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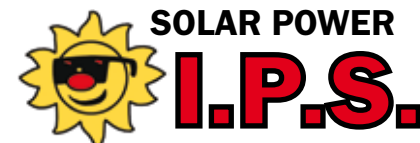


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# EDITORIAL

## MEET BOB THE EDITOR & FRIENDS



WELCOME TO THE DECEMBER ISSUE.  
WE WOULD LIKE TO WISH ALL OUR READERS A MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR AND TO THANK ALL OUR ADVERTISERS AND CONTRIBUTORS FOR THEIR SUPPORT DURING OUR FIRST 8 MONTHS.

"Christmas is coming  
Christmas was coming  
The goose was getting fat  
So I put it on the Atkins diet  
And now it's had a heart attack!"

PLEASE NOTE THE DEADLINE FOR ADVERTS FOR THE NEXT MONTH IS EARLIER BECAUSE OF CHRISTMAS. **NEW DEADLINE 18TH.** LOOKING FOR A BUSINESS THEN VISIT OUR BUSINESS DIRECTORY ONLINE. SEE OUR WEB SITE FOR DAILY UPDATES OF CLASSIFIEDS AND EXTRA USEFUL INFORMATION.

**ALL ADVERTISERS WILL ALSO BE PLACED IN THE BUSINESS DIRECTORY ON OUR WEB SITE AND WITH LINKS TO THEIR OWN WEB SITES!**

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**BY CHIOSTRI. BACK COVER**  
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**K**ing Juan Carlos opens the painted dome at the United Nations headquarters in Geneva. The dome was painted by the Mallorca artist Miquel Barceló at the controversial cost of 20 million Euro, of which Spain will pay 40 percent. King Juan Carlos and Queen Sofia have been in Geneva to officially open the new painted ceiling in the offices of the United Nations. The 1,400 square metre space has been generously covered with 35,000 kilos of coloured paint.



Of particular criticism was the revelation that 500,000 € of that cost came out of Spanish budgets destined for development aid.

**G**roundbreaking windpipe operation in Barcelona. A Colombian patient, Italian Surgeon, British research and Spanish clinic have worked together. Using ground-breaking stem cell technology which has resulted in the Colombian woman, Claudia Lorena Castillo, being given a new windpipe at a clinic in Barcelona. She lives in the city with her two children, and

went to the doctor four years ago with a persistent cough which was eventually diagnosed as serious tuberculosis. When her condition got worse the specialists at the Clinic Hospital in the city had two options, removing a lung, or try to repair her windpipe which was seriously obstructed and infected. Italian doctor, Paolo Macchiarini, based in Barcelona, came up with the suggestion of the operation which has been described as a 'medical breakthrough without precedent'. Using stem cell tissue engineering, and with help from specialists at Bristol University in the U.K. and others in Padua and Milan, a new windpipe has been created and now put in place. The great advantage of the procedure is that there is no need for anti rejection drugs.

**A**nother Briton arrested following Crimestoppers campaign. The arrest of Andrew Alderman takes the number of those detained in the latest Captura 2 campaign to four. Another Briton has been arrested in Spain, following the Crimestoppers campaign which was launched on the Costa Blanca last week. 49 year old Andrew Alderman from Canturbury, who already faces a ten year sentence for the abuse and rape of an underage girl in the U.K. was arrested yesterday by National Police in Madrid. Reports indicate that he handed himself into the

British Consul in the city. His arrest takes the number of detentions in the Captura 2 campaign to four of the ten being searched for. Another man, Alan Gordon, has been identified as being already in custody in jail on Mallorca for other crimes committed here in Spain. Six of the ten therefore remain at large. Details at the webpage [www.crimestoppers.es](http://www.crimestoppers.es)



**E**ric Idle looks on the bright side of life in Barcelona. Idle went to meet the El Tricicle theatre group who have done a version of the musical

Spamalot. Eric Idle from the Monty Python team has been in Barcelona to meet the El Tricicle theatre group and watch their version of the musical 'Spamalot', based on the film "Knights of the Round Table". After the performance Idle said that although he did not understand Spanish, and had missed a lot, he could see how well the work connected to the public, and that the directors had caught the enthusiasm of the

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original work. He added that the actors had done a great job. Asked about the song 'Always look on the bright side of life', Idle said he still liked it and noted that it is among the top ten songs used at funeral services in Britain. He also sang it again recently at Prince Charles's 60th birthday.

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# NEWS IN SPAIN

Ice cream for dogs. A Malaga company is to launch an ice cream type product for dogs this Christmas. The product, which uses artificial sweetener and an enzyme to reduce intolerance to milk in dogs, will have a range of flavours including ham and vanilla. The company is also to produce ice creams suitable for athletes, packed with extra vitamins, minerals and amino acids.



**B**rown Bear Attacks Hunter A wild brown bear, known as Hvala, attacked a hunter in a forest near Les in the Pyrenees last week causing cuts and bruises to the elderly man. The bear is thought to be pregnant and may be captured and placed in a nearby bear sanctuary, although local

bear enthusiasts believe this to be unnecessary as she has never before shown aggression. Bears were reintroduced into the region in 1996 and there are thought to be about 20 living there.



**T**VE No Longer to Broadcast Bullfighting.

Spain's national broadcaster TVE announced that it will no longer show bullfighting in its schedules. TVE's president stated that the decision was made

three years ago on economic grounds, due to the high production costs and the rejection of the programmes by advertisers.

**C**hicken crosses road.

A chicken, christened Bienvenida by locals has managed to survive cars, dogs, cats and all the other hazards of urban life by living wild in the busy Carabanchel district of Madrid for over a year. The bird roosts in a poplar tree in the street and also has another home under a bush where it occasionally lays eggs. Several residents of the district who bring food for it have observed that the bird even looks out for traffic before it crosses the roads.



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## MINCE PIE DANGER TO BE ASSESSED

Organisers have to consider the risk of people choking on the pies

Organisers of a village Christmas party have been told they must carry out a risk assessment of their mince pies - or their festivities will be cancelled.

Council bosses say posters will have to be displayed at the party in Embsay, in the Yorkshire Dales, warning villagers the pies contain nuts and suet pastry. The cocoa content and temperature of the hot chocolate must also be checked.



Resident Steve Dobson said the rules had made the small party as difficult to arrange as the Great Yorkshire Show.

Mr Dobson said he learned of the regulations after writing to Craven District Council to ask if he could use a car park outside Embsay village hall to hold the free party for the community.

Bureaucracy 'gone mad'

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He planned a fireworks display, mulled wine, Santa's grotto and free mince pies made by members of Embsay and Eastby Women's Institute.

"It is bureaucracy gone mad", Mr Dobson said.

"The council gave me a huge list of things we had to do. I wrote back, a little bit tongue in cheek, asking if I really had to risk assess free mince pies and a brass band, and they said yes.

"Everything we do, from putting tinsel up to providing refreshments has to be assessed. We have to consider the dangers involved, that someone might choke on their mince pie or have a nut allergy.

"I also understand that Santa may need a Criminal Records Bureau check.

"For a small Dales village we found it a bit of a joke really.

"It's gone from us hoping to use a bit of council property for a community party, to needing the same sort of planning we would have to put in for the Great Yorkshire Show."

Mr Dobson said it he was now considering moving the party to private land elsewhere in the village.

Craven Council's director of community services, Jonathan Kerr, said: "We support these community events and we try to help local communities organise them and make sure they are as safe as possible."

## LIVE PRESS

## HOROSCOPES

A MORE DETAILED HOROSCOPES CAN BE FOUND ON OUR WEB SITE



### CAPRICORN Dec. 22 - Jan. 20

Issues revolving around your family and the past capture much of your attention this month. While others are racing around you, preparing for the holidays, you are enjoying a sense of peace. The last week of the month begins a power period that you take with you into the New Year.



### AQUARIUS Jan. 21 - Feb. 19

December is ripe with opportunity for envisioning new projects and goals for your future. Friends, acquaintances, and groups will certainly keep you busy. Romance, however, is mostly quiet until after the 7th, when Venus, the goddess of love, enters your sign and stays there into the New Year.



### PISCES Feb. 20 - Mar. 20

In most ways, it is a high profile month for you, except for on a romantic level, which is satisfyingly private. Secrets are revealed—and revealing. Intense energy comes from a friend in the last week of the month.



### ARIES Mar. 21 - Apr. 20

Work is very rewarding this month, dear Aries, yet you still manage to find ways to break the routine. You are very busy expanding your horizons, whether it's through actual travel or "armchair travel". At times, you may come across as opinionated, but it's more likely enthusiasm for sharing your thoughts.



### TAURUS Apr. 21 - May 21

Sharing, intimacy, finances, and power plays all figure strongly for you. In the first 3 weeks of the month, you are thinking strategically, making plans, and watching others around you more than you are participating. You stand to gain much from your observations!



### GEMINI May 22 - Jun. 22

Balancing your needs with those of a significant other involves plenty of negotiating and back-and-forth before arriving at any conclusions. Times like these require a certain amount of tact and a need to let others take center stage for the time being.



### CANCER Jun. 23 - Jul. 22

You simply can't wait until the New Year to begin fulfilling your resolutions regarding health, fitness, and lifestyle changes. The time is now! You are raring to go, you have more energy than usual for work, projects, and anything that involves reorganizing and restructuring.



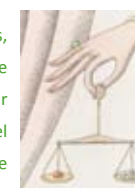
### LEO Jul. 23 - Aug. 23

The first three weeks of December are exciting and stimulating for you. This is a decidedly romantic and creative period for you. You have special magnetic appeal, extra energy, and a real yen for excitement now. Creative Leos will be on a roll.



### VIRGO Aug. 24 - Sep. 23

A flurry of activity in and around the home or with family is in store for you this month. You are busy with preparations, repairs, and re-organizing—and enjoying every minute of it! It's a fabulous time to get your "nest" in order and functioning smoothly.



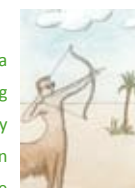
### LIBRA Sept. 24 - Oct. 23

An especially busy—mostly pleasantly so—period is in store for you in the first three weeks of December. It can get a little hectic, with many errands to run, more ideas than you can realistically implement, and plenty of contact with friends, siblings, and neighbors.



### SCORPIO Oct. 24 - Nov. 22

In many ways, December is a "money month" for you, dear Scorpio. You enjoy extra energy and enthusiasm for increasing your income. It's an excellent opportunity period for a bonus or raise that truly makes a difference in your life! You could be taking on a bigger work load at the same time.



### SAGITTARIUS Nov. 23-Dec. 21

Energy, verve, and confidence are with you this month, dear Sagittarius, until the last week of the month when your life winds down, quite appropriately! Until then, it's hustle and bustle, and matters are definitely working in your favour.

## AUTUMN LEAVES?

Summertime is over and with it vacations. Getting ourselves back to a routine should also include some considerations for our animals. The measures could range from a simple bath to a trip to your veterinarian. This depends upon the summer vacation your pets may have had, if they have travelled with you, if they stayed at home

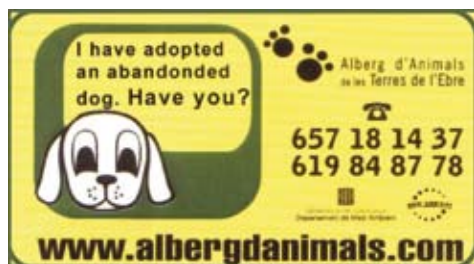


or if they went to a kennel, while you were travelling. If your pets travelled with you they may have specific needs resulting from their travels. For example, they may need a follow-up visit, addressing a problem that arose whilst away from your regular veterinarian to make sure everything is back to normal. If there was some type of intoxication a check of

liver and kidney function might be needed. If they had an allergic reaction of any kind, previously undocumented by your regular veterinarian that should be brought to their attention so it may be added to the pets' clinical health records.

For those families whose pets stayed at home or went to a kennel, they may not need anything more than a good end of summer haircut and or bath, combined with proper flea and tick control measures. The weather is starting to cool off now so the number of these pests will start to diminish now out of doors but they like us will start to look for places indoors that are heated!

Along with a diminished appetite due to the summer heat,



those pets that have been boarded or left at home with a neighbour or friend looking in occasionally to feed them they may also have been less active and therefore eaten less. Now that the cooler weather is coming, our animals' caloric needs increase and their coats visibly change, so a little extra attention to their diet may be warranted.

This is also a good time for their periodic treatment for intestinal worms; remember in this area this should be done every three months, at least.

This area, along with the entire Mediterranean coast, is plagued by sand fly fever (Leishmaniasis), and by heartworm as well as other parasitic diseases transmitted by mosquitoes, flies, fleas, and ticks. The only way to determine if these other diseases have been transmitted by these pests is with a specific blood test, when suspected by your Vet.

A few simple measures can help ease the transition to winter and protect our pets against that "cold cruel world outside".

A bit of a reminder, hunting season has returned and with it the annual parade of groups of hunters and their dogs traipsing through



the underbrush, yet again. Many of the dogs they have with them are untried and some are either gun shy or simply not good hunters, so what will be their destiny? All too many just get (in)conveniently left behind. If you witness anyone engaged in such cruelty please remember that it is now against the animal cruelty laws in Spain and is a punishable offence, get an automobile registration number and report it, you can make a difference. You do not have to report it to the law enforcement authorities if you are wary to get involved. Simply find out where the local area hunt club is and point out to them that you have witnessed said neglect or abuse, where it occurred etc., plus take the registration numbers of the hunters' vehicles around at the time and if it happens again be prepared to carry your complaints further. All dogs are required by law to be microchipped and cannot be legally abandoned! Hunters must be affiliated with a



local hunt club for the area they are using.

Oh and by the way if you and your pets are out for a countryside stroll on the weekends, and not hunting, wear bright colours and keep your head down!

Ronald Rosenfeld D.V.M.

## Clinical Signs of leishmaniasis.



Skin lesions of leishmaniasis on the ear of a Foxhound

Some of the more frequently reported clinical signs of leishmaniasis include listlessness, fatigue and exercise intolerance coupled with anorexia and weight loss that eventually culminate as wasting disease. These signs may or may not be accompanied by fever, local or generalized lymphadenopathy (90%) and/or hepatosplenomegaly. Articular involvement is also fairly common and may present as lameness with swollen joints or simply as a stiff gait. Less common findings include ocular lesions (<5%), chronic diarrhea (30%) and long, deformed brittle nails (20%) referred to as onychogryphosis.

Cutaneous lesions are present in up to 89% of infected dogs, with or without overt signs of visceral involvement. However, it should be noted that any animal presenting with apparent lesions should be presumed to have disseminated leishmaniasis because involvement of the integument often occurs late in disease progression. Cutaneous lesions are often dry, alopecic areas that are rarely pruritic. They usually begin around the head, especially on the pinna or muzzle, but can originate on the footpads before spreading to the rest of the body.

If for some reason this holiday season you are thinking of giving some one a new pet make sure before hand that it will be appreciated. This is a life and in the case of a kitten or a puppy could keep on giving for



15-20 years, which carries with it a responsibility that lasts a lifetime! An alternative could be adopting an adult from one of the many over supplied shelters. Why not give a thought to those left in the shelters over Christmas and donate some food!

Association for the refuge and Care of Animals

**Arca**

Hundreds of lovely dogs need homes  
Donations and Volunteers needed  
Maeve (English) 678 975 816, Cinta 625 915 605  
Anna 649 507 427, Carmen 655 040 359  
protectora.arca@wanadoo.es  
<http://www.protectoraarca.org/>

George, brought in by English after he was left in a property. He is 2 years old and has a good character for a cocker spaniel can be wary of new people, although he behaves well here.



GEORGE

Perlina, left by the family after her owner died. She is 8 years old. It gives us great sorrow because she is very lovable, like caramels and requests sausages from us.

She is a very agreeable dog and sterilized.



PERLINA

CALL ARCA TODAY TO PROVIDE A HOME TO ONE OF 200 DOGS NEEDING A LOVING HOME or IF YOU CAN VOLUNTEER ANY ASSISTANCE WITH THE DOGS



I am passing this on to you because it definitely worked for me and we all could use more calm in our lives.

>

By following the simple advice I heard on a Medical TV show, I have finally found inner peace.

>

A Doctor proclaimed the way to achieve inner peace is to finish all the things you have started.

>

So I looked around my house to see things I'd started and hadn't finished, and, before leaving the house this morning, I finished off a bottle of Merlot, a bottle of shhardonay, a bottle of Baileys, a bottle of vodka, a package of Prunglies, the remainder of bot Prozac and Valium scriptins, the res of the Chesescke an a box a choclits.

>

Yu haf no idr who fkin gud I fel. Peas sen dis orn to dem yu fee AR in ned ov inr pis

>>

CHRISTMAS POEM  
HE LAID HER ON THE TABLE,  
SO WHITE AND CLEAN AND BARE.

HIS FOREHEAD WET WITH BEADS OF SWEAT,  
HE RUBBED HER HERE AND THERE.

HE TOUCHED HER NECK AND THEN HER BREAST,  
AND THEN HE FELT HER THIGH.

THE SLIT WAS WET AND ALL WAS SET,  
HE GAVE A JOYOUS CRY.

THE HOLE WAS WIDE -- HE LOOKED INSIDE,  
ALL WAS DARK AND MURKY.

HE RUBBED HIS HANDS AND STRETCHED OUT HIS ARMS,  
...AND THEN HE STUFFED THE TURKEY.



"I assume you don't want to put a wreath on the front door either"



Gates of Heaven at Xmas  
3 blokes at the gates of heaven.



St. Peter says that in order to come in they must find a Christmas theme out of what is in there pockets.

1st bloke goes into his pockets and pulls out a lighter and says it represents a candle. Very good St. Peter says in you go.

2nd bloke checks his pocket and finds some keys, jangling them he says there you go St. Peter the keys represent bells. Very good he says in you go.

3rd bloke checks his pockets looking for something and pulls out a pair of women's knickers. St. Peter cries what in Gods name have they got to do with Christmas..... wait for it.

The bloke replies there carols.

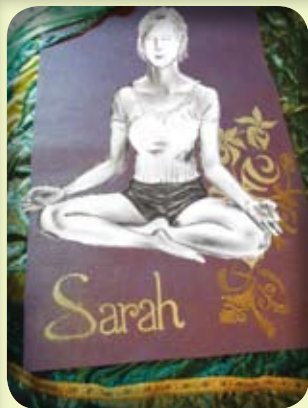


How To Tell You've  
Been Really Bad.



CLEAN YOUR  
BLOODY  
CHIMNEY!!!





## YOGA FOR ALL

You've bought your dream finca, you've moved in and found the corkscrew. The pc is switched and you're longing to email your friends all about your move.. but wait... 'Where do I plug in to the internet...?'

Tis the season to be jolly ... but mention the christmas present list, last posting date to the UK or preparation of the turkey with all the trimmings, and most of us feel a little less jolly, perhaps a little bit stressed.

By setting time aside each week to destress through exercise and relaxation we will be repayed with a noticable increase in vitality and peace of mind. Relaxation is a tonic for the body and spirit, expanding our energy levels throughout the day. By remembering that the state of our minds and the state of our bodies are intimately linked we are able to create a healthy and happy life for ourselves.

If your muscles are relaxed, then your mind will be relaxed. If the mind is anxious, then the body suffers too. All action originates in the mind. When the mind receives a stimulus that alerts it to the need for action, it sends a message via the nerves to contract the muscles in readiness. Everyone has their own trouble spots

— whether it's a clenched jaw, a furrowed brow, or a stiff neck. This unnecessary tension can be a drain on our energy and a major cause of ill health and tiredness. So how do we fully relax? Watching TV, for

example, may feel relaxing to us but the body and mind are still not in a full state of relaxation. A typical exercise such as Savasana (relaxation pose) can be experienced at home or in a yoga class and will completely relax the body and mind, and top up our energy reserves for a full and active life.

## Savasana (Relaxation pose)

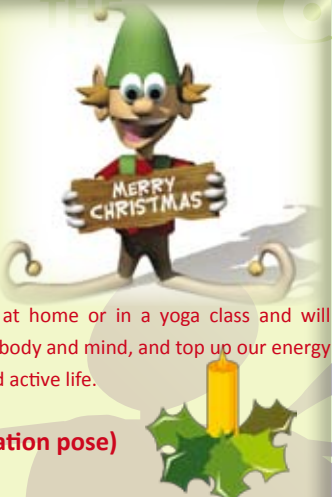
To fully relax the body, you lie down in the relaxation pose and first tense then relax each part of the body in turn, working up from your feet to your head. This alternate tensing then relaxing is necessary because it is only by knowing how tension feels that you can be sure that you have achieved real relaxation. Then through a process called autosuggestion you'll consciously tell each muscle in turn to release any further tension and a feeling of heaviness will be felt as your body relaxes further onto the floor. To relax and focus the mind you breathe steadily and rythmically and concentrate on your breathing. As you relax you'll feel sensations of lightness and warmth. When all muscular tension is gone, a gentle euphoria suffuses the whole body, often referred to as 'the yoga glow'. Even a few minutes in deep relaxation will reduce worry and fatigue more effectively than many hours of sleep and produce a calmness that reaches deep into your core.

Puppy in savasana pose



Sarah Good is a Sivananda trained Yoga teacher offering weekly local classes. Please call for the latest times and locations this month. Tel: 663 140 297

savasana pose



## LIVE PRESS

## INTERNET TRIVIA.....?



<http://www.santagames.net/calendar/index.htm>

Christmas Advent Calendar : count down to Christmas Day with Online Games, holiday animations, activities for children, and Christmas surprises...

<http://www.braingle.com/brainteasers/teaser.php?op=2;id=19567;comm=0>

Christmas Time. Trivia brain teasers have some element of trivia in them, ...

**DECEMBER MINDBENDERS FROM** [http://www.stewartsplace.org.uk/mindbenders/2003\\_12\\_q.html](http://www.stewartsplace.org.uk/mindbenders/2003_12_q.html)

## Christmas Wrapped Up

Mr and Mrs Black have just started their Christmas shopping and wrapping. So far they have bought a present for each of their four children, wrapped each in a different colour of paper, and spaced them equally in a line in front of the Christmas tree.

Determine whose present is which in the line, and what colour each is wrapped in, from the following clues:

- Helen's present is immediately right of the one wrapped in gold paper.
- Eve's present is further left than the one in red paper.
- Peter's present is further from the one in silver paper than the blue-papered one is.
- Bernard has the girls' presents immediately either side of his own.

## Quick and Easy

- You reach the camp just as it gets dark. You have no electricity, and when you open your matchbox, you find that there is only one match left. There is a log fire, a paraffin lamp and a gas stove. What should you light first?
- New Year's Day is always a week after Christmas. In 1979, Christmas Day was a Tuesday. What day was New Year in that year?
- From the street, the name of a hairdresser's shop appears in large cut-out letters stuck to the window. Inside, I look diagonally at one of the mirrors on the side wall, and see the name reflected in the mirror. Does the name appear the right way round, or reversed?

**The Tree -** What number goes at the top of the tree?.

SEE ANSWERS BELOW:

Christmas Wrapped Up- In their order in the line, they are:  
Child Eve Bernard Helen Peter  
Paper Silver Gold Blue Red  
The Tree- The number is 16, from 2 x 8. Each number is the product of the numbers two rows below it and horizontally either side.  
Quick and Easy- 1. The match. 2. Monday. 3. 58 days before hand. 4. The right way round. The name is backwards in the window from inside the shop, and the mirror reverses it again.



## CHALLENGES OF GARDENING IN CATALUNYA

**FRUIT TREES GROW WELL IN SPANISH GARDENS**  
By Clodagh and Dick Handscombe, Gardeners and authors living in Spain for over twenty years.

No Spanish garden or apartment terrace should be without fruit trees or plants. Even in less than a square metre it is possible to grow alpine or ordinary strawberries in a strawberry barrel or window box, and citrus, peach, apple, pear, pomegranate, avocado and fig trees on dwarf root stocks also grow perfectly well in containers provided you fill the containers with a rich in nutrients and water retaining/ well draining soil mix. Our experimental container is doing well and the orchard is doing well.

Once in a larger garden it does not require much imagination to plant a dozen varieties of trees or plants and be able to harvest ones own ecological fruit crops on every day of the year.

Try the following for starters – apples, almond, apricot, fig, lemon, mandarin, persimmon, peach, plum, strawberries, raspberries, and walnuts.

If you combine the above with a vegetable raised bed or patch even in a moderate sized garden this can become your daily market for the fresh healthy fruit and vegetables, increasingly recommended by medical authorities. Spanish readers will immediately recognise what we are saying –i.e. return to the back yard or small holding of our grandparents – for what we recommend does not require a large orchard. Indeed, as many inland expatriates with 10.000 metre plots have discovered, how does one cope

with the ripening fruit of several hundred trees when Spaniards are feeding surplus oranges to their sheep and goats as it is less expensive to do so than pay to harvest the fruit for very low prices.

Luckily many fruit trees have multiple benefits so they easily fit into mixed gardens for they are among the best trees for spring blossom, then the colouring fruit add interest followed by the vivid autumn leaf colours of the deciduous trees and finally the early winter colours of persimmons and pomegranates appear after the leaves have fallen.

As mentioned in our earlier columns and described in detail in our popular book Growing Healthy Fruit in Spain – From strawberries to oranges and water melons there are now many natural, ecological and organic ways of fertilising and spraying fruit trees bushes and plants against pests and diseases so one does not need to be concerned about residual chemicals on the skins.

Eating perfectly ripe fruit direct from the tree bush or plant is one of the delights of gardening in Spain . Fresh raspberries from May to October, figs during August and September apples during October and in a few weeks time tangerines are regular pre breakfast snacks for us when working early in our holistic garden. They are irresistible.

Thinking about citrus trees if you are in an area where they grow



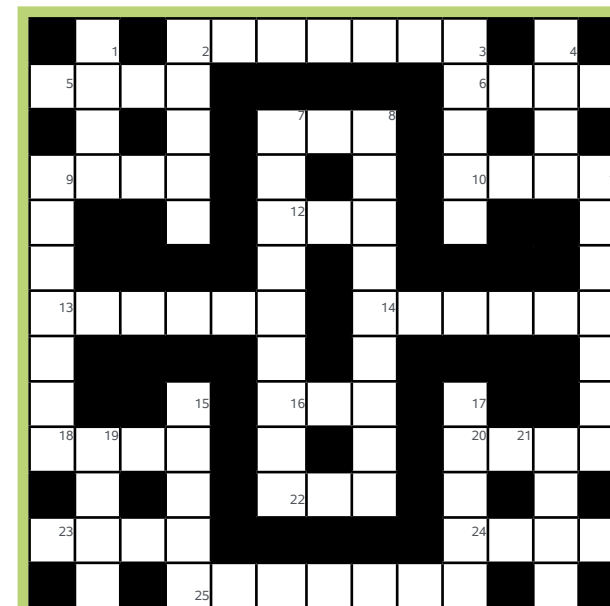
- ACROSS
2. christmas
  5. turkey
  6. idolo (E)
  7. gato (E)
  9. mini
  10. nothing
  12. corzo (E)
  13. espumillón (E)
  14. ranch
  16. hiedra (E)
  18. acné (E)
  20. ovalado (E)
  22. gas
  23. wine
  24. misa (E)
  25. presents

- DOWN
1. almost
  2. boyfriend
  3. worthy
  4. comida (E)
  7. cantar los villancicos (E)
  8. three kings (4,5)
  9. fat/lard
  11. alcohol
  15. better
  17. cuartos (E)
  19. moneda (E)
  21. también (E)



© Clodagh and Dick Handscombe October 2008.

**SPANGLISH?-**  
**ANSWERS NEXT MONTH**  
**CHRISTMAS EDITION**



### ACROSS:

1. man
3. nariz
5. leg
7. roto
8. amid

### ANSWERS TO THE NOVEMBER ISSUE OF SPANGLISH

- |            |           |                 |           |            |
|------------|-----------|-----------------|-----------|------------|
| 9. plato   | 21. offer | DOWN:<br>1. mar | 10. playa | 15. egg    |
| 14. bee    | 23. plan  | 2. nata         | 11. borde | 19. office |
| 16. aparte | 24. miel  | 4. remate       | 12. trama | 20. salt   |
| 17. grande | 26. eat   | 5. lomo         | 13. fuego | 22. kind   |
| 18. dog    | 27. cuero | 6. god          | 14. bed   | 23. pie    |
|            | 28. day   |                 |           | 25. ley    |





A Caganer is a little statue found in Catalonia, in neighbouring areas with Catalan culture such as Andorra, and in other parts of Spain, Portugal and Italy.

### The Traditional Caganer

In Catalonia, as well as in the rest of Spain and in most of Italy and Southern France, traditional Christmas decorations consist of a large model of the city of Bethlehem, similar to the Nativity scenes of the English-speaking world but encompassing the entire city rather than just the typical manger scene. The caganer is a particular feature of modern Catalan nativity scenes, and is also found in other parts of Spain and southwestern Europe, including Salamanca, Murcia (cagones), Naples (cacone or pastore che caca) and Portugal (cagões). Accompanying Mary, Joseph, Jesus, the Shepherds and company, the caganer is often tucked away in a corner of the model, typically nowhere near the manger scene. There is a good reason for his obscure position in the display, for "caganer" translates from Catalan to English as "pooper", and that is exactly what this little statue is doing — defecating.

Possible reasons for placing a man who is in the act of excreting waste in a scene which is widely considered holy include:

- \* Tradition.

- \* Perceived humor.

- \* Finding the Caganer is a fun game, especially for children.

- \* The Caganer, by creating feces, is fertilizing the Earth. However, this is probably a "posteriori" explanation, and few cite this reason for including the Caganer in the Nativity scene.



- \* The Caganer represents the equality of all people: regardless of status, race, or gender, everyone defecates.

- \* Increased naturalism of an otherwise archetypal (thus idealised) story, so that it is more believable, taken literally and seriously.

- \* The idea that God will manifest her/himself when s/he is ready, without regard for whether, we human beings are ready or not.

- \* The caganer reinforces that the infant Jesus is God in human form, with all that being human implies.

The exact origin of the Caganer is lost, but the tradition has existed since the 17th century. An Iberian "votive deposit" was found near Tornabous in the Urgell depicting a holy Iberian warrior defecating on his falcata. This started a short lived series of polemics between the Institut d'Estudis Catalans and the Departament d'Arqueologia in the Conselleria de Cultura of the Generalitat de Catalunya as to whether that can be regarded as a proto-caganer (which would draw the origins of this tradition far before than it is thought) or just a pre-combat ritual.

Originally, the Caganer was portrayed as a Catalan peasant wearing a traditional hat called a barretina — a red stocking hat with a black band.

The practice is tolerated by the local Catholic church. Caganers are easiest to find before Christmas in holiday markets, like the one in front of the Cathedral of Santa Eulalia, which has tables and tables of caganers. Caganers have even



The caganer is not the only defecating character in the Catalan Christmas tradition—another is the Tió de Nadal, which also makes extensive use of the image of human waste production. Other mentions of feces and defecation are common in Catalan folklore, indeed, one popular Catalan phrase before eating says "menja bé, caga fort i no tinguis por a la mort!" (Eat well, poop strong and don't be afraid of death!).

The Caganer can also be found in other European cultures:

- \* In Dutch / Flemish : Kakkers / Schijterkes

- \* In French : Père la Colique

- \* In German : Choleramännchen or Hinterlader

### The Caganer in the modern day

The Catalans have modified this tradition somewhat since the 1940s. In addition to the traditional caganer design, you can easily find other characters assuming the caganer position, such as nuns, devils, Santa Claus, celebrities, athletes, historical figures, politicians, Spanish royalty, and other famous people past and present, including Pope John Paul II, Salvador Dalí, prime minister Jose Luis Rodriguez Zapatero, Princess Letizia and even Osama bin Laden. Just days after his election as US president in 2008, a "pooper" of Barack Obama was made available.

In recent years a urinating statue, or Pixaner, has been added to the Christmas pantheon, but, unlike the Caganer, this addition should not be considered as an authentic tradition.

**Sanitization.** In 2005, the Barcelona city council provoked a public outcry by commissioning a nativity scene which did not include a Caganer. Many saw this as an attack on Catalan traditions. The local government countered these criticisms by claiming that the Caganer was not included because a recent by-law had made public defecation and urination illegal, meaning that the Caganer was now setting a bad example. Following a campaign against this decision called Salvem el caganer (Save the caganer), and widespread media criticism, the 2006 nativity restored the Caganer, who appeared on the northern side of the nativity near a dry riverbed.

been featured in art exhibits.



## CATALAN TRADITIONS



On the night of 5th December Spanish and Catalan children don't put a stocking out by the chimney, but instead they put out their shoes for the Three Kings to fill. And some hay and water for the camels, instead of milk and cookies for Santa.

### Nadal & Sant Esteve (Christmas Day & Boxing Day) Dates: 25/26 Dec

The Catalan equivalent of the Christmas midnight mass is the missa del gall (cockerel's mass), held at dawn. Later, the whole family enjoys a traditional Christmas feast of escudella i carn d'olla (a meaty stew), seafood and roast truffled turkey, finishing off with great ingots of turrón. The caga tió gives small gifts but the real booty doesn't arrive until the night of 5 January.



### Cap d'Any (New Year's Eve) Date 31 Dec & 1 Jan

#### "L' Home dels Nassos"

During the day of New Year's Eve, look out for L'Home dels Nassos, a character in Catalan myths and legends. It is translated as "Man of the noses". The legend says that, on New Year's Eve, this man walks the streets and has as many noses on his face as there are days left in the year. In this way, children are led to believe that there



is a man with 365 noses, but of course, being the last day of the year, the sly old fox conveniently and ironically has only one—he parades the streets and throws sweets to all the children he sees from early in the morning.



According to Saint Joan, the man of the noses seems to be a degeneration of a mythical character who symbolized the year. Originally having been represented by a tree 'the tree of the noses', in that stump the man of the noses lives on and to this day he clothes himself in the leaves of twelve different trees and with the four colours of Catalonia. On the other hand, the figuration of the roman god Janus, is a character with two faces in one, the one that looks towards the past and the one that looks towards the next year that starts in January, some think perhaps that the origin of the Man of Noses character is a variant of this tradition.



At night, bars and discos charge hoiked-up prices, but free public celebrations are held around the region. People have dinner with the family or friends. After dinner, at midnight everyone stops swilling cava and starts stuffing 12 grapes into their mouths, one for every chime of the bell. *If you are able to eat the grapes during the strokes it means that you will have a lucky year.* At the end of the strokes they drink a toast with Cava.

Wear red underwear for good luck!

### En fumera "Fumera"

He has got seven eyes, four on the face and three at the back. He goes into the house through the chimney. He informs the Three Kings about the behaviour of the children over the year.



### Xmas tree -vs- Men

Why is a Christmas tree better than a bloke?

It's always erect, it stays up 12 days & 12 nights, has cute balls & it looks good with the lights on!!



Hotel Flamingo has a restaurant, bar, garden and open terrace. There is also an outdoor swimming-pool and an indoor swimming pool with sauna and solarium. The Club del Mar is also open to non-residents of the hotel for only... 15€ monthly. It includes the unlimited use of the heated swimming pool and sauna.

Opening times: Monday through Friday, 9 to 21 hours

It is the first independently powered hotel in Spain. In 2005 when it was opened it was given the Eurosolar 2005 award (European Association for biomass), so pioneering the alternative & renewable energy sources in the hotel industry. One of the most important advantages is, without doubt, this resulting respect for nature and its resources.

*Remember the Restaurant del Mar as well as this stylish modern hotel is open for guests and the public all year. Ideal for a special night out with the option to pamper yourself with an overnight stay in this luxury hotel or to accommodate those extra guests over christmas and the new year.*

### GRAND CHRISTMAS MARKET HOTEL FLAMINGO 10am- 8pm

SATURDAY DEC 6TH

SUNDAY DEC 7TH

SATURDAY DEC 13TH

SUNDAY DEC 14TH

IF YOU ARE INTERESTED IN A STALL CONTACT MARGARET 667 298 222 OR HOTEL FLAMINGO 977 593 816

*Bookings coming via The Olive Press will get a free glass of cava*

## HOTEL FLAMINGO

From the Restaurant del Mar, you can enjoy fantastic views of the 'golfo de Sant Jordi' and of the natural park of the Delta del Ebro and taste international meals made with fresh products and fish from the area.

The dining-rooms have capacity for 300 people and are perfect for social events, meetings and all types of celebrations.

The kitchen opening times are:  
1 pm - 3:30 pm & from 8.00pm to 10.30pm

**BOOK YOUR CHRISTMAS LUNCH OR DINNER TODAY**

Reservations Call 977 593 816 Fax 977 593 819  
Ronda del Mar, 58. 43895 L'Ampolla (Tarragona)

[www.hotelflamingo.cat](http://www.hotelflamingo.cat)  
[reservas@hotelflamingo.cat](mailto:reservas@hotelflamingo.cat)

## Restaurant del Mar L'Ampolla

**NEW YEAR BALL AND DINNER**

WELCOME COCKTAIL (21:00 pm)  
Champagne, wines and refreshments  
MENU (21:45 pm)  
SPIDER CRAB FILLED WITH FRUITS OF THE SEA WITH A TOUCH OF SIDER

CRUSHED ICED LACED WITH PINK CHAMPAGNE AND TOPPED WITH TRUFFLE ICE-CREAM

VEAL FILLED WITH ASPARAGUS COATED WITH CRUSHED PISTACHIOS

BAVAROISE OF ROSE PETALS WITH VARIED FRUIT REBAB DRENCHED IN CHOCOLATE

COFFEES MOKAS AND INFUSIONS DRINKS:

Mineral water ~ Codorniu Blanc de Blancs cava  
Codorniu Extrisimo red wine ~ Cava Bach Extrisimo white wine  
Lucky grapes, 'Bolsa Cotillón' and dance with drinks....  
In the early hours enjoy a hot chocolate!

PRICE PER PERSON 125, 00€ (VAT INCLUDED)

## FREE ONLINE SPANISH-CATALAN VISUAL BUILDING DICTIONARY



Am I the only person whose trips to the local builders' supplies merchants end up like a game of charades? I mean, I usually know what

I want... but can I see it anywhere? And I may know what it's called in English... but I can't explain it in Spanish or Catalan? No way, José!

Somehow I usually get what I need... eventually. In my case, this involves wild gesticulating, desperate scribbled diagrams, and my wife later telling me that she knew what it was called all along... all to the amusement of the guy in the yard.

So when I recently came across a handy little resource hidden away in the depths of the Generalitat's website, I thought I'd share it with you.

The 'Diccionari visual de la construcció' is an illustrated Catalan-Spanish dictionary of architectural and building terms. In printed form it sells for 24 euros, but it's available for free download in PDF format at <http://www10.gencat.net/ptop/AppJava/cat/documentacio/llengua/terminologia/diccvvisual.jsp>.

## Purewater Spain

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**www.purewaterspain.com**

Each chapter is available as a separate download, and I think most people will find that chapter three — 'Elements constructius de l'edifici', or 'build construction elements'— is the most useful.

With clear, numbered drawings on each page and labelled in both languages, it includes detailed sections on wall and roof construction, wooden structures, doors and windows, floors and foundations, and water, gas and electrical installations, to name a few.

Originally designed as a Catalan terminology reference for building design and construction professionals, it could be just the thing when you're down at the builders' yard or talking to your *arquitecto* or *constructor*.

If time allows I may work on an English translation. In the meantime, here's an A-Z of some of the easy ones!

Attic, buhardilla (Sp), golfes (Ca)  
Brick, ladrillo (Sp), maó (Ca)  
Ceiling, techo (Sp), sostre (Ca)  
Drainpipe, bajante (Sp), baixant (Ca)  
Earth (elec), tierra (Sp), terra (Ca)  
Foundations, cimentación (Sp), fonaments (Ca)  
Guttering, canalón (Sp), tortugada (Ca)  
Hinge, bisagra (Sp), frontissa (Ca)  
Insulation, aislamiento (Sp), aïllament (Ca)  
Jamb, jamba (Sp), brancal (Ca)  
Load-bearing wall, pared de carga (Sp), paret de càrrega (Ca)  
Marble, mármol (Sp), marbre (Ca)  
Non-bearing interior wall, tabique (Sp), envà (Ca)  
Opening, hueco (Sp), obertura (Ca)  
Pantile, teja árabe (Sp), teula àrab (Ca)  
Quantity, cantidad (Sp), quantitat (Ca)  
Rendering, enlucido (Sp), arrebossat (Ca)  
Skirting board, zócalo (Sp), sòcol (Ca)  
Tiles (floor), baldosa (Sp), rajola (Ca)  
U-bend, sifón (Sp), síf (Ca)  
Valve, válvula (Sp), vàlvula (Ca)  
Windowsill, repisa (Sp), lleixa (Ca)



### Wanted: small country getaway retreat

As mentioned a few months back, Peter and Monica are a cosmopolitan Dutch/Catalan couple that have lived and worked on the Costa Dorada for some years.

They are still looking for a cosy country refuge for weekend breaks. Peter has worked refitting yacht interiors, and is looking forward to having a new project to keep him busy.

The couple want a finca with around 10.000 m2 of land or more, with great views, and about an hour's drive from Tarragona. Access should not be too rough and water would be ideal.

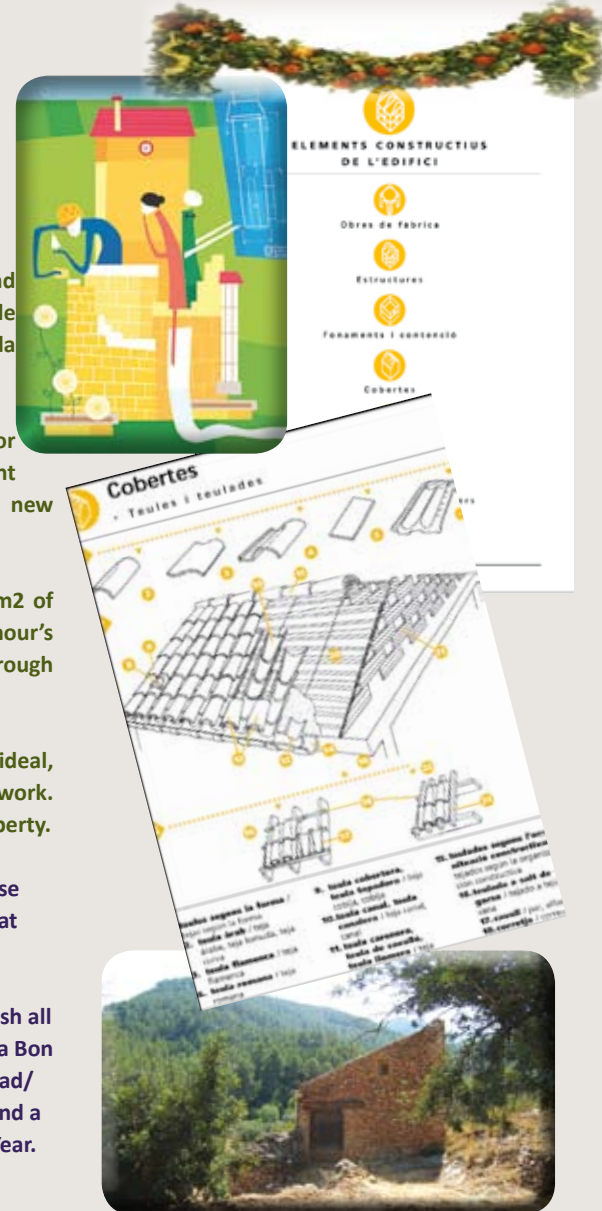
A stone-built 'casita' of 30 or 40m2 would be ideal, and they expect to have to do some structural work. They'll pay up to 45.000 euros for the right property.

If you have a property like this for sale, please give me a call on 977 08 40 40, or email me at [jeff@fincasdirect.com](mailto:jeff@fincasdirect.com).



Finally, I'd like to wish all Olive Press readers a Bon Nadal/Feliz Navidad/Merry Christmas and a prosperous New Year.

Jeff



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## TIÓ DE NADAL



The Tíó de Nadal (roughly "Christmas Log"), also known as "Tió" (trunk or log, a big piece of cut wood) or "Tronca" ("log") and popularly called "Caga tió" (pooping log in English), is a character in Catalan mythology relating to a Christmas tradition widespread in Catalonia. A similar tradition exists in other places such as the cachafuòc or soc de Nadal in Occitania, or the Tizón de Nadal or Tronca de Nabadá in Aragon.

The form of the tíó de Nadal found in many Catalan homes during the holiday season is a hollow log of about thirty centimetres length. Recently, the tíó has come to stand up on two or four little stick legs with a broad smiling face painted on the higher of the two ends, enhanced by a little red sock hat (a miniature of the traditional Catalan barretina) and often a three-dimensional nose. Those accessories have been added only in recent times, altering the more traditional and rough natural appearance of a dead piece of wood. The Catalan word tíó (log) is unrelated to the Spanish word tío.

Beginning with the Feast of the Immaculate Conception (December 8), one gives the tíó a little bit to "eat" every night and usually covers him with a little blanket so that he will not be cold at night.

On Christmas day or, depending on the particular household, on Christmas Eve, one puts the tíó partly into the fireplace and orders it to "poop" (the fire part of this tradition is no longer as widespread as it once was, since many modern homes do not have a fireplace). To make him "poop", one beats him with sticks, while singing

various songs of Tíó de Nadal.

The tíó does not drop large objects, as those are brought by the

Three Wise Men. It does leave candies, nuts and torrons. Depending on the part of Catalonia, it may also give out dried figs. When nothing is left to "poop", it drops a salt herring, a head of garlic, an onion or "urinates". What comes out of the tíó is a communal rather than individual gift, shared by everyone present.

### Beating the Tíó de Nadal

In addition to the names listed in the opening paragraph, the additional nickname "Caga Tíó" ("pooping log") derives from the many songs of Tíó de Nadal that begin with this phrase, which was originally (in the context of the songs) an imperative ("Poop, log"). The use of this expression as a name is not believed to be part of the ancient tradition. The tradition of the tíó could be related to that of the Christmas tree.

### Here is a song of the "caga tió":

caga tió,	Pooping log,
caga torró,	poop turrón
avellanes i mató,	hazelnuts and cheese,
si no cagues bé	if you don't poop well,
et daré un cop de bastó.	I'll hit you with a stick.
caga tió!"	Pooping log!
<i>An alternate version goes something like this:</i>	
caga tió,	Pooping log,
tíó de Nadal,	log of Christmas,
no caguis arengades,	don't poop herrings,
que són massa salades	which are too many salty,
caga torrons	Poop turrón
que son més bons!"	which are much better!

After hitting it softly with a stick during the song it is hit harder on the words "caga tió!". Then somebody puts his hand under the blanket and takes a gift. The gift is opened and then the song begins again. There are many such songs: these are just examples.



Hello and Hola to our ex-pats out there who may or may not know what Spain can offer to challenge Hollywood in great films.

Every month I will highlight a film that is in essence of Spanish origin. It's role will be to get you the reader to want to see the film without spoiling the plot.

If any of our readers disagree or even possibly agree with my views I will welcome your comments. Also if you want to know more about a particular film and how to get a copy again get in touch. This month I will be presenting another double bill but this time of a lighter subject matter that will I hope make you smile, laugh, cry, or hopefully all three!!!

## L'Auberge espagnole (The Spanish Apartment) (Comedy/Drama) Les Poupées russes (Russian Dolls) (Comedy/Drama)

L'Auberge espagnole (English: The Spanish Apartment) is a 2002 French film directed and written by Cédric Klapisch. It is about Xavier, an Economics graduate student studying for a year in Barcelona as part of the Erasmus student exchange programme, where he encounters and learns from a group of students who hail from all over Western Europe.

The title of the film as you may already know literally means "the Spanish hostel", and is a French idiom for a hodgepodge of 'ingredients,' sort of like a pot luck. It is also sometimes used to mean a busy, chaotic place. The English title of the film is Pot Luck in the UK and Canada; Euro Pudding is an international title it was given, and it is also known as The Spanish Apartment. In Spain, where it is set, it was released as Una casa de locos — "Madhouse".

The film's portrayal is in the first-person perspective of the main character, Xavier, and is hence mainly narrated in French. Some of the dialogue is in English however, and a significant amount is in Spanish, as well as small amounts in Catalan, Danish, German and Italian.

I felt as European films go this is one of the true greats as it features strong characters from many parts of Europe and together shows us what modern Europe stands for. Even to the point of admitting our own problems in being a part of the new Europe.

The movie has a sequel, The Russian Dolls...see opposite and a third film is upcoming in the near future.

Les Poupées russes (Russian Dolls) is a 2005 French-British film, the sequel to L'Auberge espagnole (2002). Cédric Klapisch wrote and directed the film, whose settings include Paris, London, Saint Petersburg and Moscow. Klapisch makes use of digital and split-screen effects in the film, as well as non-linear narrative.

The characters from the first film all feature again but is centred once again around the indecisive Xavier and over the course of events that span from London to Moscow the threads original spun in the first film are nicely concluded so making a third film at this stage very unnecessary .

By itself the film does not cover too much and by its nature is only relevant after watching the first film which did not really need this second part even though the characters are well developed enough. Therefore I leave it to you the viewing public to decide to keep to the first film or if you wish to continue with the second part it would not harm the experience of the first but does not do a great deal to enhance it either.....

Jason Berry 04/11/2008

Contact e-mail:

gatchajay@hotmail.com





What do you reckon - Cosmetic Surgery or Major Reconstruction?

## NEWS FROM OUR CALIFORNIA CORRESPONDENT (NORFOLK)



## THE ENVY OF THE WORLD?

**BY your celebrity DJ, you can listen to him live on [www.futureradio.co.uk](http://www.futureradio.co.uk), Wednesday mornings 10.00-13.00**



Our local NHS hospital has announced, yet again, that wards are to be closed because a bug is loose in the building. 'Loose', being the operative word since the 'winter vomiting virus' strikes the body at both ends. Patients' admissions are being delayed and inevitably operations are cancelled. Patients fortunate, or unfortunate enough to be in the hospital are forbidden to have visitors. Now correct me if I have got this wrong, but I was under the impression that when you went into hospital the object of the exercise was to make you well again, if that was possible. Now it seems that hospitals can offer a wide variety of exotic diseases, some of them with fatal consequences, to enhance the excitement of committing your ailing body to their services. What can be the purpose of this? Is it some kind of diversionary tactic to take your mind off whatever it was you went in there for in the first place. Dragging yourself to the loo every five minutes might take your mind off the fact that your ear is hanging off.

Gone are the days when you knew where you stood in the order of things with the local hospital. A time when the heavy scent of industrial strength disinfectant mixed with something vaguely reminiscent of sheep dip wafted in the air as you walked through the door. It was a time when nurses wore uniforms that are now only seen in exotic gentleman's clubs. When the overbearing figure of the matron ruled the whole proceedings with a rod of iron, and

starched undergarments. She probably did the operations as well in her spare time. Stony faced consultants would meet your anxious enquiries with silence and disdain. The only sign of relief might be when someone shoved a daffodil in your backside as a substitute for taking your temperature. OOOh Matron! Carry On films have a lot to answer for.

Nowadays you seem to have even less idea who is doing what to whom; and why. Nurse-like figures flit in and out during the day each one apparently able to perform only one task! One will take your temperature, without floral accompaniment, another will check your blood pressure, yet another level of operatives, who act only in pairs, will decant you from your bed in order to change the sheets. Added to this is a meals-on-wheels service. Having selected your dish of the day, from a cardboard menu which is passed from patient to patient thereby ensuring that any contagious diseases are fairly distributed, your freshly microwaved gourmet experience will arrive at your bedside at no particular time. You can forget any possibility of getting your 5-a-day! The tasteless sludge you are served will probably only bear a passing resemblance to what you have ordered. It will be accompanied by plastic cutlery presumably to stop patients from doing their own operations.

From personal experience of this army of 'little helpers', most of whom do not speak English as we know it, is that they seem to have little idea what each other are doing. It is not unusual to have your temperature taken on several occasions in a short space of time. Any attempt to ask for information or, more importantly, to advise them that you are urgently in need of 'in bed' toilet facilities will be met with a blank stare. It is far better to ask the cleaner. Possibly he, or she, will feel that prevention is better than cure and that any 'little accidents' will fall into their domain to be cleared up.

I use the term 'cleaner' in its loosest sense. These are no



longer employed by the hospital but are provided by a subcontractor who is evidently on to a good thing. Various sinister looking individuals, apparently selected at a period in their lives between the next prison sentence or community service order, are equipped with some scraggy looking brushes and mops which they are trained to drag around the wards. The outcome of their labours appears to have the effect of re-arranging any flotsam and jetsam in a different pattern to when then went in.

Our local hospital is now classified as a 'university hospital'. This means that at any time your bed can be surrounded by students, seemingly recruited from the Chinese embassy. Your consultant, who is in charge of this motley crew, will invite them to examine and poke about with various bits of your body, which they do with enthusiasm whilst writing strange symbols on their note pads accompanied by numbers. One is led to consider that select parts of you anatomy may well one day appear on the menu at the local take-away.

As in all public buildings smoking has been banned, apparently it is bad for your health which doesn't really explain why most doctors and nursing staff are committed smokers. The ban offers great challenges to the patients who are similarly addicted. In the early days of the ban patients would drag themselves to smoking facilities disguised as bus shelters just outside the hospital doors. Here, in spite of the inclement weather, they would puff away and in doing so set themselves up for further hospital admissions. However the 'powers that be' have decided that this was not an ideal state of affairs and have removed the bus shelters. Now your ardent ciggie addict has to drag themselves to the far reaches of the car park. Often people, barely out of the operating theatre can be seen staggering to neutral ground with a drip trolley in tow. The fortitude of the British addict has no limits.



© Mike Stevens  
November 2008

But, I hear you cry, what of the emergency service? Living as I do en route to the local A&E, I often hear the clang of the ambulances on a mission of mercy. You will have noticed that the term 'A&E' has replaced the word 'Casualty'. This is because followers of the TV programme of the same name had higher expectations of what is on offer than can actually be provided. The first obstacle is to actually get into the hospital building. Recently our local ambulances with their incumbent cargo were queuing in lines for hours as there was no room for any more sick and dying in the hospital. The system was blocked! Once you pass through the door your particulars are taken and the promise is that you will be seen by someone with medical qualifications, or possibly a GCSE in woodwork, within four hours! That's the target set by the government. You are then required to sit, with whatever it is that ails you, surrounded by the local potheads and drunks who think they are on another planet. If you are over the age of eighty, however, you will be parked conveniently on a trolley. Should you 'pass over' during the ensuing waiting period you can then be pushed straight to the morgue obviously without passing 'Go' or collecting £200.

Apparently the National Health Service is the envy of the world. It certainly has an efficient way of absorbing huge amounts of money with little evidence of a logical outcome. People do survive it, I am told, and get better. It provides an excellent training ground for doctors and consultants who then go off to other parts of the world to heal the sick. This is where the term 'practice' comes from. Seemingly we, the innocent British public, are being used as guinea pigs. In the meantime I'll keep paying my private medical insurance premiums. By the way 'Happy Christmas', if you make it to the 25<sup>th</sup>.



07.15am  
- He hasn't Slept...  
- He's Hallucinating...  
- Last Night he attacked me with a plastic spoon...  
- At 00.30am we found him wandering naked on the A6...  
- We think he's eaten the cat...

\* But we have cleaned his teeth!!

## WINEHOUSE BLAMES CRACK ADDICTION ON LSD HALLUCINATIONS

AMY Winehouse last night blamed her addiction to crack cocaine on a hallucination of the devil she saw while high on LSD.

The *Rehab* singer said Satan appeared before her in the guise of a six-foot Jamaican called Barrington while she was visiting a council flat with a steel door just off Westbourne Grove. She said Beelzebub incanted curses over her in a strange, heavily accented English before selling her a small bag of sensimilia, three rocks of crack, a Kit-Kat, and a small plastic pipe, all for £25.

The singer said: "Okay, I had dabbled in drugs before Lucifer cast his spell, a little weed, some coke, a bit of smack and the odd pint of Night Nurse with a Benylin chaser.

"I'd tried ketamine, crystal meth, amphetamine,



ecstasy, crushed up valium, Temazepam, PCP, GHB, mescaline, amyl nitrate, Vim, unleaded petrol, cider ice lollies and Jagermeister.

"I'd done Darvon, Lortab, methadone, morphine, Percodan, some Phenaphen with Codeine, Talacen, Tramadol, lots of Tylenol, some Ultram, but never all at the same time like now, and I never touched Vicodin.

"That is the work of the devil."

A spokeswoman for Beelzebub said Satan did appear on earth in human form but that he was much more likely to manifest as Al Pacino, Liz Hurley or Richard and Judy than a large West Indian.

She said: "The devil is all about spreading evil and confusion, he is not, and never has been, a man for reinforcing negative stereotypes about black people."



## HAMILTON WINS WORLD CAR POINTING CHAMPIONSHIP

LEWIS Hamilton a few weeks ago became the youngest ever winner of the World Car Pointing Championship.



In a climax, described by some as interesting, the McLaren car pointer crossed the chequered line in fifth place thereby finishing first and completing yet another day of abject humiliation for the world's foreigners.

Roy Hobbs, who gets paid to talk about car pointing, said: "Hamilton has been destined for this moment ever since he learned which button made it go and which button made it stop.

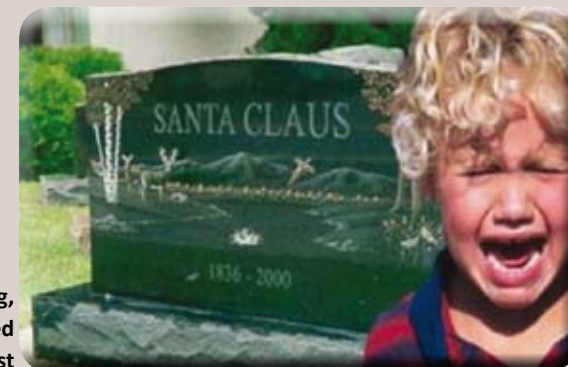
"All he had to do then was work out the best way to point it using the steering thingy."

Hobbs added: "But of course, the most important thing about car pointing is the car, and luckily the car he was pointing was faster than all the other cars being pointed this year.

"I suspect that Lewis Hamilton will now dominate this sport until they come up with a way of doing it all by remote control.

"And yes, it will be like a gigantic Scalextric but with lots of stunningly attractive, heavily-chested ladies in tight t-shirts draping themselves over bald, cigar-smoking fat guys."

Meanwhile a delighted Hamilton and his delighted advisers were last night formulating plans to pump £100 million a year into the Swiss economy.



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Fax: 933 666 221  
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Ireland House  
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## BIOFUEL : MAKE YOUR OWN BIODIESEL



The technology to produce fuel from plants, is nothing new but investments in biofuels has surged in recent years due to environmental concerns, energy issues and the most important oil prices reaching \$140 per barrel.

Many different feedstock are used in the manufacture of first generation of biofuels. Ethanol is produced from corn, sugar cane and wheat .

Biodiesel feedstock include palm, soybean, rapeseed oil and used cooking oil .

Alternative feedstock called next generation are produced by microbial fermentation of sugars from biomass, algae and cellulosic ethanol.

One of the best options to produce your own Biodiesel is from waste vegetable oil (WVO) like cooking oil as described and summarised below .

### Caution and safety :

If you attempt to produce your own Biodiesel, wear protective gloves, eye protection and appropriate clothing. Chemicals used are extremely caustic and flammable.

### Ingredients :

Mixture of: waste vegetable oil (WVO), methanol 99% and sodium hydroxide (caustic soda) .

### General procedure:

- -Filter WVO to remove any solid particles.
- -Heat to remove any water content.
- -Titrate to determine how much catalyst is needed.
- -Prepare the catalyst ( Sodium methoxide) by mixing methanol with caustic soda .
- -Heat WVO with catalyst .
- -Allow to settle to remove glycerine from the biodiesel

produced.

- -Wash with water, dry with heat and check quality of your biodiesel .

### Tip :

Start with small batches of 1 litre and increase the batch size as your technique improves.

When using your own Biodiesel in your car, it is advisable to have an extra clear filter connected in line with the existing one so you can see when the filter gets dirty. The biodiesel you produce is much purer than the one sold in the petrol stations and it will clean your diesel tank.

Another important thing to check before using the biodiesel in your car is to find out the type seals of your diesel pump as some of the old type of seals might dissolve .

When starting to use biodiesel in your car the unwanted side effects can be minimised by mixing the Biodiesel at 50% with normal diesel sold in the petrol stations.

By : Xavier Milián Call

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**HOLIDAYS** Public holidays in Catalonia: 1 January: New Year's Day; 6 January / Epiphany (Feast of the Three Kings); March-april: Good Friday; March-april: Easter Monday; 1 May: Labour Day; 24 June: Saint John (midsummer); 15 August: Assumption of Mary; 11 September: Catalan National Day; 12 October: Feast of the Hispanic Peoples; 1 November: All Saints' Day; 6 December: Constitution Day; 8 December: Immaculate Conception of Mary; 25 December: Christmas; 26

December: Saint Stephen (Boxing Day).



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**WANTED VOLUNTEERS** | help needed to look after the abandon dogs at ARCA near Tortosa. Please call Maeve 678 975 816 if you can offer any assistance. Plus anyone interested in organising some fund raising for the dogs would be must appreciated. There are presently over 160 homeless dogs of all sizes and ages. PLEASE HELP .

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## WHAT'S ON

**QUIZ NIGHTS** | **KARAOKE** every Friday at Bar Estación Restaurante, L'Ampolla TEL: 977 460 387 **NOW SKY SPORTS!**

**\*CLASSIC CAR MEETING** 1st FRIDAY of every month 6PM Call for more details and new location: 678 718 446

**\*EL PERELLO FREESIA GROUP** (working for cancer charities in Spain) Book Stall every other Saturday, (4th Oct) 10am outside Bar Homogenic, El Perello |

**THE BOTTLE DRAW WAS WON BY PAUL & MARGARET.**  
**THE FREESIA CALENDAR-** I WOULD LIKE TO THANK EVERYONE INVOLVED ALSO TO ALL OUR SPONSERS AND A SPECIAL THANKS TO FERRAN OF HOMOGENIC FOR HIS HELP AND SUPPORT. **CALENDARS ARE ON SALE 5€ AT THE FREESIA BOOK STALL OR RING ANN ON 605 196 979** | **Carol Service on 12 December at 8pm in the village church, El Perelló** | **\*FRIENDSHIP CLUB** for all nationalities meeting 1st, 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

## IMPORTANT MEETING ANNOUNCEMENT ||

**3 December at 5pm in the Casa de Cultura in El Perelló.** We would hope that at least one person from each household would make an effort to attend as the object is to help the Mossos to help us.

||

**Problem Surgery, El Perelló** has organised a meeting for people from El Perelló with the Mossos d'Esquadra who as you know have just taken over responsibility for the local policing from the Guardia Civil. There will be more of them on the ground and hopefully this will lead to a lessening of the amount of robberies. But they are aware that there is a large community of foreigners living far flung out in the countryside in remote locations. Part of the meeting will be to locate the houses of people so that the police will actually know where we are living should there be any kind of emergency. We feel this will be greatly to our advantage..

**Problem Surgery, El Perelló at the Casa de Cultura.** They there each Tuesday between 11.00 and 12.30.  
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