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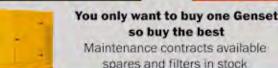
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EDITORIAL MEET BOB THE EDITOR

WELCOME TO THE MARCH ISSUE COVERING CATALUNYA & COSTA AZAHAR. NOW WITH MORE PAGES FOR YOUR ENJOYMENT!

The name of March comes from ancient Rome, when March was the first month of the year and named Martius after Mars, the Roman god of war. In Rome, where the climate is Mediterranean. March is the first month of spring.

 $\Diamond\Diamond\Diamond\Diamond$

March's birthstone is aquamarine and bloodstone. They mean courage.

Its birth flower is the Narcissus

80808

March 14th marks the time we sit back each year and contemplate nature's most important terrestrial predator, the venerable spider.

Spiders are quite helpful, but despite that fact these little eight legged creatures inspire fear in many. Save a Spider Day is the perfect time for parents and teachers to introduce children to these little wonders who consume countless crop- are now over for another year, I can't destroying, disease-carrying insects annually.

when he tried to explain why he was late? Your spinning me a yarn here!"

80808

LOOKING FOR A BUSINESS THEN VISIT OUR BUSINESS DIRECTORY ONLINE. SEE OUR WEB SITE FOR DAILY UPDATES OF CLASSIFIEDS AND EXTRA USEFUL INFORMATION.

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

COVER PICTURE: "THREE AGES OF WOMAN 1905 (MOTHER AND CHILD)". GUSTAV KLIMT BECAME ABSORBED WITH LIFE AND DEATH AFTER THE DEATH OF HIS BABY SON, OTTO, IN 1902. THE THEME LATER RECURS IN HIS LATER PAINTING, DEATH AND LIFE



I am glad all the Mardi Gras celebrations stop yawning, time for bed!!

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NEWS IN SPAIN



Ciutat Vella district of Barcelona City have implemented a new plan aimed at helping to put an end to uncivilised behaviour by applying urban solutions to the problem. 24 areas seen as the most unsightly spots in the district were identified and targeted for action. One measure, which Europa Press reports as the most successful so far, is public benches fitted with armrests, dividing the bench into four separate sections and preventing anyone using them to sleep. Other urban solutions have been applied to stop youngsters using the locations where they normally hold the 'botellón', where groups gather together to drink in the streets. One of the other moves hopes to curb another type of unsocial behaviour — by building ramps onto the corners of buildings in an attempt to stop public urination..

est record of the year goes to Miguel Poveda The Spanish Academy of Arts and the Science of Music has named the last album from Catalan flamenco singer, Miguel Poveda, as record of the year. He will be given the award at the Premios de la Musica Gala in Madrid on March 4 for his album of coplas, 'Coplas del Querer'. The record also picks up the Best Spanish Music Album and Best Production awards. Poveda gave his thanks in Las Palmas de Gran Canaria where he is currently on tour, and confessed a certain 'shock' at the news. He says he has





liked the Copla since he started his career and he had always played with it during his flamenco recitals. He said he hoped that the prize would bring a gigantic step forward in the recognition of flamenco.One of the coplas on the disc, 'Final y a Ciegas', was used by

Pedro Almodóvar in his latest film, 'Broken embraces'.

wo more ETA arrests in Cataluña The number of ETA activists arrested this year has reached 23 with the detention of Adur Aristegui Aragón and Jon Rosales Palenzuela on Wednesday. The two were arrested in Molló, a small village in Girona, at a control point near the French border set up by the Catalan Police, Los Mossos d'Esquadra. 18 of the arrests this year have been made in Spain, 15 of them in the Basque Country, and three in Cataluña. Three more were detained in France and two in Portugal. Catalan Interior Councillor, Joan Saura, has said that they have no confirmation of any ETA base in the region, despite the recent arrests.

LIVE PRESS

upreme Court orders the annulment of abusive credit card and loan clauses. The Spanish Supreme Court has ordered the annulment of several clauses in the contracts for credit cards, loans and mortgages, taken by clients of the Santander, BBVA, Bankinter and Caja Madrid banks, considering that they are 'abusive', disproportionate' or 'confusing'. In particular the Court cannot accept a clause which exempts the banks of all responsibility in the case of the theft of the card, and they described clauses which stop the owners of mortgaged property generating an income from it as 'abusive'. The Civil

Hall of the Supreme Court has therefore agreed in part with the complaint placed by the OCU, Organisation of Consumers and Users, after the Madrid Provincial Court declared such causes in 2005 to be valid.

eligious controversy at the ARCO Madrid Modern Art Fair. The ARCO modern art fair in Madrid has its first controversy of the year with





a work 'Stairway to Heaven' from the young Madrid artist, Eugenio Merino. It shows an Arab on his knees praying, with a Catholic priest on the Arab's back also knelt in prayer and with a Rabbi in turn standing on the shoulders of the priest. The work, made from resin, silicone and human hair, has already sold to a Belgian collector for 50,000 € and is exhibited at the ADN Gallery in Barcelona, but has also drawn a complaint from the Israeli Embassy in Spain. They have commented that the freedom of expression or freedom of art serves on occasions only as a simple mask for prejudice. 'An offensive message does not stop the hurt because it pretends to be an artistic work'. The artist has said he did not want to provoke with the work, saving that his idea was 'the co-existence of the three religions, each making a common effort to reach God on the literal plain'.

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6 email: info@ the olive press.eu Tel: 977 059 364

NEWS IN SPAIN

onsumer spending up for the first time in two years
Family spending in Spain has increased for the
first time in two years. It rose by 0.3% in the last
quarter of last year after seeing continued falls since the
last quarter of 2007 when it grew by 0.9%. The increase in
consumer spending is at odds with that of the State which
fell for the first time in 12 years by 1.7% according to the
data from the National Statistics Institute.

pain Business Brief Banks in Spain are reported to be rejecting 25% of the credit applications being made by small businesses here. Numbers indicate Spain to be the largest main economy in the Eurozone with the worst access to loans. Here only 44% get what they ask for, while in France it is 80%. Meanwhile 93% of the self-employed in Spain say they will not be taking on any employees this year. 34.8% of autonomos say they reduced their workforce last year. British clothing company Burberry is closing its offices in Barcelona with the loss of 300 jobs. Jobs of the 100 who work in the company's shops in Spain are not affected. The company is blaming the recession for the decision in Spain. Spanish Airports Authority AENA has said it will remove the live data of the flights taken by the Prime Minister and the King from its webpage. Military flights are also to be removed and information on commercial flights will appear now with a 12 hour delay and only be visible after



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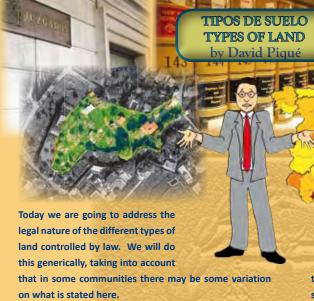
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the plane has landed. However we have been sent details of another page which we are told updates live information every 14 seconds — at www.localizatodo.com. And finally, Contributors to the Catholic Church in Spain gave 252 million € last year, 11 million more than in 2008. The Bishops have estimated that there are some nine million contributors.







Basically, there are three types of land, urban land, land not for development or rural land and land for development. We will now explain the principal characteristics of each:

 a) Urban land: Land that is considered to be urban land is that which counts on the following basic urban services: a) road access (passable by vehicle); b) water supply; c) water drainage; d) electricity supply.

Inthissame category can be found land that is included in areas consolidated by building which corresponds to the form and characteristics established by town planning laws.

The owners of such land have the right to build on this land, with the only condition being that prior to proceeding with the construction they apply to the local administration office for the mandatory building licence. Said office will verify that the project to be

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development: Land which can be called land not for development (also called rural land) is that which includes any of the following characteristics: -Land which is subject to special protection preventing urban development due its scenic, historical, archaeological, scientific, environmental or cultural value. -Land which under general planning laws is considered necessary to maintain it for its agricultural, forestry or livestock value or perhaps for its natural resources, as well as that which could be considered as unsuitable for urban development. Rural land owners have the right to use, enjoy and dispose of their terrain according to its nature, whether it be agricultural, forestry or for livestock but under no circumstances do they have the right to build on it. There are exceptions under which it is permitted to construct barns but these buildings are only destined for agricultural use (for storing machinery and fruit) and under no circumstances may be used as a legal residence.

built conforms to urban

Land not for

standards

• b)

c) Finally, there is land available for development, which is any land that does not come into the above mentioned categories. With this land the owners recognise not only the right to use, enjoy and dispose of it according to the rural nature of the land but also to be able to transform it into urban land.

This transformation must follow a procedure which we will refer to in future articles.

by David Piqué any legal questions can be sent to davidpique@advocatsreus.org or The Olive Press direct THE Conservatives have pledged to

bring in a new law guaranteeing the

right to kill poor people, foreigners

Party leader David Cameron said too

many hard-working, middle-class

families were being criminalised

just because they want to slaughter

and socialists.

as them.

would work: "If you come across

a poor person you don't like very

to thrust an axe into the middle

of their chest or whack them on

the back of the head with a nice.

and leave them sprawled across

A MORE DETAILED HOROSCOPES CAN BE FOUND ON OUR WEB SITE

You are feeling empowered and productive this month, with energy to spare, dear Capricorn.



Focus continues to be on finances, possessions, comfort, and practical matters this month, dear Aquarius. Pleasant financial surprises may be in store on the 15-17. March is a strong month for taking charge of your finances and for monetizing creative projects or hobbies



March is an energizing month for you, dear Pisces. Others are paying special attention to you and the feedback is good! You are beginning to feel more confidence about money making abilities and your work, and this confidence will

month, dear Aries. While the changes may not be dramatic, they are definitely indicating that you are moving forward and coming out of your shell. You have been more introspective recently and you are building towards a rather exciting and

CANCER Jun. 23 - Jul. 22

Practical matters, including finances and career, are beginning to clear up for you this month, dear Gemini. You are putting confusing situations and insecurities about your earning power or career path behind you, particularly after the 10th. Some of you might even enjoy a promotion or other type of honor in your career.

LEO Jul. 23 - Aug. 23

After some months of introspection and perhaps hesitancy, dear Leo, you are regaining confidence. You are figuring out what it is you want, personal plans are beginning to move forward, and your decision-making ability is now back on track.

VIRGO Aug. 24 - Sep. 23

Strong energy for love is with you this month. Whether it's about reconciliation, fixing problems, enhancing a partnership, or attracting a new relationship, the cosmos are lending a helping hand. The 14-17 brings pleasant surprises in love. Complications in your intimate life or with shared finances begin to disappear this month.

LIBRA Sept. 24 - Oct. 23

You continue to work hard and get your practical affairs into order in March, dear Libra. Many of you are living up to your New Year's resolutions and paying more attention to health and fitness routines. Changes are in the air for your personal relationships this month, and you will be thoroughly enjoying the increased clarity.

SCORPIO Oct. 24 - Nov. 22

Work and career matters are starting to move forward for you in March, dear Scorpio. After some months of delays, stalled plans, and perhaps lack of enthusiasm, you are starting to regain confidence, passion, and interest in your work.

SAGITTARIUS Nov. 23-Dec. 21

A very pleasing and heart-warming month is in store for you. After months of confusing signals in the romance department, love becomes clearer and you are rebuilding your faith and confidence in people around you. From the 7th forward, in fact, your personal charisma skyrockets.

CAPRICORN Dec. 22 - Jan. 20

AQUARIUS Jan. 21 - Feb. 19

PISCES Feb. 20 - Mar. 20

only increase in the next few months.

You are certainly regaining your confidence this action-packed spring and summer.

Friendships are especially dear to you this month, dear Taurus. You are meeting new people and enjoying making contact. For some of you, your romantic life could involve some sacrifices from the 7th forward. Others are keeping your love life secret just for the time being and enjoying your



conditioning media which changes the structure of

limescale in the water in order to stop it depositing

in pipes and on heating elements from the word 'go'.

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everyone who is not exactly the same Mr Cameron said that if the Tories win the next election they will close a loophole in the current legislation which makes it illegal to murder someone who is either brown, earns less than £35,000 a year or supports secondary cutlery decanter." He added: "A nice touch may be to force a valuable necklace or a solid silver candlestick into one of their stiff, chubby, unwashed little hands." The party has also promised to make the new law

Or just blow their heads off

picketing. He added: "The £35,000 rule was imposed on this country by the European Convention on Human

Rights. We will introduce a bill reinstating the ancient right, enshrined in Magna Carta, to dispose

of the disproportionately ghastly." A party spokesman explained how the legislation



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ARIES Mar. 21 - Apr. 20

TAURUS Apr. 21 - May 21



privacy.

GEMINI May 22 - Jun. 22





NEWS HOUNDS & MORE...Feline Infectious Peritonitis... BY DR. RONALD ROSENFELD D.V.M.

The Veterinarians in the area of Murcia have recently detected an increase in cases of Feline Infectious Peritonitis. This is a contagious and potentially fatal disease of cats. There is no effective treatment against this disease, at the present time prevention, primarily through vaccination is the only tool available, besides attempting to avoid spreading the disease among cats, by either direct (saliva, faeces...) or indirect contact, shared food bowls or litter trays.

This is not a new disease that has become "popular", as pointed out by Professor Juan Diego García Martínez, from the Veterinary Clinic at the University of Murcia Veterinary School, it may have previously not been properly diagnosed, or mistaken for other diseases because of the clinical similarities with other diseases, the only true diagnosis is either

with a blood test or definitive findings in a post mortem examination! It is also pointed out that this vaccine may

not be as effective as the other vaccines for the other major feline diseases.

There are two forms of this disease -wet and dry. The symptoms are primarily lethargy, weight loss, abdominal swelling, difficulty breathing, intermittent fevers, and/or lack of appetite. For example, the cat may develop difficulty in standing up or walking, becoming functionally paralyzed over time. Loss of vision is another possible outcome of the disease.





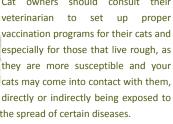
Cat owners should consult their veterinarian to set up the spread of certain diseases.

Cat owners should be aware of two other important areas of concern, intestinal parasites or worms and fungal infections or ringworm. Cats (and dogs) they have contact outside. Cats though being wormed only every 6 months. to us and are generally identified by frequently in young cats.

from a local refuge or shelter is always a great idea as there

it even more purrrrrrfect than it already may be. Choose a cat that is awake, happy, alert, playful, that is neither too fat or too thin. You should also take your newest family member as soon as possible to a veterinarian for a check-up and take advice as to the best health program to follow so that it can become a welcome addition to your family.

Ronald Rosenfeld D.V.M.



should be wormed every 3 months if that live in a dog free apartment and never go outside could get by, by Ringworm infections should be treated by your vet as they could be contagious circular shaped areas of hair loss, most

Those of you looking for a cat, adopting are lots of cats wishing to bring joy into a home making nest is found, appearing as white candyfloss high up in the tree. When they leave their nest they form a

> long line, which may exceed well over 100 individuals, of black hairy caterpillars with reddish orange stripes moving along the ground head to tail in what is likened to a procession, hence their name. When dealing with the procession caterpillar the best method is to spray the affected trees thus preventing the cocoons, which are really nests from forming.

We love

Warning- Procession Caterpillar

The procession caterpillar should never be touched

a very strong necrotizing toxin. This toxin causes a

devastating reaction when coming in direct contact with

the skin. If it comes in contact with a mucous membrane.

the effects are devastating and may be fatal! Dogs that

pick them up in their mouth in the best of cases, lose a

piece of lip and/or tongue while more invasive contact

our pets.

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

At this moment they have 300 abandoned dogs. They are in Tortosa in the province of Tarragona (Spain). All the material aid comes from

the appreciated much donations but with each new arrival more donations are needed. If you want to donate to Arca if only by 5€ each month, minimum, please send an e-mail with vour personal data and







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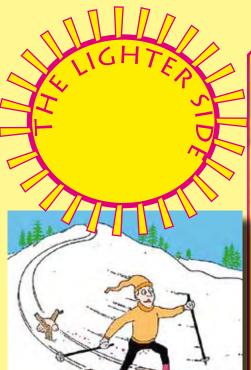
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fish flush



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WOW! THAT WAS CLOSE!

ust think these people could have children

IN MY NEXT LIFE....

I'M GONNA BE A BEAR.

In this life I'm a woman. In my next life. I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for six months. I could deal with that

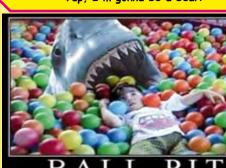
Before you hibernate, you're supposed to eat yourself stupid. I could deal with that too.

When you're a girl bear, you birth your children (who are the size of walnuts) while you are sleeping and wake to partially grown, cute, cuddly cubs. I could definitely deal with that.

If you're a mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too. I could deal with that

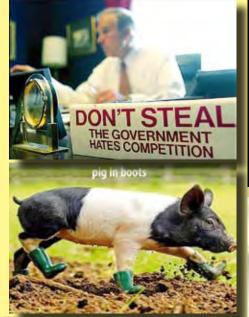
If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yup, I'm gonna be a bear!



A blond gets on a plane and goes up to first-class. The flight attendant tells her that she will have to move back her ticket is not for first class. The blond says, "I'm blond, I'm beautiful, and I'm going to California." The main flight attendant is brought in and explains that she will have to move. The blond says, "I'm blond, I'm beautiful, and I'm going to California."

The attendants tell the pilot. He comes in and looks the situation over. He leans over and whispers something to the blond and she gets up immediately and moves out of first class. The attendants are flabbergasted, "What did you say to her?" "I just told her that this section of the plane doesn't go to California."





GOALS It's important to set them



Lesson 1:

A man is getting into the shower just as his wife is finishing up her shower, when the doorbell rings. The wife quickly wraps herself in a towel and runs

downstairs

When she opens the door, there stands Bob, the next-door neighbor.

Before she says a word, Bob says, 'I'll give you \$800 to drop that towel.'

After thinking for a moment, the woman drops her towel and stands naked in front of Bob, after a few seconds, Bob hands her \$800 and leaves.

The woman wraps back up in the towel and goes back upstairs. When she gets to the bathroom, her husband asks, 'Who was that?'

'It was Bob the next door neighbour,' she replies. 'Great,' the husband says, 'did he say anything about the \$800 he owes

me?'

Moral of the story:

If you share critical information pertaining to credit and risk with your shareholders in time. you may be in a position to prevent avoidable exposure.







Xerta is a town on the banks of the Ebro. It borders the municipalities of Benifallet Tivenys, Paűls, and Charles Alfara Aldover. In order to achieve a higher degree of local development and for integrating the region, Xerta Council, in the Baix Ebre, started to create this local fair.

The XERTA CITRUS FAIR will be held during the weekend of 6 and 7 March 2010 and will be located at the Casal Municipal Xertolí, sports hall and the areas around it.

They have chosen this time to coincide with the seasonal production of their star product of the area the orange and in particular the orange variety "Navelate".

It also promotes a wider selection of their products: oranges, mandarins and lemons, and other local products from artisans, as well as the normal tourist celebrations.

Xerta has quite an abundance of water from the Ebro, which periodically floods their orchards and helps to the Ebro delta, Peniscola) (especially over the Easter fertilized their trees, part of the orange groves are irrigated by wells and mountain streams which are channeled into irrigation ditches which cross the village and the orchards to distribute the water.

number of holidaymakers who head to the coast (Salou, the Ebro delta, Peniscola) (especially over the Easter period) stop to buy "bags and bags" of Xerta oranges.

This year the Xerta citrus fair will have two areas, Casal, and the orchards to distribute the water.

The historic lawsuit maintained the right to use the Xerta



water between
Xerta and Paul.
Peter of Aragon
gave this favorable
ruling to Xerta, in
1398. This water
irrigates about 172
hectares of land

divided into Horta de Dalt and Horta de Baix.

The irrigated lands that characterise the irrigated Xertolina, soaked by the river Ebro, help cultivate a variety of mandarin oranges with a sublime flavor and a quantity of juice envied by the rest of the villages in the Ebro regions. The Xerta farmers are not lovers of artificial fertilizers and animal manure is used to improve the soil and the fruit and the water from the Ebro River is rich in nutrients as well.

In short, Xerta oranges are the best in the area. And we know thousands of consumers come to Xerta to buy the fruit.

You will find many stalls along the road sides to make it easy for visitors to buy these much appreciated oranges. The C-12 passes through Xerta and consequently a large number of holidaymakers who head to the coast (Salou, the Ebro delta, Peniscola) (especially over the Easter period) stop to buy "bags and bags" of Xerta oranges.

This year the Xerta citrus fair will have two areas, Casal, a pavilion and food tastings, where you can enjoy various dishes and products that are on display, the other area is a marquee which will be erected on the sports ground and will be called a "multi-tent" which will include all other exhibitors.

SOME FACTS ABOUT THE XERTA AREA

HISTORIC

Xerta has suffered numerous floods, given its location next to the Ebro. A record of the flood levels can be seen in ceramic tiles in the church. One of the worse floods being the one of 1787, which was one of the most disastrous that caused the flooding in total of 110 houses.

ECONOMY

The irrigation channel on the right bank of the Ebro Bonifica Xerta is mainly used for the irrigation and cultivation of vegetables, animal fodder and fruit trees such as peach, apricot, apple, pear, orange, lemon and Mandarine. In the predominantly rainfed areas you will find olive,

carob, almond trees and cereal crops. In recent years, cattle farms, poultry and pigs have been introduced.

TRADE

Every Saturday morning is the weekly market where you can find produce from the local gardens, citrus fruits and clothing. The most notable trade comes from the typical local produce being sold from road side stalls.

PLACES OF INTEREST

- THE AZUD. The most relevant historical Dam is undoubtedly the AZUD located in the middle of a river. A medieval work of some 370m long and 7m high, allowing the capture of two irrigation canals.
- The mill of the XVI century AZUD. It is one of the few standing examples of such constructions of this era.
- The Church of the Assumption and St. Martin has a twentieth-century neo-Romanesque bell tower, topped with 4 dogs who watch the 4 vertices. It was rebuilt in 1859, although you can still see something of the early century construction XVII.



ROUTES

- Route Greenway
- Route of Santiago de Ebro: On foot or bicycle. Starting in the town of Deltebre and passing through Xerta, leading onto the greenway from the Val de Zafan.
- Path sources: Trip to BICILET mountain about seven miles where you can visit the lake and fountain New ossuary, watch out for the herds of bulls and cows.

OTHER FESTIVALS

Major Festivals (11 November):

Celebration in honor of its patron, St. Martin.

•Summer Festivals (25 July): traditional festival of the bulls in the street.

GASTRONOMY

Xerta preserves the tradition of fogasseta, typical food of the peasants, a round bread or a tortilla with artichokes, asparagus and sausage, I 'plain rice, Grilled meats or Baldan rice with vegetables. Of course there is high quality citrus fruit. The bakery owes its fame to the well known Xerta nougat plus many other local cakes.

For more information visit: www.taronjadexerta.com
For some Citrus treats see page 22



THINGS MUM WOULD NEVER SAY TO HER KIDS & A RITUAL OF SPRING CLEANING



A mother is the first teacher of any child. But the role of mother is much wider than just a teacher. She is the one who makes it possible for a child to differentiate between good and bad. And she plays her role so naturally that a child does not need to attend any formal classroom lessons for this purpose. He learns all his lessons during the process of his upbringing. However any mum in the world never says the following things to her child...

- * You should let your hair grow...I would love to make your ponytail!
- * Why don't you miss your school today...there is a match on TV!
- * How on earth can you see the TV sitting so far back!
- * Yeah, I feel proud to admit that I too used to skip school a lot!
- * You should just leave all the lights on...it makes the house look more cheery!
- * I have checked your shirt by smelling it...you can wear it. It is good for another week!
- * Go ahead and keep that stray dog, honey. I would be glad to feed and take him for a walk every day!
- * Well, if Sonny's mum says it's OK, that's good
- enough for me!
- * I do not have a tissue with me.. you just use your sleeve to wipe your running nose!
- * Just do not bother wearing a jacket; honey...the wind-chill is bound to improve!



Ah, Spring is here! Hormones surge... instinct takes over.. a woman's thoughts turn to ... HOUSE CLEANING! Yes, it's true! Dust is in the air. It is time to celebrate the honoured ritual of spring house cleaning. It must be a primitive nesting instinct, the urge to renew and revive. Suddenly it becomes apparent that your house resembles a college students room. Here are a few of the tell-tell

- 1. Your front door has more fingerprints than the MI5.
- 2. The dust mites are having an anniversary party under your
- 3. You are wearing clothes from the floor of the wardrobe inside
- 4. Your family is eating off paper plates so you don't have to open
- 5. You need a gas mask when you open the refrigerator.
- 6. The kids can't find their toys -- in fact they can't find the toy
- 7. You can't find the cordless phone unless it rings.
- 8. You can't turn on the ceiling fan without creating a dust storm.
- 9. Your chore for the day is to find the vacuum cleaner bags -- and the vacuum cleaner.
- 10. The remote control has been lost in a sofa crack since the end of football season.
- 11. The kitty litter is a concrete block.
- 12. The cat has been missing for three days.
- 13. There is something solid and black in the bottom of the coffeepot.
- 14. You can't decide whether to clean the windows or just buy mini blinds.
- 15. The dog has offered to lend you his kennel.
- 16. The mail hasn't been opened since last tax season.
- 17. The piles of magazines may fall over and bury you.
- 18. You are afraid to turn on the oven because bugs may be raising a family in there.
- 19. You wonder if a hose down would ruin the carpets.
- 20. There is something sprouting in the dishwasher.
- 21. The washing machine reminds you of a concrete mixer.
- 22. You introduce your kids as the three little pigs.
- 23. You can't go outside because fresh air makes you dizzy.
- 24. It seems easier to move than to clean the house.

If any of these seem slightly familiar, you too may have spring cleaning fever. The male of the species is seldom affected. Like PMS, spring cleaning fever is exclusive to the female. Fortunately, the cure is rather simple. Apply soap and water, disinfectant, furniture polish, scouring powder, grease solvent, and plenty of elbow grease and your fever will be cured in a matter of hours, with results lasting at least till the family gets home.



INCREASE YOUR BATTERY AND INVERTER LIFE "ADVERTORIAL BY SOL-LUZ-ION



Many owners of fincas which have no electricity decide to buy a big generator, a good inverter with a built in charger and a big set of batteries. So far so good. But what about solar panels? Too expensive, too difficult to fix on the roof, doesn't look nice, can be stolen... so better with no solar panels. Maybe a wind turbine? Too much noise, not nice, to expensive, can be broken by strong winds... so better with no wind turbine either. It works alright just with a geny, batteries and inverter/charger.

Buyers are often told that these batteries last 20 years. But in fact they have a lifetime of +/- 2000 cycles. So just calculate one cycle per day and you see that the lifetime of the battery is only +/- 5 years.

A good set of batteries may cost 4.000€. Buying new batteries every 5 years means that every cycle costs more than 2€ (only in batteries cost). But you must also count what your generator costs and that is not only diesel. It needs oil changes, filters and other parts, repairs and after all the genys lifetime is limited. A big geny might cost you more than 5.000€. And the more and harder the charger has to work, the earlier it needs to be replaced or repaired if possible, because these expensive devices have a limited lifetime which can't be counted in years. A good inverter charger may cost over 4.000€ and I have seen a lot of them burned out after only 4 years or even

All this makes each kW very expensive. Now for geny, inverter and battery you paid 13.000€ not counting

STUDER and OUTBACK and pool pumps

diesel, oil and repair or service, we can divide this 13.000€ by 5 years which makes 2.600,- for one year, divided by 365 days = 7.12€ per day (or cycle). If your battery can give you 10 kW in one cycle (which is a normal consumption per day in many households) you pay over 70 cents for

What is the solution? A good calculated set of solar panels or even better a combination of solar and wind turbine. If you put for example 5 panels of 150W and a 1500W wind turbine you get your 10 kW per day and your batteries will be used for what they are made for: a backup for days without sun or wind. That makes their lifetime increasing up to the famous 20 years. Also your generator will be used for what it was made: an emergency device. It will need very little diesel, only one oil change per year and may have a lifetime of 30 years or more. Your Inverter won't get hot every day (charging empty batteries is the hardest job for it) and may live ten or more years without any repair.

Now let's calculate again: adding 10.000€ for panels and wind turbine we get 23.000€ but these can be divided by 20 years now (maybe only 10 years for the inverter but 30 for the geny) the result is only 30 cents for each kW. And remember, if you can't spend so much money all at once, you can start buying one or two panels and add more later. Just make sure the cable size and regulator is the right size from the first day to allow for more panels.

Call Sol-Luz-ion for more information on 619 500 202 www.sol-luz-ion.com

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Please contact us: Monday to Friday, 9°°- 13°° and 16°°- 19°° on 619 500 202 or e-mail: info@sol-luz-ion.com or fax: 977 170 301 www.sol-luz-ion.com



AND YOU ARE THAT PLACE IN WE ARE ONE.

It's good to remind ourselves that yoga isn't just a form of mental or physical toning. It was originally conceived as a lifestyle, creating a feeling of harmony with oneself, our community and the environment. The work done in yoga is designed to affect all moments in our lives. Here are some simple yet effective tips you may find useful to allow your practice to have a positive influence throughout the following month.

1. Refresh and restart as many times as you need to throughout the day. Don't let events from the previous day or even the previous hour bring down your mind and your mood. Remember that no matter what you are doing, yoga or otherwise, it is a matter of where you are now, not where you have been





2. Maintain a relaxed posture throughout the day. Let your shoulders drop away from your ears, and maintain a long, straight spine. It's okay when we forget, just adjust your posture when you remember. Tension can build up in the shoulders and the back. Release the muscles to release tension.

3. Instead of allowing stress or anxiety to overtake you, practice Ujjayi, or loud breathing. Deep breathing will automatically lower your heart rate, and concentrating on the sound of your breath will empty your mind of harmful thinking.

4. Practice Savasana (relaxation pose) 2-3 times a day for 10-15 minutes. It can refresh you mentally and physically, and will prepare you for a positive mood. It can be used



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'Nite" 2nd Thursday in the month Bingo every Tuesday 8pm



instead of a nap and is just as reviving.

During moments of anger, loneliness, or sadness, meditate upon the meaning and purpose of the Sanskrit word "namaste." Take it to refer to the respect that one owes all other sacred living creatures, including yourself.

Are you longing for the freedom



For more information go to www.thejourney.com or call Brid, an accredited therapist living in Tortosa, on: 977.444703



Use this to let go of negative emotions and replace them with positive, healing ones.

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- Usually not effective against organic contaminants ordinally found in

REAT YOUR TASTE BUDS

Flan de Naranja Recipe - Orange Flan -Orange flan is a variation of the traditional Spanish flan, a vanilla custard topped with caramel sauce. This variation is lighter, but has an intense orange flavor that refreshes the palate as well as satisfying a sweet tooth. It is a simple custard recipe that can be made ahead of time and makes an elegant finish to any dinner or celebration, like Mother's Day. Prep Time: 30 minutes. Cook Time: 1 hour

- Ingredients: * 1/2 cup sugar for caramelized sauce
- * 1/2 cup orange juice for sauce
- * 2 cups half-and-half (or heavy cream for a richer, denser custard)
- * zest of 1/2 Large Orange
- * zest of 1/2 Lemon
- * 1/2 cup orange juice for custard
- * 3 eggs
- * 1/4 cup sugar for custard

Preparation:

Serves 6 individual servings in ramekins.

Put a saucepan over medium heat for 30 seconds. Add 1/2 cup sugar and 1/2 cup orange juice. With the wooden spoon, keep stirring sugar and juice mixture constantly in pan until sauce is reduced and thickened. It should be a rich medium brown color (caramelized). This will take 3-5 minutes or so on medium to low heat. Remove from heat and quickly spoon caramelized sugar sauce into each of the 6 ramekins or large dish. (If you wait, sugar will cool and harden.) Set

Grate peel of half of a large orange and half of a lemon into a mixing bowl. Pour about 1/2-inch of warm water into a 9" x 13" baking

MIOCITRUS TREATSO

dish for boiling water bath if using ramekins. If using one large open baking dish, be sure that the dish is tall enough to accommodate the water necessary to cover 3/4 or the height of the dish. Add 1/2 cup orange juice, the half-and-half and citrus zest to a heavybottomed saucepan and stir. Scald 2 cups of half-and-half in the saucepan and remove from heat. Keep a close eye on the pan, so the cream does not boil over.

Meanwhile in a medium mixing bowl, beat slightly 3 eggs. Mix in 1/4 cup sugar. Stirring constantly, gradually add hot cream to egg yolk mixture. Stir until the sugar is dissolved. Pour the mixture slowly into another mixing bowl, straining it using the cheesecloth to line the strainer. This should catch all the citrus zest. Discard cheesecloth.

Ladle mixture into ramekins.

Place each of the ramekins in the baking dish with water. If water level does not reach 3/4 of the way up the sides of the ramekins, carefully pour more water in. Bake uncovered in water bath at 160 degrees for 50-60 minutes, or until a knife comes out clean when inserted half way between center and the edge of dish.

Note: To ensure the custard does not overcook, check doneness after 45 minutes, then every 5 minutes or so.

Carefully remove each ramekin from the water bath. Set on a cooling rack until lukewarm, then chill flan thoroughly in refrigerator - at least 1 hour.

When ready to serve, un-mold by running a knife around the inside edge of baking dish. Place a small dessert plate on the top of the ramekin. With one hand under the ramekin and the other on top of the place, turn over. Tap the ramekin and the flan should drop onto the plate. If it does not, carefully "prod" the flan out of the ramekin with a small paring knife. It should slide out of the ramekin onto the plate and the sauce will surround it. Garnish with orange peel or a slice of orange,



Orange Cake

Orange cake is a typical dessert recipe from Valencia, where the best oranges are produced. Orange cake is very easy to prepare, and will become an instant success when you offer it to your family

or guests!

Ingredients

- * 25 oz cream cheese
 - * 6 oz biscuits
 - * 2 oz butter
 - * 2 oz of sugar
- * 3 fl.oz orange juice
- * 10 oz of mandarins or preserved oranges
 - * Chocolate shavings





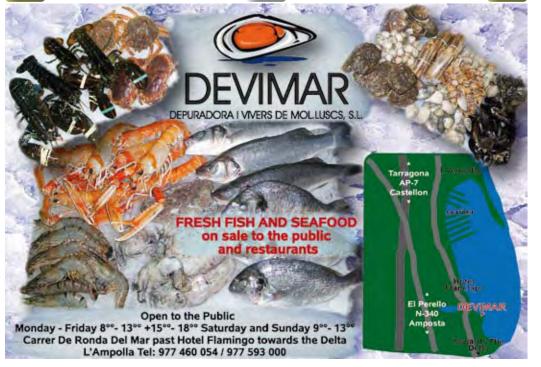
Smash up the biscuits and mix them with the melted butter.

Put the mixture in a loose-bottomed tin greased with butter and put it in the fridge for 15 minutes.

In a separate bowl, beat the cheese, the sugar and the orange juice until you get an even mixture.

Pour this mixture into the tin and put it back into the fridge for four hours.

Decorate the cake with pieces of mandarin and chocolate shavings as desired.



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All the fun of the what is a boisterous week of riotous colour, cracking street entertainment and fantastic fireworks is what you're after, head to Valencia for the inimitable Las Fallas festival Without a shadow of a doubt, this is the most spectacular, complete fiesta on earth.

Las Fallas is a boisterous seven-day festival in the province of Valencia that culminates on 19 March every year, on the feast day of San Jose.

Valencia's biggest festival is a riotous week of celebration, with a myriad of larger-than-life effigies, firework displays that light up the streets of the Spanish town. The main attractions of the festival are undoubtedly the fallas - colourful papier-mâché figures, often satirical in nature, that are built in the city streets.

Figures of historical and contemporary politicians and actors are commonly depicted in the fallas and the artists often make use of the opportunity to depict a point of view, in a humorous and almost child-like fashion. Saddam Hussein, George Bush and Tony Blair were tossed onto the pyre in 2003. Over 700 of these papier-mâché monuments, some stretching to 60ft in height, are adored by festival goers over the



week and are burnt to a cinder on the last night, the "Night of Fire". On March 19th, everything starts and everything ends because with the last ashes, the dream of the Fallas of the upcoming year begins. This is where monumental cartoon figures that Valencians spend a year building, go up in flames in a ritual of fire that goes back to pagan times.

It is intended as a tribute to St. Joseph, patron saint of the carpenters' guild, where – it is said - the tradition arose from. The tradition of burning the fallas came from an age old practice where carpenters would accumulate their wood shavings into huge bonfires as a tribute to San Jose, the patron saint of carpenters.

The first falla is set alight at precisely 10pm on the final night. Don't miss the burning of the main falla in the town centre at 1am. As you can imagine, it

is the busiest night for the Spanish fire fighters who keep the massive flames under control.

Valencians, being world renowned for their fireworks, spare no expense as the sky is lit with a brilliant fireworks extravaganza almost every night.

The Fallas are not just fireworks, though. During the





It is also a fiesta with a complex, well-tuned business and administrative structure: the Junta Central Fallera (or Fallas Central Board) is its governing body and organizes all official events. Every monument

is set up by an association called a "comisión fallera" (Fallas Committee),

managed by its members, the "Falleros". During each Fallas Year (which officially begins on March 20th and ends the following March 19th), they meet

periodically to decide on the fiesta's main lines of action.

The total number of Falleros and Falleras now easily surpasses a

hundred thousand people. In fact, the whole of



Valencia takes part in the Fallas Festival, which has reached a high status in the city's social and cultural life

It is good, clean, family fun. The satire is biting and sexually explicit – a Spanish version of Spitting Image. Valencians are particularly cynical about national government and Catalan political shenanigans. Helpful

notes explain the nuances — in Valencian! Thankfully the message of most fallas is self-evident, with plenty of them poking fun at modern life. The old town teems with people. Traffic is excluded during Las Fallas, so this is pedestrian paradise. But it's not exactly

quiet without cars, as fireworks abound all over. The Nit de Foc: a spectacular fireworks display along the Paseo de la Alameda starts at 1.30am the night explodes in psychedelic colours. The pyrotechnic orgy goes on for a full 30 minutes. Finally, the last fuse is lit, the deep growl of bombardment subsides and the sky goes dark for another year. Many visitors say that they haven't seen anything of Valencia – only fallas, fallas and more fallas. But that is exactly how it should be. Las Fallas are a unique experience on their own. To see Valencia itself, best come back another time. More information: www.fallasfromvalencia.com



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14/03/2010 to 04/05/2010 La Passió d'Ulldecona-The Passion play is a dramatic presentation depicting the Passion of Christ. It includes the trial, suffering, and death of Jesus of Nazareth. Historically, Passion plays grew out of the liturgy of the Catholic Church and developed into elaborate performances covering the entire history of God's providence of human redemption. In the play, the Passion is thought to play the central role. The passion play later evolved into more focused dramatic presentations dealing with the final events in Jesus' life, death, and resurrection. http://www.passioulldecona.org MOTHERING SUNDAY 2010 - March 14 Children across the country honour their mothers by sending them a card or giving them a bunch of flowers on the fourth Sunday



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I can't tell you what a pleasure dealing with Caroline has been. She has made my business and holiday exchanges





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as seamless and smooth as ever I could have wished for. I am sure she must have gritted her teeth a few times as I telephoned again and again, but her cheerfulness and professionalism carried the day and she sent my transactions directly to where they were needed. Suffice to say I will spread the gospel of TorFX and Caroline everywhere I can. Brian Brookner.

If only our other business contacts were as diligent, patient and understanding as you have been with Sue and I throughout this whole exercise, life would be a lot easier! TorFX got the business not because they were the cheapest, but because of your general attitude and demeanor right from the first phone call. Mike and Sue Rowan.

I have just completed my first transaction with your company and I cannot praise highly enough the efficiency. courtesy and customer care given by your account manager Jeremy. He has kept us fully updated and I have already recommended him and your company and will have no hesitation in doing so in the future, I have made other transfers with other companies in the past, however yours has surpassed all their efforts. J. Edgington

Thank you very much for your outstanding service over an extended period of time in keeping us informed and educated on the currency market. In the time period we had available, we hit the most favorable exchange rate thanks to your accurate and objective advice. The whole transfer process was amazingly simple and easy. E. Playfair

Wow, what a fantastic service. I was emigrating and I needed a broker so I talked to four different forex brokers and without a doubt Torfx was the best. Not only did I get the best rate available but the paperwork was kept to a minimum and I could always pick up the phone and get straight through to Tony. Excellent service and I would highly recommend them to anyone. W. Dawes

5.35%

5410

BUAZE

SULZ

AOA.

SCAP

CODE

I would like to thank the team at TorFX, for all their help with realising the maximum amount of sterling from my euro savings. I was a little worried initially about handing over such a large sum of savings to a third party but they have made the whole transfer process smooth and stress free. I will definitely be recommending TorFX to all my colleagues and clients and look forward to using them myself again in the near future. Charles Herbert.

Dear Beverley, I just wanted to thank you for keeping in such regular contact to keep me up-to-date on the latest changes on the USD/£. You have helped me to take full advantage of maximizing our profitability. Mike H.

For more information and/or advice on your currency transfers then please contact the New Business Development Team at Tor FX and they will get in direct contact with you. Email currency@torfx.com and they will ring you back or when dialing from Spain call 00 44 1736 335292 – Always quote The 'Olive Press Magazine in Spain' so they'll have an indication of your requirements. Alternatively call their agent in Spain on 672 655 931 or email: info@catalunyabiz.com



HEALTH MATTERS- KICKSTARTING YOUR HEALTH-CARD APPLICATION (TARGETA SANITÀRIA) & THE MEDICAL TRANSLATION SERVICE Whole Body Health

CatSalut Convention of Contract of Services of Services Women's Health NAAE 1 733114 05 5 ARIANNA NAVEA AENDREL COMENTURA SANITÀRIA GENERA

As all reputable complementary health professionals do, I like to work alongside existing medical services wherever possible and indicated, working together as a combined health team for our patient's benefit. Stereo vision Lifestyle Health

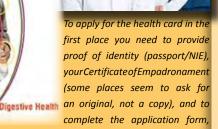
usually helps, and whenever I have been health-challenged myself I have wanted all the available perspectives to make the best informed choices for myself.

However, a lot of us moving to this new country here find ourselves vulnerable & disempowered around our health needs because of the long delay in getting hold of the actual health card. Or forking out a lot on flights to get healthcare back home. Some people have applied for their health card, often at their local health centre, but may still be waiting for the card even up to a year later. This puts people off getting important medical help & check-ups that they need.

When this happened to me the local health centre explained that their help in passing on my application was discretionary, a favour, & that they were unfortunately therefore unable to help me follow up to see what had

happened to my application. They advised me to go straight to the CatSalut (health service) office, so I went to the local office in Tortosa where the service was efficient & I was given a temporary document to cover me until the proper card itself was ready 2 weeks later.

So to get your long-awaited health card you can go direct to your local CatSalut office (eg. for Tortosa, C/ St Joan Baptista La Salle, 8, on the corner of La Salle & C/ Despuig, tel. 977 448 170).



available at your local CAP (primary healthcare centre/ doctors). Details of the targeta sanitària, eq.conditions for accessing it, etc., can be found on the government's health service website: http://www10.gencat.net/catsalut/eng/ index.htm, (you can access an English language version), or tel. 902 111 444. The CAISS office (Centre for Attention & Information for Social Security) is also useful for information about health cards - our local office, for example, has 2 people who speak English & very helpfully field enquiries.

Another useful service is Sanitat Respon, a translation service where you & your doctor can call a translator during your consultation: phone 902 111 444. Translation is available in English & other languages, such as Arabic, Rumanian, etc.

Also good is the internet service where you can change a doctor's/clinic appointment by entering your health

HOW EXPENSIVE DOES IT SOUND?

card number into the webpage www. catsalut.cat

And finally, of course, it's always good to know the emergency medical number here, 061.

So, good luck with being well-prepared and informed about your healthcare.

Taru Burstall, Licensed Acupuncturist & Psychotherapist, Massage Therapist, 629 301 509, taruyes@gmail.com



Spanish based films that in my opinion should not be ignored.

n touch via my email below his month I present to you he next big thing in Spanish Cinema. Recently clearing the Goya Awards (the Spanish equivalent to the Baftas) is

DIONO

WAN CELDARITICOM



the harrowing prison drama 'Cell 211' Not only did this film nearly grab every statue at the Goya's it also beat the almighty Pedro Almodóvar to the punch as well!

Cell 211 (2009) Directed by Daniel Monzón, this film follows the events that follow Juan Oliver (Alberto Ammann) on the first day at his new job as a prison officer and in his eagerness to make a good impression he reports to work a day early, leaving his pregnant wife, Elena(Marta Etura), at home. This fateful decision results in an accident that knocks him unconscious. He is rushed to the empty but visibly haunted walls of cell 211.

As this diversion unfolds, inmates of the high security cell block strategically break free and hijack the prison. The prison officers flee, leaving Juan alone and unconscious. When Juan awakens, he realises in order to survive he must pretend

Juan develops a dialogue with the violent leader of the riot, Badass, and the two begin a uneasy partnership, with Badass believing that Juan is one of the new inmates. Things then turn worse when the rioters take three ETA (the militant Basque separatist organization) prisoners hostage. An explosion of prison riots throughout the country follow suit when this news reaches the outside with numerous demonstrations in the Basque Country. Juan quickly realizes that he is on his own as the situation becomes more politicized and the government gets involved, afraid of potential ramifications in the Basque community. As the drama heightens, unexpected shifts in the relationships of the characters both in as well as out of the Prison become very apparent.

The movie is dedicated to 'Luis Ángel Puente', a fireman of the city of Zamora (Spain) where the film is located. He participated in the film and died rescuing two boys in the Duero River shortly after. As mentioned last month I will add a link to help you get a better idea of the films I review from our chums at youtube - http://www.youtube.com/watch?v=dhoAXEXKNHI Jason.M.Berry 17/02/2010 Contact e-mail: gatchajay@hotmail.com



Recently even people who have dropped their asking price by even fifty percent don't get a sniff and when

sales are achieved it is often a well thought out and maintained garden that tips the scales. But is that surprising? No for two reasons. Firstly the main reason many people think of coming to Spain is the possibility of living outside for most of the year. Secondly many gardens are not designed for outdoor living and do not look appealing especially in the winter. Recognise that a well thought out garden can result in the exquisitely designed decorated and

furnished house only being used for a few

hours a day from Spring to Autumn and

for entire days only on the colder wetter

days of winter. So we highlight some of

the garden related things you can do in

February/March to present your property

as an attractive proposition.

Ten practical tasks for February/March

As with the interior of the house potential buyers will be attracted by a tidy uncluttered garden that suggests that maintenance will be manageable with or without the help

of a gardener.

So as a minimum ensure that the following are done and maintained so that a good image is presented at all times to unexpected potential buyers.

- 1. If you have a lawn ensure it is regularly cut once it starts to grow
- 2. Ensure that the swimming pool and jacuzzi are kept pristine even if you normally give it little winter attention.
- 3. Keep all paths and terraces swept and edging plants trimmed neatly back. If the surfaces look a little dirty and mossy clean them with a pressure hose.
- 4. Re-point damaged surfaces and the facing of garden

walls, and repaint garden walls.

Prune back straggly plants and deadhead plants that continue to flower.

6. Complete the major winter cutback as soon as possible explaining to potential buyers that you are doing it to improve the shape sizes and spring/summer flowering potential of plants. What to do is explained

7. Tidy the garden shed, clean tools and remove smelly out of date and or leaking chemical products.

in Chapter 6.9 of 'Your Garden in Spain'.

- 8. Check that the watering system is working effectively. Turn of unnecessary tubes and drip jets and stop leaks.
- 9. Clean up potted plants and their pots/containers.
- 10. Tidythearea around the compost heap.

Beyond a tidy garden recognise that some potential buyers will look for simplicity and minimalism and others a more complex holistic style of garden. In many cases wanting to grow healthy ecological fruit and vegetables.

We hope the above ideas speed your property sales.

Clodagh and Dicks books
'Your Garden in Spain', 'Growing
Healthy Fruit in Spain' and
'Growing Healthy Vegetables
in Spain' can be obtained from
book shops and internet sites
including www.santanabooks.
com in Spain, Amazon
worldwide and W.H.Smith and



the Royal Horticultural Society in the UK.

© Clodagh and Dick Handscombe January 2010 www.gardeninginspain.com.

NEW EU REGULATIONS FROM MAY 1 2010

Changes to EHIC regulations affect British pensioners in Spain. Changes are underway to the system of issuing the European Health Insurance Cards to British expatriates living in Spain who are in receipt of a UK state pension. UK state pensioners are eligible for free public healthcare through the form E121 in Spain as their country of residence, and, just as with Spaniards travelling within Europe, may currently apply for the Spanish equivalent of the EHIC for temporary trips to another member state of the European Union. The card is known as the Tarjeta Sanitaria Europea, and is available from Spain's INSS Social Security Authority.

But that's all set to change on 1st May next year when the UK will become responsible for issuing the EHIC to UK pensioners who are resident in other EU countries. It's understood to be part of a new system to

coordinate EU social security schemes which is to be implemented across member states next May. The imminent changes in the issue of the European Health Insurance Card (EHIC), as required under the new Social Security Coordinating Regulations 883/2004 which come into effect on May 1 2010. As from that date the payment of a citizen's health care, when using the EHIC, will also become the responsibility of the state issuing the form E121, which is available to Pensioners as well as those in receipt of long term sickness benefit and entitles

them to state health care in Spain.

The UK is still working on its processes for the implementation of the new regulations and, according to a statement on the British Embassy's website in Madrid, everyone it affects in all EU member states will be contacted once the processes have been finalised.

The Embassy notes that the INSS has issued some EHICs to British residents in Spain which are due to expire on 28th February 2010, based on a previous planned date for the new regulations to come into effect. The advice to anyone that may affect and who wishes to travel before the new system is in place is to contact the INSS for an extension to their EHIC.

The European Health Insurance Card covers travel in the EU's 27 member states, plus Iceland, Liechtenstein, Norway and Switzerland, where it is valid for unforeseen medical treatment during your trip.

Important information for UK State pensioners living in Spain appears in the official statement issued on the NHS



web site see details below:

"Due to changes in European Union regulations, from May 1 2010 the United Kingdom may be responsible for the issue of your European Health Insurance Card instead of the member state where you live.

This will apply if you are a national of an EU member state and live in an EU member state, and you either:

> * receive your state pension or other long-term benefit from the UK and you have registered the form E121 with the health authorities in the member state where you live; or

* you are dependent on a citizen working in the UK and have registered the form E109 issued by the UK

You will need to send your application by post. An application form, along with an explanatory letter, will be posted to you during February 2010. This application form will be different from the EHIC application form available in the UK, and will be modified to prove your entitlement to the new UK-issued EHIC card.

These cards will be sent out from April 2010 onwards. If you return your completed application form by the end of March 2010, your card should arrive before the new regulations come into force.

If you are not a national of an EU member state, or you live in Iceland, Liechtenstein, Norway or Switzerland, then the country where you live will remain responsible for issuing your EHIC. In these circumstances, please contact the authorities in your country of residence."

For more information please call the Overseas Healthcare Team on 0191 218 1999. Or visit the NHS website. http://www.nhs.uk/NHSEngland/Healthcareabroad/Pages/EUregulations.aspx

OCD-THERAPEUTIC INTERVENTION

Hello and welcome to our next article on Hypnotherapy. Those who have read the earlier interesting features will by now remember that Hypnosis is very safe and that you are not unconscious or asleep as many people suspect. If anything you are

more alert when in the Hypnotic trance than you are when usually results in severe anxiety or panic. This is because out of it. Many people are surprised they can hear my voice they think that something terrible will happen if they don't and that they remember hearing my wife walking along finish or don't do it properly. The thoughts and actions of our hall floor. Remember no Hypnotist or Hypnotherapist OCD may become so upsetting and time-consuming that can make anyone do anything that would be against their it gets in the way of work and family life. This can lead to own code of ethics. Forget what you have seen in pubs anxiety or depression. In some cases, a person may have and clubs or on television with the stage hypnotists, those only obsessive thoughts without showing compulsive people on stage actually want to get up and be the star of the show and a good stage hypnotist will let them do just Examples of obsessions are worrying excessively about that. Most of us will have read adverts for Stop Smoking germs, contamination, dirt, fear of having harmed others, with Hypnosis and as this seems to get lots of publicity it intrusive sexual thoughts or urges, death and illness. would be easy to assume that this is its main use. Not so! Let us take a look at something, that if you have it can and obsessions are irrational or excessive. However, absolutely control your life and spoil it for you and others. One such difficulty is Obsessive Compulsive Disorder or compulsions and treatment is needed. OCD and in its mildest forms can be a nuisance but in anything above mild can ruin your life. Some of us will that are similar to OCD: recognise OCD And others might recognise it as you read through this interesting feature. What is OCD And how can Hypnotherapy and NLP help? I can assure you I have treated many clients who had OCD Successfully and helped them improve their lives. So let's look at what OCD is.

characterised by obsessive thoughts that cause anxiety. constantly washing your hands, to relieve the anxiety.

OCD has two main features:

- result in fears, and compulsions,
- Acts or rituals carried out in response to fears caused by the in adults began in childhood. Only a very small minority of

known as a compulsion.

Examples of (OCD) Compulsions include, excessive hand compulsions, or both. washing, cleaning, counting, checking, touching, arranging, hoarding, measuring, excessive neatness (e g pencils lined up neatly on the office desk, look around the office obsessions include: tomorrow), and repeating tasks or actions. People with OCD carry out these types of compulsion in a desperate bid to calm the anxiety caused by their obsessions.

USING HYPNOSIS AND NLP

However, once they have carried out the compulsion, they feel slightly better. This feeling is only temporary, because once the obsession comes back, the whole ritual starts again. If the person is unable to complete the compulsion it

behaviour or vice-versa.

People with OCD are usually aware that their compulsions just knowing is not enough to stop the obsessions and

The following disorders also display obsessive symptoms

- Compulsive hair pulling.
- Compulsive skin picking.
- Eating disorders such as Bulimia or Anorexia
- Body dysmorphic disorder (Extreme anxiety over body
- OCD Affects a good proportion of the population. It is ... Hypochondriasis (Irrational ideas or fears of having a serious

This leads to rituals or repetitive actions, for example, OCD Symptoms. The symptoms of Obsessional Compulsive Disorder (OCD) might typically begin during the teenage years or early adulthood. However, it is not • Experiencing frequent, disturbing, unwanted thoughts that unusual for children before the age of five to develop the condition. Research shows that at least one-third of cases people develop OCD after the age of 35.

The overwhelming urge to carry out a certain ritual is Symptoms and behaviours linked with OCD are wideranging. A person with OCD has either obsessions, or

> **Obsessions** are unpleasant thoughts, images or urges that keep coming into your mind. Some of the common

- Unwanted thoughts, often of a disturbing nature, such as sexual or violent urges.



- Fear of making

Compulsions are thoughts or actions that you feel you must do or repeat. Some of the common compulsions include:

- Fear of contamination and germs, leading to constant

- Touching or arranging items in careful and neat order.

The physical symptoms of OCD are very similar to those of a panic attack and include:

- Trembling or shaking. Social Phobia and Panic disorder are also more common in people with OCD.
- Causes. The exact cause of Obsessional Compulsive Disorder (OCD) is unknown, but it is probably caused by a combination of factors. Something happened in earlier years that caused your subconscious mind to make you behave in this way and it may well have been a good thing to do...ONCE! Stress does not cause OCD. However, a stressful event or trauma seems to trigger the condition in some people. OCD sometimes runs in families and it may be due to copying the OCD behaviour of another family member. A learned behaviour! This would be similar to how many people develop Phobias. Personality type may also be a factor - for example, perfectionists seem to be more prone to developing OCD.

Diagnosis. Those with OCD do not always understand what they have and don't like to ask for help because they might be worried about what others will think of them. This is particularly common in situations where the person goes to great lengths to keep their OCD secret.

Test yourself, do you answer yes to any of the following?

• Do you have symptoms that cause considerable anxiety and

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- excessive? How do you treat it? Your GP should be your first port of call and he/she will make recommendations and may well suggest a complimentary therapy instead of medication. Hypnosis and NLP are a complimentary therapy and can often obtain a relatively quick change in your behaviour and thinking. By utilising the full resources of the subconscious mind it might be necessary to uncover the root cause of your OCD and then from that point we can then help you re-programme your own mind so that your subconscious learns how to behave in a new way or in the way it did before you developed OCD (if appropriate). Using NLP (Nuero Linguistic Programming) and some of the many guided visualisation techniques whilst in the Hypnotic trance can transform your behaviour and your life.

then call me. Paul Parker, tel 0044 (0)7766 885350 or 0044

NATO's latest Afghan strategy aims to wean the Taliban off Islamic fundamentalism and onto obsessing about their living rooms.

In the second phase of Operation Moshtarak British home makeover experts will help insurgents to unlock the potential of their hideouts, giving them a top-quality living environment with enhanced marketability.

Brigadier Julian Cook said: "The key to winning hearts and minds in Helmand lies in showing people a better life is possible via the strategic deployment of downlighters.

"The low standard of interiors in much of the country has created an environment where the people feel they have no option but to use improvised explosives because they haven't got a pleasant lounge in which they can just chill with a decent red and a Groove Armada CD."

Following the push into Taliban strongholds, experts including Linda Barker and Kirstie Allsop will move in with fabric swatches, shabby chic sideboards and, crucially, a selection of great ideas.

A NATO spokesman said: "Amazingly, there is no word in Pashtun for 'buy-to-let', which is probably why they stick to making their money from smack.

"But once the ordinary Taliban fighter has seen Linda transform a dowdy hideout into a 'mocca chocca'

lifestyle complex with characterful reclaimed timber shelves and deep natural hues, he will soon be clamouring to maximise the liveability of his property, be it a cave, a trench or a semi-exposed rocky outcrop with a lovely view that's close to a really good abandoned

A BRITISH businessman has been named as the prime suspect in the death of a billionaire intent on taking over the world.

Hugo Drax, owner of Drax Industries, was killed last Friday when he was ejected from the airlock of his personal space station 120 miles above Holland.

Detectives in Rotterdam, where the charred remains of Mr Drax's torso fell to Earth, say they want to speak to UK sales manager James St John Smythe, though they stressed this may be an alias.

Police captain Johan DeVelt said: "He is about six feet tall, he has light brown hair and speaks in a refined English accent. He actually looks a bit like Roger Moore.

"We believe he uses false passports and fake identities including 'Mr Fisher', 'James Stock' and 'Dr Mikhail Arkov'. And he also has a Lotus Esprit that can go under water."

Captain DeVelt said St John Smythe is often seen in the company of beautiful woman with sexually suggestive names including Holly Goodhead, Pussy Galore and the Taiwanese acrobat U Fook Mi.

The suspect is believed to be the same man who was briefly wanted in connection with the death of a young woman in a Miami hotel who had been covered from head to toe in gold paint. A chubby, red-faced Latvian billionaire and his Japanese henchman were eventually convicted of the crime.

Prax looked a bit like

the actor Michael Lonsdale

Captain DeVelt added: "We are pretty sure it's the same man, though back then he was a bit taller, had much darker hair and spoke with a Scottish accent. A bit like Sean Connery."

Last night friends of Mr Drax paid tribute insisting he was a kind and decent man whose only flaw was trying to kill everyone on the planet with giant bombs full of deadly bacteria.

Controversy at the Winter Olympics in Vancouver. The Irish bobsled team has been disqualified after they completed a practice run on a sofa.

Team coach Stig O'Treacy from Athleague said "We don't have much ice back home so the fellas have been training with my

Auntie Mary's old sofa. They were doing so well that the Irish Olympic Committee said buying proper equipment was a waste of money."

IRISH BOBSLED TEAM DISQUALIFIED FOR

The Irish completed a practice run in record time and O'Treacy's Auntie Mary didn't even spill her cup of tea. Their disqualification has led to a major international row. Padraig O'Flannel, Chairman of the All-Ireland Furniture For Sport Committee said "Yet again the Irish are victims of discrimination. Last year Seamus O'Hooligan was disqualified from the Cresta Run for using an old tea tray and Declan Lafferty's attempt to win the Formula 1 title in an old armchair ended in tears at Silverstone. The world needs to take note. Irish sport is alive and well, even if the budget strings are a little tight."

The Irish have lodged an appeal, claiming that Thierry Henry had clearly influenced the IOC's decision.

HUNDREDS OF KGB FEMMES FATALES HAVE INFILTRATED UK PREMIERSHIP SPOOKS WARN

London - (Lady-From Shag-Hai Mess): A Russian espionage totty squad has infiltrated the UK Premiership spooks warned today.

The motley Mata Hari crew has ditched wayward £10,000+ per week footballers to concentrate on the 'real Premiership' - of British Prime Monster Gorgon Brown.

Spolier slags - mostly two-a-penny porn stars and glamor models - continue to distract national headlines with their off-side shagging antics.

But these are nothing more than carefully choreographed PR stunts geared to mermerising a semi-comatose UK electorate.

Confidential files seen by reporters allege that up to 100 KGB male escorts have penetrated senior Downing Street advisers in the run up to the general eledction.

Their honeytrap missions were planned decades ago during Russia's notorious mobster turf wars for valuable foreign client-dictator signings.

Last year up to a dozen senior UK Cabinet members were targetted by Mile High Club espionage operatives offering comfort services on longhaul government business trips.

And at least five Cabinet ministers have been secretly implanted with satelitte tracking devices monitored by Russian oligarchs' stink tanks.

A parallel campaign to penetrate the Tory Party is only partially funded by the Russians due to so many of the Opposition Front Benches having been infiltrated by Labour many years ago.



News from the Winter Olympics in Toronto. In the speed skating the mens 1000 metre dash was won by Russia's Houdunika Bolokov in a new record time. Controversy still surronds Bolokov's entry in the games. He is the first openly tri-testicled athlete to win gold. Sharon Davies has always strongly denied the allegations.

Bolokov certainly scared his opponents when he entered the stadium in his lycra outfit. The contents of his package were clearly on display and the other athletes were left feeling somewhat inadequate. Ireland's Stig O'Treacy said "I was warming up when Bolokov walked past. All three of his balls were bouncing past. It put me right off. I false started twice and was disqualified."

Bolokov intends to take part in as many events as he can, and back home in Chernobyl he trained several times a day. Linford Christie said of Bolokov "Thank God. Now people will forget all about my lunchbox. This guy is no stick of

celery. He's a sausage and three spuds kind of guy."

Bolokov hopes to go into politics after he retires. He wants to be something big in the chamber.



Three balls earlier today



A pot plant gives a nice welcome

and says 'I'm not going to

behead you with a sword'

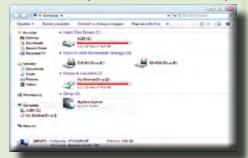
PC TIPS: BACK UP YOUR PC

This month after helping several people with failed hard drives, I thought it would be a good idea to mention a way of backing up all of your important data securely and online and for Free should your PC Ever fail, be stolen etc....

Although there are lots of paid services available Microsoft can supply you free of charge 25GB of online storage. To sign up all that you need is a Windows live ID that you can sign up for from here:- http://login.live.com/ and the a Sky Drive from here:- http://skydrive.live.com

Then to map to your Skydrive through windows explorer Download Skydrive Explorer from:- http://www.cloudstorageexplorer.com/download.php

If all has gone to plan you now have an account with Windows Live SkyDrive, you can now map it to your Windows Explorer and use the 25GB free space available from your desktop. SkyDrive Explorer is a free and easy-to-use yet very powerful extension for Windows Explorer. With SkyDrive Explorer you can make any every-day operations with your documents from Windows Live SkyDrive which offers 25GB free space.



When you connect to skydrive, you must enter the Windows Live credential into the logon box as below.

Medican Use		
Sign in To: sale	vOrtve Explorer	
Windows Live ID		-
Passanet		
Password	(mant your amazona)	
Password	Remember me on this computer	
Password		
Password	Remember me on this computer	
You are logo	Remember me on this computer Remember my password	

Just be careful not to backup any sensitive documents into the Public area of your Skydrive! You can now access all of your important data from any computer.

For help or advice call Paul on 600 224 428 or email: ebropc@gmail.com/web: www.ebrovalley-computers.info



All Angles Short Story Collection

Catalonia's growing English language literary scene will take another step forward in the next year with plans for a collection of short stories

in English, with Catalan translations, to be published by Arola Editors of Tarragona. This is being co-ordinated by Paul Connell, organiser of the Tarragona writers group 'All Angles' in conjunction with other writers groups in Catalonia. There are now established groups for writers in Girona, Barcelona and Tarragona.

'We are looking for short fictional stories in English, between 1500 and 3500 words,' said Paul, 'on any subject or theme but with some Catalan connection in its setting, characters or plot. We want to illustrate the diversity of styles and approaches to writing in English in Catalonia and also the range of ways in which the short story format can be used; from a mininovel with its own story are to a miniaturist portrait of an incident or moment. We'd like to have the book on the market in

time for St Jordi 2011.'

The submission requirements and all details will be posted on the All Angles group website at http://webfacil.tinet.org/allangles. Stories should be submitted by the end of May 2010.



IN THE GARLIC
your informative, fun guide to Spain
Valene (collins a Theresa O'Shea

to be in the gartic, estar en el gio
means to be dued up, to know the
score. Which is, of course, exactly
what you'll be by the time you've and this book.

Atíco You're looking for a flat, and they tell you it's an ático, and you freak out when you see what they're asking. But no, you don't have to pay 1000 euros a month to squeeze in and out of your home up a stepladder and through a trap door and to share your life with cobwebby old suitcases, broken lamps, and bits of bead curtain. Ático is a false friend: it's the top floor, the penthouse, and áticos are sought after and expensive because they often have big terraces and fabulous views. On the downside, they get damp and leaky, and boiling hot in summer. To say nothing of what happens when the lift breaks down.

Comunidad de propietarios
O w n e r s 'association.
When you do buy your urban-dream penthouse or bijou apartment, congrats: you are



now an owner of a *propiedad horizontal* (joint freehold; US condo) and, as well as paying your share of joint costs, will attend assemblies where mind-numbing rants about

blocked drainpipes, cockroaches, communal satellite dishes and crumbling facades ignite the basest passions.

Conserje If you live in a block of flats or an *urbanización* the *conserje* will become an important and tippable person in your life. He or she is responsible for the maintenance and cleaning

of the building and communal areas but often acts as a general Person Friday-cum-Mother Teresa. During Theresa's five-year residence in a 60m² rabbit hutch overlooking a communal swimming-pool, her *conserje*: received deliveries of large household appliances on her



behalf, fed her cats while she was away, fixed her water heater, changed a fuse or two, drove her to *Urgencias*, sold her losing tickets in the Christmas Lottery, and more than once climbed up a dodgy extendable ladder onto her balcony after she'd locked herself

out. Well worth a couple of bottles of good Rioja at Christmas.

Escalera de vecinos Literally, staircase of neighbours, referring collectively to the often warring inhabitants of



a block of flats
(both owneroccupiers and
tenants, plus
portero or
conserje if any).
The expression

evokes images of clumps of people, many of them in pyjamas, quilted dressing gowns and hairnets, shouting and gesticulating across landings, liftshafts and airwells. This very Spanish institution with its typical characters and conflicts is immortalised in the hilarious Antena Tres comedy series 'Aqui no hay quien viva', about an eccentric Madrid escalera.

Escritura You'll often find this word translated as a deed or title deed, which

Escritura

is certainly right, but *escritura* is really an umbrella term for any kind of public document (*escritura pública*), of which the deed to a property is just one specific kind, *una*

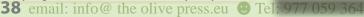
> escritura de compraventa, a public document whereby property is transferred. An escritura must be notarised by a notario. If the buyer is taking out una hipoteca (a mortgage, the representative of the bank will also be present at the signing to formalise a second escritura, la escritura de hipoteca.

In The Garlic: Your Informative, Fun Guide to Spain is published by Santana Books and is available from all good bookshops and

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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. Here is an easy one to start with.

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



CHARITY SALE FOR ARCA DOGS HOME- Saturday March 20th TABLE TOP SALE AT BAR ESTACION L'AMPOLLA. Sellers 9.30am buyers 10.00-14.00 this is to raise much needed money for the dogs. PLEASE COME AND

SUPPORT US. Many thanks. Call Maeve 678 975 816



ARCA the dog refuge wish to give sincere thanks to everyone for supporting them with extra donations after the break-ins and to a

couple of new willing helpers from last months request.

Please keep it up it is truly appreciated....ALSO ANY

OLD BLANKETS, TOWELS OR SHEETS FOR BEDDING ARE

NEEDED. Call Maeve 678 975 816



SPANGLISH?-ANSWERS NEXT MONTH

ACROSS
2. papers

7. attractive/good female

8. bull

9. straw

10. he asks for.

12. to alloy

14. cowbov

15. reciente (E)

16. inflate

18. kind. nature

19. sleepy

20. dare to do.

23. map

25. resbolón (E)

26. maize

27. school

7. 8. 9. 10. 11. 12. 13. 14. 15.

DOWN

daddy
 corderov

2. corderoy

3. grapefruit4. to bark

5. parar (E)

6. árido (E)

9. little dog

11. delivery

11. 00.....

12. deposit, security

13. kingdom

17. rústico (E)

18. plantilla (E)

21. room

22. cuerda (E)

23. mummy

24. country

by Sarah

(E=translate to english otherwise to

spanish)

/				ANSWERS TO THE FEB ISSUE OF SPANGLISH						18. ano	28. cot
Α	CROSS:	6. cal	15.	20. nota	25. aviador	33. tio	DOWN:	5. I.V.A.	12. emotivo	19. sin	29. car
1	. uno	8. afin	ampliar	21. alli	28. cepo	34. brazo	1. una	6. coro	13. balloon	23. cara	30. paz
3	. feria	9. oca	17. ama	22. ego	29. cap	35. ria	2. ocio	7. ley	14. papel	26. apio	32. dia
		11. trav	19. ski	24. nor	31. head		4. eso	10. cola	16. libro	27. hear	

Agents d'acollida (welcoming services) When:

This facilitation & information service for people moving to the aea is available with two drop-in sessions, from 12am-1pm on Mondays and 6-7pm on Wednesdays.

Where: Sala de exposició, Casa de Cultura, at the corner of C/ Colom & Cami de les Comes, El Perelló (the first floor, underneath the library) How: To meet at other times leave a message for Taru Burstall at the Perelló Ajuntament on

977 490 007 or email her at perelloyes@gmail.com .
Anyone who would like to be included on an email list to receive information about events, cultural activities etc, happening in the EI Perelló area, please contact her via email too. People from other townships can ring their local Ajuntament to find out about the available agent d'acollida service for their area.

THE READING CLUB where an English spoken person reads a short English story- members consist of Spanish, Irish and English. The Reading Club will be meeting the 15th of March, at 19:30 at Marcel.li Domingo Public Library in Tortosa. We will read a short story by James Salter. CAR BOOT | last Sunday of every month 10am. stalls 5€. Refreshments, Camping St Jordi, Platje Ayellanes, L'Ampolla Tel 679 115 247 •CAR BOOT SALE | 2nd Sunday of very 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

•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 FREESIAGROUP (working for cancer charities)
The next EI Perello Bookstall will be held at the Homogenic bar on: Saturday 6th March, Saturday 20th March & Saturday
3rd April. If the weather is bad, the bookstall will be inside the Homogenic bar. For further information please phone
977475000 (Pam). •MASONIC GROUP | Logia de San Jorge
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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
SERVICE | 2nd Sunday and 4th Wednesday of every month at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The

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De Mayo, Vinaros-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. 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. 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/ GET FIT" Want to learn how to play badminton and get fit in 2010? Come and learn how to play with Badminton Association of England Coach. Call Marian for details on 667 334 825.

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HEAVY LEAD CRYSTAL | two decanters, whisky + wine/ sherry. Set of matching wine glasses, one flower vase. 75€. L'Ametlla 628 283 861

RABBITS | 2 white pet rabbits (albino) female, due to house move. Tel: 877 001 155

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WANTED FOR CLIENTS, PROPERTIES | in good order at realistic prices. email: propertyfinderspain@gmail.com tel 680 701 840

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

on 678 975 816 if you can offer any assistance. Plus anyone interested in organising some fund raising for the dogs would be must appreciated. PLEASE HELP Please if you can only spare a few hours per week to

help look after the dogs, it is very rewarding and we need more volunteers as a couple are moving away. Also bedding would be appreciated, blankets, sheets, towels etc. Also you can adopt a particular dog by sending donations if you are unable to give one a home. Calenders and t-shirts are also for sale to raise funds **VEHICLES / MOBILE HOMES/BOATS**

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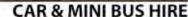
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Beautiful Villa with 3 beds (on en-suite bath room) Shower room & Aseo Large lounge & sep kitchen. Garage, Roof terrace Swimming Pool 1.000m² plot - 5 mins from beach!

Price: 240.000 euros



M1098 – La Galera

5 bed Detached House 3 bathrooms Outbuildings 10.500m² plot Fully Legal with all paperwork.

Price 350,000 euros



M0053 - Tortosa

Superb Fully Renovated Country Property 2 bedrooms, shower room

24v automatic system 15000m² plot partially fenced & gated

Price: 150.000 euros



M1154 – Les Tres Cales-Ametila de Mar Lovely Villa with 3 double

Beds with fitted wardrobe, Large bathroom, kitchen, lounge/diner with patio doors, Sun terrace & swimming pool, Furnished! 327m² plot

-5 mins from beach! Price: 220.000 euros

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