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MEET BOB THE EDITOR

WELCOME TO THE
JUNE ISSUE COVERING
CATALUNYA AND COSTA
AZAHAR.

People around the world have observed spiritual and religious seasonal days of celebration during the month of June. Most have been religious holy days which are linked in some way to the summer solstice. On this day, typically JUN-21, the daytime hours are at a maximum in the Northern hemisphere, and night time is at a minimum. It is officially the first day of summer. It is also referred to as Midsummer because it is roughly the middle of the growing season throughout much of Europe. "Solstice" is derived from two Latin words: "sol" meaning sun, and "sistere," to cause to stand still. This is because, as the summer solstice approaches, the noonday sun rises higher and higher in the sky on each successive day. On the day of the solstice, it rises an imperceptible amount, compared to the day before. In this sense, it "stands still."

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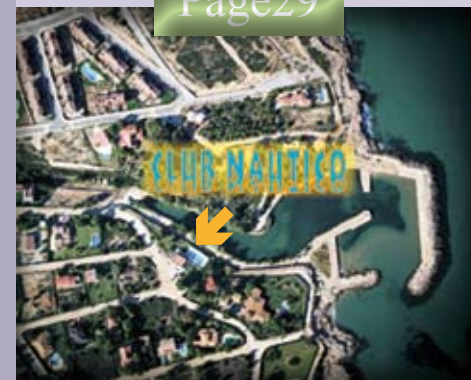
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Burger King to Withdraw Advert
The fast food company is to withdraw an advert shown in Britain and Spain after protests by the Mexican government. The ad for a Burger King Texican Whopper depicts a short fat Mexican wrapped in the Mexican flag standing next to a tall, slim, handsome American cowboy, supposedly highlighting

the mix of influences that goes into the product. Needless to say, the Mexicans found that the ad was offensive and was stereotyping impressions of their country.

Foreign Languages Needed for Jobs According to a recent study, 27% of jobs on offer in Spain require knowledge of languages as a requirement, with English being the main one, wanted in 75% of these jobs. Increased mobility of workers, globalisation, and immigration are the main factors contributing to this demand.

Government Aid for Small Businesses The Spanish government has announced an aid package of 14 billion euros to help small and medium sized businesses to get through the recession. 11 billion of the money will go towards helping municipalities and government contractors pay their debts to those companies, while the remainder will be used to provide credit guarantees for the companies to cover services to local authorities. The sums are additional to the 11 billion

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announced in November.

No Kidneying! The consumer association FACUA, has reported that dozens of Spanish people have put kidneys and other organs up for sale on the internet. Apparently, the offers are being made by those suffering the effects of the recession.

Spanish Unemployment Rate Slows The unemployment figures for April showed a slowdown on the previous month's figures. The increase fell from 120,000 in March to 40,000 in April, indicating that the measures taken by the government are having some effect. With the country officially in recession this is the 13th monthly increase in the unemployment rate, with the numbers not working now at almost 4 million. Meanwhile, the government has announced that it will



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continue to pay benefits to unemployed Romanians who want to return home, provided they continue to seek work there. However, the Romanian Labour minister thinks that there will be few takers, even though the unemployment rate is lower in Romania, as most of those that have moved to Spain seem to like the life here.

Giant Asparagus Found Three brothers from Sant Adurní d'Anoia near Barcelona have found an asparagus plant measuring 4.5 metres. This beats the previous record of 4.2 metres discovered in Andalucía.

Five Metre Shark Caught off Marbella A fisherman, José María Lavado, working off the coast of Marbella, has landed a shark which is more than five metres in length. José María says he is donating the animal's fins to the Aula del Mar in Málaga where they will go on display to the public. Sharks of such a size are rarely seen on the Costa del Sol. The rest of the beast has been sold to a local restaurant. When it was first caught in his nets José María said he thought by the weight that it was a dolphin, but it was a huge shock when he finally saw it was a shark. For those



assistance available depends on which part of Spain you live in as some regional authorities have decided not to participate in the new measure which is designed to reactivate not only the car industry and car showrooms but also the economy as a whole.

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interested the species is 'Alopias Vulpinus' noted for its tail being almost as long as the rest of the body.

Grants for new cars in Spain introduced Government aid for the purchase of new vehicles comes into effect. Financial help of between 1,500 and 2,000 euros for those purchasing a new vehicle announced by the Spanish government became available as from May 18. The amount of the financial

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<p>ref:738 PRICE: 275,000 Euros.</p> <p>CHALET of 165m² with garden of 646m² Composed of dining room, independent kitchen, 5 bedrooms, 2 bathrooms, terrace, porches, barbecue, and swimming pool.</p>	<p>PRICE: 129,000 Euros Flat central Ampolla of 65 m² and few meters from the sea with seaviews, composed of dining room, kitchen, three bedrooms, and a bathroom. Small balcony. Opportunity.</p>	<p>PRICE: 315,000 Euros NEWLY BUILT VILLA of 170 m² with garden of 650 m² composed of dining room, independent kitchen, 4 bedrooms, 2 bathrooms, 1 toilet, 2 terraces, garage, central heating, swimming pool, views to sea.</p>
<p>465,000 Euros EXCELLENT nearly new VILLA of 230 m² on land of 16,000 m² with sea views, dining room with fireplace, kitchen, office, 4 bedrooms (one ensuite), 1 bathroom, garage air-conditioned, barbecue, swimming pool garden, well water electricity & totally fenced. Finca in full production and automatic irrigation</p>	<p>ref:754 Price: 250,000 Euros.</p> <p>LAND of 10,000 m² with house of 130m². Dining room, kitchen 2 bedrooms, 3 bathrooms, chimney, storage room, barbecue, 2 outside dining areas swimming pool, water, electric beautiful sea views</p>	<p>PRICE: 350,000 Euros Beautiful CHALET OF 177m² with large garden of 870 m² composed of large dining room, American kitchen, 4 bedrooms, 3 bathrooms, 2 storage rooms, garage & swimming pool, lovely sea views.</p>



Slightly Over the Limit A British driver was recently caught on the A92 near Baza, Granada, driving his Ferrari at 271kph, (about 170mph). The national speed limit is 120kph. The car was confiscated by the Guardia Civil.

Most Powerful Motor Bikes to Require Special Permit Changes to the law regarding powerful motor bikes mean that a special permit will be needed to ride machines of over 500cc. To obtain the permit it will no longer be enough simply to be of the age of majority, but it will be a requirement to be over 20, have had officially approved training and have at least two years experience on smaller bikes. There will also be a permit for medium sized bikes from 47cc to 500 cc which will be obtainable for over 18's only. The new rules will come into effect in September 2010.

Spain and Italy Get Biggest EU Farm Subsidies A study, recently undertaken following freedom of information rules regarding EU farm subsidies, has found that, although France gets the biggest share of subsidies, the largest individual payments have been made to companies in Spain and Italy, with the biggest payouts last year going to three Italian firms.

Audi to Build Q3 in Spain Audi have decided to build their new SUV model, the Q3, at their plant in Barcelona. The company has decided that, for the time being, there is no need to manufacture in the US, and no need to select additional sites. Spanish PM Zapatero said that the decision would safeguard around 7500 jobs, where workers have recently voted to accept a wages freeze for two years.

Almería House Demolition Illegal A British couple whose property was knocked down in Almería province have been told by the Spanish supreme court that the demolition was illegal. Regional authorities ordered the destruction of the €600,000 Vera property in a drive against



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flouting regulations, although the couple insist that they had correct planning permission. They have been living in a caravan on the site for over a year, and hope to press on with a compensation claim with the court ruling.

Haunted House to be Auctioned A mansion, Cortijo Jurado, well known to all who travel along the A357 to

Málaga past Campanillas, is being auctioned to pay the debts of the developer that bought it. The property, said to be haunted, was bought four years ago with plans for conversion to a hotel, but no work has yet been done. The 19th century property, built for the wealthy Heredia family, has 365 windows, one for every day of the year, and is reputed to hide the bodies of young girls murdered and buried there.

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Happy Father's Day



Father's Day is a day of commemoration and celebration of Dad. It is a day to not only honor your father,

How Father's Day is celebrated

Roses are the symbolic flowers for fathers on their special day, much like carnations are to mothers on Mother's Day. If you wear a red rose, it's in celebration of your father who is alive and a white rose indicates that your father has passed away.

South Africans typically celebrate by taking the family on a picnic or spending the day fishing.

In Sweden, Father's Day starts by serving him his favourite breakfast in bed. The breakfast may consist of cheese, ham, assorted breads, gröt (porridge), Smörgas (Swedish open faced sandwiches), filmjölk (sour-milk yogurt) and Swedish pancakes with lingonberries and whipped cream. Served with juices and tea or coffee.

In Japan, some elementary and middle schools mark Father's Day by holding special classes on a Sunday in June. For dads who spend all their weekdays working, this is a rare chance to see firsthand how their kids are doing in class.

In Germany there is no such thing as Father's Day as celebrated throughout the western world but there are two celebrations with similar names: Vatertag, is always celebrated on Ascension Day and regionally, it is also called men's day, Männertag, or gentlemen's day, Herrentag. It is tradition to do a males-only hiking tour with one or more small wagons, Bollerwagen, pulled by manpower. In the wagons are wine or beer (according to region) and traditional regional food, Hausmannskost, which could be Saumagen, Liverwurst, Blutwurst (Blood Sausage), vegetables, eggs, etc.

In honor of Father's Day, learn how to say "I love you, Dad" in foreign languages:

- . Ich liebe dich, Vater (German)
- . Jag älskar dig Pappa (Swedish)
- . Ik hou van je, Vader (Dutch)
- . Je t'aime, Papa (French)
- . Szeretlek, Apa (Hungarian)
- . Ti ami, Padre (Italian)
- . Kocham ciebie Tata (Polish)
- . Eu te amo Pai (Portuguese)
- . Te amo Papá (Spanish)
- . Nakupenda Baba (Swahili)



but all men who have acted as a father figure in your life - whether as Stepfathers, Uncles, Grandfathers, or "Big Brothers." Father's Day is celebrated on a variety of dates worldwide and typically involves gift-giving, and special dinners to fathers and family-oriented activities. In 2009, it is celebrated on June 21 in many countries (March 19 in Spain). In a few Catholic countries, it is celebrated on the Feast of St. Joseph

The History of Father's Day

The earliest record of Father's Day was found in the ruins of Babylon. A young boy named Elmesu carved a Father's Day message on a card made out of clay nearly 4,000 years ago. He wished his Babylonian father good health and a long life!

Mrs. John B. Dodd, of Washington, first proposed the idea of a "father's day" in 1909. She wanted a special day to honour her father, William Smart. He was a Civil War veteran widowed when his wife died in childbirth with their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state. It was after Mrs. Dodd became an adult that she realized the strength and selflessness her father had shown in raising his children as a single parent. Therefore, the first Father's Day was observed on June 19, 1910 in Spokane Washington.

It took many years to make the holiday official. Where Mother's Day was met with enthusiasm, Father's Day was met with laughter. The holiday was gathering attention slowly, but for the wrong reasons: it was the target of much satire, parody and derision, including jokes from the local newspaper Spokane Review. Many people saw it as just the first step in filling the calendar with mindless promotions like "Grandparents' Day", "Professional Secretaries' Day", etc. all the way down to "National Clean Your Desk Day". In 1924 President Calvin Coolidge supported the idea of a national Father's Day. Finally in 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day.

CAN IT BE TRUE??? MP BECOMES FIRST EVER PERSON TO FORGET HE HAD PAID OFF HIS MORTGAGE THE

LABOUR MP Elliot Morley was last night confirmed as the first person in the history of the world to forget he had paid off his mortgage.

The former minister admitted he had completely forgotten to stop claiming taxpayers' money for the mortgage he had paid off before forgetting which of his two houses he actually lived in most of the time.



Luckily Mr Morley's head is screwed on

Mortgage slaves across Britain were stunned at the sheer scale of Mr Morley's forgetfulness.

Martin Bishop, from Darlington, said: "Complete strangers will remember where they were and what they were doing when I pay off my mortgage. I fully intend for it to be this generation's Kennedy assassination."

Tom Logan, from Hatfield, said: "I'm going to get Earth Wind and Fire to play *Boogie Wonderland* so loud it explodes every window within a 12-mile radius while the Red Arrows do a flypast over my

house. I will probably have to take out another mortgage but it'll be worth every penny."

And Emma Bradford, from Peterborough, added: "Remember when they attached millions of gigantic fireworks to the Eiffel Tower? I'll make that look just like a birthday cake."

Elliot Morley said last night: "Gosh, I am terribly forgetful aren't I? Perhaps I should eat more oily fish."

Forgetfulness expert Dr Margaret Gerving said: "As a former agriculture minister he may have spent a bit too much time with farmers. They're always forgetting how rich they are and then claiming thousands of pounds from people much worse off than them."

Mr Morley will today attend a brief ceremony at the London office of the Guinness Book of World Records after which he is expected to hand himself in to the police.



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CAPRICORN Dec. 22 - Jan. 20
June is a brilliant month for personal magnetism, dear Capricorn. Your love life speeds up, and creativity soars. Others appreciate your manner and style more than usual. Leisure activities figure strongly, but you are also very concerned with getting the job done.



AQUARIUS Jan. 21 - Feb. 19
A lot of your energy is poured into domestic matters in June, but you nevertheless find time for fun and games. In fact, you may be in the mood for entertaining in your home. You need outlets for your creative impulses, and you are seeking appreciation.



PISCES Feb. 20 - Mar. 20 -Creative self-expression is strong. Any writer's block or problems expressing yourself disappear. The urge to reach out & communicate with others is powerful now, and might even be profitable! The 7th brings a flurry of professional activity that demands your attention.



ARIES Mar. 21 - Apr. 20 -The desire to plump your nest and acquire possessions this month is very strong. You're going to look for bargains, but only spend on luxury items within your means. You might have great ideas about how to make money, but watch for spending whatever gains you make now.



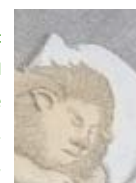
TAURUS Apr. 21 - May 21
It's an exceptionally self-expressive and exhilarating month for you. You are filled with energy, initiative, and vitality, and you have the powers of attraction on your side to boot. Reflection and rest in the past months begins to pay off, and you feel more confident going after what you want.



GEMINI May 22 - Jun. 22 -All eyes are on you in June, so your ability to persuade, enchant, and delight others returns with gusto after a few weeks of possible misunderstandings in May. Nevertheless, energy and vitality might sometimes be lacking, as you require more rest and time for reflection.



CANCER Jun. 23 - Jul. 22
Your social calendar is busy this month, dear Cancer. Networking, spending time with friends, and group activities bring much stimulation in June. You might be enjoying an increase in business income, and you have many plans for future projects now.



LEO Jul. 23 - Aug. 23
There's a spirit of competitiveness in your work this month, dear Leo, which can be quite invigorating and pleasant. Your ambitions are stimulated, and you easily find motivation to accomplish exactly what you set out to do. The need for rest becomes apparent at the New Moon on the 22nd.



VIRGO Aug. 24 - Sep. 23 -Even though you have been taking life rather seriously recently, you're bound to surprise a few people in June with a more playful and spirited attitude. While professional matters remain a strong focus, you're very willing to put your business manner aside outside of the office.



LIBRA Sept. 24 - Oct. 23 -Intensity of feeling and an adventurous spirit are themes of June. You are not accepting things at face value this month, particularly when it comes to close personal relationships. Superficial interactions fail to satisfy you, and the urge to get to the bottom of matters is strong.



SCORPIO Oct. 24 - Nov. 22 -
A close relationship heats up this month, dear Scorpio. Whether it is your partner who is initiating exciting changes, or it's you who is looking for more spice, June brings a more impassioned approach to relating. It's a great period for enhancing or attracting love.



SAGITTARIUS Nov. 23 - Dec. 21
Your personal plans are not a big priority these days, dear Sagittarius. You are far too busy tending to others' needs and demands. Fortunately, most of these activities are enjoyable. Your charisma skyrockets on the job, and some friendly competition keeps work matters stimulating.



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Our mini market offers a wide selection of English dry and frozen foods. Pork or Cumberland sausages, English bacon, Haddock, Kippers, HP Sauce, Marmite, Branston Pickle, SR Flour and much more.



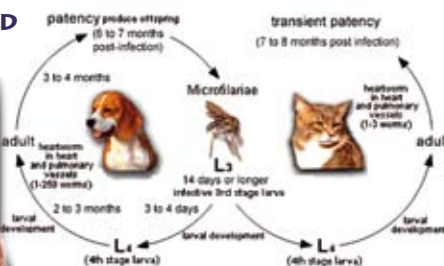
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NEW

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For a full listing and prices of all our dry and frozen foods.
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NEW

HEARTWORM AND PREVENTION



well. The only definitive diagnosis is reached by a blood test that most veterinarians can carry out in their surgeries. If the test is positive, a treatment program should be initiated as soon as possible. Over 90% of dogs treated for this disease survive. If the dog is negative or once an affected dog is cured preventative measures should be instituted.

This is one disease your dog may be affected by even if you do not live in an area identified as having heartworms, your pet could bring this home from a holiday or an outing to an affected area.

Presently, much research is being done with many phases of this disease. Up until only recently, within the last few years, the only preventative measure available was an oral medication, which had to be taken on a monthly basis. We now can offer an annual vaccination against this disease, which has its advantages here due to our climate and seasonality of the mosquito vector. By discussing this disease with your veterinarian and instituting the optimum preventative measures in your case, heartworm need not be a problem for you or threaten your pet.

MEDIA MESSAGES

There is something new on the internet for when you leave your dog home alone! DOG RADIO THAILAND has been started



Adult Heartworms in Right Ventricle

by a Thai businessman who runs a pet grooming academy that the dogs who came in seemed more at ease and happier when they listened to music! It has been demonstrated that cows milk production increases when listening to classical music, particularly Beethoven and Mozart. This is not the music on the Thai station, however, which features local popular music and the founder of the station is considering having a DJ who talks to the animals, if this is to be the other Beethoven it has not been divulged!

This is not the pioneer in its field as in the United States there already exists Lucky Dog Radio and Dog Cat Radio. The latter of these has a programming schedule, which consists of tunes such as the Elvis Presley rendition of Hound Dog, as well as the advice to the listeners like don't attack the Mailman and be careful not to chew things they shouldn't. This is a bilingual station, due to the demographics of the majority of its listening audience, being based in Los Angeles, California so one hour a day is broadcast in Castellano. The programming is completed with information related to animals, their needs and events, as well as interviews with their owners. The idea came about in this case from the station director observing the relaxing, calming, and soothing effect of his cats to music. **Ronald J. Rosenfeld D.V.M.**



SIN BICHOS-MOSCA NEGRA ADVERTORIAL



With the arrival of the Mosca Negra again after a peaceful winter, we have to once again look for ways to reduce the impact they have on our lives, those of our family, pets and animals. After speaking to a couple of people with horses and dogs in and around the Ebro Valley I came to realise what a terrible problem they are even for our animals. Once the Mosca Negra bites a horse, depending on how allergic the animal is, it can break open the skin. The Mosca Negra then lay some eggs in the wounds which cause painful sores and can result in the horse having to be rested for a lengthy periods of time to allow the sores to heal. This causes a loss of time being able to ride the horse (for those with stables), an escalation in vet bills and not to mention the discomfort of the animal. By spraying the area around the stables and paddocks where the horses are kept, especially early in the morning and in the evenings with Sin Moscas, you can reduce the occurrence of the horses being bitten substantially. It will also reduce the fly population to an absolute minimum throughout the summer allowing you and the horses to have a more pleasant summer. The horses can be rinsed in a dilution of Sin Parasitos and water to reduce the chance of Mosca Negra bites as well. It can also be fed to them on a daily basis which will help control internal parasites. This product is a completely natural mixture of natural herbs and fossil shell flour (approved food additive for animals, E551), which has been tested extensively in Orlando, Florida. In their trials they found that horses who have been fed this for a one year period looked healthier and their coats had a definite sheen. They had an absence of internal parasites, better feed conversion and a reduction in the manure odour. Sores also cured easier where other medications failed and it improved the appetites of "picky eaters". Dogs can also be treated in a similar way to control fleas, ticks, internal parasites and the bites of mosca negra. **As these products are a completely natural they will not harm you, your animals or plants and have been found highly effective by many people in the area.**

For further information contact Charlotte on 622 553 446 or email : sin_moscas@yahoo.com



Heartworm or *Dirofilaria immitis* is a potentially fatal parasitic disease that primarily affects dogs, ferrets and cats are also very rarely affected. It is transmitted from an affected dog by the bite of a mosquito. The parasite is a roundworm, which as an adult lives in some of the blood vessels around the heart and in the heart itself. The mature female produces free-swimming larvae, which the mosquito picks up when it bites an affected animal. This larva develops in the mosquito and in 2-3 weeks becomes infective for other dogs bitten by said mosquito. This larvae, back in a dog, travels through the blood stream to the heart where it matures and completes its life cycle. This process takes about six months; one infested dog can be a reservoir for an entire neighbourhood, no breed is immune.

Your veterinarian would suspect this disease if you live and/or have travelled to a mosquito infested area and bring in your pet with some of the following symptoms: laboured breathing, coughing, tires easily, listless and/or weight loss. These may be symptoms of other problems as



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

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DE LA RIBERA D'EBRE
Based in MORA LA NOVA

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Sue (English) 630 791 918, Carmen 655 040 359
protectora.arca@wanadoo.es
<http://www.protectoraarca.org/>

DOGS NEEDING A LOVING HOME or IF YOU CAN VOLUNTEER ANY ASSISTANCE WITH THE DOGS

THE LIGHTER SIDE



A Boat Story

They say the two happiest days in life are the day you buy a boat and the day you sell it!

Well, here's a good BOAT story!!

Joe and John were identical twins. Joe owned an old dilapidated boat and kept pretty much to himself. One day he rented out his boat to a group of out-of-towners who sank it. Joe spent all day trying to salvage as much stuff as he could and was out of touch all that day and most of the evening.

Unknown to him, his brother John's wife died suddenly. When he got back on shore he went into town to pick up a few things at the grocery store.

A kind neighbour woman mistook him for John and said: "I'm so sorry for your loss. You must feel terrible."

Joe, thinking she was talking about his boat said: "Hell no! Fact is I'm sort of glad to be rid of her. She was a rotten old thing from the beginning. Her bottom was all shrivelled up and she smelled like old dead fish. She was always holding water. She had a bad crack in the back and a pretty big hole in the front too. Every time I used her, her hole got bigger and she leaked like crazy. I guess what finally finished her off was when I rented her to those four guys looking for a good time. I warned them that she wasn't very good and smelled bad. But they wanted her anyway. The darn fools tried to get in her all at one time and she split right up the middle!"

The old woman fainted.

"What Makes a Dad"

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it ... Dad.
Happy Father's Day

Free BEER!

Wouldn't that be great?
Too bad you have to buy it like everyone else.
Anyway,

Happy Father's Day!

THE WAY IT IS

Let's see if I understand how the world works lately...

If a man cuts his finger off while slicing salami at work,
he blames the restaurant.

If you smoke three packs a day for 40 years and die of lung cancer, your family blames the tobacco company.

If your neighbor crashes into a tree while driving home drunk, he blames the bartender.

If your grandchildren are brats without manners, you blame television.

If your friend is shot by a deranged madman, you blame the gun manufacturer.

And if a crazed person breaks into the cockpit and tries to kill the pilot at 35,000 feet, and the passengers kill him instead, the mother of the deceased blames the airline.

I must have lived too long to understand the world as it is anymore. So, if I die while my old, wrinkled butt is parked in front of this computer, I want you to blame Bill Gates...?

LATEST NEWS: English on local Catalan radio

•Have you ever thought "how do the Catalans and Spanish think?"
"Do they think differently from the British?"
And if they do - "has it got anything to do with our different cultures?"

◆◆◆◆◆

We'll be taking a look at a few aspects of culture from British, Catalan and Spanish points of view.
And on top of all that, you can improve your level of Catalan and Spanish.

◆◆◆◆◆

We'll be taking a cultural look at Football and Food - Classrooms and Choirs.

◆◆◆◆◆

We began on May the 8th looking at choral singing. Victor - a member of the local l'Ametlla choir - and Toni, leader of the "Decibels" - a choir that sings mainly in English, and has three or four people from l'Ametlla de Mar among its singers, gave us the British point of view.

"From My Point of View" on the Cala Radio 107.3 at 8pm & 10pm on Friday evenings.

A radio programme in English, Catalan and Spanish.

Pinochio's girlfriend

One night, Pinochio's girlfriend says to him, "This stinks. Every time we make love I get splinters." So Pinochio goes to Gepetto to ask his advice. Gepetto says, "Sandpaper, my boy, that's all you need."

A few days later Gepetto runs into Pinochio and says, "So how are you doing with the girls now?" Pinochio says, "Who needs girls?"

FOR SALE MURRAY'S CAFE

FOR SALE ESTABLISHED ENGLISH SEATING OF 30 INSIDE AND 16 OUTSIDE SITUATED IN A PRIME POSITION AT SABECO COMMERCIAL CENTRE TORTOSA. THE ONLY ENGLISH SHOP FOR OVER 50 MILES SUPPLYING MANY PRODUCTS FROM HOME INCLUDING FROZEN, TINNED AND PACKET FOODS. ALSO AVAILABLE WEB SITE WITH ONLINE ORDERING OF ALL GOODS. FRANCHISE ALSO INCLUDED TO OPEN UP IN ANY SABECO STORE. WI-FI INTERNET ACCESS AVAILABLE. OPERATING 6 DAYS A WEEK FROM 09.30 TO 17.00. BEING SOLD AS A GOING CONCERN WITH ALL STOCK AND FITTINGS. READY TO GO! ALL FOR ONLY 40,000EUROS. CALL FOR MORE DETAILS.

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HEALTH SELF-HELP TOOLKIT: EAR ACUPUNCTURE/MAGNETS

In the 1950s a French surgeon noticed that people who had been treated on the ears with acupuncture had successfully recovered from sciatica, chronic lower back pain. A Hong Kong doctor also noticed that treating a patient with lung disease with ear acupuncture also by chance helped the patient go through heroin withdrawals with far less difficulty than usual. This led to a mapping of acupuncture points on the ear which treat related areas of the body, echoing the form of a baby in the womb. Chairman Mao began to train China's 'barefoot doctors' in ear acupuncture as a cheap effective form of mass medicine, & the Black Panthers in the 60's occupied a clinic in the Bronx & set up a free drug detox program using ear acupuncture for local people addicted to heroin or cocaine.

Since then thousands of people throughout the world have been treated with ear acupuncture to help them detox from many different substances, from cigarettes & alcohol to crack-cocaine, using this method because of its ease of access and effectiveness in lessening the pain of withdrawal symptoms. People tend to sleep better, have less of the crazy feelings, muscle spasms & stomach pains, & get through it faster. It is still a challenge to stay off, but easing detox is one major obstacle lessened.

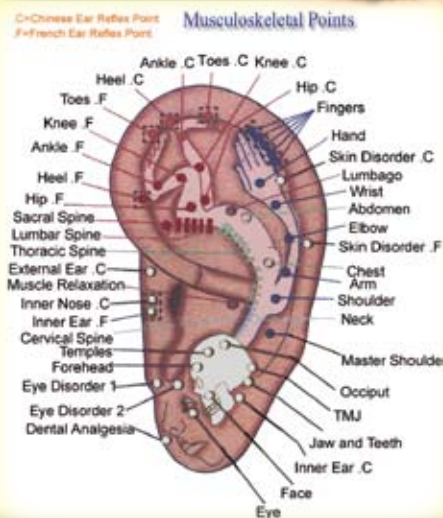
We use the Liver points to kickstart the detox & flush out toxins; nervous system points to help sleep, to calm, to reduce cravings, & to boost endorphin production (our natural painkiller/pleasure hormones); Kidney points to cool and nourish an exhausted system; points like Stomach for pain & help energy; & mouth points on the ear if for smoking, whether cigarettes or heroin, or for compulsive/comfort eating.

This treatment nourishes the Yin of the person's system, the fundamental stillness and capacity to be peaceful, which we lose when we get addicted.

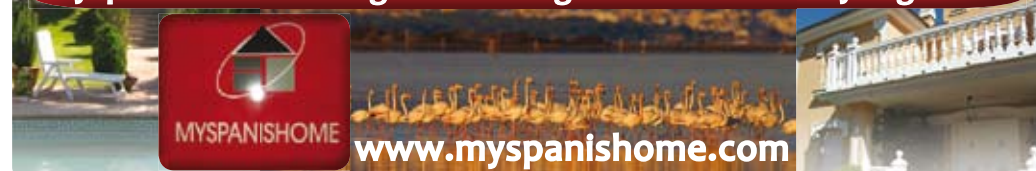
Tiny gold-covered magnets can be stuck onto the ear points instead of, or after, acupuncture needles; they work to slowly and steadily stimulate these points, flushing out toxins and nourishing Yin. You may have seen people like Kate Moss photographed in the papers sporting rather natty ear magnets.

The landscape of the ear points is straightforward enough to learn yourself so you can treat yourself or those you care about, either with simple touch or with magnets, which are cheap and easy to buy. Feel free to email me for a more detailed ear map if you are interested to try, via taruyes@gmail.com. Good luck.

Taru Burstall, Acupuncturist and Massage Therapist.
629 301 509



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M1062 - L'Ampolla
138m² Country House
3 beds, 2 baths,
Sea Views!
5.600m² parcela
Price: 160.000 euros



M1099 - Bitem
Village house 90 m²
on two floors with
50m² garage
Bedrooms 3 Bathroom
Kitchen/diner, Lounge
(New wiring)Electricity
Water.
Air conditioning
Price: 84.000 euros



Reduced! M1060 - Alfara de Carles
177m² Country House
3 beds, 2 baths,
Magnificent Valley
Views!
16.000m² parcela
Price: 220.000 euros



M1084 - Bitem
Totally refurbished
150m² village house
Immaculate!
3 bedrooms
2 bathrooms, GARAGE
Price: 155.000 euros



M1072 - Tortosa
Country House
3 beds, 2 bathrooms.
9137m²
Price: 157.500 euros



M1036 - Aldover
100m² Country House
3 beds, 2 baths, pool
2.000m² parcela
Price: Reduced to OFFERS in excess of 160.000 euros



M1096 - Parallades/Roquetes
Lovely Country House
of 156 m². Bedrooms 2,
Bathroom, Dble Garage
Pool, Elec & Water
Courtyard & workshops
2000m² fenced garden
Price: 225.000 euros



M1081 - Jesus
Riverside 3 bedroom
bed and Breakfast plus
2 bed self Catering
cottage for sale! Direct
River Mooring-
Furnished. 3000m²
parcela
Price 275.000 euros



M1095 - El Perello
Lovely Country House
of 120 m² Bedrooms 2,
Bathrooms 2
Auto system installed,
Water
Courtyard & workshops
14,200m² of land
Price: 198.000 euros



M0053 - Campredo
Bedrooms 2, Bathroom,
6x6 lounge, kitchen,
dining room,
Auto system
Also included in the
sale is a Jeep 4x4 &
trailer!
Price: 200.000 euros

Av. Generalitat 70, 43500, Tortosa,
Tarragona, Spain
email: info@myspanishhome.com

+34 977 446 655 office
+34 639 041 277 mobile Stephanie
+34 679 499 316 mobile Steve

HOW TO MAKE SURE YOU'RE NOT DRINKING HUMAN FAECES, CHLORINE, LEAD, PESTICIDES, AND PRESCRIPTION DRUGS

When you drink a glass of water from the tap, you probably think that it's 100 percent pure H₂O; you know there is fluoride in there for healthy teeth and other various chemicals used to kill bacteria and improve taste. What you don't know is that you are probably also drinking a big, cold glass of the remnants of someone



remove microorganisms from water. There's only one problem, chlorine is poison! While it's safer than having pathogenic organisms in the water, it isn't truly a safe ingredient in your water. The National Cancer Institute believes that those of us who consume chlorinated water have a 93% increased risk of many cancers, in part because it combines naturally with organic matter in water to make trihalomethanes—molecules that contribute to the formation of cancer.

Rust & Sediment Even if your local water treatment facility did manage to remove 100% of all contaminants from your drinking water (which is highly unlikely) you could still be at risk. If you were to go down into your basement, remove one of your water pipes, and look inside, you would likely find rust, lead, and other sediment built up on the inside of your water pipes. There's also the potential for contamination coming from the pipes that bring the water from it's source into your home, which you have no control over.

Prescription Drugs THERE ARE NOW MANY REPORTS SHOWING- there's a new threat facing every water supply in the developed regions of the world. Prescription Drugs are now being detected in our water supplies. After being ingested, excreted, and flushed down the drain these drugs are not being filtered out by water treatment facilities. What that means is you could be getting a small dose of 1000's of different drugs including, Prozac, Valium, uppers, downers, steroids, and all the other drugs you see stacked up behind the counter of your local pharmacy with every glass of water you drink.

The thought is frightening. What's worse is that there are no government standards restricting any of these drugs from being in your drinking water!

"Some experts fear that even low levels of antibiotics fouling the nation's water supply may help create superbugs: microorganisms that have evolved to survive an antibiotic's lethal assault.

Public health experts already have noted the rise of infection after infection that cannot be stopped with the usual arsenal of antibiotics.

And the superbugs may be causing "tens of thousands" of deaths in the USA each year, says Abigail Salyers, an expert on antibiotic resistance at the University of Illinois at Urbana-Champaign. " ~ Source: USA Today



ONLY TOWN WATER BUT RIVER AND CANAL WATER TOO! General Ecology, Inc. started with a single objective - to create an ideal

water purification technology with an ecological and chemical free balance. Developed by multidisciplinary scientists and engineers to protect against modern environmental and ecological water borne problems, "Structured Matrix"™ purification technology combines truly advanced concepts and purification techniques not available from any other product. It is independently certified to meet the Environmental Protection Agency's very rigorous Microbiological Standard for Drinking Water Purifiers, which encompasses pathogenic cysts, disease bacteria and viruses. The outstanding success of "Structured Matrix" purification technology is continually unmatched in laboratory tests against other systems and by over 27 years of customer satisfaction through service to a wide range of sophisticated users worldwide. Call Purewater Spain the suppliers of these products for the benefits of refreshingly pure, great tasting water.

www.purewaterspain.com or
Call 977 059 364



else's medicine.

The quality of our drinking water has been steadily declining. So far governments have turned a blind eye to the problem. They continue to dump chlorine into our drinking water, ignore corporate pollution, and fail to address the newest threat to the public health - prescription drugs seeping in to our water supplies.

You have the right to know what you and your family are drinking, and how you can keep your water safe.

The 5 Biggest Health Risks Found In Drinking Water According to the Mayo Clinic the average person in made up of 60% water, and needs to consume 2 liters, or just over 8 glasses of water to stay healthy. Every system in your body is dependent on water - the problem is that most people are not nourishing their body with clean, safe drinking water. If you're not using a quality home water filtration system here's what could be lurking in your drinking water.



- * Human Faeces
- * Chlorine
- * Rust & Sediment
- * Prescription Drugs
- * Chemicals / Farm Run Off/ Corporate Waste

Faeces Right now many areas are pushing to introduce "recycled water" into the public drinking supply. That might sound harmless until you learn that "recycled water" is the waste that gets flushed down the toilet. The methods in place to separate the water from the human excrement include the use of chemical disinfectants. By comparison, drinking water laced with human faeces is a small health risk compared to the more serious chemicals, and toxic substances found in your public water supplies listed below.

Chlorine Chlorine is used by municipal water systems to

Chemicals / Run Off / Corporate waste

It's almost universally agreed upon that big corporations really don't care much about anything except making a profit, and nothing hurts profits more than following environmental guide lines. The problem is that the fines these corporations face for not properly disposing of waste (assuming they get caught) are not enough of a deterrent to keep them from doing it.

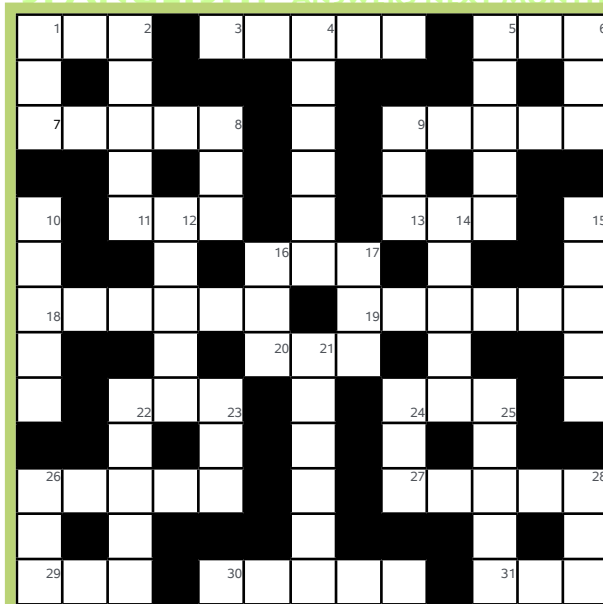
What You Can Do To Make Sure Your Drinking Water Is Safe

It's almost impossible to remove 100% of every possible type of contamination from city water, but by using a home water filtration system you can greatly improve upon the quality of the water you consume. You have to be careful when selecting a water filter for your home. Many of the water filters being sold are relatively ineffective, and overpriced. THERE IS A SOLUTION THOUGH FOR NOT

ACROSS

1. age
3. stupid
5. bread
7. sunset
9. donkey
11. goose
13. té (E)
16. boa
18. to distribute
19. bridge
20. hormiga (E)
22. arte (E)
24. bronceado (E)
26. sorrow
27. civico (E)
29. net
30. so (much)
31. aceite (E)

SPANGLISH? - ANSWERS NEXT MONTH



DOWN

1. ego
2. poplar
4. born
5. pearl
6. vessel, ship
8. ode
9. apuesta (E)
10. leather
12. to crap
14. enema
15. cave
16. sujetador (E)
17. apropiado (E)
21. nylon
22. corregir (E)
23. uncle
24. tick
25. ship
26. to give
28. limescale

BY SARAH (E=translate to english otherwise to spanish)

ACROSS:

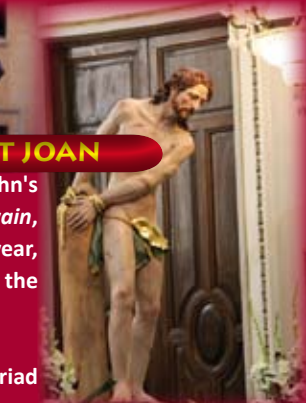
1. hacer
5. natal
8. run
9. becar
10. rub
11. odd
13. maize
15. pea
16. incentivacion
17. car
18. abajo
19. era
20. nut
23. fling
25. ser
26. ojea
27. sopor

DOWN:

4. incriminacion
5. nor
7. libra
10. enano
11. hart
12. decir
13. mania
14. enano
15. peine
17. cinco
20. abril
22. the
23. for
24. g a s
25. sip



Eve of Saint John's Day



SANT JOAN / SAN JUAN / SAINT JOAN

The night of June 23rd, or Sant Joan as it is known in Spain, is a huge celebration, without a doubt one of the most traditional and popular days. Since ancient times, just at the arrival of the summer solstice on the evening of June 21st, people have welcomed in the warmer weather with celebrations of fire, the ritual flames consuming all as a sign of rebirth and renewed life.

The origins of the celebration are indeed ancient; however they are also equally mysterious. There are some who believe it goes back to the Neolithic Age, when pagan celebrations were held to give strength to the sun god and thank him for the year's harvest. One important aspect of the summer solstice is that it marks the longest day of the year and is therefore followed by the shortest night, so from that moment forward, the daylight hours begin to wane.

Over time, this pagan tradition became christianized by the Church of Rome, who had it coincide with the anniversary of the birth of Saint John the Baptist. This adaptation to Christian ritual occurred in the 5th century of the Christian era.*

Although varying in specific regional traditions, the celebration has remained constant to the verve and popularity for which it became known, bringing together communities and groups of families and friends to participate in the annual holiday. For centuries now, places near and far all over the European continent have glowed luminously with fire, one of the most essential, yet one of many equally important elements associated with this celebration.

As it happens, it is in Spain where the evening celebrations of Saint John have remained true with the passing centuries, being celebrated with particular intensity in its towns and cities. Traditions such as Les Falles d'Isil in the Catalan Pyrenees, La Crema deth Haro in the Vall d'Aran, the unique celebrations held in Ciutadella and the Fogueres in Alacant, all intensified with the arrival of the flame from El Canigó, symbolizing the united cultural identity of Catalan-speaking lands.

SYMBOLIC ELEMENTS

Fire is the most fundamental element associated with the Saint John's Eve celebration, as since ancient times it has symbolized renewal and the giving of thanks for bountiful harvests. However it isn't the only symbolic element. One other element is water: a magic and purifying element which is inevitably linked to the Christianization of the celebration. Saint John, according to Christian tradition, was the hermit who baptized Jesus in the waters of the Jordan river. The magical properties that have been popularly attributed to water on Saint John's Day are endless, which is in sharp contrast to the Catholic Church strictly forbidding contact with water or even washing oneself on Saint John's Day.

Lastly, one other important element worth mentioning belongs to the

plant kingdom: the group of plants known in our country as 'Saint John's herbs', which include Saint John's Wort, Carlina thistle, ***vervain*, lavender, thyme...all these plants are in full flower at this time of year, and are known for their healing properties, particularly during the celebrations held on Saint John's Eve.

A NIGHT FULL OF MAGIC

Saint John's Eve is one of, if not the most magical of all nights. A myriad of rituals associated with fire and water have been passed down over the ages that still exist today. There are traditions such as leaping over the bonfires to free oneself from sicknesses and bad omens; or the healing properties associated with the morning dew and a wide variety of summer herbs and plants that cause warts, herpes and skin diseases to disappear, while at the same time bringing good luck and fortune. Besides, according to the tradition, Saint John's Eve is the night when the wishes of those in love are brought into being by way of ancient spells and incantations. Also a number of rituals to enhance fertility abound on this day. And to top things off, witches gather and plot a myriad of twisted events, as well as share rituals using magic potions known only unto them. As you can see, there is no lack of magical elements associated with Saint John's Eve.

OTHER TRADITIONS

Saint John's Eve and the following day of the Feast of Saint John the Baptist are full of ancient traditions. Obviously the celebration held on the night before the Saint's Day, also known as the ****'verbena'* is the most popular. People light bonfires, firecrackers and fireworks, decorate their balconies and celebrate until the early hours of the morning. One other tradition that finds its origin in ancient times are the 'ordalies', or a sort of trial by ordeal, consisting of a ritual closely linked to the young unmarried women living in rural areas. In order to predict the identity of their future husband, they follow such rituals as breaking an egg into a container full of water. The young women use the shape taken by the egg white to sense what tools their future husband will use to work the land. As regards gastronomy, traditional foods eaten on this day were ring-shaped cakes, gradually popularized into the tasty fruit 'coca' pastries eaten today. There are even cocas filled with creams and 'cabell d'àngel' (a sweet pumpkin filling). Common beverages include 'vi ranci', literally 'rancid' wine, as well as sweet wines, popularized by the Catalan cava consumed today.

** Although the Church incorporated the celebration to coincide as part of the feast of Saint John the Baptist, it's certain that the rituals of pagan origin were the moral downfall for many a Catholic priest. This was the case with Saint Eligius, or Eloi, the patron saint of metal and silversmiths, who was convinced that rituals around fire were the work of the devil. ** The word 'verbena' comes from the Catalan name for the vervain plant, a plant with small purplish flowers that was used in ancient times as an offering to the pagan gods and which was also believed to be an aphrodisiac.*



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www.miravet.altanet.org



THE SPANISH PROPERTY INHERITANCE TAX TIME BOMB ADVERTORIAL FROM WINCHAM CONSULTANTS

Non-Domiciled property owners in Spain are sitting on a ticking IHT time bomb. Most owners do not understand that their Heirs and their Estate will pay IHT in two jurisdictions, Spain and their Country of Domicile. The reason for this is that in Spain the individual inheritor is taxed whereas in other countries, like the UK, it is the estate that is taxed. This could mean that on the death of an owner the surviving partner, or the owner's Beneficiaries, could have a Tax Bill that virtually wipes out the entire Spanish Inheritance. Added to this is the cost of Probate in both countries for the Inheritors too. Most Lawyers in Spain recommend to owners that having a Spanish Will deals with the problem; this is incorrect as a Will only deals with the issue when there is a death and does not remove Taxation in Spain.

Other advice given is that double Taxation treaties between Spain and the UK help with the Tax being reduced, this is true in identical Taxes but these are not, as in the UK it is the Estate which is Taxed and in Spain it is the Beneficiaries who are Taxed. It therefore should not be assumed that one Tax can be offset against the other as they are both totally different taxes on totally different entities.

Many owners are advised to re-finance the property as IHT is not charged on the property amount if there is an outstanding mortgage and loan, but this may end up leaving the Beneficiaries with a huge debt they cannot pay off. Owning a property with your children is a favourite, this is not a good idea either as their share of the property may end being at risk through money or marital issues and if they die before the parents then the parents have to pay Taxes to get the property back too.

Our solution to the IHT problem in Spain is for the owner/s to Transfer the property to a UK Private Limited Company. There would not be a 7% Transfer tax in Spain on this transaction unlike other property transfer transactions. This method may

eradicate all Taxes in Spain in the future, in respect of the property, as under EU Law a UK Company is only taxed in one jurisdiction, the UK, and no taxes are payable onwardly in Spain. A UK Company is not an Offshore Company like Gibraltar or the Isle of Man as they are charged an annual Tax by Spain of 3% for not being part of the EU Community.

Shares in the UK Company can be dealt with in a UK Will and depending on the structure of the Company; the Shares may be exempt from Inheritance Tax in the UK. A further advantage of the Company Structure is that attributable expenses such as Mortgage Interest, Council Tax Bills, Water, Electricity, Repairs and Maintenance can all be Tax Deductable by the Company; this may also include car hire and flights for the Directors.

If a purchaser wishes to acquire a property from a seller into a UK Limited company the purchaser can form a UK Limited company using the Wincham Scheme, with the seller as the Shareholder of the company, the seller can attend the Notary and instead of selling the property to the company he can Gift the property to the company. In this instance there would be no 7% Purchase Tax to the purchaser and no 3% retention to the seller.

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Wincham Consultants has been providing this service to Clients for many years. This is an exciting new opportunity to participate in and introducing a concept that can only benefit and protect Clients who are failed time and time again by both Spanish and UK professionals, as they are unable to advise on more than one jurisdiction. The Clients website is: www.winchamiht.com

This information has been provided by Mark Roach, Company Director and Professional Spanish Tax Consultant.

A Taxing Problem... An Intelligent Solution Worried About Inheritance Tax?

Spanish Inheritance tax is very different than in the UK. For example, did you know that your spouse will not be exempt? They will have to pay IHT on their share of the property.

Also, if your children live in the UK, when the time comes, they will be liable to pay even more IHT on the Spanish property you own today.

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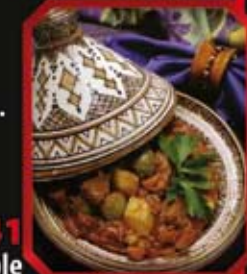
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10 TIPS TO HELP YOU SELL YOUR HOME



With so many homes in Spain for sale right now, buyers really are spoilt for choice. Gone are the days when they would hesitate before making a cheekily low offer, so be sure to maximise your property's appeal and don't give buyers any extra opportunities to negotiate a price reduction.

Avoid spending too much money on your property trying to 'do it up' to sell — simple cosmetic improvements are the most worthwhile in the current market. Ask your real estate agent what's worth doing, and keep it simple.

1. Kerb appeal. Entrances, drives, facades, outside areas etc. are the first thing prospective buyers see, and first impressions are the strongest. These areas should be neat and well presented. A freshly painted facade, front door etc. can make a big difference.



2. Clean up. It sounds obvious, but dirty windows, dusty furniture, stale smells etc. are a total turn-off for potential buyers. Get everything clean and sparkling, air your home before a viewing, and be sure to get rid of pet odours.

3. De-clutter. Clear mantelpieces, windowsills, dressers and tables of unnecessary clutter. This can make rooms look bigger and focuses attention on your house, not your possessions. If you have lots of personal photos, consider removing some: they can be distracting. Also, a spare room can easily get full of junk — try to clear it out before a viewing.

4. Repaint walls and ceilings in light, neutral colours if they aren't already. If you can't redecorate throughout, at least repair any paintwork that's flaking or in poor condition, especially anything that could appear to be damp-related.



Effective kitchen makeover in this 2-bed seaview finca from FincasDirect



5. Kitchen makeovers. The kitchen is the heart of any home and, along with the living room, is the area that buyers will focus on most. If your kitchen is looking tired but doesn't warrant

a full refit, you can update old-fashioned kitchen units by replacing just the cabinet fronts.

A new work surface can make a huge improvement, especially if you change the sink too. It's worth bearing in mind that Spanish buyers favour granite-type worktops over laminate ones, even in a holiday home.

6. Update light fittings. Give your property a brighter, cared-for feeling by updating light fittings, ideally with ones that use halogen or low energy bulbs. Many solar/generator-powered country properties are very dimly lit, something I find often puts off buyers: improvements are worth considering. And when you have a viewing, remember to turn all lights on and open blinds etc., before buyers arrive.

7. Home staging. Staging is the art of preparing a home for a sale, and many techniques cost next to nothing to implement. You'll find plenty of information on the internet. Get a few home magazines for inspiration (include Spanish ones), find a simple, unfussy look to emulate, and pamper, de-clutter, polish and tidy your house.

8. Buyers respond to light. No-one likes gloomy interiors so make the most of natural light sources and supplement with lamps, candles and mirrors and reflective surfaces.



9. Use scents that say "home"... fresh baked bread or cakes, cinnamon, vanilla and fresh coffee subtly create a welcoming atmosphere for buyers. The most important? Fresh air, so be sure to open all windows and air out the house before a viewing.

10. Sell smart. Finally, you, the seller. People buy people (and lifestyles), and few will be impressed if you answer the door in a dirty track suit with food debris down the front! I'm not suggesting you don your choicest Armani togs to show your finca, but it's a thought worth bearing in mind.

Property of the month. Edge of village, near Ports natural park, 25 min. from Tortosa, 3 storey, 100m2 (approx) townhouse to reform, structurally sound, ideal for village home or holiday retreat. Good views and access. 49.900 euros, ref. PL042_vigaferro, email info@fincasdirect.com.



Jeff Greensmith runs www.fincasdirect.com and is a registered estate agent and experienced Spanish/Catalan translator and interpreter. He has lived in Catalonia since 1986. As always I'd welcome any comments or feedback, just email me at info@fincasdirect.com! *The points contained in this article do not constitute legal advice on the part of Fincas Direct or The Olive Press, and owners of holiday rental properties should seek legal, professional or tax advice if in doubt.*



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The nun Juliana of Liège used to have a strange vision every time she began to pray, which had been happening since her youth, in which a full moon appeared with its centre darkened by a shadow. Finally it was Jesus Christ himself who told her of the significance of the vision which had become an obsession for Juliana: the bright circle signified all liturgical celebrations and these were only darkened by the absence of a feast day dedicated to the exaltation of the actual presence of Christ in the Holy Eucharist, which at that time was questioned by several sectors of the Church.

Official recognition of the feast day was given in 1246 in a synod called by Roberto de Torote, Bishop of Liège and a "Papal Bull" document was issued in 1263 in which he decreed that the date of the feast of Corpus Christi would be the Thursday following the eighth day of Whitsuntide. Finally, in 1317, John XXII ordered that the Body of Christ should be part of a solemn, public procession and from this time on, the feast of Corpus Christi became more and more widespread and popular.

The feast day arrived in Spain sometime during the 14th century, but it is difficult to establish the order of events with regard to this, although it would seem that Girona and Barcelona were the first readily to accept it, followed by Valencia, Lleida, Seville and Toledo.

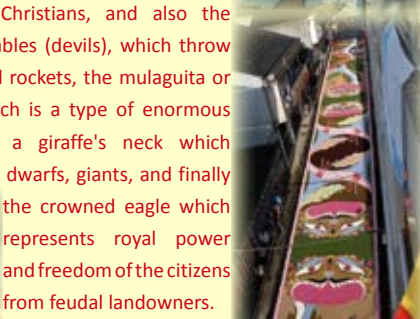
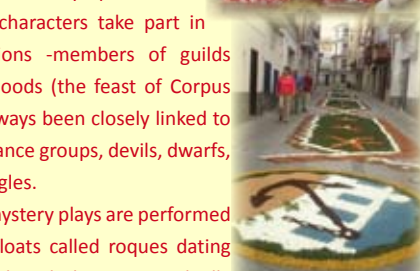
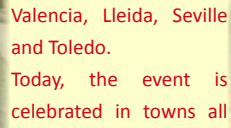
Today, the event is celebrated in towns all

over Spain with colourful and lively processions.

All types of characters take part in the celebrations -members of guilds and brotherhoods (the feast of Corpus Christi has always been closely linked to the guilds), dance groups, devils, dwarfs, giants and eagles.

In Valencia, mystery plays are performed on wooden floats called roques dating from 1413, although these are gradually deteriorating. Apart from the Gigantes y Cabezudos (giants and carnival figures with enormous heads), which are directly related to this particular feast day, the Host (Host or simply Communion Bread, is the bread which is used in the Christian ritual of the Eucharist) is accompanied on its journey through the streets by the carnival figures of cocas (evil bogeymen), mulassas (carnival animals), and tarascas (dragons). The streets are often covered by a carpet of aromatic herbs the so-called flower carpets, which are often great works of art and beauty, and are now especially popular in Catalonia, Galicia and the Canary Islands.

In La Patum in Berga (Barcelona) Turks and Cavaliers take part, whose battles mirror the confrontations between Moors and Christians, and also the following: diables (devils), which throw fireworks and rockets, the mulaguita or mulafera which is a type of enormous animal with a giraffe's neck which breathes fire, dwarfs, giants, and finally the crowned eagle which represents royal power and freedom of the citizens from feudal landowners.



Welcome to 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 I present another film set during the Spanish civil war but this modern classic was brought to my attention when given away as a freebie in the Independent Newspaper.

And now I have the opportunity to bring it to you.....

.....Land and Freedom (Drama)



Land and Freedom is a 1995 film (alternative title: Tierra y Libertad) directed by Ken Loach and written by Jim Allen. The movie narrates the story of David Carr, an unemployed worker and member of the Communist Party of Great Britain, who decides to fight for the Republican side in the Spanish Civil War. The movie won the FIPRESCI International Critics Prize and the Prize of the Ecumenical Jury at the Cannes Film Festival.

The film's narrative unfolds in a long flashback. David Carr has died at an old age and his granddaughter discovers old letters, newspapers and other documents in his room: what we see in the film is what he had experienced in his life.

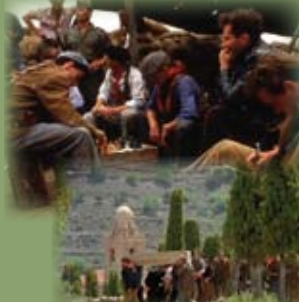
Persuaded of the necessity of helping the Spanish Republicans in their fight against the fascist Nationalist insurgence, Carr, a young unemployed worker and member of the Communist Party, leaves Liverpool and travels to Spain to join the International Brigades. He crosses the Catalan border and casually ends up enlisted in a POUM militia commanded by Lawrence, in the Aragon front. In this company, as in all POUM militias, men and women — such as the young and enthusiastic Maite — fight together. In the following weeks and months he becomes friends with other foreign volunteers, like the French Bernard, and he falls in love with Blanca, a member of POUM, who is also the idealist of his group.

After being wounded and recovering in a hospital in Barcelona, he finally joins — in accordance with his original plan and against the opinion of Blanca — the government-backed International Brigades, and he witnesses first-hand the Stalinist propaganda and repression against POUM members and anarchists; he then returns to his old company, only to see them rounded up by a government unit requiring their surrender: in a brief clash Blanca is killed. After her funeral he returns to

Great Britain with a red neckerchief full of Spanish earth.

Finally the film comes back to the present, and we see Carr's funeral, in which his granddaughter throws the Spanish earth into his grave after speaking lines from "The Day Is Coming", a poem by William Morris. Afterwards she and the other family members perform a raised fist salute, honoring his beliefs and suggesting that his family might also hold them.

Jason.M.Berry 07/04/2009 Contact e-mail: gatchajay@hotmail.com



CHALLENGES OF GARDENING IN CATALUNYA

FOUR EASY WAYS OF SAVING MONEY IN YOUR GARDEN - Up to date practical advice by Clodagh and Dick Handscombe,
gardening in Spain for over twenty five years.



Planted Kittens!

Most gardeners are wondering how to reduce the cost of completing the design and planting of their new garden or the maintenance of their already established garden. Well luckily there are four things that can be done with little effort or initial expenditure.

1. PLANT SENSIBLE PLANTS

With tighter family budgets it makes sense to only buy plants that truly match the microclimate of your garden so search through Part Four of our book 'Your Garden in Spain – From planning to planting and maintenance' paying special attention to their frost and drought resistances, whether good in containers or near the sea etc.. If you are on the coast consider planting more perennial plants that flower year after year to replace annuals that need daily watering and only flower for half the year. If you live inland recognise that all subtropical and tropical plants are an expensive risk.

2. BUY SMALLER PLANTS

Firstly they are less expensive and secondly smaller plants often settle in the garden quicker than larger plants and can indeed catch up after the first few months or year or two depending on the type of plant. The main reason is that the root ball of the smaller plants are normally sufficient to support a newly planted plant in the garden whereas the larger – often forced plants – may have restricted roots in a pot of a diameter much smaller than the width of the plant. In the latter case the roots need to grow before they can support the next stage of growth in the garden.



3. GROW YOUR OWN PLANTS FROM CUTTINGS

If you have not done this before it can be easier than you think and your home grown plants will cost almost nothing. Chapter 6.12 of 'Your Garden in Spain' explains how to do so step by step.

4. GROW YOUR OWN PLANTS FROM SEEDS

Most packets of seeds are inexpensive and contain easy to germinate seeds for both flowering plants and vegetables. More care is required than in raising plants from cuttings but again easy to follow instructions are given in Chapter 6.13 of 'Your Garden in Spain' and in Chapters 4.12 and 4.13 of 'Growing Healthy Vegetables in Spain'. The catalogue of www.chilternseeds.co.uk includes thousands of flowering plants from around the world and www.semillasilvestres.com sell hundreds of types of Spanish wild plant seeds just right for inland natural gardens.

More advice re the above will be found in 'Your Garden in Spain'. We have now written five books on gardening in Spain. All have been written to share our practical ideas and experience, often learned the hard way in earlier years, to help you avoid the same mistakes. Our three latest books are :

Your Garden in Spain • Growing Healthy Vegetables in Spain • Growing Healthy Fruit in Spain. The three books can be obtained from bookshops including Bookworld and Bargain Books and from internet bookshops. For convenience they can be purchased by 952-48-58-38. .

© Clodagh & Dick Handscombe May 2009.



SANT JORDI D'ALFARMA



Sant Jordi d'Alfarma is a secluded spot hidden away between L'Ametlla and Calafat. You can find it by turning off the N340 opposite the ceramic museum into the urbanisation Sant Jordi d'Alfarma. Continue under the bridge towards the sea and follow the signs for Club Nautico. Overlooking this idyllic beautiful marina you will find this family run Swiss restaurant and bar where you can dine inside or out on the terrace or just chill out during Happy Hour by the pool.

Raymondo and his team invite you to come and enjoy the most natural marina in Catalunya day or evening. Plus try something different with the poolside Flea market on June 14th or just come along for one of the special evenings being organised this month.

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14 June Pool Flea Market come and see what you didn't need. Call for more information

MPs from all parties last night demanded a ban on the gigantic, irresistible, state of the art television sets at the root of the House of Commons expenses scandal.

As politicians attempted to rebuild their shattered reputations, they said it was no coincidence the expenses system began to spiral out of control shortly after the introduction of the first widescreen LCD TV with Dolby digital surround sound.

Veteran Labour backbencher Sir Gerald Kauffman, said: "Cynical manufacturers are making these exquisite televisions as expensive as they possibly can, knowing full well that it simply makes them even more attractive to vulnerable MPs. "Within a few years of the first flat screen models they started developing things like high-definition and built-in Freeview tuners. For an MP, that's like adding crack cocaine to a bottle of chocolate heroin."

A committee of senior members from across the House is now drafting emergency legislation that will make it illegal to import a television larger than 19 inches, while the government is urging Japan, Germany and South Korea to convert their



This Labour backbencher doesn't even turn his own back on the TV

television factories into strawberry farms.

Mr Kauffman, who somehow managed to spend more than £8000 on one television set, added: "And of course one cannot be expected to watch a 50 inch, wall-mounted Bang and Olufsen in an old battered chair that sits atop a cheap, grubby-looking, non-Harrods rug. That would be an insult to the television."

Angus Robertson, the SNP leader at Westminster, said he was forced to spend £1100 on a beautifully engineered high-definition television so that he could 'watch political programmes as the director intended'.

He said: "The cinematography on the Politics Show is simply breathtaking. It makes Lawrence of Arabia look like some amateur wedding video made by a four year-old dog."

Meanwhile Shahid Malik, the former home office minister, said the television culture had become so insidious that he was forced to record himself being interviewed, freeze frame his own face on a huge £2000 flat screen and and then stare at it in the dark while sitting in a large, vibrating chair.

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It's going to be a very frustrating summer

INJURY-hit Andrew Flintoff has confirmed he is unlikely to recover in time for an absolute humping by Australia this summer.

The England all-rounder said he was 'gutted' at the thought of missing six whole weeks of flailing wildly at nothing while his stumps explode behind him.

"It's such a shame but I've got a really sore leg. No honestly, really sore. Ow, OW. There it goes again. It's the left one. Yep, definitely the left one. Why, what did I say the last time?"

Former fast bowler Darren Gough said the focus will now shift to the next most likely England player to be utterly humiliated.

He added: "Injuries like these can keep you out for months, or until Bangladesh turn up, whichever comes first. I suffered a similar setback in 2002, when I ruptured my arm bone something rotten and another lad had to have his chucked pies twatted out of the ground."

Flintoff's history of injuries dates back to 1999 when he dislocated a finger during a barstool-related incident. ECB official Denys Finch-Hatton said: "Nobody can combine massive disappointment with drunken buffonery with

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quite the same flair."

The 2005 Ashes hero is currently sipping daiquiris on a sun lounger in South Africa where the IPL is paying him enough cash to suffocate a hippo. He recently signed for the Chennai Super Kings as they are named after his favourite brand of cigarettes.

A friend said: "If there'd been a team called the Delhi Meat Pies or the Mumbai Eight Pints of Bitter, he'd have faced an almost impossible decision."

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 • **A HARD DRIVE WAS A LONG TRIP ON THE ROAD**
 • **A MOUSE PAD WAS WHERE A MOUSE LIVED**

My browser window opens too small. Your web browser remembers the size it was last used at, so if you or a web site have changed the size it will appear like this the next time you start your browser.

To set the correct size, start your browser and hold your mouse over the corner of the window until you see the resize arrows, then click and drag to change the size, then close the browser. When you next start your browser the window should open at the same size.

Some Web sites do not display correctly. If particular web sites are not displaying correctly - with errors, missing buttons or images, links that do not work, incorrect layouts - this may be due to your browser security settings, which can block parts of a web site it decides are potentially unsafe (though there may be nothing wrong with them, it is just being cautious).

To change security settings in Internet Explorer click on the **Tools** menu then **Internet Options**, but be careful as changing to a low security setting might let unsafe content through to the PC.

There may just be a problem with the web site itself, in which case try again later.

Web page text is too small. You can increase the size of text on a web page by clicking on the **View** menu (Page in Internet Explorer 7) at the top of the browser window, then select **Text Size** and choose a larger size. This should work with most text on web pages though not all.

My browser address bar has disappeared. Click on **View**

TIPS FOR BROWSING THE WEB

from the menu at the top (or **Tools** in Internet Explorer 7) then **Toolbars**. Click to tick the **Address Bar** option and it should reappear.

How can I get rid of pop-up adverts? To stop adverts opening in new windows you need a pop-up blocker. Both Internet Explorer 6 and Firefox have built-in pop-up blockers. In IE go to **Tools > Pop-up blocker** to turn it on or change your settings.

How can I tell if a web site is secure before buying? To know whether a site is secure before you give your credit card details, look at the address bar and make sure the web address begins with **https://**

There should also be a padlock symbol on the address bar (or at the bottom of the page in older versions of Internet Explorer) to indicate the site is secure.

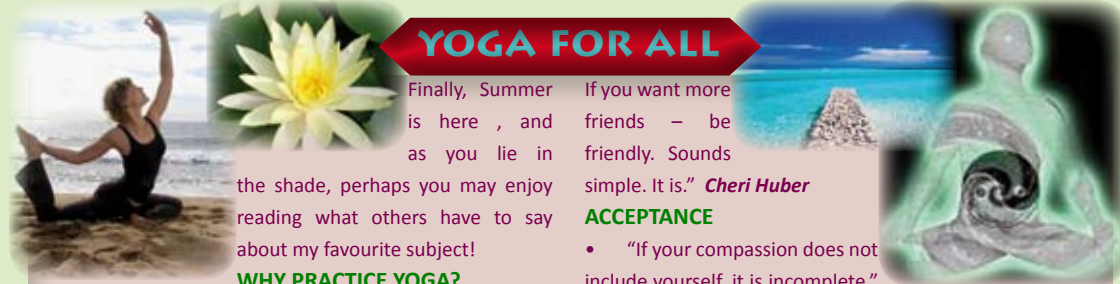
How do I print only certain text or images from a web page. Rather than printing out a whole web page, you can select the particular text you want and copy it to a Word document, and then print it out.

Start **Microsoft Word** and minimise it by clicking on the minimise button at the top-right of the window. Now open your web browser window and click and drag your mouse pointer across the text you want to highlight it. Right-click and **Copy**. Return to Word by maximising it from the taskbar, right-click and **Paste**. You can repeat this process as many times as you like to get all the text you want into one Word document.

You can copy and paste most images in the same way by right-clicking on the image and clicking **Copy**. Alternatively you can choose **Save As** to save a picture to somewhere on your PC, for example the Desktop or My Documents. Then in Word, click **Insert** then **Picture From File**. Click to select the picture you have saved then click **Insert**.

You can then **Print** your document. By using Word you also have the ability to rearrange, edit and resize text and images before printing.

YOGA FOR ALL



the shade, perhaps you may enjoy reading what others have to say about my favourite subject!

WHY PRACTICE YOGA?

• "Practising asanas began to teach me about myself. The body is such a great school of learning. It makes you pay attention." **Lilias Folan**

• "The challenge, and the opportunity, that Yoga presents to us is the possibility of breaking the conditioning cycle. We do this by becoming aware of the depth and pervasiveness of our patterns and, at the same time, by working to change them. And true transformation begins at the moment that we become aware of our actual condition." **Gary Kraftsow**

• "What I want to say is that there is a strong relationship between yoga on the mat and yoga off the mat. I've really come to believe that the energy accumulated in practice has a lot to do with my ability to get clarity about the reality of things." **John Friend**

• "I did not come to yoga to stretch. I came to live." **Maya Breuer**

ON HOW YOGA HAS CHANGED THEIR LIVES

• "People sometimes ask me what difference practice has made in my life. The answer is it's changed everything for me. And, in a funny way, it's changed nothing." **Lama Surya Das**

• "The most profound benefit of yoga and meditation for me has been a natural relaxing into my life. Obstacles are not so scary. I am more fluid, more curious, and at the same time more patient. I have more options for happiness because I don't require specific conditions. It is a relief to discover that I can be happy even if the world doesn't revolve around me or my agenda." **Cyndi Lee**

• "When I started doing asana, the yoga postures, I had a very strong feeling of many unnecessary things dropping away - especially tension and inadequacy." **Patricia Sullivan**

CHOOSING JOY

• "When you're experiencing peace, it's coming from within you, you're 'doing' peace. And this is true of anything else you might be looking for. Love, happiness, contentment, well-being come from within. Nothing external needs to change for you to have what you want.....If you want to be happier - be happier. If you want to be more relaxed - relax.

If you want more friends - be friendly. Sounds simple. It is." **Cheri Huber**

ACCEPTANCE

• "If your compassion does not include yourself, it is incomplete."

Jack Kornfield

• "Through practice, I've come to see that the deepest source of my misery is not wanting things to be the way they are. Not wanting myself to be the way I am. Not wanting the world to be the way it is. Not wanting others to be the way they are. Whenever I'm suffering, I find this 'war with reality' to be at the heart of the problem." **Stephen Cope**

• "These days, my practice is teaching me to embrace imperfection: to have compassion for all the ways things haven't turned out as I planned, in my body and in my life - for the ways things keep falling apart, and failing, and breaking down. It's less about fixing things, and more about

learning to be present for exactly what is." **Anne Cushman**

• "One day, [teacher Jean Klien] said to me, 'Your very trying to change yourself is actually taking you away from what you are.'" **Richard Miller**

• "If you begin to understand what you are without trying to change it, then what you are undergoes a

transformation." **J. Krishnamurti**

• "I was caught in the conundrum of believing that I needed to be different, that the way I was right now was not all right....Eventually I came to understand that it was this very non-acceptance that was keeping me stuck in my patterns." **Judith Lasater**

CHANGE

• "Whether things get better or worse depends to a considerable extent on our own actions. The recommendation of a yoga practice follows the principle that through practice we can learn to stay present in every moment, and thereby achieve much that we were previously incapable of." **T.K.V. Desikachar**

• "I feel certain that the change wrought by my practice also changes the world. I don't see how it can be otherwise. Everything is interconnected in the fabric of oneness. Awakening affects the entire world." **Richard Miller**

Sarah Good is a Sivananda trained yoga teacher offering weekly drop-in yoga classes.

Please call 663 140 297 for further details.

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WHAT'S ON CONT'D PAGE 36

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•**EL PERELLO FREESIA GROUP** (working for cancer charities) Book Stalls 6th and 20th June. Boot Sale 28th June (Proxims Car Park) Sellers 9.30 Pitches 5 euros. Phone Jackie 630587094 Freesia Lunch Carpe Diem 1st July.

•**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. contact Brian Parkin at 660-990-422 or 977-059-911 for more info

•**CAR BOOT SALE** | first sunday every month C/Garcia Restaurant Braseria Can Palomo MORA LA NOVA

•**FLIX CAR BOOT SALE** | 3rd Sunday of every month. Arrive 9.30 start 10.am. At Bar La Freixa Bonarea Info. Wendy 653 282 848 •**CURRY NIGHT** Friday 19th June at Bar La Freixa, Bon Area Garage, Flix. To book call 653 282 848.

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•**HE FRIENDS OF ALCOSSEBRE ASSOCIATION "SUPPORTING OUR COMMUNITY"** The Annual General Meeting of the Friends of Alcossebre will be held on Saturday, 6th June at 1.00 p.m. at the Alcossebre Bowling Club. The A.G.M. will be followed by a Barbecue and an hour's bowling. The barbecue and bowling will be free for all volunteers (helpers in the charity shop and underbuild) and 10€ for guests. Copies of the A.G.M. Agenda etc. will be available

WHAT'S ON

• **C OF E CHURCH SERVICE** | 4th Wednesday of every month starting January 28th. at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. On Friday 15th May The Anglican Congregation of St Christopher's, Costa Azahar opened it's doors in Vinaros at 5, Plaza Primero De Mayo. About 50 people were present to witness our good friend Father Cristobal from the Roman Catholic church officially cut the ribbon to signify the commencement of our activities for the benefit of all who wish to join us whether of the Anglican denomination, any other denomination or even none at all.

The Anglican Church on the Costa Azahar started in Alcossebre a few years ago and for the last 2 years has been led by the vicar, Rev. Paul Needle. It was he who identified the potential need for regular services in Vinaros and, indeed, further north in L'Ampolla. Up until now we have been allowed, even encouraged to use Roman Catholic churches but it was felt that the time had come to find a permanent home of our own.

To start with, services will be held at 10 a.m. on Sundays 14th and 28th June. Thereafter services will be at 10 a.m. every Sunday. During the week, we shall use the premises for other activities including, on Thursdays, a "Drop In" morning from 11 a.m. to 1.00 p.m. when friends can meet for a coffee and a chat. For those unfamiliar with the Anglican Church it will be an opportunity to get to know us in a relaxed atmosphere. We shall also be able to make known any special events that may be planned.

Paul Needle can be contacted on 964 761 641 or mobile 662482944 or by e-mail paulneedle@aol.com for any pastoral needs.

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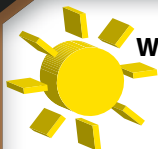
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