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for all English speakers

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EDITORIAL

MEET BOB THE EDITOR

WELCOMETO THE MAY
ISSUE AND THE START OF OUR
2ND YEAR. MANY THANKS
TO ALL OUR CONTRIBUTORS,
ADVERTISERS AND OF COURSE
OUR READERS FOR THEIR SUPPORT
IN OUR 1ST YEAR

Robin Hood, the lad that dressed all in
green, courted Maid Marian and lived in
the woods with 11 of his Merry Men (making
up the traditional coven's 13). He was known in
English folklore as the "King of the May," and May
Day itself was sometimes called "Robin's Day."
One Bishop Latimer in 1549 complained to King
Edward VI that villagers refused to come to church
whenever May Day fell on a Sunday, and at one point
the villagers actually took the key and locked the vicar
out of the church.

An Old English superstition claimed that: "If you
sweep the house with blossomed broom in May,
you will sweep the head of the house away."

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THE



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Change your mobile phone provider with a single call. Until now the client has had to request the change in writing. However the Consumers' Association FACUA has warned of the possible fraud

with this new system. It comes after the CMT, the Telecommunications Market Commission, approved the idea of simplifying the process where, until now, the client has been obliged to write to his or

her operator to change provider. The client keeps his or her old phone number after the change of provider. The new company gaining the client must ensure that the client has given consent for the change, and this will be done via a body independent of both phone companies. This body is expressly prohibited from engaging in promotions or accepting any incentives from any party.

Walk your dog or face 400 euro fine. Authorities in Girona say. The new regulations are also designed to cut down on the number

of neighbourly disputes by fining those who leave their dogs alone at home to bark for hours. Authorities in the northeastern city are introducing the new bylaw in a bid to strengthen animal protection laws. Last year the city recorded more than 300 cases of residents complaining about their neighbours' treatment of pets. Fines will be issued to those who leave their dogs tied up for more than six hours a day or keep them in cramped conditions for prolonged periods. But those who allow their dogs off the leash or to bathe in public fountains, ponds or streams could also be fined up to 500 euros. The feeding of stray dogs and cats in the street could bring a fine of up to 150 euros. Although the new regulations have been branded "absurd" by



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some animal lovers in the Catalan city, authorities claim the fines will only be imposed in the case of disputes. "We are not going to be going from house to house to enforce these rules," said Enric Pardo, city councillor for the environment. "But we now have the means to penalise owners who are found negligent following a complaint from a neighbour." The new law will also allow authorities to issue fines up to 2000 euros to those owners who fail to obtain the correct license for keeping "dangerous breeds" and for taking them out in public without a muzzle.

The United States Treasury Department and the Gibraltar Government have signed an agreement to exchange tax and bank account information.



The statement of the deal came ahead of the G-20 summit in London where tax havens are thought to be under attack. U.S. Treasury secretary, Tim Geithner, said that they are demanding transparency from all countries over the data of North American tax payers, while Gibraltar First Minister, Peter Caruana, underlined that this is the first agreement of its type between the Rock and the United States. It's understood the agreement will allow the flow of information in both directions and allow the US access to information it needs to enforce its tax laws – including potential civil and criminal matters. Both parties will be able to ask for information when a case of fiscal fraud is being investigated.

Ageing process cut in half but watch out for the liver. Scientists have found a secret ingredient which is abundant in Spain, 'Wine'. Spanish scientists have been working on a pill that will reduce the ageing process in humans. To benefit from the ageing process, a person would need to drink 45 bottles of wine. This would inevitably destroy the liver. What the scientists have produced is a pill which has been synthesised into 8 milligrams of resveratrol. They subject the grapes to ultraviolet light for some seconds, which is the key ingredient for the pill. The pill is produced in

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the form of Revidox. The scientists state that the result is cutting the ageing process in half.

Light filters for contact lenses. Best invention of the year award. The new light filter for contact lenses, made in Spain, protects the retina and can help to prevent blindness. Spanish researcher Professor Celia Sanchez Ramos, has been honoured in Geneva with an award from the World Intellectual Property Organisation, for the Best Invention of the Year. It was developed at the Complutense University in Madrid and protects the eye when natural or artificial light can damage it, through illness or age. The University is currently carrying out clinical tests in 23 hospitals across the country on people who have been operated on for cataracts, and the lenses could be on sale in about 18 months.

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<p>INDIVIDUAL VILLA composed of dining room with terrace, independent kitchen, 2 double bedrooms, 1 complete bathroom, ground floor open plan without divisions, barbecue, garden and swimming pool, views to the sea. PRICE: ON CONSULTATION.</p>	<p>PRICE: 129,000 Euros Flat central Ampolla of 65 m² and few meters from the sea with seaviews, composed of dining room, kitchen, three bedrooms, and a bathroom. Small balcony. Opportunity.</p>	<p>PRICE: 315,000 Euros NEWLY BUILT VILLA of 170 m² with garden of 650 m² composed of dining room, independent kitchen, 4 bedrooms, 2 bathrooms, 1 toilet, 2 terraces, garage, central heating, swimming pool, views to sea.</p>
<p>465,000 Euros EXCELLENT nearly new VILLA of 230 m² on land of 16,000 m² with sea views, dining room with fireplace, kitchen, office, 4 bedrooms (one ensuite), 1 bathroom, garage air-conditioned, barbecue, swimming pool garden, well water electricity & totally fenced. Finca in full production and automatic irrigation</p>	<p>Price: 420,000 Euros. EXCELLENT VILLA on land of 5,000 m² with sea views, dining room with fireplace, large kitchen office equipped, 3 bedrooms (one ensuite), 1 bathroom, heating, terraces, garage, barbecue, garden swimming pool, water, electric plus 2 bedroom apartment.</p>	<p>PRICE: 350,000 Euros Beautiful CHALET OF 177m² with large garden of 870 m² composed of large dining room, American kitchen, 4 bedrooms, 3 bathrooms, 2 storage rooms, garage & swimming pool, lovely sea views.</p>



Would you like to live in a Green Box? A Spanish architect has come up with a ground-breaking design for the ecological home.

A pre-fabricated house which integrates perfectly into the environment and is half the price of a conventional home has been designed by the Spanish architect Luis del Garrido. His design, called Green Box, takes only two weeks to assemble and hardly uses any energy or generates any waste, making the most of a bioclimatic

design and using geothermal and solar energy. An underground chamber cools air in summer and warms it in winter, and glass walls facing south act as heating for the water

system. An example is being assembled now in Barcelona, and will be presented officially in New York on Tuesday April 21. Those who visit the International Construction Fair, 'Construmat 2009', in Barcelona between the 20 and 25 of April will also be able to see both outside and inside the Green Box. Its modular design means that as well as a home the box can become an office, apartments, museum or exhibition area, it can be expanded, reduced and changed at any time in a simple fashion, and all components are re-usable. A team of five people is all that is needed to build the property in 15 days. Luis de Garrido is the Architect of the Year 2008, according to the American Institute of Architects. www.luisdegarrido.com

Barcelona's Renfe (trains) and Tourist Buses Unite to bring cheaper tickets The municipal transport company of Barcelona (TMB) and Renfe, have signed an agreement that will allow the creation of a

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combined ticket for tourists which will include travel by train and the Barcelona Tourist Bus. This new product can be purchased at any local train station and will include a round-trip rail ticket and the inclusion of using the various lines of the Tourist Bus. The price of the card is 13 euros for children ages six to twelve years, and 21 euros for adults, representing a discount of up to 30% on the individual purchases of two services. The executive vice president of TMB, Dídac tab, highlighted the agreement between the two public transport operators as a good move for Barcelona as it will centre around the major attractions of the city. This is a ticket that is intended primarily to tourists staying in hotels in the metropolitan area and residents of major towns around the city

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Welcome to the "Aplec del Caragol" (the Snail Festival) Lleida. Eating snails is not an exclusively Gallic phenomenon, as some 12,000 inhabitants of the Catalan town of Lleida prove. Every May, local citizens are joined by snail enthusiasts for the Snail Festival (Aplec del Caragol) in the Camps Elisis Gardens.

In 2009, this event celebrates 30 years since its foundation by local gastronome Manolo Calpe. Some 12 tonnes of the exotic mollusc are savoured (along with some favourite Lleidan sauces) over the three days of the fiesta.

There is plenty of eating, drinking and dancing on offer, and make sure you don your most colourful garb - after all, it's not every day that you get to go to a snail feast. Many of the peñas (groups/gatherings) are private and so it's best to hook up with some locals to guarantee an invitation. If you're unlucky, numerous restaurants offer typical snail dishes.

The main ingredient of the meals served during the Festival is the snail, which is why snail consumption skyrockets in May. Snails are shipped to Lleida from the rest of Spain, North Africa and South America to the delight of the Lleida snail lovers and visitors to the city. On the Festival grounds there is an area set aside for the general public to taste dishes made with different kinds of snails at reasonable prices.

La Federació de Colles de l'Aplec del Caragol (Federation of Snail Festival Social Clubs) which organizes the Aplec, is made up of about a hundred different social clubs with members of all ages and social classes. These social clubs are the heart and soul of the festival. You can get a real feel for the vitality of these social clubs on the Sunday during the Festival, when morning parades fill the city streets with a burst of colour and music. The bright costumes and flags

paraded along the Old Bridge with Seu Vella Cathedral in the background are a breathtaking sight. More than 12,000 club members and 250,000 visitors actively participate in the Snail Festival. Each club is assigned a space along the Camps Elisis, the fair grounds where the Festival is held. For three days, the focus is on festivities, gastronomy and leisure activities in an atmosphere of friendliness and hospitality where everyone feels at home.

The Snail Festival begins on Friday afternoon and lasts until Sunday. There is something for everyone, including outdoor evening celebrations, concerts, music, "castells" (human towers), competitions and much more. Besides gastronomy, the Snail Festival offers an extensive programme of free activities open to one and all: performances, charanga music, outdoor evening celebrations, exhibitions of dances and castell human towers, and entertaining competitions. A number of events take place at the same time in different parts of the city, which means there is always something fun and exciting happening during the Snail Festival weekend.

Besides the Snail Festival, there are hundreds of other exciting things to do. Impressive monuments such as Seu Vella Cathedral, the Templar castle of Gardeny, La Panera Art Centre, Roda Roda Automobile Museum and the Water Museum; the May festival, the Moors and Christians Festival and the International Puppet Festival; Senglar Rock Music Festival, the International Jazz Festival and the opera season at the Auditorium; the Latin American Film Festival and the Animac International Animated Film Festival; the BTT Bicycle Centre; the gastronomy and culture of Lleida; and the longest pedestrian shopping street in Europe.

For more information www.aplec.org



CAN IT BE TRUE??? THERE'S NO MORE MONEY, SAYS MAN WHO PRINTS ALL THE MONEY

THE



BRITAIN has run out of money, the man who prints it said last night. Bank of England governor Mervyn King urged everyone to take his word for it and that if they didn't believe him he could show them the big room where he keeps it all.

Mr King's comments have put him on a collision course with prime minister Gordon Brown who last night insisted the Great Money Forest of Hampshire would soon be in bloom, promising a bumper harvest of ripe, crisp tenners.

But Mr King told a committee of MPs yesterday: "If anyone is still inclined to agree with the prime minister's magical Hampshire forest theory, I would advise you to open your wallet, get out a ten pound note and read it.

"You will notice that across the top, in large, capital letters, it says 'Bank of England'. Well, I'm the boss of that.

"And if I can draw your attention to the bottom left hand corner, you will see that it's signed

by someone called the 'Chief Cashier'. That's right, you've guessed it, he works for me.

"If you then turn it over you will see there is also a portrait of the eminent scientist Charles Darwin, who, if he was alive today, would undoubtedly agree with my assessment, what with him not being a complete bloody idiot."

Mr King added: "I might be persuaded to print a little bit more money later in the year so that RBS can give Sir Fred Goodwin enough cash to finally buy his own volcano, but that is absolutely it."

A Downing Street spokesman said: "Everyone in the world agrees with the prime minister that we need to keep spending loads more money - except the Conservatives. And the Bank of England. And the CBI. And the French and the Germans and the European Central bank?"



Mr King's Great Big Printing Machine



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CAPRICORN Dec. 22 - Jan. 20

Your home and family life is lively and spirited in May. You're in demand around the time of the Full Moon on the 8th, and more than willing to help out a friend in need. Money-making ideas are abundant this month. You'll have to take the time to sit down & judge how realistic each is before acting upon them.



AQUARIUS Jan. 21 - Feb. 19

Focus on family, domestic life, and communications feature strongly in May. Conversations with family members you had in April are revisited this month, but care should be taken in expressing yourself with clarity, as misunderstandings are likely.



PISCES Feb. 20 - Mar. 20

You are likely to expand your career pursuits and business connections this month, dear Pisces. Opportunities on the career front can seem to arrive out of the blue, and could come from past connections. Impulsive buying is a real tendency this month.



ARIES Mar. 21 - Apr. 20

You're making up for lost time in May, dear Aries! While your love life has been complicated recently, and others may have undervalued your worth, you're now strutting your stuff. Extremely magnetic, the world is appreciating your unique and straightforward style.



TAURUS Apr. 21 - May 21

While you're certainly getting noticed in May, dear Taurus, there is a lot going on behind the scenes. A deliciously private love affair might figure this month, or you could be working on a creative project in solitude.



GEMINI May 22 - Jun. 22

You have a lot of energy to pour into friendships, group projects, or goals this month, dear Gemini. Personal charisma and creativity in group settings is powerful all month. Singles might very well meet their match through friends and group associations.



CANCER Jun. 23 - Jul. 22

Professionally speaking, you're enjoying an invigorating and creative peak in May, dear Cancer. Your professional charisma is brilliant this month, and singles might find opportunities to meet a special someone through business events.

LEO Jul. 23 - Aug. 23

Relationships are likely to be deliciously complicated this month, although at times running counter to your career endeavors, dear Leo. Professional pursuits get a lot of attention in May, and are especially favored on the 4-5, & you still manage to find time for exciting adventures that break the routine.



VIRGO Aug. 24 - Sep. 23

Financial creativity runs high this month. You're in a position to come up with unique and powerful ways to increase your income. Career matters might challenge you with occasional complications and the need to sacrifice more of your time.



LIBRA Sept. 24 - Oct. 23

May is a close to idyllic time for enhancing or attracting a romantic relationship, dear Libra. Your major focus is on a partnership, and putting your own personal agenda aside for the time being. A partner seems to be taking priority right now.



SCORPIO Oct. 24 - Nov. 22 -

Wonderful energy is with you for work and health routines, dear Scorpio. Charisma on the job can mean getting noticed for your creativity and flair or opportunities to socialize through work connections. Some of you will find an office flirtation or romance is heating up.



SAGITTARIUS Nov. 23-Dec. 21

An exciting, playful, and stimulating month is ahead, dear Sagittarius. While you certainly pay due attention to your work, May brings abundant opportunities to enjoy hobbies, entertainment, and romance. Your charm is natural and finds an adoring audience.



NEWS HOUNDS & MORE...

In a violent family everyone could be a victim

And that includes the family pet. Animal Cruelty IS family violence



I'm pleased to say that all Sasha's puppies have found good homes. This is Juno. He's less than a year old and quite hairy! But he has a lovely personality. He mixes very well with other dogs and is also

very affectionate. He hasn't had a good start in life and would love to have his own family. He is sterilised. If you would like to adopt Juno or any other dogs, please don't delay, these poor animals need you.

BY DR. RONALD ROSENFELD D.V.M.
ABUSIVE PET OWNERS

There is a connection between domestic violence directed against a spouse or children and animal abuse.

In a recent study, carried out by an Animal Welfare Foundation, of complaints against perpetrators of animal abuse in 2008, it turns out that 7 out of 10 people denounced for mistreatment of animals were also implicated in attacks against another member of their family! It was shown that 47% of aggressors were between 30 and 50 years old while 29% were over 51.

Often this violence is a way to channel the impotence of problems faced in the home and is directed towards our pets. This pattern of behaviour is learned in the home by the children from the parent or parents as a means of trying to identify with them. A psychologist involved with the study made these reflections, stating that the violence is a reflection of the perpetrators' inability to express them self verbally.

Families With Pets

In Spain, six out of ten households have at least one pet, according to a study carried out by Propet, an organisation of pet professionals, who just had an exposition in Madrid.

There are about 20 million pets in the country, 5,500,000 dogs, 4,000,000 cats, 7,000,000 birds, 4,500,000 fish and some 2,000,000 exotic animals – small mammals and reptiles.

According to Veterinarians opening up your home to a pet helps reduce stress, builds self-esteem, instils responsibility to the younger members of a family, improves



communication, and increases affection among members of the household. This is also stated by 80% of families that have either a dog or a cat, they affirm that their pet is a source of well being and is considered a member of the nuclear family. The average annual cost to a family budget of keeping a pet here is estimated to be around 1,500 €, a figure lower than the calculated outlay for households in other countries where more is conscientiously spent on pet care.

The other side of the coin is the unfortunately high number of abandoned animals that is still a problem here. According to the protective societies involved in Propet there are some 200,000 animals abandoned here yearly. As high as this estimate is, some sense of accomplishment may be gleaned from the knowledge that this figure is almost half of what it was some 20 years ago.

Snacks, Treats, and Stolen Hidden Treasures

Some of you may have read or heard about a recent case of a dog in the U.K. that had to be rushed to the veterinary hospital for having found and eaten a hidden cache of chocolate Easter eggs. Chocolate ingestion can be very dangerous to your pets as it contains a substance known as theobromine, which is toxic to them! The purer or richer the chocolate the higher the theobromine concentration is. The symptoms usually start to appear six to twelve hours after eating the



"The greatness of a nation and its moral progress can be judged by the way its animals are treated."
Mohandas K. Gandhi

chocolate and may last as long as seventy-two hours. The severity of the symptoms depend upon the amount consumed, they may range from simple discomfort to vomiting, diarrhoea, abdominal tenderness, restlessness, increased heart and breathing rate. More severe cases may lead to fits, heart beat irregularities coma and in the most severe cases left untreated or treated too late death may occur! There may also be secondary lasting effects in the case of some animals that either recover or are asymptomatic having eaten small amounts over long periods of time, due to the excess sugar consumption which leads to diabetes. Be careful where you hide that box of chocolates or those sweet treats you give as rewards as they may be doing more harm than good.

This case was about a dog in the U.K. that was able to receive the life saving treatment it needed, for free, through the P.D.S.A., which is a charity that accepts donations for fees. This is a service available in the U.K., which is not yet available in Spain and the Veterinary fees here for such life saving treatments might run into several hundred Euros, depending on the care required. This may not be covered by pet insurance plans if owners' negligence can be shown, so please take heed. Veterinarians need to work but as the old adage goes, an ounce of prevention is worth a pound of cure,

whereas there are jobs we are trained to do some we would rather avoid especially if they may have fatal results! This especially includes the feeding of meat and fish bones, it matters not if they be cooked or raw. The mouth of a carnivore is designed to eat meat not bones, and these will, sooner or later, cause problems, from a mild upset tummy to a life threatening intestinal blockage or worse still a puncture. This may require emergency surgery to an animal in an already weakened condition or in shock. Please make educated choices about what you give your pets to eat.

Ronald J. Rosenfeld D.V.M.



"Harley is a little puppy with an all too common problem. When he came in to see us he wasn't his usual self and was having problems eating. When he did manage to eat a meal he would just vomit it back up. Before these changes, Harley had recently decided to steal a cooked chop bone and swallow it whole before some one could take it away from him. Given his symptoms it was suspected that Harley's treat had become trapped in his intestines. We certainly didn't expect to see one big bone sitting in his stomach shown in the xray (pictured above). In fact, the bone turned out to be 12cm long, about twice the length of his neck and just barely able to fit in his very over-stretched stomach."



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THE LIGHTER SIDE



BROWN IS MY SHEPHERD. I SHALL NOT WORK. HE LEADETH ME BESIDE STILL FACTORIES. HE RESTORETH MY FAITH IN THE CONSERVATIVE PARTY. HE GUIDETH ME TO THE PATH OF UNEMPLOYMENT. YEA, THOUGH I WAIT FOR MY DOLE, I OWN THE BANK THAT REFUSES ME. BROWN HAS ANOINTED MY INCOME WITH TAXES. MY EXPENSES RUNNETH OVER MY INCOME. SURELY, POVERTY AND HARD LIVING WILL FOLLOW ME ALL THE DAYS OF HIS TERM. FROM HENCE FORTH WE WILL LIVE ALL THE DAYS OF OUR LIVES IN A RENTED HOME WITH AN OVERSEAS LANDLORD. I AM GLAD I AM BRITISH. I AM GLAD THAT I AM FREE. BUT I WISH I WAS A DOG AND BROWN WAS A TREE.



MICROSOFT TECH. SUPPORT HAS ANYONE ACTUALLY PHONED MICROSOFT TECH SUPPORT AND GOT A SUITABLE ANSWER

A helicopter with a pilot and a single passenger was flying around above Seattle when a malfunction disabled all of the aircraft's navigation and communications equipment. Due to the darkness and haze, the pilot could not determine the helicopter's position and course to get back to the airport.

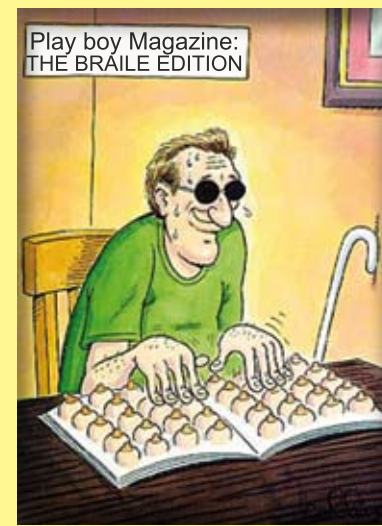
The pilot saw a tall building with lights on and flew toward it, the pilot had the passenger draw a handwritten sign reading "WHERE AM I?" and hold it up for the building's occupants to see.

People in the building quickly responded to the aircraft, drew a large sign, and held it in a building window. Their sign said "YOU ARE IN A HELICOPTER."

The pilot smiled, waved, looked at his map, determined the course to steer to SEATAC airport, and landed safely.

After they were on the ground, the passenger asked the pilot how the "YOU ARE IN A HELICOPTER" sign helped determine their position.

The pilot responded "I knew that had to be the Microsoft support building, they gave me a technically correct but entirely useless answer."



A Balloon Ride to Nowhere

Norman decides to take a balloon ride on offer at the local May Day Fair. The balloon and its customers drift along in the breeze, but eventually they are lost. Norman has no idea where he is, so when the gondolier takes the basket down to ten feet above ground he calls to a passer-by: 'Excuse me, sir, can you tell me where I am?'

After looking Norman up and down, the passer-by says: 'You are in a red balloon, ten feet above ground.' The balloon's unhappy resident replied, 'You must be a lawyer'

'How could you possibly know that?' asked the passer-by. 'Because your answer is technically correct but absolutely useless, and the fact is I am still lost'.

'Then you must be in management', said the passer-by. 'That's right! How did you know?' 'You have such a good view from where you are, and yet you don't know where you are and you don't know where you are going. The fact is you are in the exact same position you were in before we met, but now your problem is somehow my fault!'

HEALTH SELF-HELP TOOLKIT: BALANCE BETWEEN THE 5 ELEMENTS

无形无象 全身透空
应物自然 西山悬磬
虎吼猿鸣 泉清河静
翻江播海 尽性立命



One of the most useful things I have come across from Eastern views is the model of the 5 elements, or 'Wu-Xing' in Chinese, related to but slightly different from the elements traditionally found in some Western traditions.

Looking at the Wu-Xing as below you find that each of the 5 elements is connected with an array of properties/experiences, such as an organ system of the body, a colour or season, or sense organ. The related emotions are shown both when the element is in balance or with the negative side which comes up more easily when it's out of balance (e.g. *The flexibility/acceptance of Wood can flip to irritation & rigid views.*)

Each element is said to be the 'mother' of the following element, so if one element is weak & out of balance, then to strengthen it you can nourish its mother element.

Each element is also said to be the grandmother of the element two places ahead. As we know, over-active grandchildren sometimes "insult" their grandparents, & grandparents can have a useful role in controlling their

grandchild element. If for example, the **Heart** was over-active, e.g. at a time of great joy or grief, of emotional opening, if that isn't kept balanced you might find insomnia (*when the Heart is not sufficiently anchored*). Strengthening the **Water** element could help control the over-active **Fire**. Walking by the sea, dressing in or emphasising deep blue in the house, eating shellfish like oysters & watery vegetables (e.g. cucumber), could all be methods to balance the **Heart/Fire**.

I find the Wu-Xing useful because it makes me curious to look that bit further & be more aware of the flavours I come across in the world, elements I can choose to strengthen in my environment or not.

In this point in our Western culture there is a tendency to over-emphasise the **Wood** and **Earth** elements, visible as preoccupation with the over-dramatic soap-opera & political/military story-ing (*Wood imbalance*) and (over) consumption (*Earth imbalance*). In times like these we must try and support the **Fire-Water** axis which will help to interrupt the ricochet between the **Wood** and **Earth** elements. For example, speaking the truth to each other 'from the heart' (*the Heart opens to the tongue*) instead of reaching for yet another substance/cigarette to consume, is one way of not going along with the cultural pressure to be variously addicted. So much addiction has roots in early trauma in the first 7 years of life (*the time dominated by the Kidney*), creating a sense of not belonging. Strengthening the **Water/Kidney** element can give us back that sense of connecting with our bones, the support of our forebears, and having a right to stand in the place we come from just as we are.

Good luck playing with the elements, shaping the parts we can affect to find your balance.

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In April this year some parts of the UK got bigger and other parts disappeared altogether. The power structure of the Shires was changing. Whether it is for the better, or worse, remains to be seen. The whole idea is urged on by the Government, who want to get closer to the people. Scary thought!

Whilst the rest of the Country was undergoing changes, closer to home we were still undecided. The first moves were mooted some time ago when Norwich decided it might like to declare its independence from the County of Norfolk. Not a great idea when you consider what happened to Rhodesia when it dropped out of the Commonwealth. This proposal started a number of balls rolling.

The County Council are not the happiest of bunnies at the prospect; after all they would be losing a substantial part of their income to provide us with all the "amenities" that we enjoy. Norwich would have to expand the boundaries of the city in order to take in extra revenue, and other authorities would lose on the deal. Faced with this prospect the idea also sparked off several other districts having a similar idea. If Norwich were to become independent then perhaps this could happen to other parts of the County.

All of a sudden 'little kingdoms' were being planned. West Norfolk would have its own domain and the fen dwellers and other assorted swamp people would be able to make their own rules. They could launch invasion forces from the port of King's Lynn on a scale which has not been seen since the ill-fated movie 'Revolution' was made there in the 80's.

More worrying was that in the East a new alliance was proposed with, horror of horrors, a part of Suffolk being joined to the

County. The area including Great Yarmouth and Lowestoft was proposed to be the Serfdom of 'Yartoft'. The picture painted was that this delightful area with its rather drab and down-at-heel coastal resorts would become a kind of English Costa. However its supporters have failed to take into account one or two major flaws in this scheme of things. Norfolk dwellers regard the natives of Suffolk with some suspicion. They are seen as a kind of sub-human species who possibly have webbed feet and are prone to uncontrolled interbreeding. To be fair this is a view shared by Suffolk dwellers regarding their Northern neighbours. Added to this you would have to take into account the rivalry of their respective football teams. The 'Canaries' and the 'Tractor Boys' meet occasionally on the football field cheered, or jeered on by their fans. The former team rallied on by the unedifying sight of the blessed Delia, the TV cook, obviously overdosing on the cooking



sherry. All this does not bode well for unity. The central part of Norfolk would

be fairly easy to become autonomous populated as it is by people from Portugal and Poland, with the occasional enclave of Chinese. They could drop the use of the English language altogether, introduce the Euro and provide a steady income from packing vegetables and plumbing. The Chinese would be fairly self sustaining from the increasing trend of turning suburban semis into cannabis farms.

The remainder of the County Council was to declare that local rule should be dropped altogether and that they, from their 12 storey tower block full of pen pushers and bureaucrats, should take control of everything. This is an organisation that has just successfully lost £32 million in investments in Icelandic Banks. One of their projects last year was to install a redundant Jaguar fighter aircraft in their car park which, it has been noted, points in the direction of the UNISON union office. On the other hand Norwich City Council managed to hit worldwide headlines by turning out several old age



pensioners from their homes so that the head of housing, and her boyfriend, along with several other assorted Council lackeys could move into low cost housing. They are also responsible for a neglected war memorial which has resembled a demolition site for the last four years whilst they decide what to do with it. It has been described as being somewhat worse than the one in Baghdad. In the meantime they managed to fund a collection of assorted statues, on a prime site in the city centre, resembling volcanic fallout, and for some unknown reason, includes a human brain. It has to be said this assemblage does serve one useful purpose in providing somewhere for customers of MacDonald's to sit down whilst they consume the contents of their paper bags. Norwich people know a thing or two about 'fine dining'. In the interest of European friendship these edifices were designed by a French artist.

So either way the prospect does not look good. The only

thing that separates one organisation from another is the ingenious ways in which they find to waste our hard earned cash. Shortly we are to be faced with local elections, parish council elections and Euro elections. Most of the outcomes will be pointless if boundaries are suddenly changed. But, never fear, it takes years before any decisions are ever made. It has to pass Councillors, who will not want to lose their jobs, committees, sub-committees and countless other gatherings each with an axe to grind. By the time a decision is reached the costing of the venture will be so out of date that they will have to start all over again.



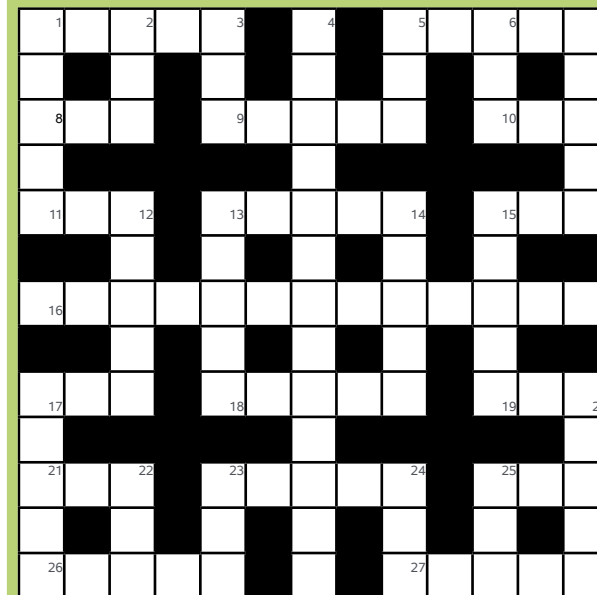
Change to Norfolk, if it ever comes, comes very slowly. Eventually a mushy compromise will be reached which is covered by the local expression in Norfolk, we "du diffrrunt bor". Well that's our explanation for everything!

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SPANGLISH?-ANSWERS NEXT MONTH

ACROSS

1. to make
5. native
8. correr (E)
9. to grant
10. frotar (E)
11. raro (E)
13. maiz (E)
15. guisante (E)
16. motivation
17. coche (E)
18. below
19. era
21. nuez (E)
23. lanzar (E)
25. to be (E)
26. look at
27. drowsiness



DOWN

1. fed up
2. lata (E)
3. robar (E)
4. incrimination
5. ni (E)
6. alquitrán (E)
7. pound sterling
12. to say
13. mania
14. midget
15. comb
17. five
20. to open
22. el (E) 23. para (E)
24. gas 25. sorber (E)
- BYSARAH (E=translate to english otherwise to spanish)**

ANSWERS TO THE APRIL ISSUE OF SPANGLISH

ACROSS:

9. ociosa
13. pasar
17. rareza
1. identidad
11. baba
14. nada
19. caseta
8. olivido
12. ovni
16. rent
20. contratar

DOWN:

4. into
7. magistral
16. rosada
2. deriva
5. abrigo
10. raspa
18. abut
3. nabo
6. bombonera
15. asenso
19. cava



MAY DAY / DIA DEL TRABAJADOR / LABOUR DAY

THE ORIGINS AND TRADITIONS OF MAYDAY

The international working class holiday; Mayday, originated in pagan Europe. It was a festive holy day celebrating the first spring planting. The ancient Celts and Saxons celebrated May 1st as Beltane or the day of fire. Bel was the Celtic god of the sun.

There is evidence that in ancient times pagan celebrations occurred on the nearest full moon rather than the 1st of May. The Saxons began their May day celebrations on the eve of May, April 30. It was an evening of games and feasting celebrating the end of winter and the return of the sun and fertility of the soil. Torch bearing peasants and villager would wind their way up paths to the top of hills or mountain crags and then ignite wooden wheels which they would roll down into the fields. The revelers, lead by the Goddess of the Hunt; Diana (sometimes played by a pagan-priest in women's clothing) and the Horned God Herne, would travel up the hill shouting, chanting and singing, while blowing hunting horns. This night became known in Europe as Walpurgisnacht, or night of the witches

Besides the selection of the May Queen from the eligible young women of the village, to rule the crops until harvest there was the raising of the phallic Maypole, around which the young single men and women of the village would dance holding on to the ribbons until they became entwined, with their (hoped for) new love. And of course there was Robin Goodfellow, or the Green Man who was the Lord of Misrule for this day. Mayday was a celebration of the common people, and Robin would be the King/Priest/Fool for a day. Priests and Lords were the butt of many jokes, and the Green Man and his supporters; Mummers (medieval performers/actors) would make jokes and poke fun at the local authorities. * The Queen of the May reflected the life of the fields and Robin reflected the hunting traditions of the woods. Many of these pagan rites were later absorbed by the Christian church in order to win over converts from the 'Old Religion'.

The church and state did not take kindly to these celebrations, especially during times of popular rebellion. Mayday and the Maypole were outlawed in the 1600's. The May eve celebrations were eventually outlawed by the Catholic church, but were still celebrated by peasants until the late 1700's. The trade societies still celebrated Mayday until the 18th Century.



Traditional English May Day rites and celebrations include Morris dancing, crowning a May Queen and celebrations involving a Maypole. May Day has been a traditional day of festivities throughout the centuries. It is most associated with towns and villages celebrating springtime fertility and revelry with village fetes and community gatherings. Since May 1st is the Feast of St Philip & St James, they became the patron saints of workers. Seeding has been completed by this date and it was convenient to give farm labourers a day off.

INTERNATIONAL WORKERS DAY

The celebration of Labour Day has its origins in the Eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. Most countries celebrate Labour Day on May 1, also known as 'International Workers' Day. In Europe the day has older significance as a rural festival which is predominantly more important than that of the Labour Day movement. In countries other than the United States and Canada, the holiday has become internationalised and several countries hold multi-day celebrations including parades, shows and other patriotic and labour-oriented events. (N.B. Labor day in USA is on first Monday in September)

Mayday, which had been banned for being a holiday of the common people, had been reclaimed once again for the common people.

SOME INTERESTING FACTS

- Hitler chose the night of the 1st May to commit suicide in 1945
- In Paris in 1889 the International Working Men's Association declared May 1st an international working class holiday in commemoration of the Haymarket Martyrs. The red flag became the symbol of the blood of working class martyrs in their battle for workers rights.
- Some different drinks that people world-wide will use to toast May Day, for example beer in Bavaria (Germany), Sima in Savonlinna (Finland), cider in Cornwall and mead in Merthyr (Wales)
- The tallest maypole is said to have been erected in London on the Strand in 1661; it stood over 143 feet high. It was felled in 1717, when it was used by Isaac Newton to support Huygen's new reflecting telescope



CHERRIES

LIFE IN A CATALAN GARDEN

Cherries are one of the lovely little bonuses of living in our part of Catalunya. In May and June, if you have a cherry tree (or a neighbour with one!), chances are you end up with simply too many cherries to eat. If, like me, you don't want to waste any of these delicious treats why not preserve them:



Recipe for Lebanese Cherry Preserve

- 1 kg cherries (pitted)
- 1kg sugar
- 15ml lemon juice
- 1 cinnamon stick

Layer clean, dry cherries with sugar in a glass bowl and leave overnight. Then slowly heat the cherries and cinnamon in their own liquid. Simmer gently (stirring occasionally) till soft for about 20 minutes then add the lemon juice. Once the cherries are cooked, you need to see if the sauce is how you want it. If you would prefer it thicker, remove the cherries and simmer the juice for longer.

Pour the cherry preserve into sterilised jars, seal and store somewhere cool and dark for up to a year.



The author writes about gardening, preserving and rural life at a Catalan Garden. Visit me at www.catalangarden.com

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Recipe for Almost Cherry Schnapps

- 1 kilo ripe but firm cherries (pitted)
- 150g sugar
- 1 litre vodka (cheap is fine)

Wash the cherries then pack into sterilised jars. Spoon over the sugar (equally between jars). Fill the jars with vodka, seal and store somewhere cool and dark. Leave for one month before using, shaking the jars weekly to dissolve the sugar.

The fruit is delicious (but boozy) served with a rich chocolate cake or ice cream. The cherry schnapps is a tasty liqueur served over lots of ice.

Now for those of you with less of an affinity for alcohol, may I suggest a Lebanese Cherry Preserve? The result is not so much a jam, but cherries suspended in their own slightly thickened juice. It makes a great addition to marinades, wine gravies, on crumpets or poured over chocolate desserts, cream, heck whatever its tasty and simple!



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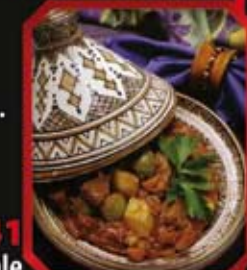
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To help us provide a better service please call to book a table



Experienced rental owners here tell me that holiday let bookings are still relatively healthy, despite the economic climate and adverse pound-euro rate. The various new Ryanair flights to Reus will doubtless help too. So if you're thinking of offering your guest apartment, townhouse or *finca* as a holiday let, here are a few basic common-sense tips.

1) Plan rooms, create the right feel

Use mirrors, soft furnishings, cushions and pictures to create a light, spacious feel and add touches of colour. This makes for great photos — essential for attracting online clients. Avoid over cluttering though, and don't make the

room feel so personal that guests feel they're intruding!

Tip: if your living room has a great view make sure your chairs and sofas are positioned to make the most of it.

2) Furniture: the right amount

Choose attractive furniture and don't overcrowd a room. Dark rooms packed with furniture feel claustrophobic — especially in hot weather— and will definitely not look good in your advertising pics.

Tip: get a wall length mirror. Most people on holiday want to enjoy a few evenings out, and will appreciate being able to admire their new finery!

3) Practical and easy to clean

It goes without saying that a spotless apartment or house is vital for repeat bookings and recommendations, so make it easy by choosing furniture that's quick and easy to clean. Glass furniture can look good but dust, marks and smears will all show, plus families with small children will worry about low glass coffee tables, etc. Dark/black furniture also tends to show every speck of dust.

Tip: use curtains rather than blinds. They can be cleaned easier, gather less dust and can't break.

Spacious interiors attract enquiries



4) Double bed, twin beds, sofa-bed?

A common dilemma is what beds to buy, so start by thinking of your target audience. If your house or finca is near the Ebro, twin beds in every room can maximise your rentals to fishermen, while a double in the master room and twin beds in the others may be better if you're targeting families. Provided your accommodation is large enough, you can put in a sofa bed and offer, say, a 2 bed apartment to 5/6 guests.

Tip: avoid bed bases with flimsy wooden slats, which tend to break easily. Not what your guests want on a romantic weekend!

5) Hot water, electricity, lights, fittings

Check your water heater can provide sufficient hot water when guests all shower or bath at the same time.

Turn various appliances on at the same time to make sure your fuse box can cope—you may need to up your electricity supply.

Choose simple light fittings with standard, easy-to-change light bulbs, and avoid elegant designer-look lamps that get alarmingly hot to the touch...

Tip: if you are not on-hand, keep spare bulbs available so guests can change their own. No-one wants to spend their holiday hunting for a bulb for the bathroom!

6) Kitchen items and other equipment

People choose holiday rentals over hotels or B&Bs because they like extra space and a home-from-home environment — especially if they have children. Not having to eat out every day is a key attraction too, so make sure your kitchen is suitably equipped.

Cook a few meals in your guest accommodation and list everything missing, like bottle openers, ice cube trays, oven dishes, plastic plates/cups for children or eating *al fresco*... If for example you have a 2 bed apartment that can sleep

6, be sure to provide the extra cutlery, plates and seating arrangements!

Tip: thoughtful touches like a hairdryer, mains adaptors or a universal phone charger can make all the difference to how guests remember you.

7) Better safe than sorry...

Spain may still lag behind northern Europe on safety issues and legislation, but it's catching up fast. Make sure your accommodation is safe, particularly steps, stairs and swimming pools. Advertising should clearly state if your accommodation is not suitable for small children or handicapped guests. If you're targeting families with young children, don't leave anything breakable or valuable within reach.

Must: check the legal requirements for renting a property, make sure you have adequate insurance cover, and use a contract for every rental, even if it's just for a weekend.

As always I'd welcome any comments or feedback, just email me at info@fincasdirect.com!

Jeff Greensmith runs www.fincasdirect.com and is a registered estate agent and experienced Spanish/Catalan translator and interpreter. He has lived in Catalonia since 1986.

The points contained in this article do not constitute legal advice on the part of Fincas Direct or The Olive Press, and owners of holiday rental properties should seek legal, professional or tax advice if in doubt.

Well-equipped kitchen in Jeff's holiday let



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* ABOVE COMPARISON CHART FOR THE CONTAMINANT REMOVAL FOR VARIOUS SYSTEMS

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"LA VIRGEN DE LOS DESAMPARADOS IN ALCALÀ DE XIVERT & VALENCIA"

LA VIRGEN DE LOS DESAMPARADOS / OUR LADY OF THE ABANDONED ONES, PATRON SAINT OF THE TOWNS : is always celebrated the second and third Sunday of May. The feast day is in honour of the patroness of Alcalà de Xivert, during which there are masses and afterwards there are processions of the Virgin during which people wear traditional Valencian fancy dress.

In the 15th century, a confraternity was founded in Valencia to take care of abandoned children and looked after the mentally ill (hence "the forsaken", under the invocation of Our Lady of the Abandoned Ones). The institute was established but lacked a statue to preside over it. The Legend goes that

three extraordinarily handsome youths dressed as pilgrims knocked on its door, asking for asylum. A friar who greeted the pilgrims had a blind wife. They offered to carve the needed statue in payment for shelter. They only asked that appropriate material be provided and that they be left alone and undisturbed in a room to work at ease for three days. The offer was accepted. During the three days, the youths remained locked in the room. At the end of that time, the brothers went to inquire if they needed anything. The door was locked and no one responded to their requests to open it. Finally, they forced the door open and entered, but there was no sign of the three young men. Instead, in the center of the room they found a majestic and protective statue of Our Lady that the young men had carved. At the same moment the woman's blindness was cured. Since then it is believed that the three men were angels, and various Spanish artists who were inspired by the image commented on the supernatural element in the statue. This extraordinary fact was followed by countless miracles worked on behalf of the Virgen de los Desamparados. In 1885 Our Lady of the Abandoned Ones was proclaimed Patroness of Valencia.

More details from www.alcossebre.org



OUR ARTICLES

ON WHAT'S ON

FROM PREVIOUS YEARS
ISSUES CAN BE FOUND
ON OUR WEB SITE
www.theolivepress.eu

The Festival Tarraco Viva 2009- the roman festival, which this year reaches its XI edition, will take place from 18 to 31 May in Tarragona.
www.tarracoviva.com

Trapezi The Festival Tarraco Viva 2009, which this year reaches its X edition, will take place from 13 to 17 May 2009 in Tarragona.
More information can be found on the official web site:
www.trapezi.org/



Primavera Sound 2009 takes place at the Parc del Forum, Barcelona between Thursday 29th and Saturday 31st May. Situated right on the coast, it's a beautiful atmosphere to soak up some brilliant music.

Confirmed acts so far are *Neil Young, and My Bloody Valentine as headliners, with Spiritualized, **Saint Etienne, Damien Jurado, Gang Gang Dance, Alela Diane, Michael Nyman, Extra Life (presenting their debut album "Secular Works"), Kitty, Daisy and Lewis, The Soft Pack, Throwing Muses, The Vaselines, A Certain Ratio, Oneida, Joe Crepusculo with Los Destruyores, Jay Reatard, Deerhunter, The Bad Plus, and Art Brut. Acts confirmed for Pitchfork stage include Bowerbirds, The Bug, Crystal Antlers, Crystal Stilts, The Mae Shi, Plants & Animals, Ponytail, The Tallest Man On Earth, Vivian Girls, Wavves.

Primavera Sound 2009 three-day tickets are on sale at 155 € & one-day tickets will cost 70 € (subject to booking fee). Selling points: Tick Tack Ticket network, CD Drome stores, RIFT stores, PayPal, Entradas.com, Fnac Francia and Seetickets UK.

*NEIL YOUNG CONFIRMED AT ESTRELLA DAMM PRIMAVERA SOUND 2009. This will be the first time he has come back to Barcelona since 1987. On Saturday 30th of May, he'll be performing for two and a half hours. Few artists have managed to carry on throughout four decades the way he has, without ever losing their passion, their interest, and their commitment..

**New artists, like the british band Saint Etienne, who will present a show focused on their first record ("Foxbase Alpha") and with most of their hit songs... more information and details on <http://www.primaverasound.com/>



Welcome to Olives & Popcorn, your monthly guide to great Spanish based films that in my opinion should not be ignored.

Any comments are welcome. Also if you want to know more about a particular film and how to get a copy again get in touch via my email below.

This month for a change I present a brand new film not even released yet just to show that there seems to continued interest in Spain's illustrious history during its civil war and in its colourful artists. I hope you will come to enjoy this potential gem when it comes out as much as I'm looking forward to seeing it myself.....Little Ashes (Drama)



Little Ashes is a 2009 British drama film, set against the backdrop of fascist Spain as three of the era's most creative young talents meet at university and set off on a course to change their world. Luis Buñuel watches helplessly as the friendship between Salvador Dalí and the poet Federico García Lorca develops into an unusual love affair. In 1922, 18-year old Salvador Dalí (Robert Pattinson) arrives at university in Madrid. The Residencia de Estudiantes, or



student residences, is a modern environment which encourages Spain's brightest young minds. Salvador, who is determined to become a great artist, soon catches the attention of the Resi's social elite – poet Federico García Lorca (Javier Beltrán) and aspiring filmmaker Luis Buñuel (Matthew McNulty). Together they form the nucleus of the most modern group in Madrid.

Their private lives become increasingly complex as Federico ignores the advances of devoted friend and writer Magdalena (Marina Gatell), and Salvador himself feels the pull of Lorca's magnetism. Luis, becoming increasingly isolated by the duo's closeness, decides to move to Paris to fulfill his own artistic ambitions, leaving Salvador and Federico to spend the summer at the seaside village of Cadaques.

Federico finds himself accepted into the Dalí family as he and Salvador grow closer until, one night, their friendship becomes more. Even as they draw closer, their relationship appears doomed. Luis visits them at university and becomes more suspicious and appalled by their apparent closeness.

Dalí finds Lorca's obsession with him more than he is prepared to handle and moves to Paris. Consumed by the high society and decadence, Dalí is soon entangled with Gala (Arly Jover) a married woman with a penchant for celebrities.

When Lorca visits, he finds his friend is a changed man, about his life, his love, his politics and sexual orientation. The movie title is taken from Salvador Dalí's 1927-28 painting Cenicitas (Little Ashes). It was originally called The Birth of Venus, before being changed to Sterile Efforts and then finally Cenicitas. It was first displayed on 20 March 1929 in a Madrid exhibition. It was again displayed in his first solo exhibition in Paris in June 1931. The painting is currently in the Dalí collection of the Queen Sofia Art Centre in Madrid.

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



CHALLENGES OF GARDENING IN CATALUNYA

ROCKS ARE VALUABLE.
by Clodagh and Dick Handscombe,
gardening in Spain for over twenty five years.



Rockeries can look great throughout the year and especially this year after the mild winter. Succulents, bulbs, drought resistant herbs all have their place in creating one of the more natural parts of a garden. They can be built on natural slopes, dry stone walls, heaps of builders' rubble or dug up rocks or using a load purchased rocks.

However ten years ago it was easy to obtain rocks especially well weathered rocks covered with several centuries or many millennium of years of natural lichen by looking out for a site about to be cleared for building and talking nicely to the foreman or watching out for a road widening or new road scheme where terraces or a natural rock covered hillside were about to be bulldozed. Nowadays such situations are rarer as developers often clear at least the top weathered layer of rocks off terraces or hillsides before marking out the development, road widening or new road in order to sell marketable rocks to garden centres or garden 'landscapers who then sell rocks at several euros per rock to unbeware gardeners and in some cases we suspect even to the owners of the plot of land from which the rocks were removed in the first place.

It is therefore important that you lay down as part of your sales agreement for a plot of land, or land plus a house to be built, that you are buying a plot of land with certain natural or historic features that you want retaining -

including any rocky outcrops, old terrace walls, derelict buildings and walls or even piles of weathered rocks.

If you are moving into a new house on a new urbanisation you will probably find that the builder has tidied up the plot with a few centimetres of top soil. But what lies below? Before you decide on a garden layout go round the garden digging holes forty centimetres deep to discover what exactly lies below. If you are lucky it is all deep soil. At the other end of the scale there may be areas where you find a sheet of concrete where the concrete mixer stood or half a metre of building rubble. Before you start trying to break up the concrete or dig out the rubble mark the good and bad areas on a sketch plan of your plot. Then work out what types of garden could be developed by covering the bad areas with terraces, areas of stone chippings laid over black plastic sheeting, raised beds or large rockeries.

Yes why not a rockery? Chapter 3.1 of 'Your Gardening in Spain' explains how to do so to create a great feature in your garden with interest all the year round.

Clodagh and Dick's latest trilogy of books are all useful in the Spring garden. 'Your Garden in Spain', 'Growing Healthy Vegetables in Spain' and 'Growing Healthy Fruit In Spain' can purchased from a number of internet sites including book world, Amazon and Santana and also by telephoning 952-48-58-38. .

© Clodagh and Dick
Handscombe April 2009.



YOGA FOR ALL



If, like many of us, you're thinking longingly of the warmer days of early summer you may also be worrying about the stress of revealing a winter weary body in your favourite summer clothes. With a little dedication and practice you'll gain benefits beyond your expectations by practicing 'Hot Yoga'.

What is Hot Yoga?

Hot Yoga is a form of yoga exercises practiced in a hot environment with humidity at roughly 30-40%. Founded over 30 years ago by Bikram Choudhury, this form of yoga

in its purest form is also known as Bikram Yoga. The warm temperature of the room allows for greater flexibility, minimises muscle strain, lactic acid build up and reduces the chance of injury, it allows for greater cleansing of the body and helps build tremendous stamina and endurance.

All exercise programs focus on warming up our bodies before vigorous activity. The temperature of the Hot Yoga room is similar to our body's own temperature and this accelerates improvement in many of the benefits of your yoga practice. Regular exercisers recognise that peak performance occurs when fully warmed up and your body generates heat from the inside radiating out and into your muscles.

The heat means we can get into postures more deeply and effectively - plus the benefits of the postures come quickly. Like many before you, you will find that practising yoga in the warm room creates a satisfying and almost addictive feeling of achievement, known as the 'Yoga Glow'.

What Are The Benefits of Hot Yoga?

- Your body burns fat more effectively, fat may be redistributed and burned as energy during the class. It is common to lose centimetres of shape in a very short time.
- The heat produces a fluid-like stretch allowing for greater range of movement in joints, muscles, ligaments and other supporting structures of the body



- Capillaries dilate in the heat; more effectively oxygenating the tissues, muscles, glands and organs and helping in the removal of waste products
- Your peripheral circulation improves due to enhanced perfusion of your extremities
- Your metabolism speeds up the

breakdown of glucose and fatty acids

- You benefit from a strengthening of willpower, self control, concentration and determination in this challenging environment
- Your cardiovascular system gets a thorough workout

- Your muscles and connective tissue become more elastic and allow for greater flexibility with less chance of injury and improved resolution of injury
- Sweating promotes detoxification and elimination through the skin - which is the body's largest eliminating organ
- Just as when your body raises its temperature to fight infection, the raised temperature in the room will assist in improving T-cell function and the proper functioning of your immune system
- Your nervous system function is greatly improved and messages are carried more efficiently to and from your brain
- Metabolism improves in your digestive system and in the body's cells

We are lucky to have use of the perfect environment for Hot Yoga at the Hotel Flamingo Spa in L'Ampolla each Thursday morning from 11am -12. The humidity is within the ideal range, ensuring we gain all of the well documented benefits from each session. Please feel free to drop in on Thursdays. Classes are ideal for beginners and exercise mats are provided for your use. Just bring yourself and dress in comfortable clothes that allow free movement of your legs and arms.

Sarah Good is a Sivananda Trained yoga teacher offering weekly drop-in yoga classes. Please feel free to call and discuss your health goals on 663 140 297

Bikram Choudhury



JACQUI SMITH CHANGES NAME TO 'TRIXIE BEAVER'

HOME secretary Jacqui Smith has changed her name to 'Trixie Beaver', it was confirmed last night.

Ms Smith said the new name was a major step forward in her drive to complete the pornification of the Home Office by the end of this year.

The minister has instructed all staff to adopt their porn names, while the department's website will become a showcase for shockingly explicit Japanese home movies and renamed www.tokyoslutsonfire.gov.uk.

A Home Office spokesman said: "The Home secretary's first pet was an old donkey named Trixie and her first home was in Beaver Close in Malvern. We also used a random porn name generator which produced 'Madam Jammer', but that'll just be for Friday nights."

All male staff will be given three weeks to grow a thick moustache, while all female staff higher than

The 'Ron Jeremy' will be the departmental standard



grade four will now be known as 'vixens'.

Meanwhile junior female staff will be told to behave like young, naive country girls who have just arrived in the big city and are willing to try anything once.

Later this month Ms Smith and a delegation of senior Home Office officials will embark on a fact-finding mission to the US city of Dallas in a bid to find out exactly what Debbie did and where she did it.

Other government departments are expected to follow suit over the next six months with the Department of Health finalising a series of pamphlets on oral fun.

But chancellor Alistair Darling stressed there were no plans to pornify the Treasury as it has been screwing Britain in a wide variety of exotic positions for over a decade.

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A CINDERELLA STORY OF MILLIONAIRES SUPPORTED BY BILLIONAIRES SUPPORTED BY BANKS

Sunday's victory means Button will no longer have to scrub fireplaces in his spare time



THE Brawn racing team completed a Cinderella story yesterday after winning the opening two grand prix of the season with nothing more than millions and millions of pounds.

The victory in Australia marked a stunning turnaround in fortunes for the humble, soot-covered team, created just months ago after a management buy-out involving fairy dust and money.

Winning driver Jensen Button said: "I suppose it's a bit like David beating Goliath if David and Goliath had been roughly the same size."

Like many of the characters in Cinderella, the senior members of the Brawn GP team live in large, comfortable houses and have domestic staff. They also attend lavish parties in expensive vehicles and own footwear made from a variety of exotic substances.

The team has also recently acquired a bearded fairy-godmother with her own fleet of Boeing 747s, a train company and an island in the Caribbean.

Meanwhile Jensen Button lives in a luxury apartment in Monte Carlo so he doesn't have to pay income tax on his multi-million pound salary, exactly like Cinderella.

A Brawn GP spokesman said: "We made this car with nothing more than lollipop sticks, elastic bands and an enormous amount of money.

"But we have had to tighten our belts which has meant using private jets, helicopters and five star hotels like some band of travelling gypsies."

He added: "It's a fairytale come true for a group of dedicated people whose lives were already a fairytale come true and have been for a number of years



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WINDOWS XP AND VISTA BOOT TIME...



If you're running Windows XP or Vista with a computer that has a multiple core processor such as the Intel Core 2 duo you can increase how fast your computer boots up by having it use multiple processors for its boot sequence. Following the below steps to have Windows do this for you.

1. Click Start and Run (for XP) and type: msconfig and press enter.
2. Click the BOOT.INI or BOOT tab.
3. XP users highlight the line beginning with "multi" if not already selected and click the Advanced Options button.
4. In the Advanced Options Window for /NUMPROC= or Number of Processors change it to 2.
5. Reboot the computer.

Speed up the display load time of Microsoft Windows Explorer by disabling the feature to search for network printers and folders. By default each time Windows Explorer is opened it'll attempt to locate any network printer or folder on your computer network. If your computer is not on a network and/or you have no network printers, folders, or shares disable this option by following the below steps.

1. Open Windows Explorer
2. Click the Tools drop down menu and then Folder Options
3. Within the Folder Options tab click the View tab
4. Uncheck "Automatically search for network folders and printers"

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DRIVING IN SPAIN

We have received a number of emails asking if the law has changed recently regarding the re-registration of UK plated vehicles.

It hasn't. The law remains the same.

UK registered vehicles in Spain can only remain on UK plates for up to 182

days in any 365 then they either have to leave the country for a full, continuous six months or be re-registered with Spanish national plates.



During the first six months before it is re-registered it must remain fully road legal in the country of registration i.e. it must display a current, valid UK tax disc and it must have a current, valid MOT from the UK. A Spanish ITV is not valid on a UK registered vehicle.

Trailers are treated exactly like cars and must be re-registered within six months. Trailers must have a Ficha Tecnica, current ITV and liability insurance.

Safe driving. By Chris Dann, Car Import Spain

car import in spain.com

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TRANSIT | good runner 500 euros, no mot. 
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TRAILER | heavy duty agricultural or industrial with fitted hand wince. Lynch pin towing bracket, not ball. With sides & tailgate. Interior measurements 10'6 long X 6'4 wide. 600-16 tyres. 200 euros. Phone: Garry 616 213 884

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•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) Freesia Group El Perello, Book Stalls 2nd, 16th and 30th May. Boot Sale 31st May (Proxims Car Park) Sellers 9.30. Pitches 5 euros. Phone Jackie 630587094. **•FRIENDSHIP CLUB** for all nationalities meeting 2nd, Sunday of each month near Tortosa free stalls for those that have wares to sell, food & drinks available. contact Brian Parkin at 660-990-422 or 977-059-911 for more info **•CAR BOOT SALE** | first sunday every month C/Garcia Restaurant Braseria Can Palomo MORA LA NOVA **•C OF E CHURCH SERVICE** last Wednesday of every month starting January 28th. at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) **Enquiries: 977 593 219.**

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