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for all English speakers

July 2009 issue 15



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# EDITORIAL

## MEET BOB THE EDITOR

WELCOME TO THE JULY  
ISSUE COVERING CATALUNYA  
AND COSTA AZAHAR.

Mosquito is out, it's the end of the  
day; she's humming and hunting  
her evening away. Who knows why  
such hunger arrives on such wings  
at sundown? I guess it's the nature of  
things.

~ N. M. Boedecker (Midsummer Night Itch)

◆◆◆◆

One summer evening, during a violent  
thunderstorm, a mother was tucking her son into  
bed. She was about to turn off the light when he  
asked with a tremor in his voice, "Mummy, will you  
sleep with me tonight?" The mother smiled and gave  
him a reassuring hug. "I can't dear," she said. "I have to  
sleep in Daddy's room." A long silence was broken at  
last by his shaky little voice: "The big sissy."

◆◆◆◆

We go in withering July  
To ply the hard incessant hoe;  
Panting beneath the brazen sky  
We sweat and grumble, but we go.

~ Ruth Pitter (The Diehards)

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**P**ossible 1,200€ fine for leaving dogs in car. Valencia City Council has initiated proceedings against a woman for leaving two dogs inside a locked car, with neither water nor ventilation and is suggesting a fine of 1,200€. The offence took place at the beginning of last year in Valencia's Calle Lérida but the case is only being tried now. Council officials consider that the woman has committed a 'serious contravention' of the autonomous Pet Protection laws passed in 1994 by leaving the animals in 'inadequate accommodation' and 'without the necessary care and attention'. Serious contraventions of this law can lead to fines of between 601.01€ and 6,010.11€

**P**roposal to Create Artificial Reefs The Ayuntamiento of Nerja and two groups of diving enthusiasts have proposed the sinking of wooden boats and cement blocks to create artificial reefs in the sea 200 m off its beaches. The idea is designed to encourage the diversity of the marine depths and to discourage dragnet fishing on the sea bed in the area. The plan has to go before the Junta de Andalucía for approval before the project can be undertaken.

**S**panish Prices Fall Again Prices in Spain fell again last month, the third successive fall this year. The fall was 0.8%, raising fears of possible deflation, although the government does not believe this will happen. Meanwhile, the country's deficit eased to 6.5 billion last month from 7.5 billion in the first three months of the year



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**F**errari Sells for a Record \$12.4 Million This 1957 Ferrari 250 Testa Rossa was the top seller at an auction of vintage Ferraris at Maranello, Italy recently. The car set a new auction world record as the most expensive motor car ever to be sold at auction, said Amy Christie, a spokeswoman for RM Auctions, which conducted the third annual Ferrari Leggenda e Passione sale.

**B**onus Points For Good Drivers! The Spanish traffic authority is to hand out

bonus points to those drivers who have not been penalised in the three years since the beginning of the driving licence points system. Of the 23 million drivers about 21 million have received no penalties and these are to be rewarded with two extra points next month, and another one after a further three trouble free years, making a maximum total of fifteen points on the licence.

**E**U to Advance 2.3 Billion to Spain to create new jobs for unemployed people during 2009 and 2010. The money is part of a community fund of 19 billion reserved for the purpose.

**F**eeding Time for Vultures A man in the mountains of Aragón in eastern Spain has set up a vulture sanctuary on his property. Every day, around 400 to 500 birds turn up for the feast of rabbits unfit for human consumption that he obtains from a local producer. Spain is the home of 80% of the



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cultures in Europe.

**S**pain Spends More on Stimulating Property Market A bank report has noted that the Spanish government is spending 2% of GDP on stimulating the property market, compared with 0.3% in France, Italy and UK. Over 52,000 residential mortgages were signed in March, 1% up on February and slightly up on January. The average mortgage was 119,067, a 16% decrease on February figures. There are suggestions in the Spanish press that the property recession may be bottoming out.

**F**riend of the Environment David Attenborough has been given the prestigious Premio Príncipe de Asturias de Ciencias Sociales 2009 award for his outstanding contribution to conservation and defence of the life of the planet. The decision of the adjudicating panel as to the recipient was "practically unanimous" according to the Spanish spokesman for the foundation.

**F**ree Market for Electricity Starts Next Month On the first of July the electricity market is to be deregulated in Spain, so consumers have a month to choose their supplier and sign up to a contract. There are around twenty suppliers to select from, but those that decide not to exercise their right of choice by that date will automatically revert to the default option, called la Tarifa de Último Recurso, (TUR), administered by Endesa Energía XXI and regulated by the government. The suppliers are generally in agreement that there will not be much opportunity for competitive pricing in the domestic market, since there is to be a basic, centrally regulated tariff for all homes; their main areas for competition will be among the large consumers.

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NOW WHAT?

**E**ndangered Birds Nest in Marshes  
 A pair of Bald Ibis, one of the most endangered species in the world, has returned to nest in the marshes near Cadiz for the second successive year. About 96% of the birds have disappeared over recent years, leaving small colonies in Morocco and Syria.

**S**panish Queen Flies Ryanair Queen Sofia flew Ryanair from Stansted to Santander last week for a reported €15 fare, (plus taxes, making it around €500, no doubt) showing the royal dedication to austerity in these troubled times. Now the company are in trouble for using an image of the Queen getting off one of their planes as an advert for them, with the caption "fly like a monarch with a million seats at ten euros." It's rumoured that QE2 and Phil the Greek are coming from Luton to Málaga on Easyjet for the summer hols.....now that would be something!

**B**eer is Best! Researchers in Granada have discovered that beer rehydrates better than water after exercise. Volunteers were put on a

treadmill and ran until near exhaustion, then half were given water and half got beer. Guess what, the beer drinkers came out best on testing recovery rates. One wonders whether the breweries promising free beer for life had any influence on the scientists! Sorry, I made up that last bit.



**N**aked Bike Ride in Madrid. Over 100 naked cyclists took to the roads in Madrid at the weekend. The event was a protest against the vulnerability of cyclists on the roads in the capital

and included demands for more bike lanes.

**C**ivil War Exhumations Start The first officially ordered

exhumations of bodies of people killed in the Spanish Civil War have taken place. Two mass graves in Santa Marta, near Zamora, were dug up revealing the remains of seven people killed by Franco's forces in 1936. This could be the first of many similar exhumations to take place as there are many thousands of unidentified victims in mass graves all over the country.



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# CAN IT BE TRUE??? MPs BEGIN DESPERATE THE HUNT FOR LOOPHOLES

A NEW system of MPs' allowances was outlined by Gordon Brown last night as shamed members of parliament immediately began scouring it for scams and loopholes.

After 10 days of shocking revelations which have left them chastened but still unbelievably greedy and corrupt, MPs from across the House of Commons brought in specialists to examine the fine print of the new system on a 'no-win, no-fee' basis. Scam consultant, Julian Cook, said:

"Cleaning will now be reclassified as 'secretarial services', so they just have to ask their cleaner to lick a few stamps while she's hoovering the moat.

"They can still claim for computer equipment which means that television sets are now 46-inch, high-definition LCD 'monitors' that just happen to have a built-in Freeview tuner.

"They can't claim for furniture but they can claim for food, so what they'll need to do is place a Kraft

The Westminster Fruit Cocktail



cheese single on a vibrating chair and put it through as an open sandwich."

He added: "And of course, with an upper limit of £1,250 a month in mortgage interest payments, they will still be able to buy a house worth at least £300,000 using your money. Ha ha ha - what a bunch of absolute gits."

But officials say the new system will end the controversial practice of 'screwing', where an MP buys a house and then uses it to 'screw' the taxpayer into the middle of next week.

The prime minister was forced to act on a momentous day that saw Britain plunged into a constitutional crisis following the resignation of the old man who shouts at everyone in that big wooden room you see on the news a couple of times a week.

Unveiling the reforms, Mr Brown insisted the House of Commons could no longer operate as a '19th century gentlemen's club' filled with ghastly people like Harriet Harman and Hazel Blears.

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# LIVE PRESS HOROSCOPES

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## CAPRICORN Dec. 22 - Jan. 20

July promises to be an eye-opening month for you, dear Capricorn, with Lunar and Solar Eclipses occurring in your sign and in Cancer, the one opposite yours. Partnerships are a big theme this month, and will be for months to come.



## AQUARIUS Jan. 21 - Feb. 19

Heightened romantic feelings and playful impulses are themes for you in July. It's a strong period for taking a small, perhaps familiar, vacation that allows you to rest, relax, recoup, and enjoy yourself. A vacation that is too ambitious, exotic, or unfamiliar might only serve to stress you out.



**PISCES** Feb. 20 - Mar. 20 -Big changes in your love life, with friends, and in your job are in the works for you in the next few months, dear Pisces, and July's events will give you a sense of what needs to be done. Tests in these areas of your life are likely now, and pave the way for new beginnings to come.



**ARIES** Mar. 21 - Apr. 20 -Changes on both professional and personal fronts are in store for you in the next few months and July's events will give you a sense of what's coming, and what needs to be done to prepare. The cosmos are nudging your attention in the direction of home and family, and getting everything in order in this life department.



**TAURUS** Apr. 21 - May 21 -A flurry of activity in July can leave your head spinning at times. There are errands to run, calls and emails to make, and paperwork to sort out. Do your best to tend to these matters in an orderly fashion, making lists and following them to avoid unnecessary stress.



**GEMINI** May 22 - Jun. 22 -The need to sort out your finances becomes apparent in July, dear Gemini. Events, such as the need to fulfill financial obligations, occur now that push you in that direction. Some drama regarding shared finances with a partner, loans, or taxes is likely this month.

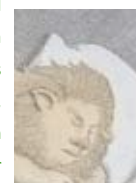


## CANCER Jun. 23 - Jul. 22

July brings many surprises and personal revelations to your life. Tests, illuminations, and dramas with a partner occur from the 5-8 which set the stage for a strong need to revamp your approach to life. A Solar Eclipse occurs in your sign on the 21st, and you experience an increased drive to take charge of your life.

## LEO Jul. 23 - Aug. 23

A friendly, sociable, and spiritual month is in your forecast, dear Leo. It's a strong time for recreating yourself and your goals, particularly after the 21st. Circumstances in July insist you rid yourself of guilt about under-performing, and to develop faith and trust in a larger more spiritual plan.



## VIRGO Aug. 24 - Sep. 23

Finding a better position for yourself professionally speaking will be easier than usual this month, dear Virgo. Others are recognizing your charm and determination, and your ability to network and communicate with ease in July only sweetens the pot.



## LIBRA Sept. 24 - Oct. 23

Your career is a big focus this month and the chance for a new start professionally speaking occurs from the 21st forward. While it means a change of position for some, for many of you it's about new commitments.



## SCORPIO Oct. 24 - Nov. 22

Events in July bring up the issues of freedom and mobility for you, dear Scorpio. You are feeling restless and restrained, and the need to put some spice and adventure into your life is strong. The Lunar Eclipse on the 7th sets the stage for a new commitment to finding more ways to get out and about.



## SAGITTARIUS Nov. 23-Dec. 21

In July, focus is on a partner and relationships in general for you, dear Sagittarius. There are plenty of negotiations and compromises to make. Love is spicy, stimulating, sometimes challenging, but ultimately very satisfying this month.





THE LONG HOT  
DAYS OF SUMMER

Before my morning coffee...



I might as well be a dog.

The warm weather has arrived and with it we see an increase in skin problems. The skin is the body's protective cover, it is in direct contact with the environment and disease causing agents. The skin may suffer various types of

Dermatitis may be due to many diverse causes such as: allergies, bacteria, fungi, parasites, burns, hormonal or nervous or psychological problems or other less common causes.

In our animals allergies or parasites are the most guilty parties. When the condition becomes advanced a problem localised in one area may spread and be further complicated by a secondary infection, which

## A case of a GSD with nasal pyoderma



in some cases may become chronic. A veterinarian ought to be consulted before a small problem gets out of hand.

Allergic Dermatitis is characterised

by itching and redness, the animal licks, bites, or scratches itself excessively ( as in other types of dermatitis ), initiating a vicious cycle of itching and scratching/biting. Treatment, as in most skin problems, is twofold: first is to break the itch-scratch cycle and second is to get at the primary cause of the problem. Many times allergic problems are tedious to sort out, pollen based allergies being some of the most difficult to resolve, followed closely by food based allergies. In

breeding has caused the existence of some dogs to be



allergic to some if not all types of meat protein. This is pretty odd considering that dogs are carnivores or

meat eaters! The majority of these cases are cured by changing them to types of meat that they are not allergic to or in those more extreme cases they have to be put on a soy based protein diet, effectively becoming vegetarians. This is different to those cases where some of the owners of some dogs and cats may themselves be vegetarians and wish their animals to prescribe to the same dietary habits, they should take care as dogs and cats by the basis of their digestive tracts are meat eaters.

Fungal infections are common, more so in cats, and some times they may be contagious to one or more other member of the family, they are, generally speaking, relatively easy to identify and cure.

## severe mange



Mange is caused by microscopic "bugs", the most common of these found affecting our pets are not generally contagious

between species. Mange when diagnosed early is also easy to control although it may require 2-3 months of treatment depending upon how advanced a specific case may be!

Over-bathing often reduces the skins natural defences and as a result may open the door to



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disease causing agents. Many of the treatments for these problems may include medicated baths, one should never use human shampoos on animals as their skin pH (acidity level ) is quite different to ours! Skin diseases often require patience in achieving a cure.

Dermatology has become an area of specialised attention in Veterinary Medicine in the past 10 - 15 years and sometimes it may be necessary to search out a specialist. Remember the skin is the mirror of health.



⚠️ Never use human shampoo on a dog. ⚠️

Ronald J. Rosenfeld D.V.M.

Ulcerative skin disease in a  
cat with Sporotrichosis

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<http://www.proteccionarca.org/>

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





REAR END  
PENCIL SHARPENER



BEWARE OF CHEAP INFLATABLES!



SEX!!

NOW THAT WE HAVE YOUR ATTENTION, EAT AT SUBWAY



PEE COLA

THEY'VE TAKEN OVER  
FROM BARBEQUES



Summer 2009 is here. To celebrate this summer many supermarkets are giving away free barbecues to all that can collect them.

You can get a free BBQ from any of the following stores.



Summer BBQ

- \* Lidl
- \* Carrefour
- \* Aldi
- \* Sabeco
- \* Mercadona
- \* Spar
- \* Suma

All BBQs come with a higher shelf which can be used for keeping things warm!

PLEASE NOTE: Some stores may charge a €1 administration fee.

THE



LIVE PRESS

HE'S MY BROTHER

Two young boys walked into a pharmacy one day, picked out a box of tampons and proceeded to the checkout counter.

The man at the counter asked the older boy, "Son, how old are you?" "Eight," the boy replied.

The man continued, "Do you know what these are used for?"

The boy replied, "Not exactly, but they aren't for me. They're for him."

He's my brother. He's four. We saw on TV that if you use these you would be able to swim and ride a bike. Right now, he can't do either."



LATEST NEWS from ENGL:AND

If you receive an email from the Department of Health telling you not to eat tinned pork because of swine flu - ignore it. It's just spam!

'The Obedient Wife'

There was a man who had worked all his life, had saved all of his money, and was a real miser when it came to his money. Just before he died, he said to his wife... 'When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the afterlife with me.'

And so he got his wife to promise him, with all of her heart, that when he died, she would put all of the money into the casket with him.

Well, he died. He was stretched out in the casket, his wife was sitting there - dressed in black, and her friend was sitting next to her. When they finished the ceremony, and just before the undertakers got ready to close the casket, the wife said,

'Wait just a moment!'

She had a small metal box with her; she came over with the box and put it in the casket. Then the undertakers locked the casket down and they rolled it away.

So her friend said, 'Girl, I know you were not foolish enough to put all that money in there with your husband.'

The loyal wife replied, 'Listen, I'm a Christian; I cannot go back on my word. I promised him that I was going to put that money into the casket with him.'

You mean to tell me you put that money in the casket with him!?!?!'

'I sure did,' said the wife. 'I got it all together, put it into my account, and wrote him a cheque.... If he can cash it, then he can spend it.'

◆◆◆

**Subject: RE: Budget Alternative - I think it will work!!!**

Dear Mr. Darling,

Please find below my suggestion for fixing Britain 's economy. Instead of giving billions of pounds to banks that will squander the money on lavish parties and unearned bonuses, use the following plan. You can call it the Patriotic Retirement Plan: There are about 20 million people over 50 in the work force. - Pay them £1 million apiece severance for early retirement with the following stipulations:

- 1) They MUST retire. Twenty million job openings - Unemployment fixed.
- 2) They MUST buy a new British CAR. Twenty million cars ordered - Auto Industry fixed.
- 3) They MUST either buy a house or pay off their mortgage - Housing Crisis fixed.
- 4) They must send their kids to school / college / university - Crime rate fixed
- 5) Buy £50 of alcohol / tobacco a week there's your money back in duty / tax etc

It can't get any easier than that!

P.S. If more money is needed, have all members of parliament pay back their falsely claimed expenses and second home allowances

Official Announcement



Gordon Brown today announced that they are changing our Union Jack to a CONDOM because it more accurately reflects the government's political stance. A Condom allows for inflation, halts production, destroys the next generation, protects a bunch of pricks and gives you a sense of security while you are actually being screwed.

It just cannot get more accurate than that!





## YOGA FOR ALL

It's one of those hot, sweltering summer days, when it feels as though every ounce of

energy has been drained from you. So how do you meet the demands of your day when your body and mind feel lethargic due to excessive temperatures? Take some time to try a few yoga techniques. These postures require very little energy to perform, but will have the effect of cooling and re-energising your body, and calming your mind.

### Legs up the wall pose (Viparita Karani)

Legs-Up-the-Wall Pose  
Viparita Karani

-Lie on the floor with your buttocks as close to the wall as comfortable, hips raised slightly. -Keep your legs up and resting firmly against the wall. Your arms should be relaxed by your side, with palms facing upwards. Adjust yourself so that you have no discomfort in this position. Let your eyes be closed and relaxed. A beautiful variation is to cover your eyes with a herb scented eye pillow.

Stay in this position for 5-15 minutes, breathing deeply and slowly from your diaphragm. Mentally scan each part of your body, releasing any tension in those areas with each exhalation. Let your mind become tranquil as your body restores itself in this deep stillness.

When coming out of the posture, slowly lower your legs by bending your knees and bringing them close to your chest. Gently roll onto your right side, and when you feel ready, slowly resume a sitting position.

This posture allows the blood and other bodily fluids to flow more easily from the legs back to the heart and vital organs, flooding them with nutrients. The anti-gravity effect means the heart doesn't have to pump as hard, thereby slowing the heart rate and cooling and re-energising the body.

After emerging from this restorative pose, you should feel calmer, more balanced, and less fatigued. It is a wonderful pose for those suffering from tired, aching legs, and can also be used to combat travel fatigue.

### Extended Childs pose (Balasana)

Excessively hot days can often drain your patience as well as your energy. The following posture has a very calming effect on the mind, as well as releasing pressure on the spine and rejuvenating the entire body. -Kneel on the floor with your toes together, knees apart. Lengthen your spine and bend forward from your hips on exhalation, arms outstretched in front and forehead resting firmly on the floor. Your knees should be as wide apart as comfortable. -Breathe fully and slowly, and with each exhalation, feel your body melt into the floor. Hold for 5-10 breathes, and then very slowly resume an upright position. This is a beautiful posture for delivering a freshly oxygenated supply of blood to the brain, thus enabling it to function more clearly and efficiently.

### Pranayama

Prana is the Sanskrit name for life-force/breath, and correct breathing is an important part of yoga. Practicing pranayamic

exercises increases lung capacity, thereby enabling more oxygen to be pumped throughout the body and to the brain.

### Shitali breathing

Shitali means cooling, and is a particularly good pranayamic practice to cool you down in summer. -Curl the sides of your tongue into a tube and breathe in air over your outstretched tongue. As the air travels over the wet tongue it is cooled down. Close your mouth and hold the cool air in your lungs for a second or two before gently releasing it, breathing out through your nose. This works much the same way as a dog that pants to regulate his body temperature. Repeat the process 5-10 times, but do not practice more than 10 rounds of this breathing.

This summer, be sure to stay cool and keep your cool with yoga!

**Sarah Good is a Sivananda trained Yoga teacher offering weekly drop- in local classes in Rasquera and L'Ampolla. Private tuition is also available in the comfort of your own home. Please call to discuss your goals on 663 140 297**

### Extended Childs Pose

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**M1062 – L'Ampolla**  
138m<sup>2</sup> Country House  
3 beds, 2 baths,  
Sea Views!  
5.600m<sup>2</sup> parcela  
**Price: 160.000 euros**



**M1099 – Bitem**  
Village house 90 m<sup>2</sup>  
on two floors with  
50m<sup>2</sup> garage  
Bedrooms 3 Bathroom  
Kitchen/diner, Lounge  
(New wiring)Electricity  
Water.  
Air conditioning  
**Price: 84.000 euros**



**Reduced! M1060 –**  
**Alfara de Carles**  
177m<sup>2</sup> Country House  
3 beds, 2 baths,  
Magnificent Valley  
Views!  
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On four floors with **LIFT**.  
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**1<sup>st</sup> sees buys!**  
**Price: 99.000 euros**



**M1036 – Aldover**  
100m<sup>2</sup> Country House  
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**Price: Reduced to**  
**OFFERS in excess of**  
**160.000 euros**



**M1103 – L'Ametlla de**  
**Mar (3km)**  
Lovely Villa of 176 m<sup>2</sup>.  
(incl 90m<sup>2</sup> garage)  
Bedrooms 3, Bathroom,  
Filtrated Pool,  
Elec & Water, Covered  
Summer Kitchen  
1500m<sup>2</sup> garden & drive  
**Price: 212.000 euros**



**M1081 – Jesus**  
Riverside 3 bedroom  
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2 bed self Catering  
cottage for sale! Direct  
River Mooring-  
Furnished. 3000m<sup>2</sup>  
parcela  
**Price 275.000 euros**



**M1095 – El Perello**  
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of 120 m<sup>2</sup> Bedrooms 2,  
Bathrooms 2  
Auto system installed,  
Water  
Courtyard & workshops  
14,200m<sup>2</sup> of land  
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**M0053 – Campredo**  
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Have you ever wondered what new laws you would make, should you be given the power to do so? A fellow presenter on the radio station I work for features an item where she gives air-time to local minor celebrities, passing tramps and anyone else she can persuade to come on her programme, to talk about what they would do if they were able to 'rule the world'. Once you start to think about this a mental list of sundry punishments for those who irritate you on a daily basis will soon form in your mind. We're not talking anything major here like dangerous driving or being a politician and fiddling expenses to pay for 'duck islands', just targeting all those irritating t\*\*\*\*ers in everyday life that really get up your nose.

Top of my list are mobile phone users. Now don't get me wrong I'm not totally against the things and I have one, which I occasionally switch on, sometimes as often as twice a week. Other people seem to be totally addicted to the things. They simply cannot leave home without them. You cannot avoid the inane conversations they have as they walk along the street, shop in the supermarket or travel on public transport. People blather on about what baked beans should they should buy or some intensively mind numbing event in their dismal lives which they glamorise into such a fashion so as to believe they are living in an episode of 'Eastenders'. In reality the incident is so tedious it is only one stage removed from the experience of watching paint dry; but then so is 'Eastenders'.

Then there are the mobile phone users with additional plastic devices stuck in the ears which are about as undetectable as a National Health hearing aid circa 1950. This enables them to wander down the street apparently talking to themselves about...well...see the above. There was once a time when



we kept these conversations to ourselves or at least to the privacy of our own homes. We did not inflict them on the rest of humanity. My belief is that mobile phone connections should be set to a maximum time limit of one minute; by Law. Any offenders who overstep this time would have one ear surgically removed and their phones trampled on by a specially trained team of Morris Dancers.

Then there are what I call the 'clutchers'. They walk along the street, jog, cycle, or sometimes drive clutching either a bottle or a polystyrene container. It seems they need, at regular intervals, to replenish their systems with either a bottle of so-called spa water drawn from the tap of some middle-European sewage reprocessing department or, worst of all, consume coffee. Now there is nothing wrong with an invigorating cup of traditional Nescafe into which you can dunk your Garibaldi. These offenders, however, have obviously been duped into entering one of the High Street chain of coffee merchants who sell vastly overpriced frothy milk/water mixtures enhanced with a dash of coffee flavouring and seemingly sprinkled with what appears to be chocolate coloured dandruff. They then ponce along the street clutching their beverage containers before them like they have discovered the Holy Grail. Apart from indicating to all and sundry that they are total \*\*\*\*ers, the 'clutching' is a bit of a give-away, it is also made obvious that they can easily be conned into buying almost anything. This 'clutching' is both irritating and dangerous. They could have somebody's eye out! Offenders should be made to drink several litres of their obnoxious liquid in one session, and suffer the consequences of staying awake for several days whilst sitting on the toilet.

The next item may well serve to alienate me from 50% of the readers of this column, but what the heck! I refer to women in men's clothing departments. These fall into roughly three categories. There are the feelers and fondlers who wander round caressing everything on the racks. Imagine what would happen to us chaps if we were found doing this to 'ladies unmentionables' in the lingerie department of Dorothy Perkins; or am I missing out on something here? Then there are the stout ladies in sensible shoes buying large sweaters, rugby shirts and roomy boxer shorts, presumably for themselves. Surely there are special



shops for these people. Finally, and worst of all, are ladies accompanying their male companions. No matter what age their male accompanists are the environment causes those of the feminine persuasion to treat them as if they were all about five years old.

Unwanted advice like "Do you like the blue ones or the green ones?", "Isn't it a bit tight round the crotch?", or "will you be able to sit down comfortably?" is all very well, but we are able to make up our own minds thank you very much ladies. If we look like a sack of manure tied up with string this is precisely the look were are trying to create. The subtle combination of bottle green trousers and an orange striped golfing jumper is, to us, a unique fashion statement. So there! And do we really want ladies who seem to spend an inordinate amount of time examining men's underwear apparently testing them for expandability. This exercise can be far more rewarding for all concerned when the men are actually inside the afore mentioned garments.

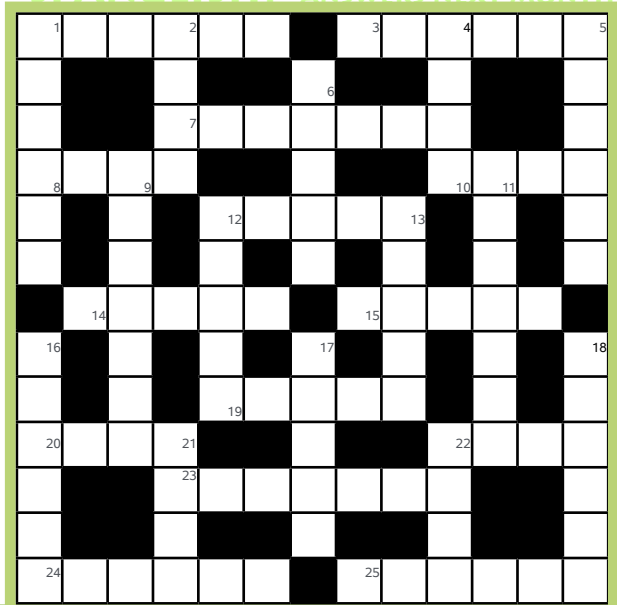
My rule would be that women would be banned from these shops for at least two days a week when men could be free to choose their own stuff without coming under scrutiny or criticism. Women who break this rule would be made to spend an afternoon wandering round the Marks and Spencer's Ladies department whilst wearing a straight jacket. With no chance of 'feeling and fondling', or indeed trying anything on, they would suffer intense mental trauma.

Restrictions on the lengths of these articles forbid me from telling you the punishments I would inflict on those who eat in cinemas, swim back stroke, have excessive tattooing, take children into restaurants, wear thongs, shout at foreigners, moan about the weather and have any interest whatsoever in football. Suffice it to say that the screams of pain would keep you awake at night and the increase in business for funeral directors would make you consider making the trade a worthwhile investment opportunity. Now when is Kate going to ask me on her programme?

ACROSS

1. summer
3. flies (insect)
7. to take
8. breath
10. zone
12. resumen (E)
14. to have dinner
15. level
19. trick
20. wedding
22. borde (E)
23. añorarste (E)
24. tormentas (E)
25. style

SPANGLISH? - ANSWERS NEXT MONTH



DOWN

1. to come back
2. tall
4. rude, crude
5. strong sun
6. boat
9. estate
11. hollow
12. reaccionar (E)
13. cousin
16. bebés (E)
17. leather
18. father in law
21. yesterday
22. editar (E)

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

ACROSS:					ANSWERS TO THE JUNE ISSUE OF SPANGLISH					DOWN:				
1. era	3. tonto	5. pan	7. ocase	9. burro	11. oca	13. tea	16. boa	20. ant	22. art	30. tanto	31. oil	14. enema	21. nailon	22. amend
2. alamo	4. nacido	6. nao	8. oda	10. cuero	12. cagar	17. apt	26. dar	28. cal	23. tío	24. tic	25. navio	15. cueva	16. bra	27. civic
29. red	3. tinto	5. pan	7. ocase	9. burro	11. oca	13. tea	16. boa	20. ant	22. art	30. tanto	31. oil	14. enema	21. nailon	22. amend





Cities can be born a thousand and one times; reconstructed from their ashes or reinvented through imagination. The reborn Benicàssim that we know today owes as much to its sun, surf and sand as it does to Oasis and Leonard Cohen; as much to its peculiar mountain range, polka-dotted with caves, crags and cliffs, as to the magic of Björk and the howling of Jon Spencer; as much to the Las Palmas desert as to the Festival's concert venue. Today's Benicàssim is synonymous with FIB Heineken.

Benicàssim – a name of Arab origins, "sons of Qasim" – has had an action-packed history due to its location on the Mediterranean: once a refuge for pirates and smugglers, and now, ever since 1995, a second home and truly magical city by the sea for a week of each summer thanks to FIB Heineken. Situated in the very heart of the Costa del Azahar, Benicàssim boasts everything a modern vacation spot needs to make its visitors feel comfortable so they can thoroughly enjoy the scenery, the weather, the cuisine, the beach, the sports facilities and, of course, the music. A city reborn on the Mediterranean coast, proud of its present, which has redefined its geographic

coordinates. Since it began in 1995 Benicassim has secured itself a place as one of Europe's premier festivals. The festival frequently provides a line-up that is among the best in Europe with a selection of stellar artists and superstar DJs. Across the event's five stages the likes of Sigur Ros, Gnarls Barkley, Leonard Cohen and Justice all performed last year, so, as per usual, expect a similar calibre of artists this time around.

Since it began in 1995 Benicassim has secured itself a place as one of Europe's premier festivals. Each year revellers from around the world descend on the Costa del Azahar to experience four days of music, art, theatre, dance, fashion and short films.

Organisers allow festival-goers to stay in the free campsite for up to nine days (three days before and two days after the festival) and enjoy the local beach and usually scorching sunshine. As Spanish times apply, an apartment is recommended as the music doesn't start until evening and continues through the night, which means the sun rises as you fall!

## 15 Years of History

In 1994, post-Madrilenian Groove Madrid was in hectic full swing and shedding itself, specifically, of some of the less convenient burdens of those happy years. Bustling, noisy, cosmopolitan and, above all, fun, the capital was starting to build on one of the basic pillars of the new youth movement (the members of which seemed innocent and harmless enough, but they could sure roar up a storm): Music, pure and simple, and no pretensions.

Between concerts, Luis Calvo and Joako Ezpeleta, both editors at the magazine Spiral (Calvo was also head of Elefant Records), joined up with Miguel and José Morán, who were running Maravillas, to really bring about what had until then only seemed like a pipe dream: "We would dream of creating the perfect space for an international gathering of young music lovers; a place full of unique, enriching and unforgettable experiences where people could share their interests and passion for music and life while providing an emotionally-charged base of support for cutting-edge bands to put on really amazing and one-of-a-kind shows." And, the opportunity arrived when they found the ideal spot on the Mediterranean for truly great summer holidays – a friendly place, lots of sun, surf and sand, and beautiful weather. Francesc Colomer, who was then the mayor of the small city of Benicàssim, listened to their proposal and recognised the incredible possibilities of such a venture. He took a gamble and ultimately won. The first edition of the International Benicàssim Festival was underway.

In 1998, the Festival expanded significantly and considerably when it moved to a new venue, offering far better conditions for both the fans and the artists – Björk, Sonic Youth, PJ Harvey, Primal Scream, Spiritualized and sixty other bands performing on three stages over three days, kicking off a new stage in the Festival's life with style. It was also in 1998 that the Festival's Extramusical Activities were launched, such as the FIB Fashion Show and the FIB-Act theatre festival, both of which are non-profit ventures. These activities would gain in intensity over the next years to eventually include FIB's Date with Dance, FIB Summer Courses, the FIB International Short Film Festival and FIB-Art – all of which have woven themselves into

the fabric of Benicàssim society as essential elements of a cultural proposition open to one and all.

In 2001, Heineken came on board as the Festival's main sponsor; as such, it came to be known as FIB Heineken.

The following year proved momentous in the history of the Festival: 38,000 people attended each day, surpassing the wildest of expectations. Radiohead, The Cure, DJ Shadow, Paul Weller and Belle & Sebastian, to name just a few, put on shows that established FIB Heineken as an international benchmark of music-festival excellence.

FIB Heineken 2008 continued to set the standard of distinction and quality thanks to artists like My Bloody Valentine, Morrissey, The Raconteurs, Siouxsie, and Morente Omega with Lagartija Nick – not to mention the tremendous and showstopping concert Leonard Cohen put on, which is no doubt indelibly etched in the memory of everyone who was there.

So, that pipe dream of days gone by has become a reality; that perfect place where once-in-a-lifetime experiences inspired by music are the norm has grown and developed and finally become a near-Utopian parallel reality governed by the values and passions of thousands and thousands of young music lovers from all over the world. Pure hedonistic pleasure and both personal and cultural enrichment join hands in the celebration of life that is FIB Heineken.

## The Venue

Located at the 986 km mark of N-340, the venue that hosts the International Benicàssim Festival will become, from Thursday to Sunday, the hub for the thousands of fibers who attend the Festival every summer from different corners of the world. The venue covers an area of 120,000 square meters, home to diverse musical and cultural spaces, and boasts all the services necessary to make the Festival's attendees feel comfortable, at ease and safe.

Hours: Thursday, from 5:30 pm. to 6:00 am.

Friday to Sunday, from 5:30 pm. to 8:00 am.

<http://fiberfib.com/>



## FESTIVAL VERGE DEL CARME/VIRGEN DEL CARMEN 16TH JULY 2009 IN L'AMPOLLA & MANY OTHER COASTAL TOWNS

**L'Ampolla 15-18 July Festival Verge del Carme 2009 plus on the 16th July at 21:30h at the Harbour is the procession by the sea followed by a spectacular firework display.**

Sea-land procession in honour of the Patron Saint of seafarers and fishermen. "The star of the seas"

The evening of the 16th July is a very special time for the residents of many towns in Spain for this is the night when the patron saint Virgen del Carmen is celebrated. This is one of the most deeply rooted traditions of the fishing villages and the celebrations begin with the image of the Virgin being carried through the town, towards the sea.

Accompanied by a band and often by the fishermen's wives in traditional costumes. Floral tributes are usually made to the effigy. The procession takes Her down to the local port where She is put aboard one of the fishing boats and taken out to sea, this time accompanied by the fishing fleet and almost anything else that can

sail out of the harbour. All along the coast, the tiny fishing boats, all illuminated, await her arrival. Boats sounding their horns and decorated with flowers and lanterns receive the blessing of the Virgin. Prayers are said for those lost at sea and for the protection of those that continue to make a living from the ocean. However, there is a darker side, as alcohol and water don't mix too well and it is not unusual to hear of someone falling overboard and drowning during



the festivities.

The religious masses begin on the 13th July and continue each evening until the 16th with offerings of flowers and presentations of commemorative medals. After the blessing at sea, the Virgin is carried through the streets once more to her resting place in the chapel where the 'Queen of the Seas' watches over the fishing community. The fiesta often comes to an end with a spectacular and a fine display of fireworks paying a joyous and noisy tribute to her, while shrouding her and everything else on the water in thick smoke.

The history of the Virgen del Carmen can be traced back to the old testament which tells of the prophet Elias retreating to Mount Carmelo (from which comes Carmen) in modern day Israel, where he had a vision of a cloud rising from the sea.

This was later interpreted to be a manifestation of the Virgin Mary, and

from it comes one connection with sea farers. Another can be found in the fact that the Virgen del Carmen is known as the 'Estrella del Mar' (star of the sea) harking back to the days before GPS, when mariners navigated by the stars.

But the town's economy traditionally encompassed the sea as well, and this month it's time to remember how dangerous and for how little reward these waters have been worked



down the years. Few people are more superstitious than the people who work on the sea, so it's unsurprising that they have a much revered patron, La Virgen del Carmen, to watch over them and to whom they direct their prayers, and she is honoured on the 16th July in coastal towns and villages all over Spain, as well as in the Spanish navy.

The Virgin has given her name, of course, to women all over Spain. To understand where her name came from, however, we must travel to north-west Palestine, not far from the port of Haifa. There stands a low mountain range containing Mount Carmel, which has been considered a holy place for millennia. The name of the mountain means something like 'fertile garden', which explains why the word 'carmen' is also used in Granada to describe villas with fine gardens or orchards. It was on Mount Carmel that the Old Testament prophet Elijah had a famous confrontation with the four hundred and fifty false prophets of Baal. Elijah was determined to defend the purity of his people's faith from corruption by the worshippers of Baal, and succeeded by means of an impressive miracle involving fire from on high and a rain storm which ended a three-year drought. This would later be interpreted by the Catholic Church as a sign or message from the Virgin Mary that through her Son there would be a 'rain of grace' on sinners.

The Mount became a place where pious former pilgrims or crusaders would go to live as hermits in search of spiritual perfection and sanctity, following the example of Elijah. They lived a tough and lonely life of silence and they called themselves the Brothers of Saint Mary of Mount Carmel. Thus was born the Roman Catholic Carmelite order in the 12th century. With the failure of the crusades in the 13th century, the monks left Palestine for Europe, some settling in England, where St Simon Stock would become their leader. It was a difficult time for the order, and Simon prayed for help to the Virgin Mary. She responded by appearing to him in a vision – on the 16th July, 1251. She also brought him a gift, a garment consisting of two pieces of brown cloth which were tied together at the shoulder. It was called a scapula, and the vision informed Simon that the wearer of the scapula

could be assured of her protection and salvation from the fires of Hell. The scapula henceforth became a symbol of the Carmelite Order and also of those lay people who wanted to manifest their association with the order by wearing one under their clothes.

Three hundred years later in Spain two famous saints would become involved in reforming the order. The formidable Saint Teresa of Ávila was convinced the order was going soft and founded the much stricter branch called the 'discalced' or barefoot order of the Carmelites (although in fact they wore sandals). At her monastery in Ávila she imposed strict rules of poverty and constant abstinence on her nuns. She also persuaded St John of the Cross, the great Spanish mystic and poet, to set up similar institutions for men, which got him into considerable trouble with the authorities.

But why did the Virgen del Carmen become the patron saint of seafarers? (It is a role she shares, incidentally, with St Elmo of St Elmo's Fire fame.) The answer seems to lie in her symbolism: for a long time, the people who travelled the seas and oceans of the world depended on the stars in the night sky to guide them. In a similar way, so the reasoning goes, Mary guides her followers through the difficult waters of life, like a star of the sea. Hence the words to her hymn, known to Spanish sailors everywhere, the 'Salve Marinera', which translated reads as follows:

Hail, Star of the seas,  
Rainbow of the seas,  
and of eternal good  
fortune.  
Hail, oh Phoenix of beauty  
Mother of divine love!  
May your clemency  
Give comfort  
To the sorrows of your  
people.  
May our fervent cry reach  
unto heaven  
And to Thee, and to Thee.  
Hail, Star of the seas!







## OFF THE BEATEN TRACK: DISCOVERING THE PRIORAT

Just over 30 minutes' drive inland from the Costa Dorada's beaches, the Priorat wine region is like stepping back into a remote and different world. Quiet country roads wind round dramatic rocky terrain and steeply-terraced vineyards, many of which can only be harvested by hand.

The area's harsh, slate soil —known as *llicorella*— and abundant sunshine produce some of Spain's finest and most expensive wines, blending local Grenache and Cariñena grapes with international varieties like Syrah, Cabernet Sauvignon and Merlot.

Over the last decade, young winemakers from around the world have settled here to produce strong, intense reds of great character that have won international prestige and acclaim. Winemaking has a long history in the Priorat though, back to the Middle Ages and the Carthusian monks of the La Cartoixa D'Escaladei monastery. The region's name stems from the 'Prior' of

this powerful order, who ruled over the present-day Priorat area and beyond. The region also produces outstanding olive oil, made from the small *arbequina* olives.

Until recently one of Catalonia's poorest *comarcas* (counties), the Priorat's green and stunning countryside has remained virtually unchanged —apart from some startlingly avant-garde winery buildings— while its timeless villages retain their traditional stone houses and quiet charm.

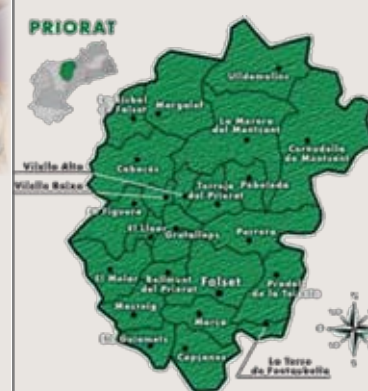
So why not take a day out and explore this fascinating corner of Catalonia? Here are a few of my favourites:

### Falset

La Vilella Baixa, the 'New York of the Priorat'



Capital and winemaking centre of the Priorat, Falset is a small but bustling town clustered around a pretty square with porched arcades, and a distinctive, *Modernista*-style wine cooperative. Selection of wine shops and restaurants (try [La Quinoa](#) for a sophisticated, excellent value weekday *menú del día*).



### La Vilella Baixa

One of the areas' most picturesque villages, nicknamed

the 'New York of the Priorat' for its spectacular seven and eight storey buildings overlooking a stream.

The narrow road from La Vilella Baixa to Scala Dei, Poboleda and Cornudella is particularly scenic —watch out for the space age hilltop bodegas!—but not recommended to anyone that gets car sick.

### Scala Dei, the 'stairway to heaven'

Headquarters of the Priorat wine DO (denomination of origin), a visit to this tiny hamlet is a must. Bars, restaurant, wine shop and tasting.

About a mile away the ruined monastery of La Cartoixa de Scala Dei is well worth a visit too, with its reconstruction of a monk's cell.

### The holy mountain: Montsant

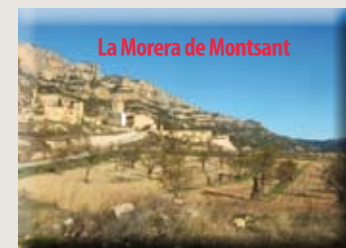
The little village of Morera de Montsant nestles at the foot of the fantastic cliffs of the sierra de Montsant range, a natural park. Seemingly impossible paths snake up the mountain; some involve sheer drops, rocks overhanging very narrow paths and iron rings hammered into the rock!

Once you're at the top —on a clear day you can see the Pyrenees— a network of paths lead through beautiful scenery with streams, pools, caves and woodland. It's easy to get lost though (particularly in autumn), so go with a local guide unless you're an experienced excursionist.

A good place to stop for lunch is the [Venta de Pubill](#), where the T-702 Poboleda road meets the C242. An old coaching inn, it serves traditional Catalan cuisine with fresh ingredients



La Torre de Fontaubella with the Mola behind



La Morera de Montsant

at a reasonable price. Great for hearty breakfasts too.

### Siurana

Tiny, quaint hilltop hamlet with a Romanic church and ruined castle, and fabulous views of the surrounding mountains and reservoir below. Siurana is a Mecca for rock climbers worldwide, and you will be sure to see some on the spectacular drive up to the village. There is a campsite, a mountain refuge, a bar and a restaurant.

Siurana is rich in legends, and was one of the last Moorish villages to surrender to the Christian re-conquest, after a long and bitter siege.

### Porrera

Large, picturesque village much loved by Barcelona weekenders; Catalan singer-songwriter and cultural icon Lluís Llach has a home and winery nearby. Porrera suffered substantial damage in catastrophic floods in 1994.

### Pradell de la Teixeta - La Torre de Fontaubella - Marçà

The route through these pretty villages runs through softer countryside, close to one of Catalonia's loveliest train rides: the Reus to Mora line. A large ruined *masia* near Marçà was headquarters of the International Brigades in the Spanish Civil War.

### Fincas Direct new website!

After what seems like an age, I'm happy to say that my new website is finally live and online at [www.fincasdirect.com](http://www.fincasdirect.com). I hope to gradually add more content and information, time permitting! Jeff Greensmith runs [www.fincasdirect.com](http://www.fincasdirect.com) and is a registered estate agent and experienced Spanish/Catalan translator and interpreter. He has lived in Catalonia since 1986.

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Carbon block	NO	NO	YES	YES
Ultraviolet radiation	YES	YES	NO	NO
Distillation	YES	YES	YES	NO
Reverse Osmosis	NO	NO	YES	YES

\* ABOVE COMPARISON CHART FOR THE COMPARED REMOVAL FOR VARIOUS SYSTEMS

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Check manufacturer's claims and test results for specific information.

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"FIRA DE SANT JAUME DE REUS 24-26TH JULY 2009"



FIRA DE SANT JAUME DE REUS (since 1343)

Dates: 24th, 25th and 26th of July  
Location: Parc de la Festa (in front of parc dels Capellans, in Avinguda de Riudoms. REUS)

Timetable: from 7 pm to 12 pm  
Free entrance.



Reus' most traditional fair. The most important part in the programme is the "Horse Fair" (with different championships, exhibitions...), and the degustation of local food every night.

In order to maintain one of the oldest traditions of the holiday calendar of the city and the exhibition schedule of Catalonia, the Municipal Board of Tourism and Commerce Reus organizes the traditional Fair of Santiago, which this year celebrates its' birthday as it was in 1343 when King Pedro III of Aragon Reus granted the town of Reus the award for organizing the fair. This was an annual event in which farmers and ranchers would provide tools and animals they needed for their work in the fields. In recent decades the show has taken on a more playful nature, with equestrian events such as exhibitions, shows and races carrying sacks of hazelnuts, plus events that continue to maintain links with the rural world. By organizing this event The Board wishes to position the Fair of Saint James as a recreational event, like the "Feria de Reus night" where citizens and visitors can enjoy an extensive program of activities for all ages, and performances.

The traditional trade of the area displaying the products and economic activity of the city and its surrounding area has been promoted in various Reus fairs and markets, from this Sant Jaume Festival to the modern expo / Reus-from 9 to 17 October-through to the new Oil Show -Siurana on 12 and 13 November, the Antique Market and Brocantes each Sunday, the Christmas market, etc...

MORE INFO : <http://www.reus.cat/>  
AND THE PROGRAMME OF EVENTS  
ON OUR WEB SITE



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 for a change I present a something a bit naughty but highly entertaining as the first film based on the real life diaries of a French lady (Valerie Tasso )exploring her sexuality in modern day Spain. This one is strictly for adults only so lock away the munchkins and enjoy..... Diary of a



**Sex Addict (Adult Drama 2008) (Diario de una ninfomana)** Val is 28 years old, is an attractive woman with a highly academic background and carefree lifestyle. This lifestyle creates a strong sexual curiosity, that in turns changes her into a released woman who constantly looks for new experiences that satiate this addiction. She takes who she wants to sleep with whenever she wants it, this lifestyle has its positive aspects and negative. All these experiences turn Val's desire for sex into a new form of life, it becomes a drug for her, through which she will find love which takes her to explore prostitution. In both cases suffering extreme situations which will make her undergo and reevaluate her life.

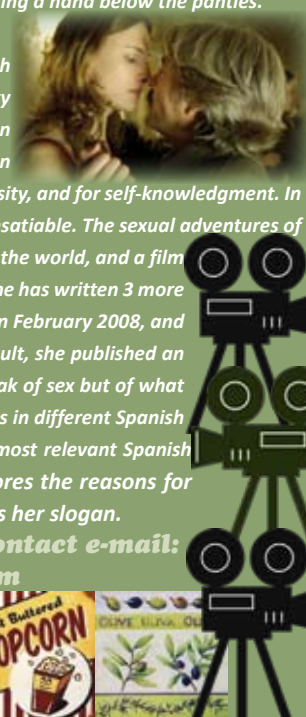
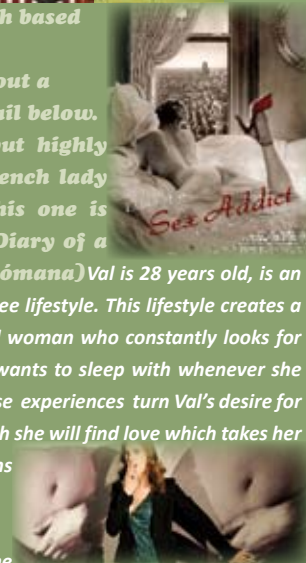
**Controversial presentation in Spain;**

The marketing poster of the film was not accepted by the concessionary company of the publicity for the public transport of Madrid with its launching in Spain in October for 2008. The director declared: "Many posters were left mutilated and censored in Madrid, which worries me because it is the place where we thought we would receive the best reception". The City council of Madrid defended itself by saying that the producers did not accept the age qualification in the poster. In addition, the religious group of Catholic transmitters "Close-Woven Part Of A Fishing Net" also prohibited the advertising campaign as the poster showed a woman introducing a hand below the panties.

**About the writer;**

Valerie Tasso, born in France 1969, writer, lecturer and research worker. She now lives in Barcelona (Spain). She has several University degrees (Economical Sciences, Foreign Applied languages) and in 2006, she graduated in Sex Therapy, in the INCISEX (Madrid). In September 1999, she decided to work as a prostitute, for pure curiosity, and for self-knowledgment. In 2003, she wrote about her sexual experiences in the book called "Insatiable. The sexual adventures of a French Girl in Spain". This first book has been a bestseller all over the world, and a film was also produced. The Première was foreseen for summer 2008. She has written 3 more books: "Paris La Nuit" (2004), and in 2006 "The other side of sex". In February 2008, and following the brilliant idea of the French philosopher Michel Foucault, she published an essay called "Antimanual of sex" in which she tries to demonstrate that we never speak of sex but of what she calls "the sexual standardized speech," made of topics and clichés. She collaborates in different Spanish media (TV, radio) and writes press articles. At present, she is considered one of the most relevant Spanish writers of non-fiction books, for the originality of her work. "Whoever ignores the reasons for the rules is condemned to respect them" is her slogan.

**Jason.M.Berry 11/05/2009 Contact e-mail:**  
**gatchajay@hotmail.com**





Firm safe paths are essential features of any garden.

When we paid our first visit to our new house back in 1988 the paths around the house had

yet to be laid and the builder offered us the choice of a square of concrete paths around the house with either no gap or a gap for plants between the wall of the house and the edge of the path or a natural path of interesting coloured slabs of rock set in sand which would be more in keeping with the design of the house and local inland valley environment. We chose the latter as it would be more in keeping with the natural garden we planned, was no more expensive and we envisaged low growing herbs planted between the rocks. When we came out again in June the paths were laid and light rains had settled the sand between the slabs of perfectly levelled paths. However within a week we had three days of heavy thunderstorms. The previously firm sun backed red clay soil became a thick paste. When one walked along the paths the slabs sunk titled and slid out of line and mud oozed up in the gaps. The paths were no longer easy to walk on and indeed would be dangerous for the elderly visitors expected later in the summer. The answer was to go round the pathway relaying them on a concrete base and giving up the idea of plants between slabs. This was done and some interesting curves made in the original straight line. The path has never moved and was extended to reach various features as the first half of the garden was completed. When there was time the second part of the garden was laid out more informally and paths were created by laying stone chippings on strips of black plastic. These were stable by the first rains and have never needed any relaying just an occasional brushing or raking to keep them tidy. The use of stone chippings also enabled changes to be made to the final

**A NETWORK OF TERRACES AND PATHS**  
by Clodagh and Dick Handscombe,  
gardeners in Spain for over twenty five years. Authors  
of the book 'Your Garden in Spain'



layout of flower beds, terraces, rockeries, ponds etc. arrived at by trial and error. It being very easy to change the direction, width and curves of paths merely by racking back some of the chippings and then reshaping the plastic underlay before raking back the chippings. One of the widest main paths looked a little stunted and tended to foreshorten the garden. The solution was to gradually narrow the path from the house end to the distant end. An easy optical illusion that made the garden appear to be deeper than it is.

A very important decision before finalising the network of paths was to decide what terraces we would require to enable an outdoor lifestyle throughout the year, their sizes and where to best place them, and what surfaces to use. Terraces were planned and constructed for winter and summer eating out and siestas. The summer ones with shade and the winter ones with sheltered winter sun. The network of straight, curving and at times narrowing paths was then finalised to join the terraces and create an interesting meander through the garden and not just the fastest route from door to door and to the washing line. Stepping stones were used to provide weeding access to rockery areas.

We have related this personal story to highlight the benefits of not leaving the decisions on paths to the builder and that there are a wide range of options. These are expanded on in Chapter 2.4 of 'Your Garden in Spain – From planning to planting and maintenance'. The ISBN number is 978-84-89954-670.

The book can be obtained from bookshops and direct from the publisher Santana Books by telephoning 952-485838 or via the 'Our books' section on our website [www.gardeningspain.com](http://www.gardeningspain.com)

© Clodagh & Dick Handscombe June 2009

## BETSY'S ANTIPASTO.....



(Large batch)

10 Peppers (mixed)

1 large jar of green olives (pitted)

1 large jar of black olives (pitted)

1 medium jar of pimentos

2 medium cans of tuna steak

1 cup of white vinegar

2 cans of mushroom slices

1 medium jar of sweet pickles chopped

Or

1 medium jar of capers

1 medium ketchup

1 medium chilli sauce

6 bay leaves

¼ teaspoon cinnamon

¼ cup of oil

1 teaspoon garlic powder

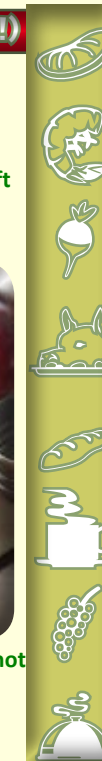
2 cups vegetable oil



Chop all ingredients into small pieces  
Add to hot oil in sequence  
Cook for about 20 mins till slightly soft  
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YOU know what's even cheaper than giving Jonathan Ross a 40% payout? Sacking the git, licence payers said last night.

As BBC bosses said they would be forced to slash the salaries of some of the corporation's highest paid stars, viewers across the country wanted to know exactly what they were waiting for.

Margaret Gerving, from Doncaster, said: "You mean to say the BBC is short of cash after allowing a long list of talentless hacks to decide their own multi-million pound salaries? I find that very difficult to believe.

"Like everyone else, I just assumed they had finally run out of money after filming hour after hour after hour - after hour - of people you would not normally associate with dancing."



This does not have to be complicated

Tom Logan, from Finsbury Park, said: "I know there are some people who think Jonathan Ross, Jeremy Clarkson and Graham Norton add meaning and colour to their lives, but the thing you have to remember about those people is, they're stupid and wrong.



"At first it may seem a bit odd that Jonathan Ross is not on the telly anymore, but after a couple of days no-one - and I do mean absolutely no-one - will care."

He added: "I suppose Jonathan Ross could go back to being a researcher for a production company which is what he should have been doing all along if television wasn't run by total idiots."

Bill McKay, from Peterborough, volunteered his services to the BBC stressing he had thought about it constantly for over a month and had come to the unavoidable conclusion that he could not possibly be less talented than Jonathan Ross.

"So it's basically two hours a week asking dead-eyed celebrities about their crap films and reading out some funny-but-true stories on Radio Two? I'll do it for a fifty grand.

"That should still leave me plenty of time to do voice-overs and enjoy a very comfortable standard of living."

He added: "And I promise to try my absolute level best not to use my two hours a week to phone-up a nice old man and take the mickey out of him"

AFTER their surprise victory against England, the Dutch have admitted they had better invent a word for cricket if they are going to play it for a second time.

According to the interim Netherlands Association for Balls and Bats, early favourites are 'krijket', 'krikkendam' and 'van der krikkenhooffen'.

A spokesman said: "Hey, crazy game, yes? We hit the ball, we catch the ball. It's all good. So, do we win some points for hitting it into the crowd again?"

He added: "We really like 'googly'. It's a funny word and a funny game. I mean, it's not like you are taking it seriously, yes? Oh really? I am sorry."

Holland secured their surprise victory in the last over after England's Stuart Broad experimented with a new form of fielding that did not involve the use of thumbs.

The ECB said the English squad reported feeling 'odd' before the game, after eating a basket of complimentary muffins sent by the Dutch side.

A spokesman added: "Once they finished them, they ordered three dozen doughnuts and a load of bacon sandwiches.

"By the coin toss, half of them were discussing



I have been successful in keeping the ball away from the wooden sticks, yes?

what an amazing colour James Foster's car was and the other half were still in the pavilion, pissing themselves laughing at a SpongeBob SquarePants DVD."

The spokesman warned that following the defeat this year's Ashes series against Australia may have to be cancelled, adding: "At this rate somebody could end up getting killed."

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## HOW TO SET UP OUTLOOK EXPRESS

### Set Up an Outlook Express E-Mail Account

The Internet Connection Wizard makes short work of setting up your online mailbox by walking you through each step for every e-mail account you set up.

Before you can use Outlook Express to send and receive e-mail, you need to set up an account. You can have more than one account—for business, online shopping, and so on—and each person who uses your computer may have their own, completely separate account. Outlook Express gracefully handles it all.

**First, information about the e-mail servers:**

- The type of e-mail server you use: POP3 (most e-mail accounts), HTTP (such as Hotmail), or IMAP
- The name of the incoming e-mail server
- For POP3 and IMAP servers, the name of the outgoing e-mail server (generally SMTP)
- Your account name and password
- Find out if your ISP requires you to use Secure Password Authentication (SPA) to access your e-mail account—yes or no is all that's required.

Second, information about your account:

- Start Outlook Express, and on the Tools menu, click Accounts.
- If the Internet Connection Wizard starts up automatically, skip ahead to step 4.
- Click Add, and then click Mail to open the Internet Connection Wizard.
- On the Your Name page of the wizard, type your name as you want it to appear to everyone who gets e-mail from you, and then click Next.

Most people use their full name, but you can use any name—even a nickname—that people will recognize.

- On the Internet Explorer Address page, type your e-mail address, and then click Next.
- On the E-mail Server Names page, fill

in the first block of information that you gathered from your ISP in step 1, and then click Next.

Note: If you chose HTTP as your incoming e-mail server—as for a Hotmail or MSN account—this wizard page changes slightly so you can identify your HTTP mail service provider.

- 7. On the Internet Mail Logon page, type your account name and password.

Note: If you're concerned about break-ins to your e-mail, click to clear the check in the Remember Password box. You'll then be prompted for the password each time you send or retrieve mail.

- 8. Click Next, and then click Finish.

You're ready to send your first e-mail!

Tip: Unsure if your new e-mail account is working? Send an e-mail message to a friend. If they get the message, your account is ready to roll! But if you run into problems setting up your account, Outlook Express offers help. Search for troubleshooting topics from Contents and Index on the Help menu.

**Set Up a Web-based E-Mail Account.** The e-mail that you get in a Hotmail account and other Web-based accounts is not stored on your hard disk, but is kept on the account-provider's computer. That's what makes it possible to access your account from any computer in the world over the Internet. Here's how you set yourself up.

- 1. Go to the Web site and follow the setup instructions—for example, <http://www.hotmail.com/> for Hotmail.

- 2. Set up Outlook Express to use the account, by following the instructions above in Set up an Outlook Express e-mail account.



## A DOG IS FOR LIFE NOT JUST AS A PUPPY

Due to a lack of space and money the animal shelters ask you "please do not abandon your animals .A dog is a part of your family, you wouldn't abandon your child, so why do it to your pet?"

I would also like to clear up a few misconceptions and clarify the laws regarding domestic animals.

Firstly, you must microchip your dog in order to comply with the law. Non compliance carries a fine of up to 400 euros. If you move house you must notify your veterinarian to update the microchip information. We have many dogs who were found wandering in good condition and often with a collar, but without a microchip we cannot locate their owners.

Secondly, it is NOT necessary for your dog or cat to have a litter before it is sterilised. Uncontrolled breeding is the principal problem of the animal shelters, as many of these puppies and kittens end up homeless. For every dog which

is adopted there are many more in our shelters.

Your dog or cat can be sterilised before it has it's first season, which in cats can be as early as six months old and a dog a year. If you are too late and it has already been mated, the vet can give a drug to abort the pregnancy and then after her

season finishes she can safely be sterilised.

If it is too late for this the operation can be carried out on the pregnant bitch to abort the pregnancy and sterilise. In some circumstances we can help with the cost of sterilisation.

Another option is a six monthly injection which can be given to prevent the bitch from coming into season. You should discuss all the options with your vet, who will know what's best for you.

Puppies and kittens are adorable but they all grow up and the extra mouths to feed are YOUR responsibility.

Male dogs should also be sterilised, it doesn't change their personality but it does help prevent wandering in search of a mate. Thirdly, if you encounter a stray dog , first report it to your local ajuntament and vet. who can check for identification. Your last stop should be the animal shelter.

Mistreating or abandoning a dog carries a fine of up to 20,000 euros!

Please help us by acting responsibly and complying with the law.

**From The Society of Animal Shelters.**



**A. M. P. A. R. E. The society for the protection of animals Ebro region. Based in Mora La Nova. We desperately need to re-home dogs to make room for more! We have over 200 dogs for adoption. Lynn 638 731434 English Isabel 977 404720**

**Spanish/ Catalan Donations always appreciated.**



These two puppies have been abandoned in the last two weeks. The one on the right is a female and the fluffy one is a male. They are about nine weeks old and will be quite big dogs. Unfortunately, due to their size, if homes are not found in the next few weeks they are likely to be with us for life! They are very friendly and used to people and are wormed and vaccinated. It's not their fault their mum's owner was irresponsible! Please help them.







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**KITTENS FREE TO GOOD HOMES** | Ready 8th July. Three Black, One Ivory, One Grey. Financial assistance given towards vaccination or Neutering. Mobile Mike or Pam Craven 629 470 975

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**4 YR OLD CHESTNUT STALLION** | 85cm=8hh approx, quiet and easy to handle. €400 ONO. TEL: 655 452 532

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**CANCER SUPPORT GROUP** | As a Cancer sufferer I am wondering if like myself there are people out there who would be interested in forming a Cancer support group or being in contact with others in this situation E-MAIL ME ON: [cancershock@yahoo.co.uk](mailto:cancershock@yahoo.co.uk)

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### WANTED

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**WANTED WOOD LATHE** | any condition considered. Tel: 977 059 155 or Mobile 661 354 704

**WANTED** | gas cooker, corner suite, kitchen units various sizes, shower tray, shower door, bedside cabinets. Tel: 977 265 127

**WANTED** | Front facing car seat for 1 year + baby. Call Sarah 646 935 770

**WANTED** | Cages from around broken cubos.

**WANTED** | Donkey or mule. Call Sarah 646 935 770

**WANTED** | any of the following: under-counter fridge and freezer (separate), king-size mattress, sofa-bed, all in good condition. 977 473278

**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

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**•MASONIC GROUP MEETING MONTHLY** | Are you or have you been a free mason, if so you and your partner are invited are to join us for our monthly social gatherings. with a view to forming an english speaking lodge. for more information please phone Les Beech on 678 357 713 or email: [lesbeech@hotmail.co.uk](mailto:lesbeech@hotmail.co.uk)  
**•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. 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](mailto:paulneedle@aol.com) for any pastoral needs.**



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16 years in Spain.  
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