptionally wild fiestas, but nothing can prepare you for the high-decibel madness of La Tamborrada. It's a short but intense festival and it works like this: from midnight to midnight companies of perfectly uniformed marchers parade through the streets of San Sebastian playing drums and barrels in honor of their patron saint, the Donostia of San Sebastian.



The activity begins on the evening of January 19th at the Plaza de la Constitution and winds through all the barrios of the old city for the next 24 hours. (There is a brief break in the morning around dawn--just enough time to throw back a brandy and some churros). The different corps of marchers represent the many gastronomic societies in San Sebastian, and the competition is fierce.



As with many Spanish traditions, the origin of La Tamborrada is a bit twisted. The origin of this custom is said to be that Spanish tradesmen, including cooks, mocked the occupying French army during the Napoleonic wars, by aping their daily



procession from Monte Urgull to the water-pump at San Telmo. Later, the procession was developed when Vicente "Txiki" Buenechea donated barrels to be used as drums for the procession.

Another story says that in 1720 a baker was getting water from a fountain near the Iglesia de San Vicente. during a drought. Out of nowhere he began to sing, and when he did, a group of local girls behind him started pounding on their water basins to accompany him. To his glee, the water kept on flowing. Happy, they kept on drumming. Soon a crowd gathered. Who knows and who cares? It's a great day/night to be in the city. Time passed, and the next thing anyone knew it's been two hundred years, and the music hasn't stopped.

Some years later the composer Raimundo Sarriegui scored the "March of San Sebastian," a series of drum compositions that are still played every year during La Tamborrada. At one point, the townspeople suggested adding words to the composition, but Sarriegui argued that there was no way to improve the sounds of the drums and barrels.

Then the marching starts as adults dressed as cooks and soldiers follow drum playing bands around throughout the night. Most marchers represent one of San Sebastian's gastronomic societies, many of which traditionally only allow male members. Nowadays, even the strictest ones allow women on the "Noche de la Tamborrada". They eat sophisticated meals

cooked by themselves, mostly composed of seafood (traditionally elver, now no longer served due to its exorbitant price) and drink the best wines. For "Donostiaras" this is the most celebrated festival of the year.

After hearing drums all night, children wake up with a version of the Tamborrada for kids. Children dress traditionally as soldiers and march around the city. Children from all the schools of San Sebastián march that day. (but without the wine consumption of their parents!). They have their specific costumes which usually represent a particular country (England, Germany, Romania, etc.)

Remember to bring earplugs because millions of drumsticks fly during La Tamborrada, a deafening homage to this seaside city's patron saint, Donostia.

OTHER PARTS OF SPAIN

Further bonfires are lit in Mallorca for the feast of St Stephen on 20th January. However, this feast-day features particularly unusual and interesting displays, such as that of the Acehúche (Cáceres) carantoña (ugly mugs) men disguised in animal skins and covered by horrible masks who bow before a statue of St Stephen in the procession. In Navaconcejo (Cáceres) the taraballo (type of bogeyman), dressed in white, woolen cloth and armed with a dampened rope whip, chases after youths during the processions, and in Piornal (Cáceres) the jarramplas (vociferous character shouting absurdities) can be seen. This grotesque, masked figure, dressed in a brightly coloured costume, is

pursued and violently pelted with turnips. The Robo del Santo (stealing of the Saint) in Caniles (Granada) appears to date back to the 18th century; groups of youths take part, staging a positive pitched battle. This same day sees the Bael del Bó-Bó (Bo-Bo dance) performed in Monistrol de Montserrat, whilst L'Estandart (Standard-bearer) and Els Cavallets (Small Horses) are the most traditional features of the celebrations in Pollença (Mallorca).

In Rajadell (Barcelona) the Baile de la Coca (Cake dance) is held on the nearest Sunday to the feast-day, and Villaviciosa de Odón (Madrid) stages a Rondón dance. During the procession for the Saint in Coria (Cáceres), sweets are thrown for the children, and in Portezuelo (Cáceres) the statues of St Fabian and St Stephen are carried inside each house. On the eve and actual Saint's Day, the city of San Sebastián (named after the Saint) stages its spectacular Tamborrada (mass drumroll) in which many associations take part. Lastly, there is the Pelegrí de Tossa (Tossa pilgrimage) between Tossa de Mar and Santa Coloma de Farners (Gerona), to comply with the traditional vow established by the townsfolk in the 14th century.

Sebastián (Stephen), chief captain of the Diocletian guard, was a fervent defender of the faith and offered spirited consolation to countless Christian martyrs in their most difficult hour. On discovering this the Emperor wished to punish what he considered as a betrayal and ordered that Sebastián be tied to a tree and shot dead by archers. Miraculously he survived this ordeal, but was killed and thus martyred on 20th January, 228 by the public beating he received.



YOGA FOR ALL

Happy New Year to all Olive Press readers and a special thank you to all of my wonderful students whose dedication and devotion are received with love and gratitude.

Early in your yoga practice, you're faced with what seems to be a contradiction as you move into unfamiliar, awkward, and difficult postures, you're asked to let go of tension in your body, mind, and breath. While you struggle to hold the pose your teacher gently reminds you to combine effort and surrender—to be both alert and relaxed at the same time. This is an essential teaching that comes from yoga philosophy. The idea is that if you can balance these qualities simultaneously while you practice, you'll create a state of internal balance that you can call upon when faced with life's everyday challenges.

I'll admit, when I first started yoga, combining effort and surrender seemed laughable. Having been an aerobics fan for many years, I couldn't comprehend how they could coexist. But I was eventually willing to entertain the concept even though, in reality, my **Sun Salutations** and standing poses were strenuous, yoga was *all* about relaxation.

The reclined position of **Supta Padangusthasana** (Reclining Hand-to-Big-Toe Pose) naturally encourages a sense of surrender. It also targets your hamstrings without stressing your lower back; the floor stabilizes your back and you can adjust your strap to suit your needs.

How to begin



Lie on your back with your knees bent and the soles of your feet on the floor. Release your shoulders toward the floor. Relax into the ease of



this moment.

Draw your right knee toward your chest. Wrap a belt around the arch of your foot, holding one end in each hand. Slowly extend your right leg toward the ceiling, and, keeping the backs of your shoulders on the floor, straighten your arms. Make

sure to keep your hands as far apart as your shoulders.

Next, straighten your bottom leg and press your thigh toward the floor.

While your bottom leg presses into the floor, extend your other leg until you create a thorough, sustainable stretch in the hamstrings. Depending on your flexibility, your top leg will be more or less vertical. If you're tight—as I was for years—you'll need to give yourself plenty of slack on the belt and move your leg farther away from your torso. Wherever you are, breathe smoothly. As you reach your top leg up, remember to keep your bottom leg rooted into the floor.

Now that your body is fully awake, you can try cultivating relaxation. Relax your temples, loosen your jaw, and release your tongue. Hold the belt with just the effort needed to support the pose. Stay for 10 to 20 breaths if possible.

If you'd like to deepen the pose try raising the chest towards your leg. Eventually your chest will float closer to your top leg. This is the most difficult stage in which to meld relaxation with alertness because it requires the greatest amount of muscular work. But even when you are at the peak of your effort, focus on breathing evenly, softening your forehead, releasing your jaw,



observe the breath circulating in your belly. Savour this moment as preparation for working on the opposite leg.

The Pearl of the Pose

While it's great to open and loosen the back of your legs by doing the Supta Padangusthasana series, it's even more essential to cultivate a balanced state of body and mind while you practice this posture. As you learn to combine alertness and relaxation in class, you'll be better equipped to face life's stresses with a sense of calm presence. With practice, we can respond with compassion, rather than falling back into habitual frustration. This is the work of a lifetime and it begins with this one simple pose.

Sarah Good is a Sivananda trained yoga teacher offering beginners weekly drop-in classes and home tuition. Please feel free to call for more details on 663 140 297 www.yogaholidayspain.com

gimnàs montse

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Chlorine Filter	NO	NO	NO	YES	YES	+	+
Pre-coated carbon	NO	NO	YES	YES	YES	YES	YES
Carbon block	NO	NO	YES	YES	YES	YES	YES
Ultraviolet radiation	+	YES	NO	NO	NO	NO	NO
Distillation	+	YES	YES	+	YES	NO	NO
Reverse Osmosis	NO	NO	YES	+	YES	YES	NO

* 100% COMPARISON - CREDIT
 100% 100% 100% 100% 100% 100% 100% 100%

† Comparisons are from general information Performance varies widely within categories.
 = Usually not effective against organic contaminants ordinarily found in drinking water.
 Check manufacturer's claims and test results for specific information.



TREAT YOUR TASTE BUDS.

Aubergines from Almagro (Berenjenas de Almagro)

- 8 small aubergines
- 1 tsp Salt
- 1 Tbsp vinegar
- 1 little wild marjoram
- 1 leaf Laurel
- 1 Tbsp. Olive Oil
- 3 or 4 whole garlic cloves
- ½ tsp. fresh ground pepper
- ½ tsp. sweet red pepper

First, in a pan and with the olive oil, slightly fry the whole garlic cloves until brown, then add the fresh ground pepper and the sweet red pepper so they are mixed with the olive oil.

Then, cook the aubergines in boiling water, adding the contents of the pan, one laurel leaf, a tbsp. of vinegar and a little wild marjoram. Let them boil gently, taking care that the aubergines do not break. They can be kept in this sauce indefinitely. Serve cold.



"Brave" Potatoes (Patatas Bravas)

- 2 or 3 potatoes
- Oil to fry
- 3 medium full-grown tomatoes
- 1 tsp. of spicy ground red pepper
- Vinegar, 1 tsp. of flour, Salt

Peel the potatoes and cut them into small pieces, then fry, on a low heat.

Once cooked, drain the potatoes.

Make the tomato sauce: Add a spoon of oil to the pan and then fry the deseeded

TAPAS



and peeled tomatoes, mashing it. When cooked, add a few drops of vinegar, a teaspoon of flour and another teaspoon of spicy ground pepper and stir well to mix everything. Season and pour over the potatoes.

Eggs with vegetable stew (Alcachofas con asadillo)

- 8 artichokes
- 2 sweet red peppers
- 1 red tomato
- 3 spring onion
- 3 garlic cloves

2 eggs, Olive oil, Vinegar, Paprika
Roast red peppers, tomato, garlic and two spring onions. Cool and peel. Cut them in long slices and add oil and vinegar to taste.

Peel and clean artichokes. Fry them and the garlic in deep oil at medium heat. Avoid boiling. When tender, drain them on kitchen paper.

Fry eggs and pour some chopped spring onion, vinegar, paprika and salt.

Prepare each dish with some artichokes, some vegetable stew and two fried eggs.



Smoked Ham Croquettes (Croquetas de Jamon)

(Serving 6 people; about 34 pieces)

- 2 Tbsp of oil, 40 gr. of butter
 - 3 or 4 Tbsp of flour, 3/4 L of cold milk
 - 2 Eggs, well beaten, 1 L Oil
 - 2 mugs of fine Breadcrumbs, Salt
 - Nutmeg, 200 gr. chopped smoked ham
- Melt the 2 tbsp of oil and the butter in a pot and then over a low flame, add the flour, mixing well with a wooden spoon to form a roux. When the roux turns yellows slowly add the cold milk (always stirring), a little salt and a pinch of nutmeg. Let everything thicken over a low heat, stirring constantly with the



wooden spoon to avoid lumps. Continue stirring until the roux leaves the sides of the pot (nowadays, cooks use hand mixers or beaters). While stirring add the pieces of ham to the roux, mix well. Let it stand at least 2 hours until it cools. Once the roux is cold, make the croquettes using a tablespoon per portion from the pot and shape it with your hands.

Coat each croquette with the bread crumbs, then dip into the beaten eggs and again into the bread crumbs and fry them in very hot and deep oil (6 pieces at a time) until golden.



WALKING IN THE FOOTSTEPS OF PICASSO 1881-19



Picasso, Maisons, Horta d'Ebre

Picasso! We have all heard of him and whether we admire his art or not will be aware that he is generally considered one of the greatest artists who have ever lived. In terms of the places that inspired his art those in the know would probably list Malaga, Barcelona, Paris and Cannes as being significant. But how many of his admirers have heard of Horta de Sant Joan? (Picasso used the name Horta d'Ebre) a small and comparatively 'insignificant' village in Southern Catalunya. In fact when I bought a small guidebook a few years ago it mistakenly referred to Horta as being in the Pyrenees!

Horta de Sant Joan is considered one of the most beautiful of the Terra Alta villages and commands wonderful views over the Horta Mountains. At a good vantage point within the town you can look out over the unusual Roques d'en Benet with its enormous natural sculpture of the 'Cap de Gos' (meaning Dog's head in Catalan.) In the opposite direction is the unusual conical shaped Santa Barbara Mountain. Picasso sketched and painted Santa Barbara on many occasions and the Convent de Sant Salvador situated at its base was also one of his subjects, (see 'Procession to the Convent')

Picasso in Horta

Picasso actually spent three periods here. His first visit was as a teenager of sixteen in the summer of 1898 during a



period of recovery from scarlet fever. He had been invited by his friend Manuel Pallares and he remained there until February 1899.

"My purest emotions have been experienced in a great Spanish forest, (the Ports of Horta,) where, at sixteen, I had retired to paint".

Picasso, Mas de Tafetans. Horta d'Ebre, summer 1898

He revisited Horta between May to August 1900 with his Parisian girlfriend Fernandez Olivier. These two visits in his youth were very much a period of learning and experimentation and he painted and sketched profusely during this time. He was fascinated by the Streets, people and everyday scenes.

This period is sometimes referred to his 'Yellow period' as it was dominated by bright yellows and greens, reflecting Picasso's youthful happiness, love of Fernande and freedom at this time. It is during this period that he broke free of the old restraints and expectations of art college and developed his own artistic style and confidence. Of course, some of the locals did not approve of the unmarried Fernande living with Picasso. The story goes that one day a group of local women pelted their balcony with stones. Picasso was not amused, he happened to keep a gun, and fired it from the window!



Picasso, Mas del Quiquet, Ports del Maestrat, summer 1898

He returned again in 1909 during which time he has one of the most productive periods of his career, as he moved from proto-cubism to cubism.

Picasso, Pressoir d'olive, Horta, summer 1909

Picasso was reputed to have said "everything I learned, (about painting,) I learned in Horta". Apparently he was also heard to say in his twilight years that he may have had a better life if he had stayed in Horta. He was enchanted by the area, the people and the mountains. It would seem that Horta held a special and possibly idealised place in his heart. Although he was never destined to remain here he retained links with the village and a lifelong friendship in Manuel Pallares. There is a wonderful poster of the two of them displayed at the Centre Picasso that clearly demonstrates the strength of their friendship and love of revelry. Many Picasso devotees search for the essence or spirit of his art in Malaga, (his birthplace), Barcelona, Paris or Cannes where he lived for long periods. However I would suggest that if you are searching for that more humble place that first inspired him you look no further than Horta

and bring your camera or paintbrushes!

If you visit Horta you can see all the works, (copies) which he completed during his time here at the Centre Picasso. The beauty is that you are seeing his art in situ; you can then



"TOT EL QUE SÉ, HO HE APRÈS A HORTA"
"TODO LO QUE SÉ LO APRENDÍ EN HORTA"
"EVERYTHING I KNOW, I LEARNED IN HORTA"
PICASSO

wander around the area and recognise some of the works you have just seen: Walking in the footsteps of Picasso.

Picasso waving from in his bath, while Jacqueline is wringing out the washcloth.

On February 8th, 1956, Pablo Picasso greets David Douglas Duncan for the first time from the bathtub where Jacqueline is scrubbing his back. Mr. David Douglas Duncan had settled in the south of France, a region he knew thanks to meeting Picasso there in 1956. The two men hit it off and remained close until Picasso's death in 1973. "Photo Nomad" includes many pictures of Picasso at work and play, but perhaps the most striking one is of Picasso sitting in the bath and beaming as he washes himself.

"I always called him maestro," Mr. Duncan said of Picasso. "He called me Ishmael. I never knew why.

"After I had been shooting him for over a year, never any limitation on what I photographed, I had a stack of contact sheets, and I asked him if he wanted to eliminate anything. He looked at me with those eyes, indignant. 'Ishmael, do I ask you how to paint?' That was the end of the conversation."

(The Centre Picasso and their website (in English) has information on 'Picassian' places to visit.)

Further information. www.centrepicasso.org

www.altanet.org.municipis/terraalta

By Vicky Palmer.





Spain is Europe's second most mountainous country, with a long skiing tradition, and provides all the necessary facilities for you to practise the sport. There are 35 ski resorts spread all around the country. You just have to choose which one.

Snow, sun, leisure and culture

The sun in Spain shines even during the cold winter months. It is not unusual to ski with mild temperatures and bright sunshine. In addition to the good weather, we should also mention the excellent cultural and leisure activities available in Spain, with unparalleled historic/artistic heritage, a host of complementary activities that ensure fun for all, and lively nightlife at the resorts themselves with restaurants, bars and nightclubs.

The Pyrenees Mountains, with their magnificent landscapes and welcoming mountain villages; Sierra Nevada, in Andalusia, with the Granada coast just over 100 kilometres away; the resorts of the Cantabrian Mountains, and those situated in central Spain... They are all perfectly equipped, and have excellent communications, ready to welcome you year after year to practice your favourite sport.

Put aside a few days to learn to ski and come to one of the Spanish resorts. It is a winter wonderland where you can get started in the sport while you discover a unique country that will welcome you with open arms.

Catalonian Pyrenees Overview

Vall de Núria Queralbs / (Girona)

Skiable area : 7.60km Downhill skiing
Min.altitude 1.964m / Max.altitude 2.252m
Vall de Núria is a small, friendly resort with all the services necessary to ensure comfort in the heart of the mountains. It is situated in the eastern Pyrenees, at 2,000 metres above sea level, surrounded by peaks close to 3,000 metres that form the stunning backdrop of a huge natural amphitheatre. The only access to Vall de Núria is on the funicular railway that departs from Ribes de Freser. The journey covers 12.5 km, climbing 1,000 metres in 40 minutes. The stunning views to be had on the ride are a small taste of the beauty, peace and harmony that await you in



the valley above. Vall de Núria has an environmental management system in operation, covering all activities throughout the resort. The ski resort itself has 11 pistes for alpine skiing to suit all levels. The Vall de Núria resort also has the "Q" for Tourism Quality award from the Spanish Tourism Quality Institute.

<http://www.valldenuria.cat>

La Molina La Molina / (Girona)

Skiable area: 60km Downhill skiing
Min. altitude 1.700m / Max. altitude 2.445m
La Molina has used its one hundred years of experience to its advantage and has kept with the times by offering increasingly innovative facilities and services. Evidence of the first skiers goes back to 1909. In 1943 La Molina installed the first ski lift in Spain and continued its pioneering spirit by introducing snowmaking equipment and the first four-seater chairlift. New skiing technology and disciplines play a vital role in the activities available, so that everyone can find something to suit them and enjoy the snow.

<http://www.lamolina.cat/Home.aspx>

Masella Masella / (Girona)

Skiable area: 68km Downhill skiing
Min. altitude 1.600m / Max. altitude 2.535m
The Masella Ski Resort stands out for its spectacular forest and privileged location - 90% of the pistes are north-facing and offer spectacular views of the Cerdanya Valley. Pistes running through the woods mean skiers and snowboarders can enjoy direct contact with nature and adrenaline-charged sensations on the resort's upper slopes. Masella offers the eastern Pyrenees's largest vertical descent. 935 m of continuous downhill from La Tosa Peak (2,535 m) to Pla de Masella (1,600 m). It has a total of 68 km of pistes to suit all levels, so that everyone will be sure to have a perfect day at Masella. For maximum convenience, a full range of services can be found at the foot of the slopes, at 1,600 m where all the pistes converge.

<http://www.masella.com/>

Vallter 2000 Setcases / (Girona)

Skiable area: 20km Downhill skiing.
Min. altitude 1.959m / Max. altitude 2.535m
Set at 2,000 metres, above the Ter River valley, this resort is located in a glacial cirque (Morens-Ull de Ter) in the

easternmost area of the Pyrenees. It is in the Ripollés region, in the municipal district of Setcases. Its privileged location provides stunning views that reach from Roses Bay to Cap de Creus (Costa Brava).
<http://www.vallter2000.com/cat/index>.

Tavascán Tavascan / (Lleida)

Skiable area: 5km Downhill skiing - 17km Cross-country skiing Min. altitude 1.750m / Max. altitude 2.250m
A high-mountain centre located in a privileged, stunning location, ideal for all kinds of winter sports. The philosophy is far removed from that of large resorts and mass tourism, to achieve maximum integration in the environment. Tavascán offers activities such as Cross-country Skiing (17 km of circuits), Alpine Skiing (2 lifts, 5 pistes, 5 km) and Mountain Skiing, amongst others. Tavascán is a privileged site for all kinds of skiing: Alpine, Nordic, mountain, snowboard, telemark, etc. There are also snowshoeing excursions, activities for groups of adults and children, skiing courses (Nordic, Alpine, snowboarding).

<http://www.tavascan.net/>

Port del Comte Solsona / (Lleida)

Skiable area: 40km Downhill skiing
Min. altitude 1.700m / Max. altitude 2.400m
Port del Comte is located in the Solsonés region (Lleida province), one of the most beautiful areas of the Pyrenean foothills of Catalonia, surrounded by a huge black pine forest that covers the whole mountainside. This is a friendly resort with wide pistes and slopes to suit all levels; there is an excellent beginners' area, where those starting out can make simple yet rapid progress.



The resort has two, well-defined areas: Hotel-Sucre and Estivella. The Estivella area has a classic atmosphere for wonderful weekend ski breaks. The whole family will love this resort. It is ideal for skiers who want to get away from the crowds, and for all nature and sports lovers. Port del Comte is close to the major cities of Catalonia. Access is free from traffic jams and tolls, making it ideal for a 1-day getaway.

<http://www.portdelcomte.net/>



GranPallars Port-Ainé Rialp / (Lleida)

Skiable area: 44km Downhill skiing
Min. altitude 1.650m / Max. altitude 2.440m
The Port-Ainé Ski Resort was opened in 1986. It has grown continuously over the years and now has 30 pistes (44 km) and 9 lifts. At the resort you can also enjoy a wide range of alternative mountain activities. In winter, skiing, dog sledging, snow bikes and quads, snowshoeing, etc. In spring-summer, all kinds of adventure activities such as white water rafting, canyoning, horse riding, quad biking, hydrospeed, etc. Water activities take place in Noguera Pallaresa, one of Spain's most important white water rivers.
<http://www.granpallars.com/>

Lles Cerdanya Lles de Cerdanya / (Lleida)

Skiable area: 36km Cross-country skiing
Min. altitude 1.950m / Max. altitude 2.330m
A variety of pistes for all levels, with exceptional views of the Pyrenees. Sign-posted routes for snowshoeing and Nordic walking.

<http://www.lles.net/>

Boí Taüll Resort Taüll / (Lleida)

Skiable area: 45km Downhill skiing
Min. altitude 2.020m / Max. altitude 2.751m
Ski resort in the Lleida Pyrenees, in the Vall de Boí Valley. It has the highest skiable area in the Pyrenees (base, 2,020 m and maximum altitude, 2,751 m), with high snow quality throughout the day, without queues and crowds, in privileged natural surroundings.
<http://www.boitaullresort.com/>

Granpallars Espot Esquí Espot / (Lleida)

Skiable area: 23.5km Downhill skiing
Min. altitude 1.500m / Max. altitude 2.500m
Espot Esquí is especially popular with skiers looking to get away from the crowds, and with families, who come with their children to this friendly, welcoming place to ski together. All pistes are northeast-facing and surrounded by woods, giving the resort special charm. Espot Esquí is a family, sporting resort, with a snow garden where the little ones have their own place to ski.
<http://www.granpallars.com/>

Baqueira Beret Vielha / (Lleida)

Skiable area: 108km Downhill skiing - 7km Cross-country skiing
Min. altitude 1.500m / Max. altitude 2.510m
Set in the Lleida Pyrenees, in the Val d'Aran Valley, it comprises three areas: Baqueira, Beret and Bonaigua. All of these are skiable and have slopes for all levels: from Tuc de Dossau, in Beret, to Tuc de la Llança, in Bonaigua.
<http://www.baqueira.es/>



THERE'S NOTHING LIKE A NEW YEAR TO FOOL US INTO THINKING THAT THINGS WILL BE DIFFERENT.

The holidays come, the holidays go, and many of us will look back on 365 days of mistakes & missed opportunities and feel kind of blue. Some of us choose to look forward to the new year with optimism and joy in order to stay sane — and unfortunately, most of us are chumps.

A new year means nothing if we don't learn from the mistakes of the past. And you know how this goes. We never learn.

So with guarded optimism and low expectations, here are my employment-related predictions for 2010.

The Good

* Recession fashion will still be trendy. Hoodies and yoga pants will be acceptable public attire for the unemployed. You don't need to colour your hair, shave, or buy the latest wrinkle cream. We will all look like crap in the new year.

The Bad

* You will still dislike your job and your boss — and you won't get a big raise. Sorry. Companies are trying to contain costs, and they are still cutting back on salaries, training,

and professional development programs. If you want to get back at your boss who is a total idiot, take naps in your car in the afternoon. If questioned about your absence, tell him you were called into a very important conference call that you took in a private office.

The Ugly

* Your lazy brother-in-law will not get a job. Not in 2010. Not in 2011. Not until you kick him off the couch. If he wanted to get a job, he would've found one in 2007. There is a difference between unemployment and pathologically lazy, and the best thing you can do is to stop giving him money. Those who are able should get back to work, and your brother-in-law is able. Trust me.

Boy, that's a depressing set of predictions. Luckily, you are in charge of your own destiny and my predictions are probably worthless. Go out there, be successful, and find a great job. Please prove me wrong and help me to see the bright side of the employment landscape in 2010.



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NEWS FROM 2008

Lost mobile numbers can be recovered by those who failed to register- some news you may have missed in 2009

PAY-AS-YOU-GO mobile phone users who did not register with their network providers lost their number in November but they will be able to reactivate these numbers and recover their lines if they provide their network operators with their personal details within six months. Pay-as-you-go mobile owners were given two years to register with shops selling phones on their network. The move was aimed at preventing terrorists and



organised criminal gangs from being untraceable by using pay-as-you-go mobiles.

Now, anyone who buys a new phone of this type will automatically be registered, and anyone who has not registered their previous number will lose it today.

On Saturday November 7 though it was announced by minister for the interior, Alfredo Pérez Rubalcaba that they have given another six months for owners to get their numbers and their phones back by calling their network provider in order to give the 'least-informed members of society, such as the young and the elderly' the chance to resolve their problem of being excommunicated by failing to register.

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I.P.S. INDEPENDENT POWER SYSTEMS IN ASSOCIATION WITH MATRIX SECURE

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Anyone who has invested in alternative power for their home will appreciate not only the inconvenience of any loss but the financial consequences of theft.

New technology now allows for an affordable way to not only protect your valuables but to recover them in the event of theft.

A small G.P.S. security tracker weighing just 40gr. can be secretly installed to your inverter, generator or other valuables. If these items are removed a signal from the tracker via SMS alerts a control who will immediately start tracking the item via satellite. The control will also inform the police and give the exact co ordinates of the stolen item. Tracking is in real time. This application could be used to secure other personal items i.e. cars and trailers, safes etc.

How it works.....



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Welcome to 2010 and another Olives & Popcorn, your monthly guide to great Spanish based films that in my opinion should not be ignored. Any comments are welcome. Also if you want to know more about a particular film and how to get a copy again get in touch via my email below.



This month as regular readers have noticed I do have a strong love for Spanish horror films and with the sequel to the highly successful [REC] lurking close around the corner I have come across another great Spanish Horror film in the same ilk as 'The Orphanage' and 'Pan's Labyrinth'.

The film in question is 'Hierro', a 2009 psychological thriller directed by Gabe Ibáñez and starring Elena Anaya, Kaiet Rodríguez, Bea Segura, and Andrés Herrera. Get that ever trusty sofa ready.....



The movie was directed by Short film director Gabe Ibáñez, who filmed the movie in the Canary Islands of El Hierro (hence the title of the film), Gran Canaria as well as mainland Madrid which makes an atmospheric welcome change from all the films I normally review that are based solely on mainland Spain.

Synopsis: While travelling by ferry to the island of El Hierro, Maria's young Diego goes missing. Has he fallen overboard? Has he been abducted? Nobody knows. Diego simply vanished. Six months later, as Maria is fighting to overcome the pain of her loss and to pick up the pieces of her life and start over again, she receives an unexpected telephone call. A child's body has been discovered and she has to return to El Hierro. On the island, a strange and threatening landscape, populated by sinister, malevolent looking characters, Maria is forced to confront her worst nightmares. As she travels along the terrible path that will lead to her son, Maria will ultimately make that most unbearable discovery of all: that some mysteries are better left unanswered.

A new part of my reviews will be to add a little link to help you get a better idea of the films I review from our chums at youtube - <http://www.youtube.com/watch?v=4yM62QhmZcw> as long as a trailer exists I will make this a standard part of my film reviews in the future... enjoy!

Jason.M.Berry 17/12/2009
Contact e-mail: gatchajay@hotmail.com



CHALLENGES OF GARDENING IN CATALUNYA

© SOME USEFUL GARDENING PRODUCTS FOR THE NEW YEAR by CLODAGH & DICK HANDSCOMBE - active gardeners and gardening authors living in Spain for 25 years.

We are always on the look out for interesting new gardening products. For that reason we visited this years edition of Iberflora Spain's major gardening professional trade show. Some of the products we found most interesting are described below. Some can already be found in the more forward thinking garden centres and horticultural shops. For others you will need to wait until next spring.

1. Genuine Eco Grow Bags – Remember those grow bags we loved to use in England for growing a few tomato plants. Well Flora Guard are launching them in Spain and they should start to be seen in garden centres by the beginning of the year. Look out for their red bags specially prepared for fruit and vegetables such as tomatoes, peppers and aubergines and the green bags developed for the growing of leaf vegetables such as lettuces, Swiss chard (acelga) and herbs.

1. Neudorff's Pasta de Poda – An ecological sealant for the bare cuts when you prune large branches and trunks of trees and large shrubs to prevent fungal spores from entering the wounds and causing rot to set in. The idea of the product is not new but it is now in a handy tube with a hard plastic brush applicator on the end so you do not need to use and throw away a paint brush each time you do some pruning.

2. Neudorff's Repelente Spray de Perros y Gatos – a combined spray for keeping pet and feral cats and dogs of your flower beds and pots and for spraying the gate posts to deter passing dogs and inhibit the entry of cats. Unfortunately it requires a weekly treatment.

3. Water Butts – If you don't yet have a water butt for collecting rain water from the roof have a look at the products of Garantia on

www.grafiberica.com. We have never seen such a collection. Their collection includes plastic butts disguised as Roman columns, wine fermenting size earthenware jars, stone walls and stone planters with plants growing on top. They are not yet available in many garden centre but we were told that you can order direct via info@grafiberica.com or 972-913767.

4. Growing Tables – A Barcelona based company called Sabater sell growing tables for cultivating vegetables and herbs on apartment terraces. www.sabatergrup.com.

5. Earth retaining organic mattings – if you have an earth bank that is difficult to stabilise or wish to stop the erosion of the banks of a natural pond it would be worth investigating the range of natural fibre matting manufactured by Bon Terra Iberica www.bonterraiberica.com.

6. Creatively pruned olive trees – several stands had creatively pruned olive trees for architectural purposes rather than high yields of fruit. Shapes included thin columns, low spreading and Japanese bonsai effects with wide spreading branches and occasional platforms of tightly trimmed leaves.

7. Fiskars ergonomic pruners – again Fiskars demonstrated their useful range of Secateurs long pruners and saws. Just the thing for your winter cut back as well as your topiary efforts with an olive tree.

**See our books 'Growing Healthy Vegetables in Spain', 'Growing Healthy Fruit in Spain' and 'Your Garden in Spain' You will find them in bookshops and Carrefour and for convenience if inland they can be purchased by mail order on 952-485838 or from www.amazon.co.uk or www.santanabooks.com or www.gardeningspain.com.*

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H-E D Design

Welcome to our Studio

I am a Dutch lady who lives with her English husband in Cataluña, Spain. Due to the fact that it is very hard to find birthday cards, or any other cards, here in Spain I started to make my own to send out to family and friends. My friend Elly had sent me a photo editing program to work with and after exploring it for some time I started more and more to enjoy working with it. I am really grateful she sent it to me. As I take a lot of photos for the club where I train with our dogs; club members started to ask if I could take photos and do something with them. You can see some samples of my work here plus there are many more on the web site. On this part of our website you'll find some examples of what I have made.

Note: We are not Professionals, making photos and creating images as well as building websites we do as an hobby. Marion

Contact details and prices

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HOW GOOD WOULD IT BE TO GET RID OF EXCESS FAT WITHOUT A DIET? WEIGHT REDUCTION USING HYPNOSIS & YOUR OWN MIND - LET ME EXPLAIN HOW.

As a Certified and Registered Hypnotherapist and Trainer of Hypnotherapists I understand some of the concerns people have surrounding the myths and fairy tales that abound on the subject of Hypnosis. Let me tell you about the good work that can be done utilising the power of your own mind. At this time of year many of us make a promise to ourselves to 'lose weight' and go on diets of many different kinds. Well, what a waste of time! You will be on a diet of some kind for the rest of your life. What happens when you come off the diet? Dieters in the main fail and let me explain the reason. When I work with my private clients on weight reduction there is no diet and we do not focus on 'losing weight.' There are no forbidden foods! I do not want my clients to have any forbidden foods. How can it be right for someone, whom you have never met to tell you what you can and cannot eat?

OK got your attention now? We are all programmed in our subconscious mind, from childhood to go and find whatever we lose. Remember when you were a child losing your shoe or toy and your parents telling you to go and look for it and find whatever it was. So now when you 'lose' weight your subconscious mind kicks in and tells you to go and find the weight you have lost. Using Hypnosis and the power of your own subconscious mind we start by changing your thinking to the fact you are deliberately getting rid of something you have no need for, your excess weight. As you deliberately get rid of 'it' your subconscious mind realises this and gets on with something else. So far so good, many of you are nodding your heads now in agreement because you know this makes sense, don't you?



How do we get to this stage and what happens at a Hypnosis session? Firstly decide how much weight you want to lose and the reasons for this before calling me.

At your session I will take details of your eating habits before deciding what process we will use together. Then explain what we are going to do without going into great detail, after all that's the reason you are here. We may even set a realistic target date for your weight reduction to be achieved.

Approaches can vary depending on what you tell me. For example if there are cravings, say for chocolate, this could easily be dealt with without hypnosis utilising TFT or thought field therapy and involves self tapping on certain points of the body to remove the cravings.

Once the desire for chocolate has gone then you simply do not eat it or eat a reduced quantity, you decide before we start. If there are other

foods that you want to stop eating completely, then I could use a different method, commonly known as BUSTER therapy and again we are not yet using Hypnosis. (Some of this I do in public, at exhibitions or when giving talks freely to local groups). If alcohol is an issue and we all know how fattening alcohol is, this can be dealt with. All the decisions are yours and yours alone, no one telling you what to do. Deep down if we are being honest we do know how we would like to behave with food and eating and this

is where we start utilising Hypnosis. Once you have allowed yourself to enter into the Hypnotic trance we can then start the process of you reprogramming your mind with my assistance. Notice I wrote the words allow yourself to go into Hypnosis as no one can be Hypnotised unless they are willing to be. Those of you who know

a little about hypnosis will know that you the client are in control and no Hypnotist or Hypnotherapist can make you do anything which would be against your own code of ethics. You will be awake; you will be conscious and fully aware of everything that is going on. I liken the Hypnotic trance to deep relaxation, a bit like drifting into a dream world before you fall asleep, very pleasant, and very relaxing. All I ask is that you follow my voice and my instructions and providing you do that you will enter into Hypnosis. Then using various techniques we can help you change your eating habits to what you really want, deep down in your own mind to do.

Many people say they do not have enough will power and whilst this is true for some, we all do have will power. Often this will power is increased through Hypnosis and makes the whole process of getting rid of excess fat, very easy, surprisingly easy they say. With Hypnosis it is possible to get rid of excess weight by an average of 2 - 5 pounds per week and all you have to do is what we agreed with your subconscious mind and follow my golden rules. There are only 4 of them so this will be very easy.

- **Rule 1** When you are genuinely hungry EAT
- **Rule 2** Eat what you want, not what you think you should
- **Rule 3** Eat CONSCIOUSLY and ENJOY every mouthful
- **Rule 4** When you first feel full STOP eating

In some cases people are fat for a reason(s) and this has been done by the subconscious mind for a positive reason. A clue might be in someone saying for example 'I am always hungry' 'I never feel really full' 'If I don't have a pudding I feel cheated.' This could point to the need for regression. Your subconscious mind may have started this a long time ago for the right reason in its opinion at the time, and sometimes there is a need to go back in time and visit and or learn what was going on at the time your subconscious decided this was the route to go down. Time passes but your subconscious keeps behaving in an old way based

on old information. There is nothing to be worried about in doing regression if you have chosen an experienced Hypnotherapist, he or she will guide you in complete safety and help you to make the necessary adjustment. Once the past event has been successfully dealt with your subconscious mind can then learn



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how you wish to behave in relation to food from now on.

So in simple terms your subconscious mind is working with old information and needs updating. Weight reduction or weight control is an area I specialise in and have extensive experience of, although it is only the tip of the iceberg that Hypnotherapy can help with. How many sessions will I need is a common question and not an easy one to answer. I can tell you that all of my weight clients will have a minimum of two sessions and more if required, it really depends on each individual and what their goals are. A lot easier than going to classes each week for the rest of your life, isn't it?

Hypnotherapy has been around for a long time and must not be compared to the stage shows you may have seen. It is used by some medical practitioners and certainly in the past Hypnosis was used widely around the world for surgical operations long before we had anaesthetics. A

professional Hypnotherapist gives a completely confidential service so you can talk in the certain knowledge that no one else will know anything about you. If you are reading this and would like an informal discussion, then call me. Paul Parker, tel 0044 (0)7766 885350 or 0044 1926 811129 or www.pauljparker.co.uk.

DRINKERS KEEP FAITH WITH BULLSHIT HANGOVER CURES

MOST people still cling to the belief that you can drink four bottles of cheap red wine and feel fine the next day if you have a special magic breakfast, according to a new survey.

Despite every conceivable shred of evidence to the contrary, 62% of respondents said they persist with eating a bowl of tomato soup that has been breathed on by a badger, forcing camomile tea up their nose with a stirrup pump or rubbing a elderly chimp's belly in an anti-clockwise direction.

Professor Henry Brubaker, of the Institute for Studies, said: "If you throw a litre or two of recreational poison down your neck before staggering home via a spaniel-in-pittabread vendor and falling asleep in the airing cupboard with your trousers on, you are going to feel unwell the next day.

"That's how it is and a pint of egg white is not going to save you, nor is the pile of unmitigated bull's faeces your cousin's wife's friend read in the Sunday Times style section."

But Stephen Malley, author of *100,000 Miracle Hangover Cures That Cannot Fail*, said: "The efficacy of my methods is not based on any genuine medicinal evidence but rather on their being sufficiently unpleasant to divert one's attention from the fact that your cranium feels like its been scraped out with a broken bottle dipped in battery acid.

"My personal favourite after a heavy night on the pop is to stab myself in the eye with a rusty fork. The hangover soon finds itself hopelessly overshadowed by the onset of major haemorrhaging."

Drinker Donna Sheridan said: "After my usual quart of Kahlua followed by four litres of Lambrini consumed through a dirty traffic cone and a chaser of unprotected sex, I like to bathe in seaweed with a piece of liver under each armpit.

"I'm not sure if it makes any difference, but it's a bit like my attitude to witches. I don't really believe in them but I'm still a bit scared of them. Does that make sense?"



LONDON SACRIFICES VIRGINS AFTER CENTIMETRE OF SNOW

SOCIAL order crumbled and mass executions of sacrificial virgins were ordered as over a centimetre of snow fell in some parts of London today.

As temperatures plummeted mayor Boris Johnson abandoned snowbound boroughs and told them to fend for themselves and eat each other if necessary.

Johnson said: "We can't save the people of Putney now, we can only pray that the gods spare them. All we can do is hope the blood of 100 virgins appeases the snow sprites and makes the roads usable once more."

Many famous London landmarks, including the National Gallery and Madam Tussaud's are currently ablaze as locals try to ward off the white terror.

London cabbie Charlie Reeves said: "It's a bleedin' shame all them Rembrandts had to go up but that weird white stuff has gorn away now, so maybe Jack Sleet hates Dutch Golden Age art? I blame the Polish comin' over here and bringing it wiv them, meself.

He added: "Mind you, Tussaud's has gone up a treat. It's like a giant candle made out of corpses. Luvverly."

This evening will see the sacrificial virgins pushed off the top of Nelson's Column into a blazing pit of Monets followed by a carol service by the Westminster choir. The ceremony has not been conducted since 1751, when half of London died as several ponds froze over for three days.

Boris Johnson added: "We can only assume we have angered Old Flaky in some way, possibly with our plans to extend the Congestion Zone. I've commissioned a think tank to look into alternative methods of snow god appeasement, such as public stoning of Ken Livingstone or making the Queen

dance erotically on the roof of Buckingham Palace."

Martin Bishop, a Carlisle-born builder working in London, said: "They're like this all the time, you know. You should have seen my neighbours when some of their roof tiles blew off last winter. You couldn't move for slaughtered chickens in our cul de sac."



WOODS CADDIE DENIES CLUBS SMELLED OF SKANK

TIGER Woods' caddie has dismissed claims the golfer hid evidence of his numerous affairs inside his golf bag.

Steve Williams spoke out after it emerged that photos taken at last year's US Open show Woods being handed a three-iron with a pair of panties dangling from it.

Williams said most modern golfers use protective

covers for their clubs made of silk and lace and with the name 'Dusty' emblazoned across the gusset in tiny, fake diamonds.

He added: "I stand next to him for six hours a day and not once have I detected so much as a whiff of lapdancer.

"If all those women are telling the truth, his glove would have smelled like he'd been eating scampi flavoured NikNaks for a week."

Williams also rejected claims by the Augusta National Golf Club in Georgia that he had been seen positioning drunken strippers in the trees behind the 15th green at the 2006 US Masters.

Club secretary, Skippy Wilkerson, said: "We don't get too many negroes here so we just assumed they were his backing singers."

Meanwhile one US tabloid claims to have acquired a taped conversation between Woods and his caddie in a Los Angeles motel room, where he is heard telling the golfer: "Adjust your stance, allow for a slight borrow to the left and then have freaky sex with her until 5am."



ENGLAND UNVEILS CITIES THAT WILL NOT BE HOSTING THE WORLD CUP

FOOTBALL bosses have unveiled the 12 English cities that have absolutely no chance of hosting the World Cup in 2018. Leeds, Bristol and Sunderland are just some of the venues set for eventual disappointment when a far more attractive country is handed the tournament next year.

FIFA head, Sepp Blatter, said: "The England bid is a very interesting one and should about 50 other countries be ravaged by some terrifying plague that makes your skin fall off and kills you within 90 seconds, then yes, you may well see a World Cup match in Milton Keynes."

Several cities were turned down for England's bid, with Derby, Leicester and Hull left out after bid organisers decided they wanted to stand a slightly better chance than Somalia.

Roy Hobbs, the deputy mayor of Hull, said: "I thought we'd developed into a modern, vibrant place for a major sporting event, but then I remembered all the people who live here. "You might get car-jacked senseless in South Africa but at least you're not going to bump into a Phil Brown or that chap from the Beautiful South who looks like he's got no teeth." An FA spokesman said: "We had some very attractive bids and the cities chosen represent the finest facilities in England. And Plymouth is in there because we want the rest of the world to think we're a nation of mentally ill pirates."

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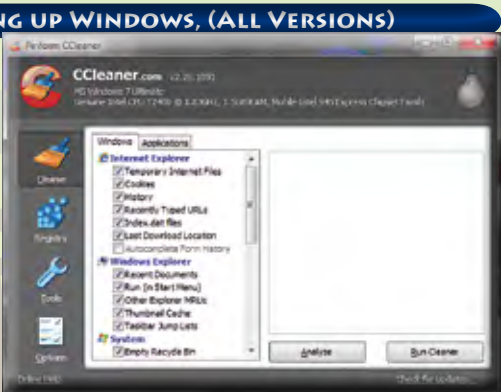
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The easiest way to quickly clean up and speed up your pc is to download the program mentioned below, although normally I would not recommend downloading any program to aid with system performance as usually they are a con of some description or install spyware or adware. This one is in fact pretty good and best of all its free!

To Keep your PC Running smoothly, Simply download the free application called **CCleaner** from <http://www.ccleaner.com/CCleaner> is a **freeware** system optimization, privacy and cleaning tool. It removes unused files from your system - allowing Windows to run faster and freeing up valuable hard disk space. It also cleans traces of your online activities such as your Internet history. Additionally it contains a fully featured registry cleaner. But the best part is that it's fast (normally taking less than a second to run and contains NO Spyware or Adware!)



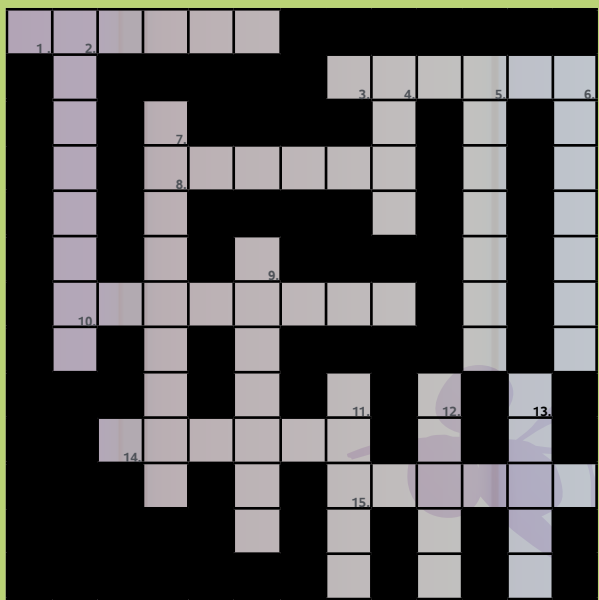
Running the application is simple. After downloading and installing simply click the shortcut on your desktop, and click Run Cleaner. This will automatically delete all internet history cookies and anything dodgy on your computer ☺ Under the registry section of the program you can run the cleaner in exactly the same way and **CCleaner** will remove any entries in your systems registry that shouldn't be there! This will help your machine run at optimal performance. For more information take a look at www.ccleaner.com For help or advice call Paul on 600 224 428 or email: ebropc@gmail.com / web: www.ebrovalley-computers.info

SPANGLISH?-ANSWERS NEXT MONTH

WINTER WORDS

ACROSS

1. frozen, very cold
3. el carambano (E)
8. snowfall
10. febrero (E)
14. sled
15. los guantes (E)



DOWN

2. las orejeras (E)
4. el abrigo (E)
5. curling
6. to ski
7. snowboard
9. scarf
11. fireplace
12. la helada (E)
13. january

(E=translate to english otherwise to spanish)

ACROSS:

ANSWERS TO THE DEC ISSUE OF SPANGLISH

2. escalon	9. orden	15. islet	19. miser	26. vil	DOWN:	1. ajo	5. rol	11. separar	18. nivel	22. table
6. ojo	10. fatal	16. bol	23. vejar	27. red		3. canto	7. orate	12. bateria	20. steer	23. vid
8. dos	13. pieza	17. rango	24. breed	28. soltero		4. lifts	8. datil	14. col	21. enrol	25. del

GARLIC BITES VALERIE COLLINS & THERESA O'SHEA



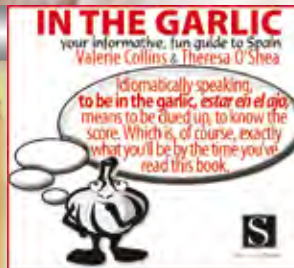
Amigo In her wonderful memoir of her life in Spain, *A Woman Unknown*, Lucia Graves mentions how a friend called the Spanish political system of the Sixties an **amigocracia**: nothing, she explains, could be achieved without influential friends, even getting a phone installed in months instead of years depended on whom you knew (and you thought a few weeks was unacceptable!). Is Spain still **una amigocracia**? To a large extent, yes. In Spain, the best way to get things done is through **amigos**, or more broadly, word of mouth. There's no special word for networking in Spanish because that's the natural way things have always been done here. Forget the Yellow Pages and get a little help from your friends and their friends and their friends' friends...

Ai jus maked a lil mess



but Ai kleen it awl up. 'k?

Funcionario Government employee. A great many people dream of being **funcionarios**. They study long and hard to become one by passing their **oposiciones** (competitive exams for government jobs). The pay is not brilliant, but the benefits are great and the hours a dream: 8 am–3 pm with written-in-stone coffee breaks, and reduced hours on Fridays and in the summer. Best of all, short of committing serial murder, it is virtually impossible to get fired or laid off. All of this makes for a comfortable and complacent workforce that is long on laid-back and short on sweetness and light. Jokes about the so-called **mentalidad de funcionario** abound. Like this one, posted on the web site of the Junta de Andalucía: "My Paco's a **funcionario** in the Junta. You should see how fast he is — he leaves work at three, and by two he's had lunch and is having his siesta."



Amigos por siempre



THIS MONTH: KEY PEOPLE



Notario It often seems as if the whole of Spain spends half its time going to the notary. We have never been to a **firma** (document signing) where we have not had to wait, sometimes for hours, among crowds of people. The notary finally zooms in, checks your ID and reads the document aloud at breakneck speed. It's all too tempting to mutter under your breath about cushy jobs, charging a fortune just to sit around scrawling your name with a flourish on official-looking papers, but in fact the notary (or his/her staff) has to go over all documents with a fine-tooth comb, making sure everything is in order. For example, in the case of a property sale, they have to check that the seller has no debts with the owners' association and verify all the details



with the Property Register. If any discrepancy is found, then the signing will not go ahead.

Paleta In Catalonia this word (meaning small spade or trowel) refers to one of the most sought-after and at the same time dreaded individuals. **El paleta** is an **albañil**, the bricklayer/builder/workman who treads plaster into your carpet, puts a pickaxe through a water pipe and floods the downstairs neighbour and throws cigarette butts in your loo.

@Theresa O'Shea and Valerie Collins. To read more about our work, please visit us at:- www.inthegarlic.com. In The Garlic: Your Informative, Fun Guide to Spain is published by Santana Books and is available from all good bookshops and online from Amazon and Bookworld España.



PROBLEM SURGERY

Earlier in the year a friend of ours died. In the course of time we went to the notary's with his widow to change the escritura into her name. But

this is when the interesting bit came up: They were not actually married although they had been living together for 15 years. The property was in both their names and they had mirror wills that left everything to each other, but as they were not married nor declared in an official way as a couple the inheritance tax was going to be double. Now when you have just lost someone and furthermore the second income the last thing you need then is to have a tax bill that is twice what it need have been.

So we have been sorting out other people who are in a similar situation. It comes out at under 100Euros to sort the situation out. People do not tend to think that they might die unless they are old and in poor health but no one can guarantee that an accident is not going to happen. It is selfish not leaving things in order for the remaining partner.

If this applies to any reader and they want a helping hand then please direct them to us.

Problem Surgery
Ground Floor Casa de Cultura
El Perelló

Tuesdays 11.00-12.30 TEL: 695 492 487

PS Have you heard about the latest way that thieves are trying to stop victims around Barcelona? They fire an airgun pellet which makes a hell of a noise inside the car. I know, it happened to me. Your first instinct is to pull over but you must not. They are driving a posh Mercedes which of course does not immediately make you think of thieves. If you are in doubt stop at the next toll gate but you will not notice any damage until you look carefully for a tiny indentation left by the pellet. Take the number plate of the car and if there is anybody else in the car get them to phone the Mossos 018 while you are driving, there is an English speaking person available to report to.

Hope this helps

Jo-Ann

WHAT'S ON



The Mora Collaboration Radio Show
"STILL ROCKIN" ON 107.3 FM



A Very Happy New Year, to our Listeners (who ever you are) No many thanks to everyone who have supported us during the first weeks of our show on Radio Mora La Nova. We are LIVE every Wednesday from 20.00 hours until we run out of tracks & chat.

We look forward to next year and your continued support.

God Bless,

Norman Jay & Josep Cardona, (JB)

EMAIL info@radiomoralanova.com for request and events.

Just to say that the programme is for all English speakers out there and if we don't have any, feedback or information about events or birthday requests or we will lose it. Every Wednesday evening 8 to 9pm. Norman Jay and Josep, B, Cardon will have English and Catalan content. It is also possible to listen via the web,

www.radiomoralanova.com

Email please info@radiomoralanova.com or call Norman on 617 162 264. More feed! A longer show.

ALL ANGLES: SUPPORTING WRITING IN ENGLISH IN TARAGONA



Tarragona now has a group for anyone interested in creative writing in English. 'All Angles' was set up in 2008 and meets monthly to hear members' latest work and to develop a support network for writers in the Southern part of Catalonia. 'Whether it's a hobby or whether you see it as a job, writing is a solitary sort of activity,' says founder member Paul Connell, 'and it's good to have some contact with other authors, who can provide a sympathetic but critical audience for testing out ideas, as well as information on publishing and other opportunities.' The play on words in the group's name reflects its openness to all comers.

'We have native speakers and those whose first language is Catalan and Castellano,' says Paul, 'and we have members working in poetry, prose, film scripts and radio comedy. We also seem to have a small library of unpublished novels between us. There's only a handful of us so far, but we've already had some success with a winner and a runner-up in a recent short story competition in Catalonia Today, the Barcelona based English language magazine. writingNew members are always welcome and in future we hope to work with local writers in other languages and with those in dance, painting or music. The group's web site: <http://webfacil.tinet.org/allangles> gives information on future meetings and Paul can be contacted at pconnell@tinnet.org

Agents d'acollida (welcoming agents) When: This facilitation & information service is available with two drop-in sessions, from 12am-1pm on Mondays and 6-7pm on Wednesdays. Where: Sala de exposició, Casa de Cultura, Carrer Colom, El Perelló (the first floor, underneath the library) How: You can phone Taru at these times on 977 490 007, or leave a message for her at the Perelló Ajuntament on 977 490 007 to make an appointment for another time. Anyone who would like to be included on an email list to receive information about events, cultural activities etc, happening in the El Perelló area, please contact Taru. People from other townships can ring their local Ajuntament to find out about the available agent d'acollida service for their area.

"BADMINTON TOURNAMENT, 2nd February 2010 | El Perelló 11.30-1pm, Mixed Doubles, Pairs randomly selected on the day at 11.30am. Prizes for the winning pair, phone Marian for details: 697 353 914 or 671 127 629. THE READING CLUB where an English spoken person reads a short English story-members consist of Spanish, Irish and English. In January, we will have a rest and in February we will meet again. at Marcel. li Domingo Public Library, Tortosa. CAR BOOT | last Sunday of every month 10am. stalls 5€. Refreshments, Camping St Jordi, Platje Ayellanes, L'Ampolla Tel 679 115 247 •CAR BOOT SALE | 2nd Sunday of very month. Situated Hipaca Escornalbou, Vilanova D'Escornalbou. Arrive 9am starts 10am. Bar & restaurant- no fresh produce allowed! Contacts: Cosme on 620215772 or Silvia 665159781 •CLASSIC CAR MEETING 1st FRIDAY of every month 6PM Call for more details and new location: 678 718 446 •EL PERELLO FREESIA GROUP (working for cancer charities) The next El Perello Bookstall will be held at the Homogenic bar on: Saturday 9th January, Saturday 23rd January, Saturday 6th February, Saturday 20th February For further information please phone 977475000 (Pam). •FRIENDSHIP CLUB | for all nationalities meeting 2nd, Sunday of each month near Tortosa free stalls for those that have wares to sell, food & drinks available.Call

IESG INTERNATIONAL ENGLISH SPEAKING GROUP IESG

What is the English-Speaking group? – The group was originally started over three years ago as the 'English-Speaking Network' the name was recently changed as several prospective members thought it was solely a computer-based network; it's not. The IESG provides a social-networking facility for English-speaking people living in the vicinity of L'Ametlla de Mar. The ESG comprises friendly people of all nationalities and ages who speak English and enjoy each other's company. **What's our Aim?** - Our social activities enable people to meet, and to encourage good-will between the local community and newcomers to the area (we have members who live in El Perelló and L'Ampolla). At times we can offer advice and assistance based on our own experience; in addition the 'Problem Surgery' at El Perelló has also kindly offered their support on a case-by-case basis. **Who are the members?** - Members have included American, Catalan, Dutch, English, German, Norwegian & Swiss. **What do we do?** - We organise various activities based on members' wishes. Further suggestions are always welcome, but may require volunteers to organise them! Book reading/discussion; Informal barbeques/picnics; Visits to local places of interest; Art - practice and help; Walking – Strenuous or ambling; Guest speakers; Canasta; Petanque/Boule. **Where does the group meet?** Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at: - Edificio Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977 267 418 or e-mail: enetlametlla@yahoo.com

WHAT'S ON

Brian Parkin at 660 990 422 or 977 059 911

•CAR BOOT SALE | first sunday every month C/Garcia Restaurant Braseria Can Palomo MORALANOVA. •MASONIC GROUP | Logia de San Jorge A new English speaking lodge of Freemasons approved by GLE, has been established in this area. if you would like more information please telephone Edward Ward on 977416476 (Tarragona area) or Les Beech on 678357713 (Castellon area). logiadesanjorge@yahoo.co.uk •Cof E CHURCH SERVICE | 4th Wednesday of every month at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The Anglican Congregation of St Christopher's, 5, Plaza Primero De Mayo, Vinaros-Services 10 a.m. every Sunday. During the week, also other activities i.e. Thursdays, a "Drop In" morning from 11.a.m.- 1.00 p.m. to meet for a coffee & a chat. Paul Needle can be contacted on 964 761 641 or mobile 662 482 944 or e-mail paulneedle@aol.com for pastoral needs.

"All denominations welcome at united church service in week of prayer. For Christian Unity at Nostra Senyora dels Dolors, Tortosa (before the park) Friday 22nd. January 9 p.m." Proposal made by "Delegació d'Ecumenisme del Bisbat de Tortosa"

LINE DANCING | We meet 3pm each Thursday for 2 hours of gentle exercise & chat. We have a proper teacher, Irene, who now helps us. We do count men amongst our number although we are mostly women. We contribute 3 Euros per person to cover costs.

Thus Line Dancing
3-5 pm Thursdays
Casals, El Perelló

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WANTED

WANTED VOLUNTEERS | help needed to look after the abandon dogs at ARCA near Tortosa. Please call Maeve on 678 975 816 if you can offer any assistance. Plus anyone interested in organising some fund raising for the dogs would be must appreciated. PLEASE HELP

Carmen and Anna of ARCA the dog refuge wish to give sincere thanks to everyone for supporting them with donations and helping to raise money from the boot sales. A special thanks to those who adopted, the friends who fostered and the volunteers..
Wishing you all.

Good health and happiness in 2010.

Thank you Mavis Betts

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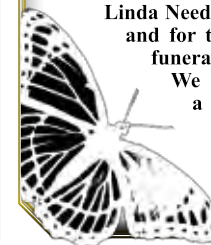
In Memorium

Morrell Brown died suddenly and unexpectedly at home in El Perello on 8th December 2009.

His wife Norma, his daughters and family would sincerely like to thank everyone for their sympathy, love and overwhelming support at this devastating time.

Special thanks to Nelly & Victor, Linda, Margaret & David and Marge - and - to Reverend Paul & Linda Needle for their guidance, compassion and for the uplifting service at Morrell's funeral at the crematorium in Amposta. We feel truly blessed to have such a wonderful network of friends supporting us all.

With heartfelt appreciation and love to you all.
Norma



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Cabalgata los Reyes magos- The tradition in Spain and Catalonia is that the biggest Christmas celebration is not on 25th December, when JC is born, but the big day is when "Los Reyes Magos", the Three Kings of the Orient (also known as the Three Wise Men Balthasar, Caspar and Melchior) arrive to see the new born baby Jesus (or "Jesús" as he is known here!) This is called the Night of the 3 Kings, the "Cabalgata los Reyes Magos," - "Cavalcada de Reis" in Catalan and The Three Kings' Parade and also known as the "Twelfth Night procession" The Reyes Magos parade in Spain is on 5th January every year. This is the evening before Twelfth Night Epiphany on 6th January, which is the day when the children get their biggest haul of presents.

El Perello-On January 17th is the festival of 'Els Tres Tombs de Sant Antoni,' which translates as 'The Three Turns (circuits) of Saint Anthony.' The festival dates back to the mid-1800s and is dedicated to the patron saint of animals, Sant Antoni. Historically, anyone who worked with livestock could go to this fiesta to receive a blessing from Sant Antoni and ask for a good harvest. A procession of horses, carts, mules and farmers makes three circuits of the town and on the third circuit, the blessings are carried out. This is celebrated in many towns so there should be one near you.

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