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July 2010 issue 27



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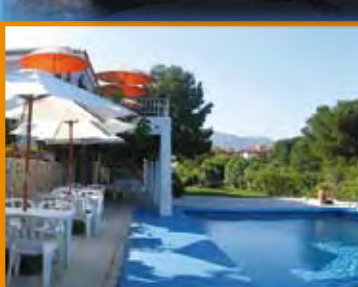
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MEET BOB THE EDITOR

WELCOME TO THE JULY ISSUE

COVERING CATALUNYA & COSTA AZAHAR.

~~~~~

\* Dog days begin in early July, when the hot sultry weather of summer usually starts. The Romans referred to the dog days as *diēs caniculārēs* and associated the hot weather with the star Sirius. They considered Sirius to be the "Dog Star" because it is the brightest star in the constellation Canis Major (Large Dog). Sirius is also the brightest star in the heavens besides the Sun. Dog Days were popularly believed to be an evil time "when the seas boiled, wine turned sour, dogs grew mad, and all creatures became languid, causing burning fevers, hysterics, and phrensies" according to Brady's *Clavis Calendarium*, 1813

\* Summer school is under way for many students.

\* Spring lambs, born in late winter or early spring, are usually sold before July 1.

Previously, it was called Quintilis in Latin, since it was the fifth month in the ancient Roman calendar, before January became the first month of the calendar year (the year when displayed as twelve months in order) during the time of the decemvirs about 450 BC.

July starts on the same day of the week as April every year, and January in leap years....

**July's birthstone is the ruby which symbolizes contentment. Its birth flower is the Larkspur or the Water Lily.**

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Page 16



Page 32



Page 34



|                                    |                  |
|------------------------------------|------------------|
| <b>What's News</b> -In Spain       | <b>6</b>         |
| Can it be True?                    | <b>3 &amp;36</b> |
| <b>Inspired Earth</b>              | <b>33</b>        |
| <b>Important Property Issues</b>   | <b>38</b>        |
| <b>Your Horoscope</b>              | <b>11</b>        |
| <b>Leisure &amp; Entertainment</b> |                  |
| The Lighter Side                   | <b>14</b>        |
| PC tips vista                      | <b>28</b>        |
| <b>Nature &amp; Animals</b>        |                  |
| News Hounds and more               | <b>12</b>        |
| <b>Home &amp; Garden</b>           |                  |
| Challenges of gardening in Spain   | <b>32</b>        |
| <b>Finance &amp; Law</b>           |                  |
| Duty Barrister                     | <b>9</b>         |
| <b>What's On</b> -Car boots etc.   | <b>41</b>        |
| Butterfly Sailing                  | <b>16</b>        |
| Dick's House                       | <b>19</b>        |
| Catalunya MotoGP                   | <b>34</b>        |
| <b>Gourmet</b>                     |                  |
| Treat your taste buds              | <b>26</b>        |
| <b>Olives &amp; Popcorn</b>        | <b>31</b>        |
| <b>Crossword- Spanglish</b>        | <b>40</b>        |
| <b>Health &amp; Well Being</b>     |                  |
| Yoga for all                       | <b>30</b>        |
| Prickly Heat                       | <b>39</b>        |
| <b>Sports Life</b> -North Korea    | <b>37</b>        |
| <b>Property for Sale by Owner</b>  | <b>44</b>        |
| <b>Advertising Costs</b>           | <b>38</b>        |
| <b>Classifieds</b>                 | <b>42</b>        |
| <b>Business Card Directory</b>     | <b>44</b>        |

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## NEWS IN SPAIN

**S**pain Weather - Monday June 21 2010 Summer starts at 1,28pm this afternoon, and the experts say it will be one of the hottest ever, with average highs reaching one or two degrees more than normal. The Spanish Meteorological Agency says the high temperatures will no doubt be in the form of heat waves accompanied by storms. July and September will be drier than normal, especially inland.

**B**arcelona clinic faces fine for treating homosexuality as an illness. The Health Department of the Catalan Generalitat Government has opened an investigation into the Tibidabo Policlínica in Barcelona for applying treatments to 'cure' homosexuality. The clinic has been using a mixture of pills and psychiatric treatment for the 'cure', according to the City Councillor for Health, Marina Geli, who reminded the clinic that homosexuality is not an illness. She said that people who requested the therapy should not confuse emotional changes with their own sexuality whatever that might be. She said diverse sexual orientation is a freedom and right protected by law in Spain. If the investigation concludes the clinic has been treating homosexuality as an illness, they face a fine, according to Catalan newspaper El Periódico.

**B**arcelona bans the Burka. Barcelona will be the first large city in Spain to ban the full Islamic veil, the Burka, and the Niqab scarf in municipal buildings.

The law is to be enforced by decree which will be signed by the Barcelona Socialist Mayor, Jordi Hereu. It will also



restrict the use of balaclava helmets, motorbike helmets and any other clothing or headwear which stops people from being identified. Girona and Tarragona have held votes to reach the same decision, following the other Catalan towns of Lleida and El

Vendrell which started the crackdown. Legal advisors told the Barcelona Mayor that he could not ban the clothing in the street, but could do so in the City Hall, Civic Centres, Libraries, Markets and Nurseries. Hereu defended the decision as a 'security measure' and as an expression of common sense, and denied that in any way was he acting

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suffering from an invasion of jellyfish, with the creatures being washed up on shore in Blanes. It's a non venomous variety, although swimmers stay away from them in case and the locals fear they could be a prelude to a jellyfish summer.

**A**lmost a million Euro in compensation for drug taking couple whose child was taken



into care. A ruling from the High Court of Justice in Cataluña, TSJC, has ordered the regional government to compensate a drug taking couple to the tune of just under a million € for having taken their son into care, and then passing the child on to another couple for adoption. The court considered that the regional social services removed the child from his biological parents without taking into account the progress that they were making in a drug detoxification centre. The biological parents can have no further access to the child, but will now receive 980,000 € in compensation, according to a statement from their lawyers IPSUM. They argued that the parents voluntarily joined a drug detoxification centre after the child's birth, but the social services considered the couple as being 'extremely fragile' and without the possibility of recovering the child.

against any particular religious belief. His left wing partners in Government IU do not agree and think there should be no regulation, while the Partido Popular consider the ban should be extended into the street as well. Meanwhile at the other end of the country, Coín has become the first town in Andalucía to ban the burka and the niqab in public buildings. A statement from the Socialist councillor for Equality and Employment in the town, Inmaculada Agüera, said it was done for safety reasons and to guarantee 'real equality' between men and women.

**T**he dangers of bathing in Salou. Bathers at the Catalan resort of Salou, popular with the British, are having to cope with complications. The beaches are

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The Santander Bank and BBVA lead the latest ranking of top solvent European banks. The Spanish government said that Santander bank and BBVA were at the top of a list of solvent European banks following an investigation into the solvency of 30 banks carried out by the European Banking Supervisory Committee. Although the type of tests the banks were subjected to will not be published until July the information was released following a bilateral meeting between the Spanish President, José Luis Rodríguez Zapatero and the British Prime Minister, David Cameron in Brussels. This week the President of BBVA, Francisco González, called for more transparency in European banking. The International Monetary Fund (IMF) also said that the publication of the results of the European Banking Supervisory Committee should help restore confidence in European markets. The type of testing carried out on the banks investigated whether the banks could survive in negative market conditions. The first round of tests was carried out in 2009. However, the results were not published although a statement was made saying the European banking sector was resistant to the crisis. Yesterday Emilio Botín, the Chairman of Santander, said that the results were very good news. He said that Santander was the first European bank in terms of capital



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and profits and now he was very pleased that it was the top of the list of solvent European banks. The third Vice-Chairman of Santander bank, Matías Rodríguez Inciarte, said that the results were a test of the strength of banking and would help normalize the markets. He also stressed that 'transparency was fundamental' in order to recover normality. Santander bank also defended the European banking system as a whole saying that there were no solvency problems in the European banking system. Inciarte said that he believed that tension in the markets was purely 'circumstantial'. He also pointed out that the European Central Bank had the capacity to provide liquidity to banks in the Eurozone.

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## UN DÍA DE GUARDÍA DE DETENIDOS

- DAY OF A DUTY BARRISTER contd.

by David Piqué

I hope some of you found the last article interesting in which I narrated my comings and goings on a duty-barrister day. As I couldn't tell the rest of the tale due to a lack of space, I have no choice but to do it today. I apologize up front to those who are not interested. Well, I commented that at the Catalan police station I first assisted a frightened young man who had been found carrying illegal substances destined for trafficking, to be precise, hashish and cocaine, and such was his desperation that he preferred to be sent to prison than to continue struggling from day to day. I managed, without much effort, to make him understand that prison is not a suitable place for anybody, and much less for someone who, because of his age, has his whole life before him. That prison does not shelter the needy neither does it resolve the problems of anyone and that he should instead begin to think about the possibility of asking for help from suitable professionals to help cure himself of the addictions that he suffered from, then once cured he would be rehabilitated back into society and could work or study. We agreed on a strategy for the following day at court and he was taken once again to his cell.

**18.30** – Statements are taken from the two charged with shoplifting in a supermarket. The value of the stolen goods is under 400€, for which after the statements and at my request, they are set free.

**20.00** – The person charged with domestic violence has to make a statement. Following my advice he refuses to declare to the police, and once alone, I ask him to tell me what happened. He says he has been living with his partner for two years in a rented flat in Reus and according to what was said he infers that his partner had had an affair with a colleague from work and since he had suspected this the fights between them had become quite frequent, that he only shouted and insulted but had never assaulted her. He told me that the previous early morning, when he returned home after having been with some friends, they started an argument but without telling me the motive behind it. I deducted that, as in most cases like this, alcohol also participated in the fight and after asking, he admitted that he was drunk and believes his partner was too, that they both drink to excess often and whenever they drink they always end up arguing. As I have no access to the police statement I inform him that until the following day at court, I would not have access to his partner's version of the events.

**20.45** – Finally, I assist another young man, 26 years old, who had been detained 'in fraganti' robbing inside a car.

He doesn't make a statement either, and when we are alone he tells me he broke a window with a stone because from the outside he had seen a purse inside the car but found that it only had some keys and some coins of 5, 20 and 50 cents inside, no more than 4€ in total but when he was about to leave he was detained by a

Catalan police patrol and as he couldn't run fast enough to escape, he was detained. He also has problems with drugs, neither does he work and his way of life consists of robberies and other minor offences and all the money he makes from this is spent on drugs. I advise him that he has no defence and the best thing to do would be to make a deal with the prosecutor. He already knows the procedure as this is the third time he has been detained so he takes my advice.

**21.15** – I am summonsed for 9am the following day in court.

### On the following day this was the result of the cases:

After the pertinent declaration, the judge agrees to my petition of letting free the young man charged with drug trafficking. He is obliged to put in an appearance on the 1st and 15th of each month and I would call him when a place is available for him at a detox centre. The truth is that it was no use, some days later he was caught again with drugs, this time a more significant amount, and the outcome was just as he wished, he is on remand waiting to be tried and now he has two lawsuits filed against him.

The partner of my client refused to make a statement and withdrew the accusation so the charges were dropped with both of them leaving the court in a very affectionate manner. I really hope they learned their lesson and they keep away from alcohol if the act of drinking turns their lives into an inferno.

As for the young man who shoplifted, he agreed to serve his sentence in a detox centre and if he follows the rules of the centre he will get back his liberty in about six months' time and if the system works perhaps he will be able to rebuild his life.

Summing up, it was a day just like any other and once more I can confirm that in many cases addictions lead to crime.

by David Piqué  
any legal questions can be sent to  
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The Olive Press direct  
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The queen has sensationally won a game of poker against the treasury that is set to cost the taxpayer an eye-watering £1 billion pounds.

So desperate is the new government to raise money that George Osbourne invited her majesty to No11 for a 'cordial' game of cards in the hope of topping up government coffers, but failed to anticipate the monarch's savvy hustling skills.

Things started in the normal fashion with a one 'guinea' blind which had been the tradition since 1812 but ended in Osbourne betting the keys to the MoD, Home Office and Foreign Office and then losing.

So what happened?

Osbourne started with 8 and 10 of hearts, QE2 2 sixes. 'The flop' was a teasing 2, 3 and 7 of hearts. Osbourne up'ed the stakes to

£100,000,000 for the home office and the queen duly matched - asking that a dozen 'old masters' be brought to the table - meanwhile requesting some sunglasses,

chewing tobacco and a spit bowl.

The 'turn' card was a 6 of spades. With his 'flush' in the bag, the chancellor went for broke - adding the MoD in

the pot. The Queen with equally deep pockets calmly added the deeds to Australia.

And so it was 'to the river card'. In a haze of smoke and tension, down it dropped - yet another 6. The Lord of the Dominions stayed calm, even with her '4 or a kind' she sipped her gin and dubonnet. But Osbourne had to make a play, handing over the foreign office in the process. Sadly for the taxpayer the rest is history.

The following morning Osbourne, still clothed on his bathroom floor, called Mervyn King - "HMQ has the keys to most of Whitehall but she doesn't want any of it. Can

you courier £1 billion to SW1A 1AA and let everyone in please? Sorry, I won't ask again."



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**CAPRICORN** Dec. 22 - Jan. 20 -Getting your love life into order is a strong theme this month.

Before the 11th, take the time to get in touch with your relationship needs so that when the eclipse in your partnership sector arrives on the 11th, you are ready to make a fresh start. Complicated decisions are likely in July revolving around learning and education.



**AQUARIUS** Jan. 21 - Feb. 19 -Work and love are strong themes for you this month, dear Aquarius. You are very busy taking care of day-to-day affairs, work projects, and health matters. You are called upon to deal with the details and practical side of everyday life, to become more organized, and to take charge of your routines.



**PISCES** Feb. 20 - Mar. 20 -July is a good month for leisurely activities as well as work, dear Pisces. A lighter, less burdened feeling is with you this month, and more joy found in the work you do. You are finding your inner muse, and making a fresh start on a creative level. Some of you will experience a new beginning in a romance.



**ARIES** Mar. 21 - Apr. 20 -You are spirited and enthusiastic this month, dear Aries, feeling personally on top of your game. You are reinventing yourself, and while this fact doesn't always go over well with a partner, it's something you have to do. You could be seeing a partner as holding you back from discovering yourself.



**TAURUS** Apr. 21 - May 21 Pressure in a romance (or with children for some of you) is definitely easing this month, and you're super-charged and ready to enjoy yourself, dear Taurus. Important conversations and communications occur in July that require special attention. Some of you have decided to begin new studies and to hone your skills.

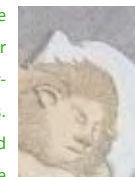


**GEMINI** May 22 - Jun. 22 -Finances are not without concern for you this month, dear Gemini, but there is excellent energy with you for making a fresh start. A new budget or plan is in order. Luckily, good advice is easy to find now. Many of you will be redecorating and reorganizing your homes in July. It's also a strong month for entertaining and peace-making with family.



**CANCER** Jun. 23 - Jul. 22

A Solar Eclipse occurs in your sign on July 11th. Before the eclipse is an excellent period for review, meditation, and any kind of purging activity that rids you of things that no longer serve you well. From the 11th, you shift gears. It's all about you and your attitude now, and it's time to reinvent yourself.



**LEO** Jul. 23 - Aug. 23

Rest is in order for the first three weeks of July. You're not exactly putting everything on hold, but you are taking more time for yourself to recharge. You may be talking ahead of yourself now, about things that you are not quite certain about.



**VIRGO** Aug. 24 - Sep. 23 -A strong month for you is in store, dear Virgo. Making new connections, or cementing existing ones, is in store. The 11th is a great time for making a wish and coming up with an exciting new long-term plan or idea for the future. From the 10th, your charm and personal appeal skyrockets. A new look or manner is likely to be very successful now.



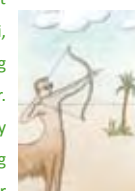
**LIBRA** Sept. 24 - Oct. 23

Career matters are powerful this month, dear Libra. Changes in goals, plans, and priorities may be necessary. Taking the lead or receiving more attention might initially feel uncomfortable, but as soon as you begin to believe in yourself and have confidence in your abilities, others will return the respect.



**SCORPIO** Oct. 24 - Nov. 22

You are feeling quite enthusiastic and hopeful this month, dear Scorpio. Around the 11th, events are such that you see your life from a whole new -- and more positive -- perspective. Your career is growing and some shuffling around is likely now as priorities change.



**SAGITTARIUS** Nov. 23-Dec. 21

Energy levels continue to be strong for you this month, dear Sagittarius. Events are such, however, that tame some of the wild optimism you have been feeling. This is designed to get you on a more realistic track. Challenging or perplexing decisions may need to be made with regards to your social relationships or with children.





If dogs are able to smell the presence of a person buried under tons of rubble or find crumbs of hashish hidden in some obscure corner of an automobile, is it unreasonable to think that they may also be of use in medicine? In 2004 a small study published in the 'British Medical Journal' demonstrated that dogs could precisely detect bladder cancer by smelling urine samples. Since then various foundations around the world have investigated this further and have trained dogs to do this! It should be noted that despite the results achieved dogs are still a long way away from being considered oncology consultants.



There is a foundation in Hungary (Fundación Perros contra el Cáncer para la Vida) that has trained four dogs, of different breeds, (two of which are proven for their work in disasters) to successfully detect, by smelling, cancer in patients. Their results are not yet published but have a 99% success rate in a study involving 35 patients with lung cancer and 45 individuals in the control group. The same success rate was achieved in 2006 by a group of Polish and American Scientists, working with five animals, able to identify patients with breast or lung tumours.

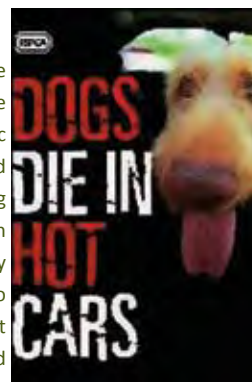
This work has been published in 'Integrative Cancer Therapies', carried out by the Pine Street Foundation located in California.

In this study, as in the majority of earlier research, the dogs do not smell the patients directly, rather the air they exhale into special hermetically sealed containers. This represented one of the largest studies carried out with 86 cancer patients (55 with lung tumours and 31 with breast tumours), while there were 83 individuals in the healthy control group. Following the success of this experiment the

foundation announced on their web page that they were recruiting patients for a study on ovarian tumours.

The studies by the foundation, until now, are comparing the animal detection studies with results from traditional biopsies, which is what they will continue to do. They do not pretend to offer the dogs as a substitute to traditional methods rather as a complimentary test. The dogs are not available to patients to be smelled directly, rather they are attempting to determine if they can smell and detect an anomaly in the exhaled breath of the patients. They stress that for the present time this is not a first line diagnostic

tool, rather to determine if there is a substance that may be able to be detected by an electronic nose, that could be incorporated into a clinic, as opposed to having a dog sitting next to a patient on an exam table in an oncology clinic. There is a lot of work to be done yet to understand what substances are produced and emitted from cancer cells that are able to be detected by dogs.



**Summer, Hot Temps, Cars & Dogs Do Not Go Together.**

*Many well meaning owners leave their dogs in their cars with the windows slightly open when they do errands only to come back & find their dog dead. It happened to a contestant auditioning for the "American Idol" singing talent show. The terrier dog was left in the car in Denver on a 91 degree day. By the time the owner came back, the dog was dead.*

*Even opening the windows is not enough to ventilate a hot car where the inside temperature can increase by 30 degrees in just half an hour. And it only takes a matter of 5-10 minutes on a hot day for a dog to wind up organ-damaged or dead.*

**DO NOT ABANDON YOUR PETS WHEN YOU GO ON HOLIDAY**  
**THEY DEPEND ON YOU FOR FOOD AND LOVE!!!**



Calling all dog lovers

ARCA the dog refuge wish to give sincere thanks to everyone for supporting them. Please keep it up it is truly appreciated....ALSO ANY OLD BLANKETS, TOWELS OR SHEETS FOR BEDDING ARE NEEDED. Call Maeve 678 975 816.

Calenders and t-shirts are also for sale to raise funds for the dogs-

[www.protectoraarca.org](http://www.protectoraarca.org)

email: [protectora.arca@wanadoo.es](mailto:protectora.arca@wanadoo.es)



"Hello, I Am Encarna From The Animal Refuge Terres Ebre, Please Help Me!!! I have 20 puppies and 70 dogs, 40 cats please I need food for dogs and cats....."

**Association for the refuge and Care of Animals**

**Arca**

Hundreds of lovely dogs need homes  
 Donations and Volunteers needed  
 Maeve (English) 678 975 816, Cinta 625 915 605  
 Sue (English) 630 791 918, Carmen 655 040 359  
[protectora.arca@wanadoo.es](mailto:protectora.arca@wanadoo.es)  
<http://www.protectoraarca.org/>

**SHARPIE**

"moral and cultural progress of a country is measured from its treatment of animals" (Mahatma Gandhi)

**URGENT ADOPTION REQUIRED**  
**CALL ARCA TODAY. A.R.C.A.**  
 (Association for Refuge and Taking care of the Animals) it is a non-profit association operating since the summer of year 2001.

**At this moment they have 300 abandoned dogs. They are in Tortosa in**

**There are many puppies needing loving homes**

**Edu & Hada male & female - 2 years old**

the province of Tarragona (Spain). All the material aid comes from the much appreciated donations but with each new arrival more donations are needed. If you want to donate to Arca if only by 5€ each

**Max male 4 years old with lovely character**

month, minimum, please send an e-mail with your personal data and account number or call or write. Or just become a volunteer to help with the dogs.

**Maeve (English) 678 975 816**

**ARCA : Post office 496, Tortosa, (Tarragona) or contact: Cinta 625 915 605 Carmen 655 040 359**

**Sandy female 4 years old, very loving**

**A.M.P.A.R.E. PROTECTORA D'ANIMALS DE LA RIBERA D'EBRE**  
 Based in MORA LA NOVA

CONTACT | Susan : 689 468 752 English  
 Isabel: 977 404 720 / 657 905 465 Spanish/ Catalan  
[www.naturahumana.com/ampare](http://www.naturahumana.com/ampare)

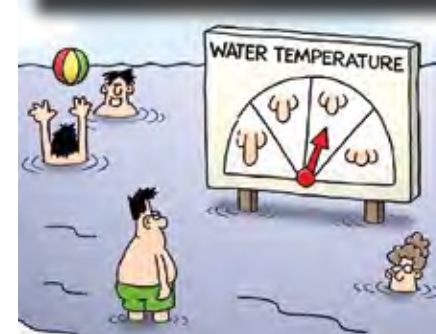
A. M. P. A. R. E. The society for the protection of animals Ebro region. Based in Mora La Nova. We desperately need to re-home dogs to make room for more! We have over 200 dogs for adoption. Susan 689 468752 English Isabel 977 404720 Spanish/ Catalan Donations always appreciated.

**I have adopted an abandoned dog. Have you?**

**Alberg d'Animals**  
 www.albergdanimals.com

657 18 14 37  
 619 84 87 78





Good dog-  
Staaaaay-  
Staaaaay

\$100 for speeding and  
\$250 for misleading  
the public

### LIFE LESSONS

#### Lesson 5

A turkey was chatting with a bull.

'I would love to be able to get to the top of that tree' sighed the turkey, 'but I haven't got the energy.'

'Well, why don't you nibble on some of my droppings?' replied the bull.

They're packed with nutrients.'

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree.

The next day, after eating some more dung, he reached the second branch.

Finally on the fourth day, the turkey was proudly perched at the top of the tree.

He was promptly spotted by a farmer, who shot him out of the tree.

Moral of the story:

Bull Shit might get you to the top, but it won't keep you there..

### Husband Down

A husband and wife are shopping in their local supermarket. The husband picks up a case of Budweiser and puts it in their cart.

"What do you think you're doing?" asks the wife.

"They're on sale, only €10 for 24 cans," he replies.

"Put them back! We can't afford them," orders the wife.

They carry on shopping. A few aisles farther on the woman picks up a €20 jar of face cream and puts it in the basket.

"What do you think you're doing?" asks the husband.

"It's my face cream. It makes me look beautiful," replies the wife.

Her husband retorts,

"So does 24 cans of Budweiser, and it's half the price."

Cleanup on aisle 25: We have a husband down!



### Holistic Medicine

Ahmed the Arab came to Australia from the Middle East, and he was only here a few months when he became very ill. He went to doctor after doctor, but none of them could help him.

Finally, he went to an Arabic doctor who said: 'Take dees bucket, go into de odder room, poop in de bucket, pee on de poop, and den put your head down over de bucket and breathe in de fumes for ten minutes.'

Ahmed took the bucket, went into the other room, pooped in the bucket, peed on the poop, bent over and breathed in the fumes for ten minutes.

Coming back to the doctor he said, 'It worked. I feel terrific! What was wrong with me?'

The doctor said .... 'You were homesick'.



# Butterfly

*Escape from the crowds and enjoy a memorable day afloat Butterfly, a classic yacht in the Delta del Ebro. Relax with an ice cold drink, spread out on the huge deck cushions and experience the tranquillity of sailing around the beautiful Alfaques Bay.*

BUTTERFLY is moored in the harbour of Sant Carles de la Ràpita, where it has been available for charter for a year now. LUCAS, her young owner, discovered the Taiwanese yacht four years ago in Croatia and transported the ship to Spain himself within five weeks. BUTTERFLY was in a very uncared for state and had to be completely restored, from the ground up. Lucas' family also operates the "Varadero" (stockyard / ship building) in the harbour of Sant Carles de la Ràpita, and there the young man found the best conditions for renovating the ship, staying true to the original but using the most up to date technology and materials. The yacht is technically state-of-the-art and offers supreme comfort, for the safety and well-being of its charter guests is of the highest priority when on board. The cabins are adorned and decorated with the finest wood and artistic carvings, from the floor to the ceiling. The "Formosa" shipyard on the island of Formosa in Taiwan is famous for its high quality yacht building.

**Lucas offers his charter guests a variety of destinations, with various activities.**

Relax with an ice cold drink, spread out on the huge deck cushions and experience the tranquillity of sailing around the beautiful Alfaques Bay.

You will sail along the 8 beaches of Sant Carles de la Ràpita and across the bay through the largest mussel farms in the Mediterranean searching for a quiet spot to drop anchor for bathing and eat our delicious picnic.

You can visit interesting spots such as the Salinas de la Trinidad, the Sant Joan Tower and the "Banya" Point. A favourite is dropping anchor and bathing off the beaches of the Ebro Delta Natural Park, or a visit to the unusual restaurant "Xiringuito de la Costa" (built in the water) and the small fishing harbour of Les Cases d'Alcanar where you will find some excellent restaurants. You can find plenty of time to enjoy the tranquillity of the bay and above all, the gentle billowing of the sails.

Watching of migratory birds like flamingos, is a main attraction in the Delta del Ebro National Park and possible on board Butterfly. Captain Lucas will be happy to teach you how to sail or initiate you into trolling for fish.

The evening sailing tours are at sunset, at night or during the full moon, they are an exclusive offer on the coast and especially romantic. Delicious snacks from the



region are served on board during these idyllic excursions, or tapas of local seafood with a bottle of cava is one more option.

3 and 6 hour tours with delicious picnic based on typical local dishes included, with the possibility of tasting local sea food.

Sunset cruises and moonlight cruises.

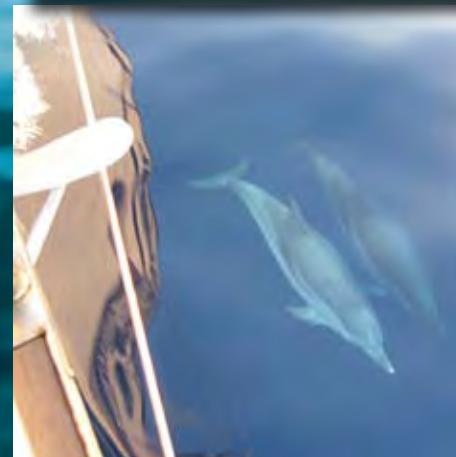
Ideal for celebrations. THE PERFECT GIFT

Prices starting at 35 € per person (25 € kids under 14)

Maximum capacity: 12 persons

Minimum 2 persons

**Contact Lucas to discuss your requirements and any special requests as he is very flexible and wants to make your trip as enjoyable as possible. Call 660 907 189 or call into the office at Barcos la Rapita in front of the San Carles de la Ràpita, harbour.**  
**[www.butterfly-charters.com](http://www.butterfly-charters.com)**



**Sail In The Beautiful Alfacs Bay  
Delta del Ebro Natural Park  
Sant Carles de la Ràpita**

**Sailing Trips & Charters**



**tel: 660 907 189**

**[www.butterfly-charters.com](http://www.butterfly-charters.com)**

**[www.myspace.com/butterflycharters](http://www.myspace.com/butterflycharters)**



Our Articles On What's On From Previous Years Issues Can Be Found On Our Web Site [www.theolivepress.eu](http://www.theolivepress.eu)

EUROPEAN BALLOON FESTIVAL - IGUALADA [www.globuskontiki.com](http://www.globuskontiki.com) dias 8, 9, 10 i 11 de Julio de 2010

Every year in Catalunya in the town of Igualada, 40 or more hot air balloons from around the world take to the sky during the biggest balloon festival in Spain, and one of the largest in Europe. Around 25,000 spectators come to watch, fascinated as the balloons inflate and eventually fill the sky with an array of colours. The activities don't stop there - market stalls and the opportunity to try some local cuisine plus balloon flights, music and then finally fireworks.

The 21th International Fireworks Competition Ciutat de Tarragona will take place from the 6th to the 10th July at the Punta del Miracle of Tarragona at 22.30 each night:

|           |                   |                  |                               |
|-----------|-------------------|------------------|-------------------------------|
| Tuesday   | 6th of July 2010  | SPAIN (A CORUÑA) | PIROTECNIA PENIDE             |
| Wednesday | 7th of July 2010  | ITALY            | FUOCHI ARTIFICIALI MARTARELLO |
| Thursday  | 8th of July 2010  | SPAIN (MADRID)   | PIROTECNIA VULCANO            |
| Friday    | 9th of July 2010  | CANADA           | FEUX D'ARTIFICES APOGÉE       |
| Saturday  | 10th of July 2010 | SPAIN (VALENCIA) | PIROFANTASÍA CARLOS CABALLER  |

You can find informations about the fireworks display competition and the participating companies in the Latest Competition News on <http://Tarragona.FEUERWERK.net>

LA MÓRA MORISCA A MÓRA D'EBRE 10-11th July 10 is a historical fair with its own identity. It is a mixture of cultures, religions and in short an example of historical communal life. In the 15th century in Móra there lived 34 Jewish families,

51 Saracens and 130 Christians- taken from the census ordered by the church, mosque and synagogue.


15th Festa del Renaixement Tortosa Del 22 al 25 Juliol de 2010 [www.festadelrenaixement.org/eng/](http://www.festadelrenaixement.org/eng/)The walls of the town's oldest districts are the chosen venue for Tortosa's Renaissance Festival, the festival takes us back through a whole host of entertaining and cultural activities to the 16th century. Over 500 actors, 60 shows, 3000 people dressed in traditional costume, merchants and taverns fill the town's streets and squares with festivities, music, joy and colour

14-18 July L'Ampolla Festival Verge del Carme 2010

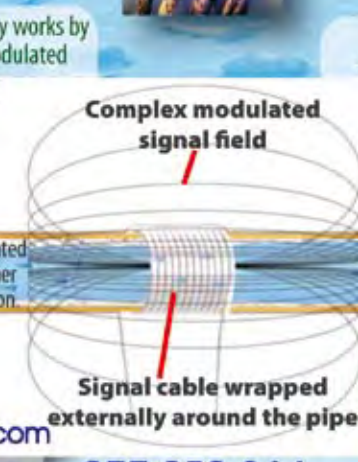
16 July 21:30 h Harbour Procession by sea and fireworks. Sea-land procession in honour of the Patron Saint of seafarers and fishermen. "The star of the seas". The evening of the 16th July is a very special time for the residents of many towns in Spain for this is the night when the patron saint Virgen del Carmen is celebrated. This is one of the most deeply rooted traditions of the fishing villages and the celebrations begin with the image of the Virgin being carried through the town. FIRA DE SANT JAUME DE REUS: 17-18 July 2010 Reus' most traditional fair since 1343. The most important part in the programme is the "Horse Fair" (with different championships, exhibitions...), the degustation of local food every night.

FIB HEINEKEN BENICASSIM 15-18 JULY 2010 - [www.fiberfib.com](http://www.fiberfib.com)

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



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## "DICK'S HOUSE" opening July...

We promised you more information about Dick's House in a past issue of the magazine. Well we now have pleasure in introducing this new house.

Dick who created Carpe Diem 5 years ago to the magical restaurant and guest house that you all now know and love has now also turned his creative flair to offer you this new house. The house has been tastefully restored and personally decorated by Dick over the recent months.

It is open to Private Parties, catered or self-catered whatever you prefer to have a fun break in relaxing surroundings and chilling out by the pool. There are 5 bedrooms all with individual en suite luxury showers. A modern kitchen, relaxing lounge and an elegant dining room. Not forgetting the terraces and the sun loungers around the pool area.

Dick's small exclusive house is ideal for weddings, birthday parties, special romantic weekends... just about any event where you want that extra special setting with luxurious surroundings.







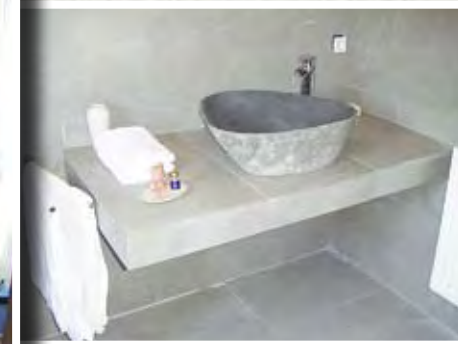
NEW OPENING SPECIAL OFFERS INCLUDE 3 days, incl. FULL BOARD plus excursions with personal transport in Dick's Hummer to Sitges where you can take a relaxing cruise aboard a traditional Minorcan boat see [www.cruisesitges.com](http://www.cruisesitges.com) or go horseback riding and explore the area see [www.casa-el-sueno.com](http://www.casa-el-sueno.com). Price for the opening in July 199,-- Euros/p.p. (min. 4 pers.)

Weekend packages built to your requirements...just ask!

For more information please use Carpe Diem's contact details:

*We can make your dreams come true ...*

*It is situated on the opposite side of the El Perelló to Rasquera road from Carpe Diem*





# Carpe Diem

... magical moments all year at *Restaurant Carpe Diem* Spend your time enjoying an excellent meal in wonderfully decorated surroundings ...

Carpe Diem, which in latin means 'Seize the Day', is the philosophy of the owners and strongly represents their way of living and is reflected in the restaurant and guest house. Travelling between El Perelló and Rasquera in the Baix d Ebre region between kilometre 8 and 9 there stands a rock with "Carpe Diem" painted on. Turn off right here and follow the signs to find an oasis of luxury and peace.

Surrounded by olive trees and in the very heart of nature, the restaurant materialises magically to transport you to unknown spheres and delights. It is wonderfully and tastefully decorated lit by candle light . Different styles melt together to achieve a unique ambience.

There are two big dining-rooms and a terrace with

a beautiful swimming pool to relax in. There is even a sauna and a jacuzzi. Four bedroom-suites are at your disposal in case you decide to spend the night in this incredible and unforgettable place.

Carpe Diem is definitely a different and outstanding place where you will enjoy the present forgetting about the past and the future.

You can relax in their well designed garden where you will find a rather grand 'duck pond' where you can watch the sunset.. You can dine on the terrace with uninterrupted views of the garden and pool area while listening to the birds in the aviary. Afterwards perhaps relax on the well padded loungers around the pool positioned under enormous umbrellas to protect you from the scorching sun but then you can always just slide into the refreshing cool water in the pool.



Dick is always trying out new things combining classic and modern recipes to bring you extra delights on the menu. All are always served in an elegant and outstanding way. The desserts which are home-made are also worth a compliment. There is also a large choice of excellent wines.

During July, August and September they will be open Wednesday, Thursday, Friday Saturday and Monday evenings and Sunday lunchtime. There will many special events so please call for latest events. They are looking at special menus on Wednesday/Thursdays for 19.50€ with indian dishes for example. Normal menu with 4 courses is 27.50€

Your visit at Carpe Diem will be unforgettable and will be far more than just having dinner or supper.



You will find us at just in from km 8,5 exit on the Perelló to Rasquera road

## Reservations

678 477 700  
678 477 709  
977 089 087

We are open from 19.30hrs and on Sunday from 13hrs + .... for news join Restaurant Carpe Diem Perello at Facebook or give them a call for the latest special events.

[www.carpediempereello.eu](http://www.carpediempereello.eu)







## RESTAURANTE - BAR - CHILLOUT- COCKTELERIA

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Mediterranean-French Restaurant with a wonderful terrace overlooking the sea at Playa Cristal  
Chill out space where you can enjoy our selection of cocktails ... Mojito, Tequila Sunrise...

**NEW Cocktails & drinks Thursday, Friday, Saturday until 2 am**



Opening hours 11am until closing time. **Open every day during the summer months from 11am.**



**Lunch** from 12 -16hrs - Daily menu from 10.50€  
Daily menu for businesses 14,50€ 12 menus & 1 for free from Monday to Friday

**Dinner** from 18hr - 23hr  
A La Carte, Specialities: Argentine meat, Menus, Paella, Tagines, Couscous... Catalan, French and Mediterranean cooking

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**surroundings with**  
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**Open every day at 7:30 am**  
**till midnight and on the**  
**weekends until 2 am**

**Our services include:**  
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"I come from a line of passionate Italian cooks and enjoyed a culinary education covering dishes from the contemporary classics of the north to country-style cooking of the south. It's a blend that has helped me appreciate the breadth of Italian cuisine and I'm happiest when cooking for others. My biggest inspirations have always been my grandparents, where my grandad was the chief menu-maker and my nan the expert cook. The list of my grandad's all-time favourites are what my whole family still enjoy today.

Dinners were - as was the case for many Italian families - a loud and joyous event. If the conversation wasn't about what we were eating at that moment, it probably meant we were talking about what we'd be eating later!

Whenever I ate something that amazed me (which was pretty often) I just had to know how it was made, and my nan was always more than happy to share her knowledge. My Mum has always been big 'foodie' influence

## A CASA TUA



too with her love of southern Italian cuisine. More recently I ran a small 'agriturismo' (rural B&B) in Tuscany where I provided fresh, home-cooked meals to my guests. It was a great experience and it confirmed how much I enjoyed cooking for others. My wish is that you feel as happy eating my cooking as much as I enjoy making it." Here is one of Sabrina's recipes for you to try:

### Farfalle Piccanti - ready in less than 20 minutes

Ingredients for 4 people -

- 400g of farfalle pasta (penne works too)
- 150g of chopped pitted green olives and 100g of spicy green olives
- 3 cloves of chopped garlic
- Seasoning and herbs: salt & black pepper, pinch of chilli flakes, fresh basil or parsley
- Olive oil
- 8 blanched chopped plum tomatoes and 1 table spoon of tomato purée (you can use a

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AND SUNDAY LUNCHTIME Tel : 977 460 387

|                                                                             |                                                                                                         |                                                                                                        |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b>Fridays</b><br>Fish & Chip "Nite"<br>Served with<br>Karaoke<br>from 8:30 | <b>Saturdays</b><br>Steak "Nite"<br>Cut and Cooked the<br>English Way-T-Bone,<br>Sirloin, Rump & Fillet | <b>Sunday</b><br>"Sunday Roast"<br>Roast Beef, Chicken,<br>Pork or Lamb, Veg,<br>Roast Spuds, Parsnips |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|

Quiz "Nite" 2nd Thursday in the month | Bingo every  
Tuesday 8pm | Sky Sports for All The Big Games Live Here  
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SUNDAYS  
from 17:00 to 2:30

C/ Sant Antoni, 19 - EL PERELLO  
info@homogenik.com - www.homogenik.com

good handful of small chopped cherry tomatoes instead of plum tomatoes

- Parmigiano (optional)
- White wine (optional)

Boil water and cook pasta for 1 minute less than the recommended time.

In a large saucepan, sautee the garlic and chilli flakes in olive oil on low heat until lightly golden.

Add chopped olives, chopped tomatoes and seasoning, cook on medium heat for around 10 minutes.

Sprinkle boiling water from the pasta pot or a little white wine if the sauce gets too dry.

When the pasta is ready, drain, but save 1 cup of the water.

Add the pasta to the sauce, add the fresh basil or parsley and cook together for 2 minutes, if needed, sprinkle some of the saved water to make sure the pasta does not get too dry.

Top with parmigiano and serve immediately.  
Buon appetito!

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*This month here are some more tips on how to speed up Windows Vista, Please use with caution!*

*Windows runs pretty well on its own, but there are many things you can do to increase performance.*

*I would recommend you make backups before making major changes to your system.*

#### Move Search Index to a Different Physical Drive and speed up Windows Vista

If you have more than one physical drive in your computer, this guide is for you. The search index can take a considerable toll on your system drive; by moving the index to a separate drive, you can increase overall performance.

To move your search index, do the following:

1. Press Start, type index in the search bar and press Enter
2. Press the Advanced button

#### PC TIPS: SPEED UP WINDOWS VISTA CONTD.

3. Press Select new at the bottom and select a new location on a different physical hard drive
4. Press OK. Your search index will now need to rebuild, which may temporarily slow performance.

#### Disable Superfetch to Save Memory and speed up Windows Vista

Windows Vista Superfetch learns your typical activities with files and application access. By learning, it predicts your computer use actions and puts your most commonly used applications in memory. This is great if you have a lot of RAM, but if you have less than 2GB, then I suggest you disable this feature - saving you from sluggish computer use.

Please Note: Even with less than 2GB of ram, you may find this doesn't help. If you notice no difference after a day or two, then you can probably re-enable Superfetch.

To disable Superfetch, do the following:

1. Press Start, type services in the search bar and press Enter
2. Locate Superfetch in the list of services, right click it, and select properties
3. Change the Startup Type dropdown box to disabled and click the stop button
4. Now click OK

Please remember, this will only help if you have less than

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Iberbanda Generalitat de Catalunya

2GB of RAM.

#### Disable "Last Accessed" File Attribute to speed up Windows Vista

Every time you access a file on your computer, a Last Accessed file attribute is updated. You will likely not need this, so you can remove some overhead by following this guide.

#### Manually Disable Last Access File Updates and speed up Windows Vista

1. Press Start, type regedit in the search bar and press Enter (or press Winkey+R)
  2. Navigate to HKEY\_LOCAL\_MACHINE\SYSTEM\CurrentControlSet\Control\FileSystem
  3. Update the value of NtfsDisableLastAccessUpdate to 1
  4. To undo this change, simply change the value back to 0
- In order for this to take effect, you may need to restart your system.

#### Make Windows Shut Down Faster to speed up Windows Vista

As you install programs on your computer, it slows down - we all know that. However, what you may not know is that the programs install what we call services.

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Windows is "kind" enough to patiently wait for these services to stop when you shut down your computer. It really doesn't pay off to wait. Decrease the time it takes for Windows to shut down by doing the following:

1. Click the start button and type regedit in the search bar
  2. Hit the enter key
  3. You will see a screen like the one below. Find your way to HKEY\_LOCAL\_MACHINE\SYSTEM\CurrentControlSet\Control in the left menu
  4. In the right window you will see a key called WaitToKillServiceTimeout, with a default value of 20000 (20 seconds.)
  5. Right click on the key and select Modify...
  6. Change the value from 20000 to 5000. This can potentially reduce your shut down time by 15 seconds.
- Please note: I do not advise setting this value to less than five seconds.
- Please be careful in the registry as you can kill your system if you incorrectly change anything!

For help or advice call Paul on 600 224 428  
or email: [ebopc@gmail.com](mailto:ebopc@gmail.com)  
web: [www.ebrolvalley-computers.cc](http://www.ebrolvalley-computers.cc)

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## YOGA FOR ALL - THE 7 CHAKRAS



An Intro Guide to the 7 Healing Chakras

Chakras are energy centres that run from the base of your spine out the top, or crown, of your head. The word chakra is a Sanskrit word, meaning wheel or disc. There are seven major chakras, each a circular wheel of light spinning in your energetic system, associated with certain body parts, a colour, stone, element, and function. By learning to tune into the energy of our chakras, we can bring our bodies and minds into balance and embrace life fully.

### Blocked energy in our 7 Chakras

can often lead to illness so it can be important to understand what each Chakra represents and what we can do to keep this energy flowing freely.

#### What does each chakra represent?

1. **RED- Root Chakra** - Represents our foundation and feeling of being grounded.

Location: Base of spine in tailbone area.

Emotional issues: Survival issues such as financial independence, money, and food.

2. **ORANGE- Sacral Chakra**

- Our connection and ability to accept others and new experiences.

Location: Lower abdomen, about 2 inches below the navel and 2 inches in.

Emotional issues: Sense of abundance, well-being, pleasure, sexuality.



### 3. **YELLOW- Solar Plexus Chakra**

Our ability to be confident and in control of our lives.

Location: Upper abdomen in the stomach area.

Emotional issues: Self-worth, self-confidence, self-esteem.

4. **GREEN- Heart Chakra** - Our ability to love.

Location: Centre of chest just above heart.

Emotional issues: Love, joy, inner peace.

5. **BLUE- Throat Chakra** - Our ability to communicate.

Location: Throat.

Emotional issues: Communication, self-expression of feelings, the truth.

6. **PURPLE- Third Eye Chakra** - Our ability to focus on and see the big picture.

Location: Forehead between the

eyes. (Also called the Brow Chakra)

Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.

7. **VIOLET/WHITE- Crown Chakra** - The highest Chakra represents our ability to be fully connected spiritually.

Location: The very top of the head.

Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.

Next month ..... How to balance our chakras with simple at home exercises for health and well being.

Sarah Good is a Sivananda trained yoga teacher offering weekly drop in yoga classes and also private tuition. Call on 663 140 297 [www.yogaholidayspain.com](http://www.yogaholidayspain.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 I present a recent film from Colombia which keeping in the theme of Olives & Popcorn is mostly spoken in Spanish....

*Los viajes del viento* (The Wind Journeys) 2009. Ignacio Carrillo (Marciano Martínez) is a vallenato singer from Majagual, Sucre, who decides, after his wife's sudden death, to stop playing and return his accordion, which is said to be cursed, to his master. He is joined by Fermín Morales (Yull Núñez), a teenage boy who admires Ignacio and wishes to become a juglar like him. Carrillo reluctantly accepts, given his loneliness. On

Ash Wednesday 1968, Carrillo, Morales and their donkey start a journey throughout several towns in the Caribbean region in Northern Colombia, until Taroa (a small caserio in Uribe jurisdiction), in La Guajira desert, where Carrillo's maestro supposedly lives. During their journey, Carrillo participates in the first version of the Vallenato Legend Festival in Valledupar.

Written and directed by *Ciro Guerra*. It was filmed in 80 locations in Northern Colombia. The film is spoken in Spanish, Palenquero, Wayunaiki, and Ikun. It can be said it is similar in many ways to the Motorcycle Diaries as a road trip of the soul.

This has won five awards to date including one this year for best Spanish Language Film at the Santa Barbara International Film Festival. The trailer can be found via youtube at - <http://www.youtube.com/watch?v=Tli4nSO4hIA>

Jason.M.Berry 17/06/2010 Contact e-mail: [gatchajay@hotmail.com](mailto:gatchajay@hotmail.com)





**© Summer Planting for Apartments. By Clodagh and Dick Handscombe**  
Practical gardeners living in Spain for 25 years

Plants don't get any less expensive nor the summers any cooler so ensure that you don't waste money on unsuitable plants or the loss of plants due to poor positioning, planting and care this summer especially if living in an apartment or town house.

Last month we introduced you to our latest book 'Apartment Gardening Mediterranean Style', the fourth in our series published by Santana Books. In this book we purposely listed the plants with photographs and descriptions under the following headings.

1. Plants that love the sun and are not thirsty – these include an interesting collection of succulents, cacti and aloes.
2. Plants that can tolerate continuous sun but are thirsty so considerably more care is required – these include the easiest annuals for Spain and collections of perennials, climbers and bulbs.
3. Plants that are best grown in semi shade - and there are many such plants to choose from such as hydrangeas, fuchsias and stephanotis.
4. Plants that can live in more shaded positions most of the time if there is reflected light such as aspidistras, Christmas cacti and Cinerarias.
5. Northern European house plants such as the Peacock plant and Peace lily that can be coaxed to survive in semi shaded terrace positions.

Each description includes a clear indication of the plants thirstiness, salt tolerance in case you are near the sea or salt pans, frost resistance if in the inland towns and villages and whether perfumed such as the Lady of the Night, Carnations or French Marigolds. By the way plants are listed in the descriptions by botanical names but there is also a plant list by English names with the page numbers of the descriptions. So experienced and

beginner gardeners will be able to trace plants speedily.

Veer away from these lists and your investments in plants are immediately at risk.

And there are other risks to be taken into account. Firstly the compost in which plants are supplied is often good for growing plants under mass production conditions in hothouses but dries out too quickly under typical home garden and terrace conditions.

Secondly many types of compost for re-potting plants are not ideal so it is best to make your own blends using a mix of a peat based compost, worm compost and sand. A good garden centre will be able to advise on the best brands to use.

As we said last month many apartment blocks could do with more colourful balconies for the enjoyment of residents and passers by.

Please do your bit to re-green the Med.

**The book below can be obtained from high street bookshops**



such as Bookworld and Carrefour and if more convenient by mail order from [www.bookworld.com](http://www.bookworld.com) or [www.santabooks.com](http://www.santabooks.com). The later also take telephone orders on 952-485 838. If you wish for autographed copies for presents contact us via our web site [www.gardeningspain.com](http://www.gardeningspain.com)

**STOP PRESS CHANGE OF VENUE**

**Please note that the talk and question and answer session presented by dick handscombe in riba-roja del ebre at 15.00 On tuesday 6th july will now take place at calle iglesia no 6,near the church.Phone mary on 675224913 for more information.**

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The owner of Inspired Earth has been travelling regularly for the last 10 years or so to India and Nepal and from the great love she has for the area and the people, she decided the heart of her business would be Fair Trade.

*The Fair Trade movement advocates fair wages for workers as well as healthy social and environmental practices during the production of goods.* The business is highly individualized since many of the designs are inspired and created by the owner herself. She already has a Derbyshire based UK company where she not only sells her extensive range of handmade high quality handicrafts, including a great variety of hats, bags, jewellery, textiles, incense and clothing. But it is the base for supplying her wholesale customers.

"Inspired Earth" has now arrived in the pretty fishing village of L'Ametlla de Mar where you are welcome to come and purchase the wonderfully individual designs for yourself or find that extra special gift.







## CATALUNYA MOTOGP 4<sup>TH</sup> JULY

Friday 2nd to Sunday 4th July the Catalunya MotoGP takes place at Montmeló some 20km north of Barcelona at the Circuit de Catalunya. The first international event to be held there was the 1991 Spanish Formula One Grand Prix which remains the home of this event.

In 1992 the European Motorcycle Grand Prix took place at the same venue and from 1995 this annual event became known as the Catalunya MotoGP. The circuit is one of motor sport's most popular testing grounds allowing teams to become very familiar with its long straights and its range of corners.

The Catalunya MotoGP is the most stylish round on the race calendar. By the time the GP circus makes a second trip of the season to Spain the pace is hotting up and the tough are showing their mettle. The race takes place only one week after the Dutch TT being on a Saturday; the season is getting serious.

There is no Valentino Rossi this year as he is out with a broken leg from Mugello. Unfortunately, MotoGP is no longer very entertaining as there are only 16 bikes on the grid but fortunately, MotoGP 2 has around 40 bikes and the 125cc have around between 30 & 40 bikes which makes for great racing. More overtaking in one race than an entire season of Formula 1!!

The 4.727 km (2.937-mile) track consisting of 5 left and 8 right corners as well as a long straight of 1047m was built for both Formula 1 and motorcycle GP racing, and this introduces a special complication for riders and technicians.

The huge braking forces generated by the cars causes the tarmac to distort on the corner entries. Historically, this washboard effect has made things difficult for the suspension engineers and even more so for the riders.



Interestingly, the MotoGP machines clock higher top speeds on the long pit straight than the F1 cars, which are heavily encumbered by the enormous downforce created by their wings and bodywork.

The track has few really slow corners, and the sweeping bends are made all the more difficult by changing gradients as the circuit runs up and down the hillside overlooking the massive pit and paddock complex. The medium/fast Campsa corner leading onto the back straight, for example, sits atop the crest of a rise and is unsighted. Although the modern layout might at first appear somewhat sterile, in fact this is one of the more challenging circuits from a technical standpoint, and a fine arena for high-class racing.

### Circuit de Catalunya

The spectacular Montmelo circuit, situated in the hills outside Barcelona, is one of the most modern tracks in Europe. More than 100,000 fans attend this event and are well catered for. There are 17 well positioned grandstands offering superb views as well as 23 giant screens located throughout the public areas to keep you up to date so there's no need to miss any of the action. You can walk around the entire circuit and all the general admission areas. The catering facilities offer great food at reasonable prices and the toilets are numerous and clean. Its spectator facilities are amazing. Its grandstands offer superb views and giant TV screens keep you up to date with all the race action. **Recent Winners**

- 2009 Valentino Rossi - Yamaha
- 2008 Dani Pedrosa - Honda
- 2007 Casey Stoner - Ducati
- 2006 Valentino Rossi - Yamaha
- 2005 Valentino Rossi - Yamaha
- 2004 Valentino Rossi - Yamaha
- 2003 Loris Capirossi - Ducati
- 2002 Valentino Rossi - Honda
- 2001 Valentino Rossi - Honda



### FRIDAY, 02 July

Activities

- 02 - 09:45 / 11:30 Pit Lane Visit
- Free practice
- 02 - 12:40 / 13:40 125 cc - 1st Session
- 02 - 13:55 / 14:55 MotoGP - 1st Session
- 02 - 15:10 / 16:10 Moto2 - 1st Session

### Saturday, 03 July

- Free practice
- 03 - 09:00 / 09:40 125 cc - 2nd Session
- 03 - 09:55 / 10:55 MotoGP - 2nd Session
- 03 - 11:10 / 12:10 Moto2 - 2nd Session
- Qualifying session
- 03 - 13:00 / 13:40 125 cc - Qualifying Session
- 03 - 13:55 / 14:55 MotoGP - Qualifying Session
- 03 - 15:10 / 15:55 Moto2 - Qualifying Session

### Sunday, 04 July

- Warm Up
- 04 - 08:40 / 09:00 125cc - Warm Up
- 04 - 09:10 / 09:30 Moto2 - Warm Up
- 04 - 09:40 / 10:00 MotoGP - Warm Up
- Races
- 04 - 11:00 125 cc - Race (22 Laps)
- 04 - 12:15 Moto2 - Race (23 Laps)
- 04 - 14:00 MotoGP - Race (25 Laps)



**GETTING THERE.** Only 32 km from Barcelona and 18 km from the Maresme Coast, the Circuit is located between two major communication roads. Careful sign-posting around the Circuit helps visitors to reach their destination without problems.

When travelling by car, follow the C-17 road (exit Montmeló), or the AP-7 highway. If you choose the AP-7 toll road, you have several exits to reach the

Circuit: 13, 14 and 15.

The best way of getting there by public transport from Barcelona is to take a local train (cercanias) from any of the following three stations: Sants, Passeig de Gràcia or El Clot. The train will be going to Macanet-Massanes but you must get off at Montmeló. Montmeló is on the green number 2 line, 5 stops after El Clot.

There are trains every 30 minutes and the journey takes about 40 minutes. Transfers are available from the Montmeló train station to the Circuit de Catalunya as the walk is about 30 minutes. Some bus companies arrange shuttle transfers from Barcelona to the Circuit de Catalunya but their websites don't seem to appear in English. Try the Sagales office at Passeig de Sant Joan, 52.

**TICKETS:** [www.motogp.com/en/Race+Tickets](http://www.motogp.com/en/Race+Tickets)







Reality TV star Katie Price's perfume has been pulled from Superdrug's shelves because of "ethical" reasons, according to the high street store. It coincides with another perfume range, Spoof, by Vacherie, also

being withdrawn.

That followed a report claiming the fragrances were made 'from the blood, sweat and tears of Indian workers.' And they meant literally.

The report claims that a factory in Mumbai making clothes for a well known low-cost high street fashion store, attaches a tubing to their workforce in order to extract the ingredients for the perfume. The workers are paid well, but the working conditions are far from ideal, so the ingredient recovery is very effective.

A spokeswoman for the company said that the ratios of ingredients were naturally adjusted to give the correct 'notes' for each fragrance. "A hot summer produces a muskier scent with a salty tang," she explained, "whereas pinker, coppery-scented themes are associated with temporary holiday workers and an increased industrial accident rate."

Surprisingly, this was enough to prompt several high street stores to withdraw all Spoof perfume on ethical grounds.

The Spoof perfume range consists of two distinct fragrances; Spoof by Night, a dark, exotic scent guaranteed to spice up an evening rendezvous, and Spoof Sportiff, for splashing in your trainers after two hours in the gym.

SPENDING the night in an NHS hospital is better than living on the street, according to Britain's most demented vagrant.

Christopher Dearlove said that NHS wards had the edge over a disused carpet factory teeming with rats and that hospital food is better than scraping something brown and sticky off the side of a wheelie bin.

Mr Dearlove, who has admitted himself fraudulently to six state run hospitals, was yesterday served with an antisocial behaviour order and told to stay well away from the NHS if he knew what was good for him.

Experts now predict that millions of people across Britain will apply for their own healthcare 'asbo' wristband, amid fears they could be knocked unconscious and treated by the NHS by mistake.

Claiming to be a fully qualified 'Jesus Astronaut' with solid gold telescopic legs and a bionic chin, Mr Dearlove added: "I know it must be really difficult for people to get their heads round, but I think what I enjoy most is the sense of danger.

"The thought that every time I am admitted there is a less than 20% chance I will come out of it alive. I suppose I'm a bit like one of those 1950s test pilots, but with dodgy bed linen and a pudding that looks like an aborted calf."

But Julian Cook, a homeless man from north London, said: "The thought of spending the night in an NHS hospital makes me want to throw up the rather tangy, half-eaten tortilla wrap I had for breakfast.

"In my experience the NHS makes being homeless seem like a month at the Savoy. And that's based on nothing more than a couple of minor outpatient treatments and the fact that I used to be head of thoracic

surgery at Doncaster Royal Infirmary."

He added: "By the way, this is the bathtub I've been sleeping in for the last six years. As you can see it is completely free from both MRSA and clostridium difficile.

"And I also use it as a toilet."



NORTH Koreans were celebrating last night after their team's long-predicted 8-0 thrashing of decadent capitalist Brazil.

Footage of Korea's nine-foot tall players scoring goal after goal past a weeping and unusually Oriental-looking Brazilian side was beamed across the country to over 35 million people, 11 million more than its actual population.

The first three goals saw their goalkeeper earn the 47th hat-trick of his career, with the last being a remarkable bicycle kick from the halfway line.

Each goal was celebrated by the players running to the corner flag and delivering an impassioned five-minute lecture on the nation's rising factory productivity to a rapt crowd of 52,000 Korean fans.

Tom Logan, World Cup analyst at Madeley-Finnegan, said: "North Korea's footage differs significantly from the rest of the world, inasmuch as Ellis Park appeared to be a dilapidated velodrome on an industrial estate and Korea's fourth and seventh goal was exactly the same footage."



But Supreme Leader Kim Jong-il said: "Our glorious players showed what discipline, moral fortitude and being repeatedly beaten can achieve. I personally coached the team myself, shortly after writing my 375th novel Super Kim Slays Moth-Ra & Has Sexy Fun

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With Madonna, and fighting a bear with a claw hammer."

A North Korean government spokesman added: "Some may think they remember a goalkeeper called Ri Myong-Guk. They are mistaken. If anybody meets somebody claiming to be a member of his family, they are actually Western demons and should be shot on sight."

North Korean fan Jong-Se Park said: "Much appreciation and fraternal joy to the mighty footballers of our land! I do so hope my family can please be released unharmed so they can witness the ultimate triumph in the final!"

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## IMPORTANT PROPERTY ISSUES INCLUDING ILLEGAL BUILDS AND CEDULA DE HABITABILITAT

We have friends who have had a property built only to find out later that it is illegal. I know there are others out there. My friend has spoken to his MEP, who has asked for more details and also if there are any other people here in a similar situation who would like to send their details to add to the database. The more people who reply, the more likely it is that a solution can be forced upon the government of Spain.

I have forwarded the email from the MEP's secretary. Perhaps some of your readers would like to add their details. regards, Lynn email address in for anyone who wants I can forward the letter to them.

lynn hanson <fincacaballo@yahoo.co.uk>

From: ANDREASEN Marta OFFICE [mailto:marta.andreasen-office@europarl.europa.eu]

Sent: 28 May 2010 13:31

Subject: Spanish Land Grab and other property issues in Spain

I am Accredited Parliamentary Assistant to Marta Andreasen MEP. I am currently updating our database on Spanish property issues, which contains your e-mail address. I would be grateful if you could let me know the following information by return of this e-mail. You may know of other people who might want to submit details - please forward the e-mail to them.

Feel free not to supply any or all of it as you see fit.

- 1) Name(s)
- 2) Postal address
- 3) Contact telephone number
- 4) Nationality
- 5) Position in relation to campaign  
(e.g. homeowner/victim; activist; supporter; journalist; lawyer; other-please specify)
- 6) Location of property involved, if any (town/village and province)
- 7) Nature of problem  
(e.g. Ley de Costas/demolition; bankrupt builder; corruption in local/central government; fraud; other-please specify)
- 8) Dates/timescale (approximate if necessary)
- 9) Are you aware of any involvement of European Union funding in any of your difficulties. If so please give details.

Thank you for your assistance

With best regards,

Andrew Kinsman

email: andrew.kinsman@europarl.europa.eu or tel:00 32 2 284 7726

**WE HAVE SPOKEN TO ANDREW KINSMAN ON THE TELEPHONE CONCERNING THE CEDULA DE HABITABILITAT PROBLEM HERE AND HE WAS NOT JUST UNAWARE OF THE PROBLEM BUT ALSO EXTREMELY SHOCKED AT THE NUMBER OF HOMES WHICH THEY ESTIMATE TO BE EFFECTED BEING 50,000 TO 60,000. HE HAS ASKED FOR INFORMATION TO BE SENT TO HIM SO ANYONE WHO HAS A RURAL PROPERTY PLEASE CONTACT HIM TO HELP GET THE PROBLEMS ADDRESSED.**

**Solicitud de la cédula de habitabilidad de vivienda usada**

**Datos generales**

Datos de identificación de la persona solicitante

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Nombre y apellidos: Primer apellido: Segundo apellido:

Actividad como: Descripción actividad:

Datos de identificación del presentador de la solicitud

Tipo de identificación: Código identificador: Número de tarjeta: ☐ Soy empresario o autónomo

## HOME REMEDIES FOR PRICKLY HEAT



Prickly heat is a rash that appears on the skin due to excessive sweating, especially in the summer season. They are also popularly known as heat rashes or sweat rashes. In medical terminology, prickly heat is known as miliaria rubra or simply miliaria. Prickly heat occurs because the excessive sweating caused due to the external heat temporarily blocks the sweat glands, due to which a proper purification of the blood does not occur.

The common symptoms of prickly heat are small eruptions on the skin which are small and grainy in nature. They could be red, or they could even be just a shade darker than the colour of the skin. These eruptions are always itchy and they are accompanied by a prickly burning sensation. For children, prickly heat is always very uncomfortable. In addition, there is always a chance of a more serious bacterial infection once the prickly heat has occurred.

### Home Remedies for Prickly Heat

When they occur, the natural instinct is to buy some cream or powder readily available in the market and apply it on the skin. This does work most of the time, but we must remember that each of us has a unique kind of skin. Hence, the patent formulations may not work, and may actually aggravate the condition.

Therefore, it is much safer to use some herbal and natural remedies, which will not have side-effects even if used in an excess amount. The following is a list of some of the most effective home remedies for prickly heat to apply when heat rashes occur.

This is a very elaborate, but certain method to remove the prickly heat. Take an earthen vessel. Fill it with clean water. Take about fifteen to twenty gooseberries (amalaki, Emblica officinalis). Wipe each gooseberry in turn and add it to the water in the pot. Then cover the earthen pot with a lid. Let the gooseberries remain in the pot for one whole night. In the morning, the fruits will have become soft. Mash the gooseberries in the water itself. Then strain the water, add sugar in it and drink. Drink as much as you need to quench your thirst. This remedy removes the heat from the body. The prickly heat is treated within about seven days. There

are other benefits too. The stomach will remain clear and digestion will be improved. This is one of the useful home remedies for prickly heat.

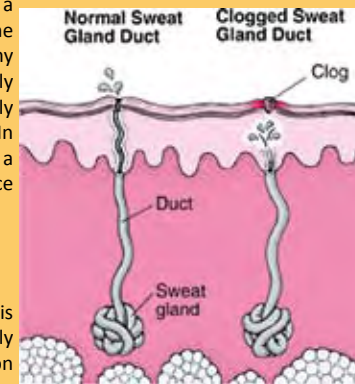
Make a paste of cornstarch or baking soda in water. Apply this paste onto the portion of the skin affected by the heat rash. Let this paste remain there for about half an hour. Within this time, the paste will dry completely. Then take a cold water bath and wash the paste away. Otherwise, you can use a towel soaked in cold water and apply this cold compress onto the skin. Either way, your skin will cool down and you will get relief from the prickly heat inflammation. This is one of the important natural remedy.

Drink several glasses of citrus fruit juices, especially limejuice in a day. You can have juices from oranges, sweet lemons, watermelons, pineapples, etc. These cool down the body and arm it against the external heat.

Neem soaps are easily available in the market. Having a bath with this soap, especially in the summer season, will keep the prickly heat away. It is also a good remedy if you already have prickly heat eruptions.

You can make a fine powder of sandalwood and dust it all over your body. This will also be very helpful in keeping the prickly heat in check.

Cut open a watermelon. Then take it peels off. Eat the fruit.



It will provide coolness in the body. Then apply the peels on the prickly heat affected areas. Use the inside portion to rub on the skin. Such a remedy cools the body from the inside as well as the outside, and helps to get the prickly heat treated soon. This is the best diet for prickly heat.

### Precautions for Prickly Heat

(i) Avoid hot and humid climates as much as possible.

(ii) Do not exert yourself so much that you produce more sweat.

(iii) If sweat occurs on the body, clean it

off as soon as possible. If you can, have a bath to remove the sweat, or at least wipe off the body with a rough towel in order to unclog the sweat pores.

(iv) Try to use air-conditioning wherever possible.

(v) In summer air circulation is very important. If there is no air conditioner, at least keep the room well-ventilated. Also wear loose cotton clothes to allow the air to pass through.

(vi) Have a bath several times a day in the summer season, if your work involves a lot of sweating. Also, very important to remember, have a bath in the night before going to bed.

Or else the sweat will dry up on the skin and will possibly cover the sweat pores by morning.

(vii) Drink lots of water in the summer season. This helps to keep the sebaceous (sweat) glands functional.



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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.

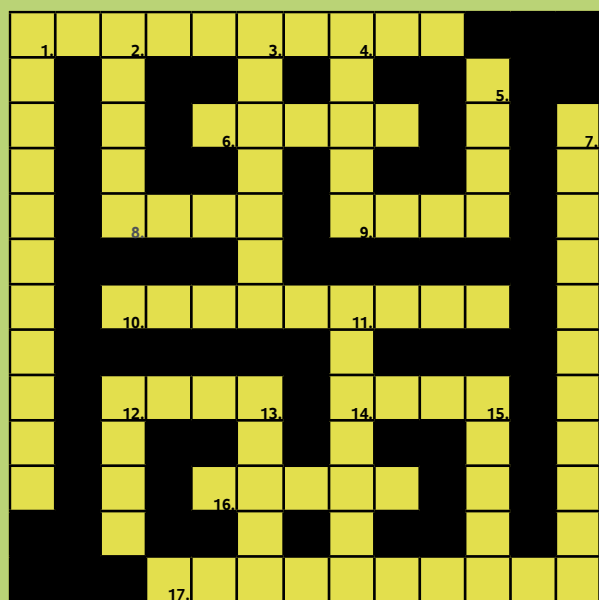
1. Fill the grid so that the numbers 1 through 9 appear in each row.
  2. Fill the grid so that the numbers 1 through 9 appear in each column.
  3. Fill the grid so that the numbers 1 through 9 appear in each 3x3 box.
  4. A complete Sudoku puzzle contains the numbers 1 through 9 in every row, column, and 3x3 box.
- This month, one with difficult classification as evil.

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

ACROSS

1. lovers
6. almuerzo (E)
8. water
9. air
10. BBQs
12. cup
14. robbery
16. hotel
17. foreigner

## SPANGLISH?-ANSWERS NEXT MONTH



DOWN

1. boarding
  2. sand
  3. ruibardo (E)
  4. shower
  5. twelve
  7. open-air bar
  11. beer
  12. saucepan
  13. abortar
  15. west
- by Sarah  
(E=translate to  
english otherwise to  
spanish)

## ANSWERS TO THE JUNE ISSUE OF SPANGLISH

- |              |           |            |               |           |              |            |
|--------------|-----------|------------|---------------|-----------|--------------|------------|
| ACROSS:      | 7. elige  | 13. ladrón | 19. sac       | 3. entrar | 8. espinacas | 17. golpe  |
|              | 9. sal    | 14. carbón | 20. salir     | 4. ave    | 10. groin    | 19. salas  |
| 1. despejado | 10. grave | 16. dog    | 22. calas     | 1. débil  | 5. oliva     | 11. elate  |
| 6. elbow     | 12. alp   | 18. nerve  | 23. estrellas | 2. sew    | 6. ensaladas | 15. create |

## The Mora Collaboration Radio w "STILL ROCKIN" ON 107.3 FM

An Englishman on Radio Mora la nova. Every Wednesday 8 to 9 pm. It's been six months since we started broadcasting on Radio Mora la Nova. 107 fm, that's around 24 x 1 hour shows (some a little longer!) full of Great music from 4 decades. Some of the early shows were a bit rough around the edges, "Sorry" HOWEVER!!! Now I think it's the nearest thing to a typical Uk radio show, with some Catalan content. We have built up an Internet Audience, in the USA & the UK.

Thank you for kind comments, about "The Crossover Show" We are pleased you liked the Northern Soul feature. We still need your Requests, so we can play the music you like!!!! Thanks' to Mora Caravans for sponsoring the show, Maybe you would like to advertise your business, give me a call. Rock, Standards, Ballads, Jazz, wacky songs, we play them all, so keep on listening.

You can also listen on your mobile phone.

Contact Norman Jay on 617 162 264 email Direct norman@normanjay.net see my web site www.normanjay.net

Also online www.radiomoralanova.com. E-mail please info@radiomoralanova.com UK Time 7 to 8pm E U Time 8 to 9pm every Wednesday

## 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 •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. Call Brian Parkin at 660 990 422 or 977 059 911. •CAR BOOT SALE | first and third Sunday every month C/Garcia Restaurant Braseria Can Palomo MORA LA NOVA. Tel Jackie 679741254 •FLIX CAR BOOT SALE | Saturday July 17th from 9.00. At Bar La Freixa Bonarea Info. Denise 977057073

•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 3rd & 17th July. If the weather is bad, the bookstall will be inside the Homogenic bar. The next Freesia Lunch will be at the Carpe Diem on Wednesday 7th July. Cost will be €19 per person. Please book in advance by phoning Pam on 977475000

•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

•Cof E CHURCH SERVICES | The services are on the



## CAR BOOT SALES / MERCADILLO Every Sunday Evening -YES EVENING!! 6 pm Until Dark

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Frozen & Fresh Food & Cafe on site.

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At Mora Caravans C12, km 61 Mora La Nova to Ginestar road  
Call Ken or Bev on 977 400 375 or 659 418 317 or 660 584 222



2nd Sunday (11 July) St Christopher's Anglican Church in L'Ampolla at 12:30 and the 4th Wednesday (28 July) in the Catholic Church in el Perello at 11:30, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. Our congregation comes from Tortosa to l'Ametlla and beyond. Join us for a friendly and welcoming service. Wednesday 7th July, from 11 am to 1 pm - Drop-in at the Catholic hall - all welcome for a cup of tea, cakes and books, jams, olive oil, eggs etc to buy. There will be a short Bible study afterwards.

The Anglican Congregation of St Christopher's, Costa Azahar -5, Plaza Primero De Mayo, Vinars-Services 10 a.m. every Sunday. During the week, also other activities i.e. Thursdays, a "Drop. In" morning from 11.a.m.- 1.00 p.m. to meet for a coffee & a chat. Following the very successful Lent course on Wednesday mornings, we are continuing with informal meetings at the same time, 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 for pastoral needs.

LINE DANCING | We contribute 3 Euros per person to cover costs. 3-5 pm Thursdays at Casals, El Perelló.

## WHAT'S ON IESG INTERNATIONAL ENGLISH

**SPEAKING GROUP** Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at: Edificio Bahia Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977 267 418 or e-mail: enetlametlla@yahoo.com

**BADMINTON CLUB** - EL PERELLÓ SPORTS HALL All welcome! Level 2 (beginners) Thursday 11.30-1pm Level 1 (intermediate) Tuesday 11.30-1pm Phone Marian for details 697 353 914 / 671 127 629

## NO TO THE STONE QUARRY!!!!

### NO A LA NOVA PEDRERA!

Barely 2 kilometres from our village between Camí de la Font de Tita and Camí de Les Comes, there are tests currently being conducted to discover whether or not the area is suitable for a stone quarry! Should it prove to be the case, then a stone quarry will be built in Perelló.

The ironic thing is that the quarry is to be located in the centre of a so called "protected area", an area in which people who have built homes are currently being pursued by the department of the environment because they are breaching the environmental guidelines! However these environmental considerations apparently magically disappear when a commercial enterprise decides they may want to exploit the resources of this supposedly protected zone. Perhaps nothing new here, the euro talks louder than the rules which others are expected to live by. But this is just the tip of the ice-berg. Consider the impact on the

flora, fauna and agriculture of the area, the dusty access roads, heavy vehicle movement, the noise of heavy drilling and controlled explosions. Not to mention the impact on all those who live in or around Perelló. If one considers the altitude of the proposed site and factor in the direction of the prevailing north-east wind, the township of Perelló will be inevitably impacted by the fine dust generated by such activity! But only if this woefully misconceived project is allowed to proceed.

So we ask you to get involved, make your voice heard and sign this petition. We want local government and the town hall to understand that this is an outrageous proposal that flouts good sense and, more pointedly, the environmental zoning of the area.

Please sign!!!

Copies of the petition can be found in various places in Perelló i.e. Puntaire, Tabacs, Alas petrol station etc.



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 290

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**M1055 - Els Reguers**

Chalet 134 m<sup>2</sup> with  
"Cedula de Habitabilitat"  
2 Beds 2 Baths  
4276 m<sup>2</sup> plot size  
**Price: 140.000 euros**



**M1153 - Calafat-Ametlla de Mar linked villa** Beautifully renovated single storey house: 2 double & 2 single bedrooms, Bathroom, open plan kitchen & living area & utility room. Small enclosed gardens. Fully furnished! 2 mins walk from beaches & Marina  
**Price: 210.000€**



**M1014 - Bitem- Village house** 110m<sup>2</sup>. Reformed, 3 bed, en-suite sh.rm, full bathroom + sep. w.c. Roof terrace, kitchen with outside sm.covered area. Lounge, fully furnished.  
**Price: 120.000 euros & with Cedula de Habitabilitat**



**M1180 - TORTOSA 15 MINUTES** Lovely 3 bedroom Chalet set in 4.250m<sup>2</sup> of land. 2000m<sup>2</sup> fully fenced and gated. 3 Bedrooms bathroom Electricity & Water Furniture, Swimming pool & outsider summer kitchen & utility room  
**Price: 150.000€**



**M1062 - L'Ampolla** 138m<sup>2</sup> Country House 3 beds, 2 baths, Sea Views! 5.600m<sup>2</sup> parcela with "Cedula de Habitabilitat"  
**Price: 160.000 euros**



**M1188 - Les Tres Cales - L'Ametlla de Mar** 3 bed Villa for sale. Corner plot 772 m<sup>2</sup> Bathroom Lounge, Kitchen Air Cond, Swimming pool  
**Price 205.000€**



**M1154 - Les Tres Cales-L'Ametlla de Mar** Lovely Villa with 3 double Beds with fitted wardrobe, Large bathroom, kitchen, lounge/diner with patio doors, Sun terrace & swimming pool. Furnished! 327m<sup>2</sup> plot - 5 mins from beach! **Price: 220.000€**



**M0096 - L'Ampolla SALE!** Lovely Villa with sea views! Situated 3km from L'Ampolla this large 187m<sup>2</sup>, 3 bedroom, 2 bathrooms, Swimming pool. Plot size 3600m<sup>2</sup>. Fenced with electric gates. **Price 275.000€**



**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: 275.000 euros**



**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**

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