

Jan 2011 issue 33

THE



OLIVE PRESS

CATALUNYA &  
COSTA AZAHAR

for all English speakers



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a little serious a little humorous



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



El Perello and in many other towns - On January 16/17th is the festival of 'Els Tres Toms de Sant Antoni,' which translates as 'The Three Turns (circuits) of Saint Anthony.' The festival dates back to the mid-1800s and is dedicated to the patron saint of animals, Sant Antoni. Historically, anyone who worked with livestock could go to this fiesta to receive a blessing from Sant Antoni and ask for a good harvest. A procession of horses, carts, mules and farmers makes three circuits of the town and on the third circuit, the blessings are carried out. This is celebrated in many towns so there should be one near you.



La Tamborrada January 19 - 20, 2011. San Sebastián in the Basque country is the place to be in January. In 1812 Lord Wellington freed the city from the French and the locals still celebrate the event. Sebastián (Stephen), chief captain of the Diocletian guard, was a fervent defender of the faith and offered spirited consolation to countless Christian

martyrs in their most difficult hour. On discovering this the Emperor wished to punish what he considered as a betrayal and ordered that Sebastián be tied to a tree and shot dead by archers. Miraculously he survived this ordeal, but was killed and thus martyred on 20th January, 228 by the public beating he received.

Wear red underwear for good luck! 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.

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## EDITORIAL MEET BOB THE EDITOR

WELCOME TO THE JANUARY ISSUE  
COVERING CATALUNYA. WE WOULD LIKE  
TO WISH OUR READERS A HAPPY NEW YEAR.

☺☺☺

*New Year Superstitions  
Wear New Clothes*

People believe that one should wear new clothes  
on a New Year's Day. This would mean receiving  
more new garments during the year. Red clothing  
is preferred for New Year's Day since red is  
considered a happy colour and is sure to attract for  
the wearer a brighter future.

*Avoid Crying*

It is said that one should avoid breaking things or  
crying and wailing on the first day of the year, if

you don't want to continue the pattern for the entire year.

*Do not Wash Dishes*

In several societies washing dishes and doing laundry on New Year's day is said to lead to a death in the  
family during the year. Many people do not even wash their hair on New Year day.

*Do Token Amount of Work*

It is said that one must do token amount of work on the New Year's Day. This is said to ensure advancement  
in career. But starting out a serious work project is unlucky on New Year Day.

*Don't Keep Debts*

Pay your bills and loans before New Year Eve, so you don't have any debt left for New Year.

☺☺☺

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Contributors: | Clodagh & Dick Handscombe  
| Dr. Ronald Rosenfeld D.V.M. | Jeff  
Greensmith | Jason M. Berry | Mike Stevens  
| Sarah Good | Taru Burstall | David Piqué |  
Paul Ebro Valley Computers | Sabrina-A Casa  
Tua | TRANSLATION BY SUZANNE HELLYER

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### COVER PICTURE:

**Skiing Fashionable Lady, GREAT ART  
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/ Vintage postcard. C.1930's**

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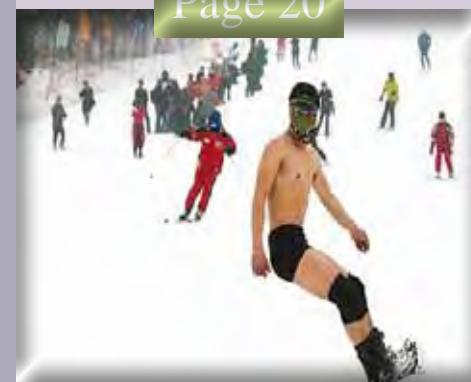
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**C**atalunya Data Portal Launched! The government of Catalunya has launched an open government data portal. The Catalan regional government has launched an open government data portal, adding to a growing list of international, national, regional and even local open data catalogues, where citizens can find public data for re-use. This is not just an important step for Catalunya, offering citizens a great resource, but also an important step and very good news for PSI and PSI re-use in Spain and Europe in general. The portal can be found at Dades Obertes Gencat (open data generality of Catalunya) <http://dadesobertes.gencat.cat/>

**N**aked protest against fur coats in Barcelona. Some 100 protesters stripped naked in the Plaza Sant Jaume de Barcelona on Sunday, and then covered themselves in red paint in a protest against the use of animal furs organised by the AnimaNaturalis protest group. They want to draw attention to the number of animals which have to be killed to make a single fur coat. They say that high numbers of foxes, mink, otters, bobcats, beavers and even chinchillas are bred solely to be slaughtered. Spokesperson, Leticia Olivares, said that sensitive people understand that a fur coat represents animal suffering, cruelty and pain, and not a luxury item.



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**B**russels slams Spanish wages and lack of workers' rights. A REPORT from Brussels has slammed Spain's minimum wage as 'unfair' and 'too low'. The study by the Committee for Social Rights says a salary of 629 euros per month based upon full-time hours 'does not allow individuals to lead a dignified lifestyle'. According to the report, the poor minimum wage in the country flouts Article 4.1 of the directive covering social rights, which stresses that workers must be paid enough to be able to survive. It also states that they cannot work more than 48 hours a week, whereas Spain's labour laws allow employers to work their staff more than 60 hours a week – being around 12 hours a day. The situation has not changed since 2007, claims the report. Additionally, there is lack of published information about Spain's average salaries. Furthermore, Spanish work legislation breaches Article 2.3 of the same directive covering paid annual leave, since it does not allow workers to recover lost days of holiday if they suffer illnesses or accidents during these periods. Laws covering notice of extinction of job contracts also fall short of European standards, says the report, since contracts of less than one year in duration can be ended without warning and those of a year or more, with just 15 days' notice.

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## NEWS IN SPAIN

**A**rtur Mas wins the Catalan regional elections. By h.b. - Nov 29, 2010 - 6:37 AM. Artur Mas, the leader of CiU, the Convergència y Unió nationalist Catalan party has won the regional elections. The centre right group was the largest last time round four years ago, but has now seen its support jump from 31.5% to 38.2% taking its number of seats from 48 to 62, but still short of an overall majority. All the parties in the previous three way coalition suffered on Sunday, with the outgoing President of the regional government, Socialists José Montilla announcing he is resigning as leader of the Catalan Socialist Party PSC at the next party congress, after their vote share fell from 27 to 18% taking their number of seats from 37 to 28. It was their worst result in history. The Partido Popular advanced to their best ever result in



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the region, and become the third force in Catalan politics with 18 deputies, four more than last time. However that advance was built on just a less than 2% gain in voter share. Left wingers ICV saw support slip too from 9.5% to 7.3% taking their seats down from 12 to 10. It was a dreadful night for the ERC republicans who went down from 14% to 7% of the vote and from 21 to just 10 deputies. The



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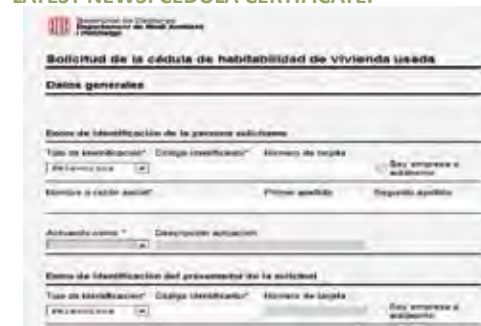
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big surprise of the night was the rise of the new SI party, regarded by observers to be on the far right and lead by the ex Chairman of Barcelona Football Club. Joan Laporta will have 4 deputies after gaining 3.3% of the vote. The Ciutadans party remained practically unchanged with just over 3% and keeps its 3 deputies. The freaky CORI party, led by transsexual Carmen de Mairena, obtained more votes than Rosa Díez from the UpyD who ended up being just the 16th political force in the region. Turnout was 59.95% up on last time in 2006 when only 56.77% voted.

**M**an arrested for stealing gold teeth from cemetery. A cemetery worker from the Barcelona area has been arrested by the Mossos d'Esquadra for stealing 17 gold teeth from the bone depository and earning some 2,000 euros by selling them on. According to the police report, the 39-year-old man from Barcelona has been charged with crimes against religious sentiment and respect for the dead, as well as 17 charges of theft for allegedly making off with gold teeth from the corpses. Police were alerted after the man repeatedly tried to sell the stolen gold teeth in Santa Coloma de Gramenet (Barcelona). The cemetery worker got the gold teeth from a communal bone depository, a place where skeletal remains are taken once a family's lease on a niche expires, or they choose not to renew their lease and make no specific arrangements to have the bones taken elsewhere. The man, whose workplace has not been revealed, has been released pending trial.

## LIVE PRESS

**LATEST NEWS: CEDULA CERTIFICATE.**



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If you cannot get a cedula for your house, there is now a certificate you can get from an architect which states that the building does not conform to the cedula law, i.e it doesn't qualify. ( This only applies to properties registered as viviendas)

If you sell your house with this certificate the status of it will not change. In the new escritura it will still say "vivienda", but with a small amendment? (I don't know if that's the right word) that says it does not conform to the law of the cedula. **It basically means you don't have the right to mains water and electric.**

If it says in your nota simple "vivienda" that is what will go in to the new deeds, and it will get registered at the land registry as such.

To obtain this certificate you need to take your escritura and N.I.E to an architect. He does not need to come to the house and there is no time limit on it.

That's all there is to it really, only took them a year to come up with it!!!

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I can confirm that those who are 'empadronado' (registered at the town hall) in the region of Catalunya and have no access to healthcare by any other means (either from Spain or the UK) can now access healthcare in Spain free of charge. This means that the Catalunya pay monthly scheme (87€ per month) or the means-tested route into healthcare are no longer in existence.

This change is due to a new law (Ley 21/2010, de 7 de julio, de acceso a la asistencia sanitaria de cobertura pública a cargo del Servicio Catalán de la Salud) which came into effect in Catalunya on 01 October 2010, further details of

which can be found here: [http://www.gencat.cat/diari\\_c/5672/10189023.htm](http://www.gencat.cat/diari_c/5672/10189023.htm)



To apply for a health card in this way (Tarjeta Sanitaria Individual) applicants should go to their local 'Centro de Atención Primaria' (CAP) where they will have to fill in an application form: [http://www10.gencat.net/catsalut/archivos/240z214sol\\_cast.pdf](http://www10.gencat.net/catsalut/archivos/240z214sol_cast.pdf) and present photocopies of their NIE/DNI, passport and padrón certificate with an issue date of less than 3 months.

UK nationals will also need to present proof of no entitlement to healthcare from the UK which can be obtained by contacting the Overseas Healthcare Team in Newcastle on 0044 191 218 1999. Applicants under 18 will also need to present a copy of the 'Libro de Familia'. The health card, once issued, will be sent by post to their home address

Proof of Social Security number only needs to be presented if the person applying is the dependent of a contributor to the Social Security system.

I hope this answers your query however if you do have any further questions then please do not hesitate to get in touch with us again.

Kind regards,

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## CAN IT BE TRUE???

### UNIVERSITIES MAY BE FORCED TO CUT MEDIA STUDIES AND HOSPITALITY MANAGEMENT BRITAIN'S POOR PEOPLE NOW BEYOND THE PALE

BUDGET cuts will mean Britain's universities will no longer be able to teach young people how to read newspapers and smile at tourists, it was claimed last night. University leaders have warned that unless the proposed cuts are reversed Britain could soon have the worst trained public relations executives in the developed world.

Dr Julian Cook, vice chancellor of the University of Didcot, said: "In recent years we have been able to propel Britain to the top of the PR executive league table to the extent that everything in this country is essentially some form of public relations exercise. "If we cut back now then we will deny an entire generation their dream of trying to mislead a journalist who has spent six long, hard years at university learning how to switch on a tape recorder."

Dr Cook, who has a Phd in the films of Chevy Chase, from *Caddyshack* to *Goose on the Loose*, warned that many of Britain's leading higher education institutions could be forced to teach science. He added: "And I would like Lord Mandelson to explain how we're supposed to take less than three years to train hospitality workers to smile, carry things and not be a sullen, belligerent, moronic pain in the arse from the very second you check in."

"People are not born with a natural ability to smile and perform really simple tasks in exchange for money. It takes tens of thousands of pounds and a huge amount of public relations. "Unless we maintain our current levels of investment, Didcot University's motto of 'Your Tomorrow Future Today Now' will soon start to sound hollow and meaningless."



Sarah has a doctorate in keyboard management

BRITAIN'S poor people have plumbed new depths of sheer, unbridled ghastliness, according to a new report. A survey by the Office of National Statistics revealed that people on low incomes have abandoned all recognised forms of decency and are now locked in a spiral of jaw-droppingly unspeakable horror.

The ONS survey found that 64% had considered selling their children to Chinese pirates, while 38% had actually locked their child in a trunk and sent it to the Isle of Man, before asking the News of the World to donate £50,000 to their 'Find My Precious Baby' campaign.

Poor women now have an average of 5.4 children each from an average of 42.6 possible fathers, while more than three-quarters no longer speak a recognisable form of English but communicate with each other through a series of grunts and whistles.

The typical poor person's diet consists of extracting the grease from cheeseburgers and mixing it with Wotsits, before tossing the squeezed meat to their illegal fighting dogs. Meanwhile more than half spend up to 15 hours a day watching black market Hungarian pornography and Steven Seagal films, while 94% are engaged in depraved sex acts with their girlfriend's great-grandmother in the



Chinese pirates totally stole my baby

hope of an all expenses paid trip to the Jeremy Kyle show. Professor Henry Brubaker, of the Institute for Studies, said: "Poor people were especially horrid until the mid 19th Century when many of them suddenly became Australian. "Since then we have seen a steady increase in their squalid awfulness to the point where their behaviour would be enough to make Fagin puke up his lunch."

## THE

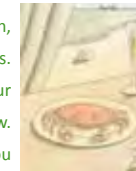
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## HOROSCOPES

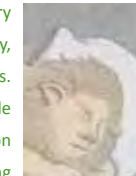
A MORE DETAILED HOROSCOPES CAN BE FOUND ON OUR WEB SITE



**CAPRICORN** Dec. 22 - Jan. 20 -You're in charge once again this month, dear Capricorn, and ready to make ground-breaking changes. Your ability to stand alone is tested, and your confidence in yourself means everything now. You've been a little tight-lipped of late, but you have a lot more to say in January - you want to be heard, and you will be.



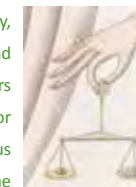
**AQUARIUS** Jan. 21 - Feb. 19 -While January is likely to begin quietly - decisiveness, energy, and confidence return as the month progresses. As well, there is much to learn from solitude and increased rest. It's a time of great intuition - of sorting out recent experiences and realigning your personal goals.



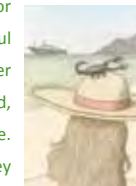
**PISCES** Feb. 20 - Mar. 20 -Increased contact with friends and involvement with groups are inevitable this month, dear Pisces, and while there can be some challenges or upsets, you'll certainly be discovering which connections are authentic and which ones may need to be left behind.



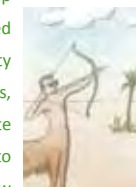
**ARIES** Mar. 21 - Apr. 20 -January is a month for really applying your energy constructively, dear Aries. You are focused on what matters and what is useful -- it's more about practical matters just now. A lot of emphasis on your career or reputation this month suggests an ambitious period of your life. Nevertheless, it's also a time of an increasing desire for personal freedom.



**TAURUS** Apr. 21 - May 21 -The desire for a break from your usual routine is powerful this month. Travel, higher education, or other mind-expanding experiences are on your mind, and opportunities to do so very likely to arise. Finances this month look solid in general - money worries are dissipating.



**GEMINI** May 22 - Jun. 22 -Relationship dynamics and negotiations are much improved this month. Nevertheless, there is much activity and concern in the areas of shared finances, emotional and financial support, and intimate matters. It's an excellent period for resolving to clear up debts and for getting started on a new and improved financial plan.



**CANCER** Jun. 23 - Jul. 22 -Your willingness to adapt to changing situations is your major key to success this month, dear Cancer. This is not to say that you don't have any say in what happens to you - it just means that January is a month for other people in your life to take centre stage. You need others' cooperation in order to achieve your goals.

**LEO** Jul. 23 - Aug. 23 -January is a big month for work and health, dear Leo. These areas of life are stimulated every year at this time, but even more so in 2011. It's certainly time for health resolutions, but if you can break the tradition of making them on the first of the month, wait until mid-month.

**VIRGO** Aug. 24 - Sep. 23 -Improved decision making regarding home and family is with you this month, dear Virgo. Those of you considering moving or renovating can more easily come to a decision and an agreement with others. An opportunity to partner can arise rather suddenly this month. You might also get the chance to work from home.

**LIBRA** Sept. 24 - Oct. 23 -In 2011, big changes are in the works when it comes to your domestic life, and this month, the need for these changes becomes clear. Whether it's a move, major renovations, changes in living conditions or in family dynamics, it's time to start fresh.

**SCORPIO** Oct. 24 - Nov. 22 -Now is the time to make your life what you want it to be, dear Scorpio. January is a strong month for personal magnetism and appeal, improved finances, and a new lease on learning endeavours and communications. You are feeling quite confident and brave this month, but do be careful with extravagance.

**SAGITTARIUS** Nov. 23-Dec. 21 -You are emerging even further from your shell this month, dear Sagittarius - braver and more able to act on your impulses. Your ruler, Jupiter, aligns with electric, forward-looking Uranus and later enters the fiery sign of Aries this month. The desire to make changes - uprooting ones - is powerful, and you have the confidence to do it.

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## NEWS HOUNDS & MORE... HUMAN BEHAVIOUR PROBLEMS "

BY DR. RONALD ROSENFELD D.V.M.



### Why doctors should worry about animal abuse.

20% of the abuse of pets is associated with a violent family environment. These attacks are often used as a means of blackmail, control, or revenge. The acts of cruelty committed

against animals may reflect a lack of empathy and pleasure derived from the suffering caused, but its importance does not end there. Several studies show how children living in difficult situations within their families (abuse, violence, etc.) can express their anger and channel it, directing it against the weaker animals.

Several studies, led mostly by American authors have confirmed the relationship between violence against animals and corporal punishment, beatings and sexual abuse. Both parents and children can carry out these acts and the victims of choice are, preferably, the family pets. About 20 % of intentional animal cruelty cases also involved some form of family violence, according to statistics. "These behaviours are not kid stuff, you have to study what happens, they may be experiencing a situation of violence in their homes", says Núria Querol i Viñas, a criminologist and specialist in animal cruelty.



In the most dramatic cases, it produces what experts call mercy killing, Querol said, when children themselves who are destroying the lives of their animals to spare their animals the same suffering that is inflicted upon them by others.

### A form of intimidation.

Attacks on pets are not just performed for the pleasure but are used as a weapon to coerce or intimidate the victims of abuse. This is especially dramatic in cases of domestic violence. In a 1998 study of women who had suffered the wrath of their husbands, 71 % of participants admitted that their partner had threatened, injured or killed their pet.

"This situation can cause, women to delay as long possible their departure from home, for fear that their husbands will do harm to the animals", Querol said. "There have been cases where the offender has sent back pictures or tapes with the images or sounds of a beating to the dog or cat as blackmail to battered wives", she adds.

According to a study published in the journal Australian Family Physician, fear for the safety of pets is responsible for between 18% and 43 % of women delaying their leaving an abusive relationship.

"Cruelty to animals is too often part of a climate of violence to which children are exposed and into which they become involved," said Frank Ascione, Department of Psychology at the University of Utah ( USA), in the Juvenile Justice Bulletin. Moreover, according to the Australian study, animal cruelty raises important questions about the nature of empathy and the type of society we want to live in. **Dr Ronald Rosenfeld. D.V.M.**



### New Year's Resolutions for Dogs

1. I will not play tug-of-war with Dad's underwear when he's on the toilet.
2. I'll remember that the rubbish collector is NOT stealing our stuff.
3. I do not need to suddenly stand straight up when I'm lying under the coffee table.
4. I will not roll my toys behind the fridge.
5. I must shake the rainwater out of my fur BEFORE entering the house.
6. I will not eat the cats' food, before or after they eat it.
7. I will stop trying to find the few remaining pieces of clean carpet in the house when I am about to throw up.
8. I will not throw up in the car.
9. I will not roll on dead seagulls, fish, crabs, etc.
10. I will not lick my human's face after eating animal poop.
11. "Kitty box crunchies" are not food.
12. I will not eat any more socks and then redeposit them in the garden after processing.
13. The nappy bucket is not a cookie jar.
14. I will not wake Mum up by sticking my cold, wet nose up her bottom.
15. I will not chew my human's toothbrush and not tell them.
16. I will not chew crayons or pens, especially not the red ones, or my people will think I am haemorrhaging.
17. When in the car, I will not insist on having the window rolled down when it's raining outside.
18. We do not have a doorbell. I will not bark each time I hear one on TV.
19. I will not steal my Mum's underwear and dance all over the garden with it.
20. The sofa is not a face towel. Neither are Mum and Dad's laps.
21. My head does not belong in the refrigerator.
22. I will not bite the officer's hand when he reaches in for Mum's driver's license and car registration

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# THE LIGHTER SIDE



A little old lady, well into her eighties, slowly enters the front door of a sex shop. Obviously very unstable on her feet, she wobbles the few feet across the store to the counter. Finally arriving at the counter and grabbing it for support, stuttering she asks the sales clerk,

"Dooo youuuu have diillldoss?"

The clerk, politely trying not to burst out laughing, replies, "Yes we do have dildos."

Actually we carry many different models."

The old woman then asks: "Doooo youuuu carrryy aaa pppinkk onnee,

tttenn innessss lllong aaandd aabboutt ttwoo innesss

ththiick...

aaandd runns by bbaatteries?"

The clerk responds,

"Yes we do."

"Ddddooo

yyoooouuuu

kknnnoooww

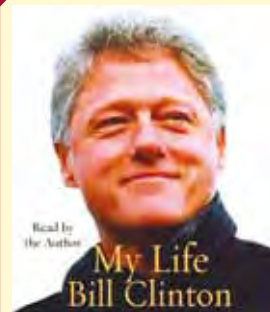
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ttturrnnn iittt

offff?"



Students at a local school were assigned to read two books,



'Titanic' & 'My Life' by Bill Clinton.

One student turned in the following book report, with the proposition that they were nearly identical stories!

His cool professor gave him an A+ for this report.

**Titanic:** cost - \$29.99

**Clinton:** cost - \$29.99

**Titanic:** Over 3 hours to read

**Clinton:** Over 3 hours to read

**Titanic:** The story of Jack and Rose, their forbidden love, and subsequent catastrophe.

**Clinton:** The story of Bill and Monica, their forbidden love, and subsequent catastrophe.

**Titanic:** Jack is a starving artist.

**Clinton:** Bill is a bullshit artist.

**Titanic:** In one scene, Jack enjoys a good cigar.

**Clinton:** Ditto for Monica

**Titanic:** During the ordeal, Rose's dress gets ruined.

**Clinton:** Ditto for Monica.

**Titanic:** Jack teaches Rose to spit.

**Clinton:** Let's not go there.

**Titanic:** Rose gets to keep her jewellery

**Clinton:** Monica is forced to return her gifts.

**Titanic:** Rose remembers Jack for the rest of her life.

**Clinton:** Clinton remembers Monica for the rest of his life.

**Titanic:** Rose goes down on a vessel full of seamen.

**Clinton:** Monica...ooh, let's not go there, either.

**Titanic:** Jack surrenders to an icy death.

**Clinton:** Bill goes home to Hilary - basically the same thing.



.....and that my friends is why the chicken crossed the road





My niece decided to buck all normal trends and get married on a Thursday at the beginning of December. Wise move, as there were significant savings to be made in doing so. What she hadn't reckoned with was just how white the wedding was going to be. It's not generally the case that snow makes its appearance at that time of year, but in 2010, it certainly did. We set out for Kent in my son's trusty old BMW the day before in good weather and daylight with a view towards arriving at our hotel in Folkestone in the early evening. All went well with just a smattering of snow en route. No hold-ups crossing the Thames at Dartford. For us East Anglians this is the equivalent of 'going abroad'. The huge bill-board size electronic traffic signs gave no indication that the M20 had any form of hold-up or hazard. In fact we were feeling quite pleased with ourselves that things were going so well.

The snowfall increased slightly, but we were still making good progress. Our elation was brought to an abrupt halt about 10 miles short of our destination. The monster trucks heading for the ports ground to a halt in all three lanes. Car drivers made valiant attempts to weave their way through the mêlée, but eventually we were beaten. Everything stopped! It was about 8.00pm.

The short version is that we remained there for 7 hours whilst the snow continued to fall and the temperature dipped well below freezing. Our inept attempt at persuading the pride of Eastern Europe's lorry fleet to pull over into one lane went unheeded. A system called 'Operation Stack' which the authorities initiate whenever there is a rough sea, or the French decide to block their side of the channel with dead sheep, failed to operate.



It seems like that if a bit of snow is added to the equation any plans fall apart and the police retreat to somewhere warm. Doubtless they wanted to ensure their helmets did not get cold. We, and no doubt several others, rang the boys in blue to ask if they were proposing to do anything about it. They assured us that the matter was in hand, but the video images on our iPhone revealed that apart from putting out a few cones at Junction 11 nothing was happening at all. This situation prevailed for several hours whilst traffic in the London direction continued to move normally and unhindered.

The Dunkirk spirit did prevail as it always does on these occasions. English people started speaking to complete strangers, including foreigners. Lorry drivers dished out hot drinks from their microwaves. Our request to the authorities for Vera Lynn to be winched in from the White Cliffs of Dover just up the road was ignored.

Sometime around 4.00am yellow jackets appeared through the snow flurries and the convoy slowly got on the move again enabling us to reach our destination about half an hour later leaving us to marvel at the inability of the British to cope in what was, after all, only a modest amount of snowfall.

We settled down for what was left of a good night's sleep at the inaptly named 'Grand Hotel Burstin', (minus 3 Stars). This emporium is a sort of vertical Butlin's with over 800 rooms firmly fixed in the 1950's. For our sins we were rudely awoken at 7.30am by a siren and flashing red light over our beds indicating a fire. Under the circumstances, and given that a good fire would improve lack of heating in the hotel no end, it was best ignored



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and we turned over and snatched an additional couple of hours sleep. After that it all went very well.

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If you need to contact Mike you can now do so at his blog,  
<http://mikeonline2.blogspot.com/>  
 or email:

[mikestevens09@hotmail.co.uk](mailto:mikestevens09@hotmail.co.uk)





## YOGA FOR ALL- THE MASTER CLEANSE DIET

Happy New Year! Healthy New Year? Well, if you're feeling a little below par here's a quick and very effective detox diet to get back to glowing health again.

The Master Cleanse diet has been tried and tested for over 60 years, all over the world, as one of the best cleansing diets of all. The diet gently allows the body to heal itself.

Since ancient times, men and women have used fasting and cleansing techniques to heal their bodies. When fasting the digestive system and body are given a rest from the arduous task of digesting foods, so they can have a chance to throw off the toxins and poisons that have been lodged in the body. Most programs use some kind of herbs to assist with the cleansing (except pure water fasting). The Master Cleanse diet uses cayenne pepper and lemon as the cleansing agents, and maple syrup or honey for minerals. The lemon and cayenne pepper are also high in vitamins and minerals.

In today's society many people have been led to believe they would become ill if they don't eat enough food. This is an unfortunate misconception as studies show that a lack of fasting can lead to sickness in the world today. In America and many Western countries, obesity has been declared a national pandemic. Heart problems, cancer and cholesterol are common and this has been linked to the excessive consumption of food and alcohol.

While undergoing a detoxification fast we're aiming to cleanse and nourish the body at the same time; unlike water fasting which only cleanses the body, but could possibly leave it in short supply of minerals, vitamins and energy. The Master Cleanse helps to expel toxins, the body becomes clean and healthy.

The main ingredients are cheap and easy to find: **Lemons** have been hailed as the richest source of minerals & vitamins of any food known to man; **Maple syrup & honey** are also very high in minerals and sugar, which helps to sustain the body through the cleansing process; **cayenne pepper** helps to stimulate the body's cleansing process, & also breaks up the mucus that is clogging the body.

### The Purpose of the Master Cleanse:

- To dissolve and remove toxins and mucus from the body.
- To clean the kidneys and digestive system.

- To cleanse the glands and cells of the body.
- To remove waste and hardened matter in the joints and muscles.
- To relieve pressure and irritation in the nerves, arteries and blood vessels.
- To create a healthy blood stream.
- To return youthfulness to the body.

### When to use the Master Cleanse:

- When sickness has developed.
- When the digestive system needs a clean.
- When a person has become overweight.
- When the body needs to be rebuilt and better assimilation of nutrients and food is needed.

### How often should one do the Master Cleanse?

The Master Cleanse can be performed three or four times a year to keep the body in a normal healthy condition. But the diet can be used more frequently for serious problems.

### How long does one do the cleanse for?

The diet should be followed for a maximum of 10 days. Please consult your doctor if trying the diet for more than one day.

### How to prepare the Master Cleanse

Ingredients

-Two tablespoons of fresh organic lemon or lime juice, (approximately half a lemon). Do not use bottled lemon juice.

-Two tablespoons of Honey

-1/10 teaspoon of cayenne pepper or to taste

-250ml water at room temperature

Combine all the above ingredients in a jar and shake together. Drink the mixture.

### How much should I drink?

It's recommended to drink 6 to 12 glasses of the Cayenne, honey and lemon mixture per day.

No other food or juice should be taken during this time.

The mixture contains all the vitamins, minerals, nutrients and energy your body requires.

**Sarah Good is a Sivananda trained yoga teacher offering weekly yoga classes.**

**For more information call 663 140 297**

## TREAT YOUR HEALTH IN THE NEW YEAR

Dr. Brett is a Naturopathic Physician with practices in Stratford and Stamford, USA

A number of patients coming into the office have been suffering from a variety of symptoms, all of which can be traced to a lack of pure water intake. Most were drinking plenty of fluids: coffee, soda, tea, and juice. But none were drinking enough pure water.

What kinds of symptoms result from drinking too little pure water? Most commonly I see constipation, dry and itchy skin, acne, nose bleeds, repeated urinary tract infections, dry and unproductive coughs, constant sneezing, sinus pressure, and headaches.

You might ask how a lack of pure water intake can cause this wide array of symptoms. Pure water is required by every cell in the body as nourishment and to remove wastes. When water becomes scarce, the body tries to limit the amount it loses through breathing, mucous production, urination, perspiration, and bowel movements.

Several cups of water are lost daily through breathing because the lungs require humid air to do their work. In the winter when drier air prevails outside and heating

systems (especially forced hot air and wood stoves) dry out the air inside, even more water is lost. It is estimated that on an average day in the fall, 3-4 cups of water are lost through breathing. On a cold, dry winter day, as much as 2-3 more cups of water may be lost in this way. The body has to moisturize the air before it reaches the lungs and does so through the mucous membranes lining the nasal passages and the bronchi. As available fluid decreases, the mucous lining becomes drier. This in turn irritates the lungs, causing them to become more reactive to dust, mold particles, cigarette smoke, and other irritants; and is less resistant to viruses and bacteria. The result: dry cough and bronchitis.

The mucous membranes of our lungs and gut are an important component of our resistance to disease. They provide an effective barrier to bacteria, viruses, and pollutants when intact. But a number of substances (such as aspirin) are known to harm this barrier. What is less well known is that a lack of pure water in the body makes the all important mucous less viscous and can cause constipation, irritable bowel syndrome, and a slowed movement of the bowels contents. These problems in turn increase ones risk of other long term disease including hemorrhoids and colon cancer. The mucous lining in the sinus passages is similarly vital as a defense against disease. When it becomes drier, sinusitis, nose bleeds, and allergic symptoms worsen.

Obviously, we all lose some water through urination, and urination is required for the removal of various toxins from the body. When fluid volume is diminished, the ability of the body to remove toxins through urination is also diminished. It is a common misunderstanding that the more pure water we drink, the harder it is on the kidneys. In fact, except for people with some uncommon kidney problems, the opposite is true. Water soluble toxins cannot be easily removed through the bowels, especially when a lack of water also causes constipation. These toxins then must be eliminated in other ways such as through the skin. The increase in body toxin levels can cause headaches and fatigue. The attempt by the body to remove excess levels of unwanted chemicals through the skin can cause acne and will aggravate eczema.

The easy solution to all these problems is to drink more pure water. Coffee, tea, and soda all contain caffeine which is a known diuretic and will actually accentuate the symptoms of fluid loss. Fruit juices are more concentrated in sugar than your body's fluids and so the body will attempt to dilute them in the gut, thereby causing a loss of water from other areas of the body.

In the dry, hot air of winter and very hot days of summer, drink at least 10 glasses of pure water daily for optimal health. During the spring and fall, 8 glasses will suffice for most people, although those with inhalant allergies do best to drink as much pure water as possible. Pregnant women need to drink at least 50% more pure water daily than they would while not pregnant.

People who exercise vigorously should add one glass of pure water for each 30 minutes of exercise. Herbal teas and diluted fruit juices (1/3 fruit juice to 2/3 water) can be substituted for some of the water. Drink one extra glass of pure water for each cup of coffee or black tea you have. Humidifying the air in the winter will help reduce water loss, but be careful to clean humidifiers daily to discourage bacteria or mold build up. Pure water can be a miracle cure for many common ailments.

Try drinking some now, and see if you don't feel better!

Dr. Jennifer Brett

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## ROLAND HUNTFORD

Norway, Finland, and Sweden. All these early Skis were mostly used on flat ground since the Ski Bindings were loose toe straps that would not keep the Skis attached to the Ski Boots during downhill runs.

Skis were used in war. This was during the Battle of Oslo, Norway (A.D. 1200) where Norwegian scouts used Skis to spy on Swedish enemies. In 1747, a Norwegian military Ski company was formed. This paved the way of introducing the manner of fastening the Skis both at the heels and toes of boots. In this way, the Skis remained attached even in Downhill Skiing. Modern Skiing developed in 1850.

Sondre Norheim, a Norwegian, invented the first stiff bindings. He made them by tying pieces of twisted wet birch roots on his boots. These roots dried up and turned stiff. These Bindings provided more control than leather straps. With these improved Bindings, Sondre Norheim had come up with new turning motions.

Other Skiing enthusiasts marked the development of modern Skiing. In 1896, Mathias Zdarsky of Austria introduced the technique of pushing one Ski at an angle to the fall line in order to control speed. During the early part of 1900s, Hannes Schneider, also of Austria, got inspired of Zdarsky's technique and developed new stopping and turning maneuvers, which he organized into the first formal method of Ski instruction. It was later known as the Arlberg technique, in which most modern Skiing Techniques were based. In the early 1900s, Skiing became a very popular competitive sport. The first Slalom race was held in 1921 in Switzerland. After three years, Nordic competitions became part of the first Winter Olympic Games, as well as the

Alpine Skiing events which were included in 1936.

In the early part of World War II (1939-1945), Finnish troops used Ski patrols to resist the Russian intruders, and in 1945, Ski troops of the U.S. army fought the Germans in the mountains of Italy.

The rapid radiation of alpine skiing from these small mountain towns out to every continent and remote corners of the earth was a completely unforeseen phenomenon, a profound surprise in size and extent. After the war, Skiing was seen in a whole new perspective. Winners of international skiing competitions got increasing publicity. This publicity, as well as the extensive television coverage of

different Ski events and exposure to other forms of media, have stimulated recreational Skiing. In fact, around 400 resorts were built in the United States in 1960. Nowadays, Skiing is the most popular winter sport, with about 45 million fans and thousands of Ski Resorts worldwide. The sport has developed itself in a couple of ways coming with a number of variations of which Snowboarding is the largest.

### The Skiing Timeline:

This timeline of historical events in the world of skiing represents the results of the work of a group of ski historians between 2005/2007 under the leadership of longtime (now retired) FIS Committee member from the UK, Elisabeth Hussey. The goal of the group was to compile an international timeline of events which were important over the whole history of skiing. <http://history.fis-ski.com/> Here are just a few facts.

**6300 BC:** 6300-5000 BC Oldest skis found in Russia near Lake Sindor (about 1,200km northwest of Moscow). Skis made of hard wood.

**4000 BC:** Rock carvings found at Bøla, Norway.

**3300 BC:** The Salla ski was found in Finland in 1938. Originally 180cm long, about 15cm wide with 5 grooves.

**c.2000BC:** Earliest known picture of skiers. A cave wall in Tjoetta, Norway, provided the backdrop for an artist's drawing of colleagues

using skis to hunt elk.

**1860s** Skis were used by miners in Durham, England.

**1864:** Johannes Badrutt kept St Moritz open in winter and bet his English guests they would find it as sunny as in summer. He won his bet and St Moritz became a centre of winter sports.

**1881:** John F. Baddely founded Yukki Ski Club at St. Petersburg - the earliest English ski club.

**1893:** 2 February first ski competition in Central Europe at Murzzuschlag, including downhill race with 9.5 degree pitch of 600 m, heats and the final won by W.B. Samson, a Norwegian. and the ski jump was won by Samson with a 6m jump.

**1905:** First issue of Year-Book of the Ski Club of Great Britain.

**1908:** One of the first skilifts in the world set up in Schollach, Schwarzwald. It rose 75 m and was 550 m long. Another early lift specifically made for skiing was invented by Robert Winterhalter, who owned a small hotel in the Black Forest (Germany).

Winterhalder thought that for winter sport fans it was as terrible to have to climb the slopes as it was pleasant to go down on skis and sleds. That made him create a mechanical system to climb the slopes sitting on a sled or sliding standing on skis and, after a few years testing that system, he created a cable with continuous movement, driven by a motor and with hooks to hold on to. As the power source for his invention, Winterhalder used the engine of a water mill from his hotel, which he previously converted in a mini hydro-electric power station. Winterhalder's lift had a length of 280m and a vertical of 28m, and the cable passed by 5 wooden towers. It was inaugurated on the 14th of February 1908, and a ticket for 10 rides costed 1 Mark.

**1911:** Downhill Telemarks become fashionable with English skiers. Single pole almost extinct.

**1933:** Ski jumping record of 281 feet, held

by Alf Engen of Salt Lake City, broken by Robert S Lymburne with a jump of 287ft.

**1933:** Laminated ski construction using permanently waterproof glues patented simultaneously by Bjorn Ullevoldsæter of Ostbye-Splitkein in Norway and George Aaland of Anderson & Thompson in Seattle. John Woodward, quoted in "Patent", Skiing Heritage

**1936 - 6 - 16 February:** First Winter Olympic Games to include Alpine races (Slalom and Downhill but

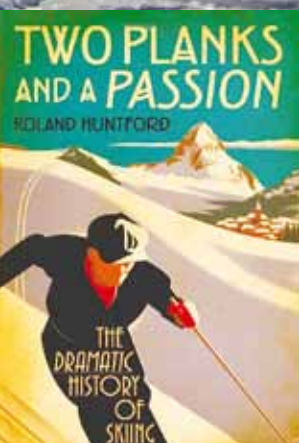
medal awarded for Combined only) for men and women. Nordic Relay Race introduced. Held at Garmisch-Partenkirchen (GER).

**1950:** Howard Head sold first successful sandwich construction ski.

**1957:** ob Lange made the first plastic ski boot. Commercial

introduction came in 1964 after adoption of buckles.  
Also first step-in binding made by Cubco.

**2009:** Women's jumping Court case on 15 Nov to decide if women can jump at Vancouver Olympics. VANOC announcement.









Hello again and ay! — where *does* the time go? As the end of another year rushes up to meet us, here in Catalonia a new Autonomous government led by *Convergència i Unió* leader Artur Mas is about to take power.

Among other things, Sr. Mas has pledged to radically streamline Catalonia's cumbersome public administration and slash red tape. Let's hope it will mean real, common sense changes and not just cuts, job losses and poorer services...

One change mooted is that *Medi Ambient i Habitatge* (Environment and Housing) —think *cédulas de habitabilidad* and *agentes rurales*— may cease to be an independent Generalitat department, presumably losing power and funding. Time will tell.

And in their last few weeks in power, the outgoing *tripartit* coalition have hurriedly rushed through a few government decrees. You may have heard rumours, so let's have a look at two that could affect you. First the good news:

#### ITE building inspection (*inspecció tècnica dels edificis*)



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AIPP

Designed to guarantee the structural safety of buildings over 45 years old, these compulsory inspections apply to *edificis plurifamiliars* — blocks of flats or buildings that contain one or more dwellings. So *edificis unifamiliars* such as villas, fincas and village houses are not affected. However, if you have a town house that has been divided into apartments, with each flat registered separately at the Land Registry, my understanding is that you will need to comply with this. Call the Generalitat's 012 helpline for details.

Sadly, more than a few apartment blocks have collapsed over the years, sometimes with tragic loss of life. So to me, this measure seems to make a lot of sense.

And now for the not-quite-so-good news...

#### Licence now needed for holiday let properties

Passed in November, this controversial decree makes local councils responsible for licensing, controlling and —at least partly— inspecting holiday lets of apartments, villas and other types of residential buildings.

Councils now have to grant licences and register information like details of ownership, the individual or company who handles the rental and maintenance and the maximum number of occupants permitted.

A call around several *Ayuntamientos* suggested that most councils are still working out just how they will put these changes into practice.

The controversy stems from the fact that, while this will generate some desperately-needed municipal income, right now councils have neither the staff nor the funds to implement it. Some press comments claim it's a measure specifically designed to counter problems generated by Barcelona's tourist flats, now foisted on the rest of Catalonia.

So far I haven't been able to get definitive information about what councils will require from owners, but these are likely to include:

- A signed declaration of ownership, stating that the property is not the owner's principal residence
- Contact details of the person or company that handles rental



and maintenance

- *Cédula de habitabilidad* or *cédula de primera ocupación* (habitation or first occupancy as applicable)

As I understand it, councils will set the charge for the activity licence; apparently repeated rentals of less than three months' duration will automatically be considered to be a tourist let. And it seems that other owners of flats in apartment blocks will have the right to block a licence if there have been complaints in the past.

In my view this decree has good and bad points but one thing is clear: councils will be collecting information about who is renting out properties — owners of licensed holiday lets will now show up on the Spanish tax radar.

Holiday letting agencies will doubtless be aware of this issue and should be able to tell owners what is required — once individual *Ayuntamientos* have established their procedures.

#### Cédula de habitabilidad

Since April 2008 the law in Catalonia dictates that all properties registered as dwellings at the *Registro de la Propiedad* (Land Registry) must have a *cédula de habitabilidad*, issued by the *Habitatge* dept of the Generalitat. Without it, the notary cannot conduct the sale and the Land Registry will not register it.

This has meant that virtually no habitation certificates are being issued for RURAL dwellings unless the local council certifies that the house was built with a licence for a *vivienda* —a dwelling— or legalised as one with architect's plans and a retrospective licence. Many of you know the problems and distress this has caused.

However, following a policy modification in July, now being implemented, there is now some hope for owners of country properties built before 1984: provided the local council is prepared to issue a certificate stating that the dwelling existed before then, you have a good chance of getting the *cédula*.



Not all councils will be willing to certify this, and even where they are you will need to prove the age of the building, with:

- Historical *Catastro* and Land Registry certificates
- Aerial photographs, old photos of the property
- Tax records
- Independent architect's reports

Where it's impossible to get a *cédula* there are other options that allow a property to be sold. Whether you need to sell now or just want peace of mind I may be able to help, so please feel free to contact me for a no-obligation consultation.

As always, your comments and feedback are much appreciated. Fins aviat!

**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. Call 977 082 244. While the points contained in this article are true to best of our knowledge, they do not constitute legal advice on the part of Fincas Direct or The Olive Press. Please use this information responsibly and seek professional legal advice if in doubt.**



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".....In the old time Pueblo world beauty was manifested in behaviour & one's relationships with other living beings. Beauty was as much a feeling of harmony as it was a visual, aural or sensual effect. The whole person had to be beautiful, not just the face or body; faces or bodies could not be separated from hearts & souls. Health was foremost in achieving this sense of well-being and harmony. A person who did not look healthy inspired feelings of worry or anxiety, not feelings of well-being. A healthy person is of course in harmony with the world around her: she is at peace with herself too. Thus an unhappy person or a spiteful person would not be considered beautiful.

Strong, sturdy women were most admired. One of my most vivid preschool memories is of a crew of Laguna women, in their forties & fifties, who came to cover our house with adobe plaster. They handled the ladders with great ease, & while two women ground the adobe mud on stones and added straw, another woman loaded the hod with mud, & passed it up to the women on ladders. Since women owned the houses they did the plastering. At Laguna, men did the basket-making & weaving of fine textiles; men helped a great deal with childcare too. Because the Creator is female, there is no stigma on being female; gender is not used to control behaviour. No job was a man's job or woman's job; the most able person did the work.

My Grandma Lily had been a Ford "Model A" mechanic when she was a teenager. She was always fixing broken lamps & appliances. She was small & wiry but she could lift her weight in rolled roofing or boxes of nails. When she was 75 she was still repairing washing machines in my uncle's coin-operated laundry.

The old-time people paid no attention to birthdays. When a person was able to do something, she did it. When she was no longer able, she stopped. Thus the traditional Pueblo people did not

worry about aging or about looking old because there were no social boundaries drawn by the passage of years. It was not remarkable for young men to marry women as old as their mothers. For the old-time people marriage was about team work & social relationships, not about sexual excitement. New life was so precious that pregnancy was always appropriate, and pregnancy before marriage was celebrated as a good sign.

Every impulse is to reaffirm the urgent relationships that human beings have with the plant & animal worlds. In the high desert plateau country, all vegetation, even weeds & thorns, becomes special, and all life is precious & beautiful because without the plants, the insects, & the animals, human beings living here cannot survive.

As children we were always warned not to harm frogs or toads, the beloved children of the rain clouds, because terrible floods would appear. I remember in the summer the old folks used to stick big bolls of cotton on the outside of the screen doors as bait to keep the flies from going in the house. The old folks staunchly resisted the killing of flies because once, long, long ago, when humans were in a great deal of trouble, a Green Bottle Fly carried the desperate messages of human beings to the Mother Creator in the Fourth World, below this one. To show their gratitude, the old folks refused to kill any flies.

The old stories demonstrate the interrelationships that Pueblo people have maintained with their plant & animal clans people. Kochinako, Yellow Woman, represents all women in the old stories. Her deeds span the spectrum of human behaviour & are mostly heroic acts; though in at least one story she chooses to join the secret Destroyer clan, which worships death & destruction. She dares to cross traditional boundaries of ordinary behaviour during times of crisis in order to save the Pueblo; her power lies in her courage and her uninhibited sexuality, which the old-time Pueblo stories celebrate again and again because fertility was so highly valued. Her beauty lies in her passion, her daring, and her sheer strength to act when catastrophe is imminent. The old-time people always say, "remember the stories, the stories will help you be strong."

**Taru Burstall, licenced acupuncturist/massage & family systems therapist, any queries/comments 629 301 509, taruyes@gmail.com**



MARIBEL VERDÚ JAVIER CÁMERA EDUARDO GATTAS

LOS GIRASOLES CIEGOS

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 as it's the holiday season why not once again enjoy a film about Spain's and Ernest Hemingway's favourite subject...The Spanish Civil War.... *Los girasoles ciegos* (2008) "The Blind Sunflowers"

*Directed by José Luis Cuerda and written by Rafael Azcona and Cuerda, based on the eponymous novel of Alberto Méndez. The film stars Maribel Verdú, Javier Cámara and Raúl Arévalo. The plot follows the life of a family, former sympathizers of the Spanish Republic, during the early 1940s in Ourense where their lives are disrupted when a young priest falls in love with the mother.*

Every time that Elena locks the door, she locks in her secrets. Her husband Ricardo spent years hidden in his house with his children (Elenita and Lorenzo), trying to dodge persecution. Salvador, a priest confused after battling in the front, returns to seminary in Ourense.

**Filming took place in Arahuate, Segovia, Castilla y Leon, and Madrid. And despite being nominated for**

**15 accolades for the prestigious Goya Awards it only won one for Best Screenplay! As always if you want to check out the trailer, you can do so at - <http://www.grasolesclegos.com/paginas/menu.html>.**

*Jason M. Berry*

19/12/2010 Contact e-mail: [gatchajay@hotmail.com](mailto:gatchajay@hotmail.com)



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Another gardening year is with us and probably another tough one economically so it makes sense to focus your gardening new year resolutions on achieving beautiful and productive gardens and apartment terraces with less money than last year.

#### TWELVE INTENTIONS FOR 2011

1. Don't buy anymore boutique plants just imported for the first time which are often not appropriate for the microclimate of many gardens and are expensive.
2. Don't lose plants to slugs and snails during damp weather. Buy some Neudorff Ferramol Antilimicos snail/slug killer that is ecological.
3. Propagate as many new plants as possible from prunings cut during the January/February winter cutback.
4. Use water bottles with the tops cut off and newspaper tubes for growing plants from seeds or cuttings rather than buy new plant pots.
5. Plant varieties of fruit trees that ripen early so that what ever the weather you can leave fruit on the trees until they are really ripe.
6. As explained in our four books useful ecological insect and fungi controls can be inexpensively home produced from plants you have in the garden or can find in the countryside.
7. Brighten up the winter garden with containers of pansies and violas whose flowers can be added to salads and very less expensively than by buying them in boxes from greengrocers.
8. Weed your over wintering vegetables regularly so as not to lose any. And if not yet growing any, build a one or two square metre raised bed or collect some large tree tubs to start to do so on

a small scale in early Spring. There are full instructions for growing vegetables on a mini scale in less than one or two square metres in both 'Growing Healthy Vegetables in Spain' and 'Apartment Gardening Mediterranean Style'.

9. Add all weeds and shredded prunings to the compost heap adding some manure and comfrey leaves if you have them to accelerate the process and enrich the compost produced.

10. Clean up and extend strawberry and raspberry beds with runners from last years plants.

11. Review the overall garden while doing the cutback and decide what needs changing before next summer to make it more colourful with less maintenance. Chapter 2.18 of 'Your garden in Spain' lists the 25 most time consuming tasks.

12. *Avoid repeating the early mistakes made by others when they first arrive in Spain by purchasing one or more of our books which are based on what we have learned over the past twenty five years of gardening in Spain with a flower garden, vegetable and soft fruit allotment and olive grove.*



The four books can be obtained from [www.santanabooks.com](http://www.santanabooks.com) and Amazon. Also by phoning 952-485838 if you have no internet. They are published by Santana Books. © Clodagh and Dick Handscombe. [www.gardeningspain.com](http://www.gardeningspain.com) January 2011.



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#### PC TIPS: NEW YEAR RESOLUTIONS....

##### Sites to make New Year's resolutions stick

Resolutions may be made to be broken, but these Web sites help you grasp your goals, and then nag if you fall short. If you're dead set on

changing your life in 2011, many Web sites can assist with tallying and tracking resolutions. Some will continue to ping you with reminders, or even enlist others to pester you over the next 12 months. Facebook users can pick from various third-party widgets for setting and sharing goals, but other sites offer more customisation.

Sweet and simple, Joe's Goals help you log progress on to-do items within a simple calendar. Just add a tick to stuff that's done. You can show off your score card to others with badges for MySpace or your blog. <http://www.joesgoals.com/>

LifeTango's brainstorm wizard steps you through the goal-setting process, nicely leaving each item private by default. You can also send items on your list to friends, family, or the general public. The site functions well, but its orange and blue tones could use a makeover, and there's not much to do off the site. <http://www.lifetango.com/>

43Things makes it quick to get started by typing in a goal and seeing, for instance, that 3,885 other people have pledged to "exercise more." You can post 43Things items to or from a blog. The site has removed its groups, which had become a target for <http://www.43things.com/>

To pass the buck and the blame, 43Things' should do this. This tool lets you make suggestions about what the rest of the world, anyone or anything from Al Gore to poor people to Fox News, should do.

Remember the Milk beta makes your to-do items and reminders available in Gmail, via SMS, the iPhone, Windows Mobile devices, Skype, and popular IM clients. Integration with Google Calendar and contacts would



let you connect to, say, a co-worker for an instant chat at an appointed time. "Remember the Milk" also can pinpoint tasks on a map

and export your lists as Atom and iCal-ready feeds. <http://www.rememberthemilk.com/>. "Remember the Milk" is the most portable goal-setting service of the bunch; you can take it with you instead of repeatedly returning to its Web site. Still, it would be nice to see such services import to-do items from software such as Microsoft Outlook.

For even less complication, Hassle Me simply sends you a nagging e-mail or IM nudge for any goal and time interval you pick. <http://www.hassleme.co.uk/>

*\*I will try to figure out why I "really" need 12 e-mail addresses.*

*\*I will stop sending e-mail to my wife (husband). A phone call every now and then would be appreciated.*

*\*I resolve to work with neglected children -- my own.*

*\*I will answer my snail mail with the same enthusiasm with which I answer my e-mail.*

*\*I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.*

*\*I resolve to back up my 120GB hard drive daily...well, once a week...okay, monthly then...or maybe... at least once a year.*

*\*I will spend less than one hour a day on the Internet - This, of course, will be hard to estimate since I'm not a clock watcher.*

*\*I will stop checking my e-mail at 3:00 in the morning... 4:30 is much more practical since my friends overseas will have had time to answer me by then.*

*\*When I hear a funny joke, I will not reply, "LOL... LOL!"*

*\*I will read the manual... just as soon as I can find it.*

*\*I will think of a password other than "password."*

*\*I resolve... I resolve to... I resolve to, uh... I resolve to, uh, get my, er... I resolve to, uh, get my, er, off-line work done, too!*

**HAPPY NEW YEAR!**



THE government is to overcome Britain's inability to order grit by giving everyone their own flamethrower.

As ministers launched a wide-ranging inquiry into the nature of coldness, the first flamethrowers were being handed out in car parks around Surrey.

Margaret Gerving, a retired headmistress from Guildford, said: "Gosh, it's quite heavy isn't it? Now then, let me just try and point it at some snow."

Officials said that instead of the bi-annual round of buck passing and recriminations followed by a comprehensive overhaul of Britain's grit ordering procedures that was obviously not going to work, it was actually much easier just to give everyone in the country their own petrol-based snow-melting capability.

Mrs Gerving added: "Ooh, it's got quite a kick when you fire it up. You really need to keep your shoulder very steady. Funny pong too. Can you use it indoors?"

Meanwhile, Nathan Muir, a trainee accountant from Redhill, said he will use his flamethrower to live out his

Tour of Duty fantasy where he is a 19 year-old 'grunt' from Cleveland called Joe who is on a tense foot patrol near Da Nang, if Da Nang was under four feet of snow and had a Holland and Barrett.

The upcoming inquiry, to be chaired by TV chef Gary Rhodes, will be the first time in more than a decade that the British government has explored the nature of coldness and the effect that very low temperatures can have on everyday objects like aeroplanes, chocolate and Kay Burley. Rhodes said: "As a busy chef I use fridges and freezers almost every week, so I know just how devastating coldness can be. Especially to fondue and Scotch broth."

But the government last night rejected opposition calls to widen the scope of the inquiry to cover the full range of temperatures and their effect on British goods and services. A spokesman for the department of inquiries said: "This is not the time to be asking questions about hotness. Let's wait until we have a hosepipe ban in place before we open that can of worms."

The coldness probe is likely to follow the same criteria as the annual inquiry into where water comes from and why it moves around so easily.



OIL company executives were last night heading to undisclosed locations amid speculation that consumers were about to make the link between high petrol prices and corporate profits.

As Shell and BP both reported a sharp increase in first quarter earnings, industry experts said drivers who are currently sitting in a queue outside a petrol station in Scotland waiting to pay £1.25 a litre would soon work out the connection.

Tom Logan, an analyst at Donnelly-McPartlin, said: "At that point they will get out of their car, calmly dust themselves down and then commit every fibre of their being to hunting down oil company bosses and killing them like rabid dogs.

"They will develop a far away look in their eyes, wear camouflage clothing and sit around campfires at night, sharpening their machetes and describing all the ways they are going to inflict pain on the finance director of Texaco.

"There will also be those who want to hang them up by the feet until the last remaining pennies fall out of their pockets and then beat them to death like one of those Mexican donkey things full of sweets."

Many oil executives have put in place contingency plans including false beards, wide, floppy hats and unusual foreign accents.

Some have even changed their names and signed up as Greenpeace volunteers in the hope of throwing angry drivers off the scent.

Logan added: "The executives may think they are safe inside their volcano fortresses, but I suspect they have not had to deal with a Scotsman who wants his money back."

Great news just in from FIFA - following the incomprehensible decision by FIFA to stage the 2022 World Cup Finals in a country which frequently experiences 50 degree heat in summer, FIFA mastermind (and distinctly not corrupt in any way) Sepp Blatter has proposed that the tournament be held in winter.

Looking - according to observers - increasingly twattish by the day, in a seemingly effortless drive to make himself and his organisation look like the proper bunch of twats that they are, Blatter edged another step closer to alienating football associations all around the world, as he continued to single mindedly pursue his own idiotic, self-serving agenda.

Exactly how stupid does this wizened old crone think that

football fans are? Russia? 2018? We didn't see A b r a m o v i c h cavorting in the background, honest. And most football fans regard Qatar as an excellent choice - but Sports News Reporters have never mentioned on any occasion that Blatter and his FIFA cohorts are as corrupt as

a Nigerian internet opportunist.

We would never suggest such a thing.

What we would suggest is that the silly old bastard should retire and leave the decision making to somebody with at least four brain cells.

Russia - a mafia run oligarchy?

Qatar - Rolling in disposable oil income?

And this isn't sour grapes. A World Cup final at the Nou Camp or the Bernabeu - in Europe, the home of football, would have been fine. But maybe the bungs didn't work.

Expect a secession from FIFA by the world's football powerhouses - England, Spain, Germany, Italy - and a more realistic alternative World Cup within the next few years. Maybe Sepp Blatter should have thought harder about goal line technology before the stupid old git scored such a spectacular own goal.

What next?

Compulsory vuvuzelas?

Sepp Blatter - the world's most powerful man who controls the destiny of over six billion men and women - has said that England are behaving like "bad losers" after they failed to win the 2018 World Cup.

"I am surprised that England are taking this so badly." The demi-god told reporters. "After all, they lose everything all the time - cricket, rugby, football, cooking, sex."

When it was pointed out that cooking and sex weren't competitive sports, he replied:

"The fact that you say this shows me you are a second rate country that has no right to hold a school fete, let alone a world cup.

"Now if you will excuse me I have to decide whether several cancer sufferers should live or die."

He then left the meeting in London and walked across the river Thames - to our awe and wonder.



**PHOENIX**

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## How to Solve Sudoku Puzzles

Sudoku doesn't require any special math skills or calculations. It is a simple and fun game of logic -- all that's needed is brains and concentration.

1. Fill the grid so that the numbers 1 through 9 appear in each row.
2. Fill the grid so that the numbers 1 through 9 appear in each column.
3. Fill the grid so that the numbers 1 through 9 appear in each 3x3 box.
4. A complete Sudoku puzzle contains the numbers 1 through 9 in every row, column, and 3x3 box.

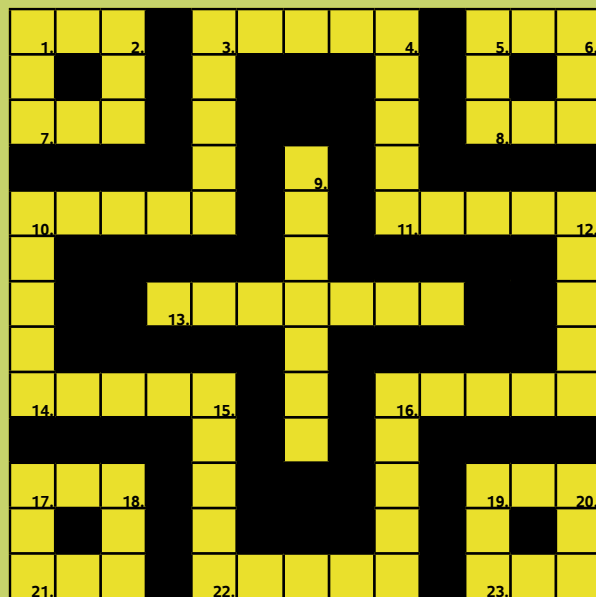
This month, one with difficult classification as evil.

			8	5				
						6	9	
7	8	4					5	
9		1		3			8	
				8				
	4			2		7		1
	5					8	6	2
	3	9						
				6	7			

ACROSS

1. without
3. mother
5. sun
7. such
8. king
10. ham
11. reinado (E)
13. women
14. native
16. I'm full
17. net
19. triste (E)
21. tener (E)
22. lid
23. for

## SPANGLISH?-ANSWERS NEXT MONTH



DOWN

1. sentarse (E)
2. zero (E)
3. indian raid
4. to throw
5. south
6. law
9. to press
10. soap
12. black
15. claro (E)
16. lemon
17. river
18. barullo (E)
19. sorber (E)
20. to give

by Sarah  
(E=translate to  
english otherwise to  
spanish)

ACROSS: ANSWERS TO THE DECEMBER ISSUE OF SPANGLISH

- |           |           |           |            |            |           |             |            |
|-----------|-----------|-----------|------------|------------|-----------|-------------|------------|
| 1. lluvia | 8. siete  | 12. hiero | 20. carta  | DOWN:      | 4. scene  | 8. shining  | 15. camara |
| 3. fresco | 9. arch   | 18. need  | 21. seguro | 1. la cala | 5. ovejas | 10. Holland | 16. sting  |
| 7. cadre  | 11. silla | 19. laird | 22. nevera | 2. udder   | 6. barro  | 13. calles  | 17. curve  |

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*email [norman@normanjay.net](mailto:norman@normanjay.net)*  
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*You can also listen on your mobile phone.*  
*see my web site [www.normanjay.net](http://www.normanjay.net) Wednesdays on [www.radiomoralanova.com](http://www.radiomoralanova.com) UK Time 7 to 8pm EU Time 8 to 9pm*  
*Saturday and Sunday on [www.ametllamar.cat/lacalartv](http://www.ametllamar.cat/lacalartv)*  
*[normanjay@ametllamar.cat](mailto:normanjay@ametllamar.cat)*  
*Saturday at 2pm uk time 3pm eu time and repeated on Sunday at 10 am UK time 11 EU time.*  
**A Happy new year to all my Listeners,**  
*Regards, Norman & Georgena*

**CAR BOOT** | last Sunday of every month 10am-1pm. stalls 5€. Refreshments, Camping St Jordi, Platje Ayellanes, L'Ampolla Tel 679 115 247  
**\*CAR BOOT SALE** | 2nd & 4th Sunday of every month. Situated Hipaca Escornalbou, Vilanova D'Escornalbou. Arrive 9am starts 10am. Bar & restaurant- **no fresh produce allowed!** Contacts: Cosme on 620215772 or Silvia 665159781  
**\*CAR BOOT SALE** | first and third Sunday every month C/ Garcia Restaurant Braseria Can Palomo MORA LA NOVA. Tel Jackie 679741254  
**\*DELTA CLASSICS-CLASSIC CAR MEETING** 1st FRIDAY of every month 6PM Bar "Casals" Avda San Jordi, El Perelló. Call for more details and events: 678 718 446.  
**\*EL PERELLO FREESIA GROUP** (working for cancer charities) The next **El Perello Bookstall (now with DVD's for rent!!)** will be held at the Homogenic bar on: Saturday? If the weather is bad, the bookstall will be inside the Homogenic bar. Further information please phone Liz on 977 059 783  
**\*MASONIC GROUP** | Logia de San Jorge A new English speaking lodge of Freemasons approved by GLE, has been established in this area. if you would like more information please telephone Edward Ward on 977416476 (Tarragona area) or Les Beech on 678357713 (Castellon area). [logiadesanjorge@yahoo.co.uk](mailto:logiadesanjorge@yahoo.co.uk)  
**\*Cof E CHURCH SERVICES** | The services are on the 2nd Sunday St Christopher's Anglican Church in L'Ampolla at 12:30 and the 4th Wednesday in the Catholic Church in el Perello at 11:30, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The Anglican Congregation of St Christopher's, Costa Azahar -5, Plaza Primero De Mayo,Vinaros-Services 10am. every Sunday. Also other activities i.e. Thursdays, a "Drop. In" morning from

**WHAT'S ON** **BADMINTON CLUB** - "Have you played BADMINTON in the past? If so we are looking for YOU! Very friendly BADMINTON club requires 3 or 4 new members to play each week. Come along and try us out either on Fridays from 11.30am to 1pm or Tuesdays 11.30 to 1pm. If you require more details call Marian on 697 353 914 or Mark on 671 127 629."  
**LOOKING FOR SOMETHING TO DO AND FRIENDS TO DO IT WITH?** NEW English-speaking Womens Club for Flix and Riba Roja seeks like-minded women. Meetings 2nd Wednesday each month. Come and join us! For information contact: Alice 671 681 515  
**"YOGA DAY OUT WITH A DIFFERENCE"** Fed up with the daily routine? Want to meet new people or visit somewhere different? Once a month, why not join a very lively bunch of people for 2 hours of yoga with a difference, followed by a fabulous menu of the day at a local restaurant. Pamela Sharp, Yoga Teacher & Reiki Master, who has lived and practised in Spain for 35 years is an excellent teacher and always does something different. In December we are going to be taught how to cure ailments by "Tapping". (No previous experience necessary!). The yoga is held at the Town Hall in La Galera from 11am to 1pm and afterwards we go to somewhere different for lunch, where the food is always excellent and good value for money. The whole day usually costs about €20 and will definitely be no more than €25.00. Usually the day out is on the first Friday of the month. For further information please ring Jeanette Lane at least one week before on 977 477 042 or 686 292 823.



## CAR BOOT SALES / MERCADILLO

**Re-starting from 2nd January 2011 Every Sunday Afternoon -YES AFTERNOON!!**

**1pm Until Dark. Every Sunday Afternoon until further notice.**  
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**Call Ken or Bev on 977 400 375 or 659 418 317 or 660 584 222**

**NOTE to Buyers & Sellers We at Mora Caravans have the right to refuse entry.**



11 a.m.- 1.00 p.m. to meet for a coffee & a chat. Informal meetings at 11:00am on Wednesdays in the l'Ampolla parish rooms. These overlook the fishing port and the entrance is among the market stalls. Paul Needle can be contacted on 964 761 641 or mobile 662 482 944 or e-mail [paulneedle@aol.com](mailto:paulneedle@aol.com) for pastoral needs.

**THE READING CLUB** where an English spoken person reads a short English story- members consist of Spanish, Irish and English. We will meet the 21st February, 19:30 pm, Marcellí Domingo Public Library, Tortosa. **IESG-INTERNATIONAL ENGLISH SPEAKING GROUP** Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at:- Edificio Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977267418 or e-mail: [iesglametlla@gmail.com](mailto:iesglametlla@gmail.com) - SEE PAGE 36 FOR MORE DETAILS

**LINE DANCING** | we will be meeting in the Escola de Musica (Music School) in El Perelló as usual 3-5 pm Thursday. The fees will be only 1€ per person per week. little bit of exercise for the legs and the jaws! All welcome

**ARCA wish to say thank you so much for the many people who gave up their time in different ways to help us raise money on 28th Nov with the boot sale and buffet dance. Due to unforeseen circumstances both the venue and day had to be changed, sadly the 4 Legends were unable to attend but kindly arranged for The Buskers to take their place, they along with Geoff Gilvey at the drop of a hat came to entertain us and gave us a good evening. The boot sale and buffet dance raised 760 euros, the Swiss ladies made some delicious cakes and raised over 400 euros on their stalls for A.R.C.A. A total of almost 1200 euros was raised of which 660 euros has gone towards the next Spay and Neutering project in March, enough for 22 dogs. This would not have been possible with out all the help you gave to us. Also once again many thanks to The Olive Press and Catalunya Chronicle on the excellent advertising for the event. Thanks Mave.**



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**GENRAC petrol generator** | 2.5 KVA good condition through out. Been replaced with a large diesel genny. Both are surplus to requirements 150 euros. phone 661 190 046.

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**WOODEN VENETIAN BLINDS** | as good as new, various sizes, 40 euros each. **ROLLER BLINDS** | brand new, various sizes & Colours - 180 cms wide 25 euros, 120 cms wide 20 euros, 60 cms wide 15 euros. Contact Wendy - buckleyalicia1@gmail.com or Tel: 977 262 697 or 654 815 290

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## ANIMALS

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**WANTED 2 WINDOWS | WHITE**. CALL 660 823 423 or 977 059 420

**WANTED 500lt Diesel storage tank** | call 977 059 158 **WANTED TWIN TUB OR SIMILAR SMALL WASHING MACHINE** | desperately needed. Tel 638 845 837 or tuckermendi@yahoo.co.uk

**URGENT. INTERNATIONAL POP-ROCK** | Band wants an all round keyboard- and guitar player. Call Nico 977 265 018 or 686 066 707 **ALL ROUND BASS-PLAYER** | is looking for band or orchestra. Call Nico 977 265 018 or 686 066 707

**WANTED VOLUNTEERS** | help needed to look after the abandon dogs at ARCA near Tortosa. Please call Mave 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

**Agent d'acollida (welcome) service, El Perelló**  
Taru Bursall is an agent d'acollida for the El Perelló Ajuntament whose role is to help facilitate integration options between the members of the European & English-speaking communities who have moved here & the local community. She is at your service to help with any queries or problems you may have or ideas you are intereted in developing in this regard.  
At the Sala de Exposició, Casa de Cultura, C/ Colom, 48 (under the library)  
To contact her please:  
• leave a message with your name & number at the Casa de Cultura (977 49 08 14) for an appointment to meet, she will phone you back  
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**"THE 4 LEGENDS" INTERNATIONAL POP-ROCK BAND** | only 450€- per show. Call Nico 977 265 018 or Norman 617 162 264. Web site. [www.the4legends.com](http://www.the4legends.com)

**GUITAR LESSONS** | Only 15€ for 45 minutes. Call Nico (bass player from The 4 Legends band) on 977 265 018

**URGENT. INTERNATIONAL POP-ROCK** | Band wants an all round keyboard- and guitar player. Call Nico 977 265 018 or 686 066 707

**ALL ROUND BASS-PLAYER** | is looking for band or orchestra. Call Nico 977 265 018 or 686 066 707

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### IESG INTERNATIONAL ENGLISH SPEAKING GROUP

International English-Speaking Group

The iESG is a bunch of friendly people of a variety of nationalities and ages who speak English and enjoy each other's company. The iESG isn't a Brit-ex-pats'-club; members have included American, Catalan, Dutch, English, German, Norwegian & Swiss.

The group provides a social networking facility for English-speaking people living in the vicinity of L'Ametlla de Mar; it was started over three years ago as the 'English-Speaking Network'. The name was changed to avoid the impression that we are solely a computer-based network; we're not.

Our social activities enable people to meet and, when possible, encourage good-will between the local community and newcomers to the area (we have members who live in El Perelló, L'Ampolla and further).

Our various activities are based on members' wishes. Further suggestions are always welcome, but may require volunteers to organise them!

Currently the group meets at 6.30 pm on the second Thursday of each month (except for August) at: - Edificio Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar.

The meetings are informal (without minutes and stuff). The prime object of the get-together is to produce or amend our programme of events and chat about any events which may affect our community.

Further information? Call Geoff on 977 267 418 or email iesglametlla@gmail.com

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*I would like you to ask if there is anyone out there to foster puppies for us just until they are old enough to have their vaccinations, we do have some lovely people who do foster for us but this time of the year they have visitors. Once again thanks so much for all you are doing to help us its nice to know there is some kind people out there and we are not struggling alone.* **MAVE.**

email: [protectora.arca@wanadoo.es](mailto:protectora.arca@wanadoo.es). ARCA : Post office 496, Tortosa, (Tarragona) or contact: Cinta 625 915 605 Carmen 655 040 359 Mave (English) 678 975 816

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Restored Farmhouse – Fantastic Delta views!  
Elegant 2/3 bed house with two living areas on two floors.  
Connected by internal spiral staircase & own separate external entrances.  
**Price: 190.000 euros**



**M1095 – El Perelló with "Cedula de Habitabilitat"**

120m<sup>2</sup> House in 14.200m<sup>2</sup> of land, 2 bedrooms 2 bathrooms, large lounge with wood burner & patio doors leading to sun terrace. Outbuildings. Water & Automatic power system.  
**Price 180.000€**



**M1184 – Tivenys**

Water and electricity connected.  
5 minutes to the village of Tivenys. 4 beds – bath & shower room – 90m<sup>2</sup> Pool & Sun terrace with lovely views!  
Parcela 14800m<sup>2</sup>.  
**Price: 168.000€**



**M1085 – Jesus / Tortosa-Riverside property**

5 bedroom bed and breakfast plus 2 bed Catering cottage for sale!  
Direct River Mooring – Furnished.  
3000m<sup>2</sup> parcela  
**Price: 239.000€**  
**-NEGOTIABLE**



**M1062 – L'Ampolla**

90m<sup>2</sup> Country House 3 beds, 2 baths, Sea Views!  
5.600m<sup>2</sup> parcela, with "Cedula de Habitabilitat"  
**Price: reduced to 146.000€**



**M1138 – Tortosa - 5 mins**  
250m<sup>2</sup> Country house on 2 floors with River Access for Refurbishment!  
Electricity and water mains are connected. Land of 4065m<sup>2</sup> fenced and gated.  
**Price: 138.000 euros**



Av. Generalitat 70, 43500, Tortosa,  
Tarragona, Spain  
email: [info@myspanishhome.com](mailto:info@myspanishhome.com)

+34 977 446 655  
+34 639 041 277  
+34 679 499 316

office  
mobile Stephanie  
mobile Steve