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for all English speakers

May 2010 issue 25



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## MEET BOB THE EDITOR

WELCOMETO THE MAY ISSUE COVERING

CATALUNYA & COSTA AZAHAR. WE WOULD LIKE TO APPOLIGISE FOR ANY READERS NOT BEING ABLE TO CALL US THIS MONTH BUT THERE WAS A MAJOR PROBLEM WITH THE IBERBANDA ANTENNA FOR NEARLY 4 WEEKS WHICH MEANT MANY OF THEIR CLIENTS WERE UNABLE TO HEAR THEIR CALLERS WHEN THEY CALLED THEM!

◇◇◇◇

The month May has been named for the Greek goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May. May's birthstone is the emerald which means love or success. Its birth flower is the Lily of the Valley and the Crataegus monogyna

❧❧❧

The month of May was come,  
when every lusty heart beginneth to blossom,  
and to bring forth fruit; for like as herbs and trees  
bring  
forth fruit and flourish in May, in likewise every  
lusty heart that  
is in any manner a lover, springeth and flourisheth  
in lusty deeds.  
For it giveth unto all lovers courage, that lusty  
month of May.

Sir Thomas Malory, 1485

❧❧❧

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Contributors: | Clodagh & Dick Handscombe | Dr. Ronald Rosenfeld D.V.M. | Jeff Greensmith | Jason M. Berry | Mike Stevens | Sarah Good | Taru Burstall | | Valerie Collins & Theresa O'Shea | David Pique | Paul Ebro Valley Computers | Paul Parker | TRANSLATION BY SUZANNE HELLYER

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COVER PICTURE: "A LITTLE EMERALD BUDHA WITH THE BIRTH FLOWER OF MAY LILLY OF THE VALLEY"

4 email: info@theolivepress.eu ☺ Tel: 977 059 364



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**S**pain Business Brief - Tuesday April 20 2010.  
Ex-Spanish Economy Minister, Carlos Solchaga, has said that you cannot exclude the possibility that Spain will follow in the footsteps of Greece, despite the fact that the debt here is much lower, and urgent measures have been considered here to avoid more risk, referring to the increase in VAT from July 1. He said that budgets with a 'believable' spending plan were needed for 2011. The European Commission is to allow some luxury brands to enforce a ban on their products being sold on the Internet. Certain companies assert that they need a physical shop in order to protect the image of their products. However eBay and consumers' organizations have criticised the decision, considering that it could seriously damage electronic trade in the continent. Gas Natural has said it wants to see a 20% increase in the Price of electricity to clear away with past deficits in the tariff. The President of the company, Salvador Gabarró, said that real numbers were needed without ideologies.

**M**adonna spotted at Spanish petrol station.  
Questions are being asked in the Spanish press as to what Madonna was doing at a motorway service station in Burgos on Tuesday. Several witnesses claim to have seen the singer when her car stopped to refill with petrol, with all of them saying that she was 'very normal'. She got out of a BMW with tinted windows and used the bathroom at the service station on the AP-1 motorway. One witness spoke of the blueness of her eyes. The speculation is that she could have been trapped in Europe by the volcanic ash cloud, and was looking for an open airport. Diario de Burgos thinks she could have been heading for Salamanca airport.



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**P**ossible year grace on smoking ban in Spanish bars.  
La Razón reports Monday that the Ministry for Health is considering a year's grace before applying the new tougher anti-smoking legislation in bars. The paper makes it clear that the Minister for Health, Trinidad Jiménez, does not want to back pedal on banning smoking in all closed public spaces, but is prepared to give a year's postponement of the legislation in the case of bars following an avalanche of complaints from the hostelry sector, several regional administration, and even the CEOE Employers' organisation who are concerned about the effects at a time of recession and following the increase in IVA which comes into effect on July 1. The tobacco industry

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has made representations calling for a five year delay. With or without the amendment it now looks unlikely that the legislation will reach Congress before the summer break.

**T**en million Euro missing from the Palau de la Música reforms. The reforms to the Palau de la Música auditorium in Barcelona, started in 1999 with an initial budget of €9.1 million. They ended up costing €26 million. El País reports that the auditors Deloitte's investigation estimates that the real cost of the reforms was 16 million and the other ten million was diverted elsewhere by the then President of the institution, Fèlix Millet, and his right hand man, Jordi Montull. The two men now face charges and both Millet and Montull are accused of using part of the public money for improvements to each of their own homes. What's more in 2002 Millet even personally asked the then Prime Minister, José María Aznar, for three million more, which he was granted a year

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later by the Ministry for Culture. The Deloitte report is still not completed as the case continues.

**N**ew ITV/MOT legislation on the way. Changes to the ITV/MOT legislation in Spain which comes into effect on May 1 means that cars which are found to have failed their MOT, or do not hold a valid certificate, will still be able to use the roads for a ten day period of grace. The driver will have to present the car for testing during the ten days, and will still have to pay a 150 € fine. The change has been decided on as under the current system where the car's permission to be on the roads was removed, delays often occurred when it was time to be returned. Currently ITV stations are failing one in five vehicles presented for not being roadworthy or for emitting more exhaust gases than permitted.

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Spanish Senate calls for obligatory drugs tests at traffic controls. The Senate on Wednesday approved a motion from the Partido Popular calling on the Government to legislate to ensure that routine traffic controls can contain a drugs test in addition to the current one for alcohol. They want the levels of both legal and illegal drugs taken via a saliva test when this is technologically possible. Current tests are, with 0.5g of saliva from below the tongue, able



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to detect 23 types of legal and illegal drugs, including cannabis, cocaine, amphetamines and others. Under current legislation such tests are voluntary, but as many as 70% of them turn out to be positive. 17.5% of drivers currently killed on the roads in Spain are found to have consumed drugs. PP Senator, Jesús Aguirre, commented that 'we think it is necessary to implement new information campaigns which show the risks derived from driving under the influence of drugs'. Meanwhile a new study has shown that 19% of Spanish drivers have been on the point of having an accident because of bad road signs. 40% of drivers think that road signs need to be improved.

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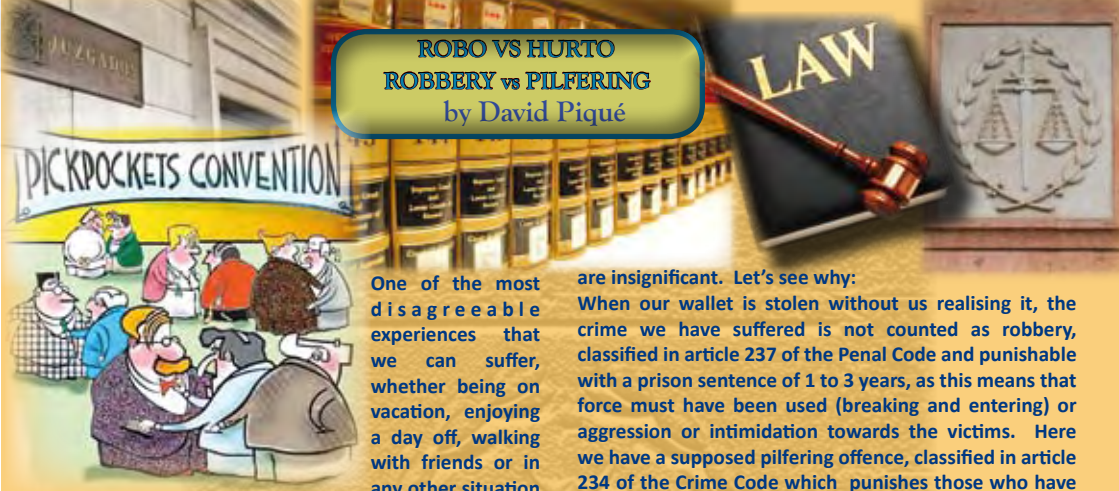
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## ROBO VS HURTO ROBBERY vs PILFERING by David Piqué



One of the most disagreeable experiences that we can suffer, whether being on vacation, enjoying a day off, walking with friends or in any other situation

is to go to take out your wallet and discover that it isn't there. "How is that possible?", you ask yourself over and over again. "I'm sure I had it in the right pocket of my trousers". After looking in absolutely every possible part of your clothing where the wallet might be, you realise that the pleasant boy, who put his arm around your shoulder in such a friendly way, wasn't the jovial and amusing youth he made out to be and had played a dirty trick on you! All right, without money or documentation you are left with no alternative other than to report the loss and cross your fingers that the robber takes the money and credit cards and gets rid of the wallet still containing any documentation which you may get back (which is hardly ever the case, but you never know...). The robber doesn't always reach his objective and in many cases fails and is detained by the police. For example, last Wednesday, 4 specialists in pilfering wallets, carrying out their mission in the Ramblas in Barcelona, ended up behind bars, but guess what? They had accumulated 240 detentions and more than 400 witness identifications and just the four of them required a small army of police to prevent them from fleecing all the unwary who happened to be walking along the Ramblas where they are lying in wait. The fact that they were sent to prison has made the news because the reality is that in most cases these acts end up practically unpunished. The professional criminals know the law very well and that is why, in most cases, the consequences of their acts

are insignificant. Let's see why:

When our wallet is stolen without us realising it, the crime we have suffered is not counted as robbery, classified in article 237 of the Penal Code and punishable with a prison sentence of 1 to 3 years, as this means that force must have been used (breaking and entering) or aggression or intimidation towards the victims. Here we have a supposed pilfering offence, classified in article 234 of the Crime Code which punishes those who have taken something without permission of the owner, with a prison sentence of 6 to 18 months, but only if the value of the object stolen is more than 400€. Up to 400€, the fact that someone has taken our wallet with money, credit cards, documentation etc., is not a crime but a simple offence according to article 623.1 of the Penal Code and punishable with 4 to 12 days permanent localization or a fine. The people who commit an offence cannot be detained by the police but are summonsed directly by the court. Also, the act of committing an offence does not bring with it a criminal record. In short, it is a "job" which can be very lucrative for those that do it, very disagreeable for those who are the victims and the consequences of which, in the case of being caught, are not, perhaps, sufficiently tough so as to prevent those that carry out these acts from doing them time and time again.

The thief robs the tourist; the Mossos d'Esquadra (Catalan Police) detains the thief; the thief appears before a judge; the judge - seeing as it's only a case of pilfering - let's the thief go free who looks for another tourist to rob (sometimes to be able to pay the fine imposed by the judge)... and the cycle continues. Once, twice, three times... many times. In Barcelona there are pickpockets who have been detained by the Mossos d'Esquadra on as many as 48 occasions and time and again have been later set free to once again commit offences. And time and again the authorities have regretted that with the current legislation, they are unable to break the vicious circle which generates among the persistent offenders the sensation that in Catalonia they can act without being punished.

My dear readers, I can do no less than advise you not to be careless with your wallets for even a second and do not trust anyone unknown who stops you in the street even though they appear to be very friendly.

by David Piqué

any legal questions can be sent to  
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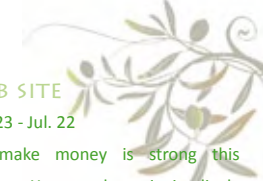
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New Labour plans to halve the national debt in the weeks running up to the General Election. An insider at No 10 today blew the whistle on Gordon Brown's plan to sell the Isle Of Wight to France for £100 billion, complete with all fixtures and fittings.

Rumours were circulating last night about further plans which include selling the Orkney Islands to Sweden and Buckingham Palace to Roman Abramovich.

But so far there is no confirmation that Argentina has been offered a leasehold deal on The Falkland Islands, nor news of a similar arrangement with Spain for the occupation of Gibraltar.

It is believed that Prime Minister Brown is holding out for as much as he can get. Meanwhile negotiations with China for the sale of the Crown Jewels have reached an advanced stage.



Professor Karl Carlton known to his friends as the nutty Professor, has spoken out about the myth of Global Warming. Professor Carlton speaking at a meeting in London today informed the audience that he has discovered that Media people and scientists, are being paid huge bonuses to spread the Global Warming Myth.

The Professor went on to explain how they have managed to manipulate the minds of the people, with the idea of Global warming by repeating it

constantly in the news and not allowing any scientists who oppose the idea to speak on television or to newspapers.

The most severe winter for more than 100 years has only been a temporary setback to their agenda, there will be an increase in Global warming indoctrination, because most of the Worlds super powers want to increase taxation on their citizens by making them believe in spending on environmentally friendly products like green cars.

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NoScale® is a revolutionary type of catalytic water 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'.

Highly effective: Testing has shown that the NoScale® water conditioning technology can prevent 99% of limescale deposits and even reduces limescale that has already been deposited on heating elements and in pipes.

Versatile - NoScale® is suitable for residential and commercial applications and can be used in all types of electrical appliances from boilers, dishwashers and washing machines.

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sales@purewaterspain.com



#### CAPRICORN Dec. 22 - Jan. 20

A mostly entertaining month is in store for you While some communication snafus can get your goat, especially with a romantic partner, your creative flow returns mid-month. The chance for creative and romantic new beginnings arrives just in time to revitalize your outlook.



#### AQUARIUS Jan. 21 - Feb. 19

Important group connections and friendships come along suddenly this month and next, dear Aquarius. Conversations with friends and acquaintances can be eye-opening, propelling you along a new path of discovery in the coming months. Financial concerns and possibly even battles may challenge you this month.



#### PISCES Feb. 20 - Mar. 20

Career opportunities are likely to arise this month and next, dear Pisces, quite possibly of the behind-the-scenes variety, or involving online endeavors. Energy for improving your skills and getting projects going runs extremely high this month, so take advantage.



**ARIES** Mar. 21 - Apr. 20 -Change is on the horizon, and a spiritual revelation or attitude breakthrough occurs that propels you along a new path this spring & summer. Adventure, travel, and higher learning call to you. You are setting your sights on the future instead of worrying about the past, and setting your sights high!

#### TAURUS Apr. 21 - May 21

Mid-month forward is a feel-good time for you, dear Taurus, when you feel the need to make a fresh start. Communication problems can be a bit troublesome until then, however, particularly when it comes to money and love. Love ties are coming up for review, and the need to put the past behind you becomes insistent.



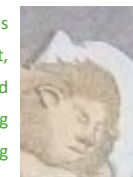
#### GEMINI May 22 - Jun. 22

You are especially magnetic this month, dear Gemini, particularly in the second half of May. Love and appreciation are easy to attract this month. Your desire to learn, share ideas, and improve your skills is powerful. Strong energy for new beginnings in close relationships is with you in the last week of the month.



#### CANCER Jun. 23 - Jul. 22

Motivation to make money is strong this month, dear Cancer. You are also enjoying lively friendships and group activities. The work you do could find financial support in May, or your work may be related to supporting others' talents and resources.



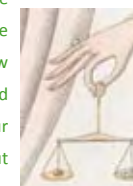
#### LEO Jul. 23 - Aug. 23

Career and professional interests are strong this month, dear Leo. Mix-ups or delays lift by mid-month, and you are back on track. New ideas are abundant, and your energy levels run high. Some form of tug of war when it comes to finances could be irksome in May, but clearing up financial matters will do wonders for your outlook.



#### VIRGO Aug. 24 - Sep. 23

Business relationships are strong this month. You have that extra "edge" when it comes to appealing to superiors as well as co-workers. There could be a change of residence, a working partnership, an opportunity to work from home, or an alliance with an old family friend or co-worker.



**LIBRA** Sept. 24 - Oct. 23 -May is a sociable month for you, dear Libra, especially from the 21st forward. You are making exciting new contacts and reconnecting with old friends. You are keen on sharing your personal philosophies with others and are especially intrigued with other points of view. Restlessness with routine is sure to get you out and about.



**SCORPIO** Oct. 24 - Nov. 22 -May is an excellent month for giving your close personal relationships the attention they deserve. By mid-month, tensions and communication troubles clear up. A partner is more willing to share himself/herself on deeper, intimate levels. May 13th brings a rush of positive energy to a partnership.



#### SAGITTARIUS Nov. 23-Dec. 21

May is strong for social life, negotiations, and communications, dear Sagittarius. However, before mid-month, some conversations can be strained and non-productive, particularly with a partner and on the job. It's best to leave important conversations for the second half of May.



# No Animal Left Behind



The recent financial crisis has effected almost everyone in one way or another, and a lot of us are innocent victims, left with no job, no money and in some cases no home.

When these things happen the most innocent victims of all are our pets. They are totally dependent on us for all their needs and don't understand financial matters, however grave.

For this reason you must plan ahead for every eventuality when you take on a dog or cat. They can live for 15 years or more and are your responsibility for the whole of this time.



Over the past few years thousands of ex pats have returned to the UK due to financial problems, among other things, and because of the strict laws on importing animals, their pets have been left behind here in Spain. Some are rehomed with friends, but most are abandoned. I use this word to include the thousands of dogs and cats left in rescue kennels. They feel this abandonment just as much as if they are left to fend for themselves in the campo.

The good news is that this situation is preventable. If you plan ahead as soon as you acquire an animal you need never have to make this heartbreaking decision.

## PET PASSPORT

The first step to take when you get an animal is to take him to the vet to have him microchipped and ask the vet for a passport. He should also be vaccinated against all the usual diseases as well as rabies. Once you have the passport all future vaccinations should be noted in it instead of the green book. If you already have a green book with previous jabs in, keep it safe with the passport.

The rabies vaccine costs about the same as a normal jab and can be given alone or in a combined injection with the annual vaccination.

Once the rabies jab is given you must wait 21 days for antibodies to develop. Then take him back to the vet to have a blood test. This will be sent away for



analysis. If the results are positive for antibodies you're almost there! All you have to do now is wait for six months and your pet will be allowed to travel to the UK.

All vaccinations MUST be kept up to date, if his rabies jab is not up to date you'll have to go through it all again!

The final thing required to enter the UK with an animal is to visit the vet between 48 and 24 hours before you are due to arrive, where he will be wormed and treated for ticks and the passport signed and stamped as proof. Any approved vet will do this so if you're driving and intend to take several days you can visit a vet in France for this service.

Obviously all this has a cost, but prices vary so it's worth asking a few vets what they charge for these services.

These steps should be taken as soon as you get your dog or cat, don't wait till the worst happens and it's too late.

**Don't let your pet become another innocent victim. DO IT NOW.**

Information provided on behalf of A.M.P.A.R.E. protectora d'animals de la

Ribera d'ebre

**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

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

"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, Ginta 625 915 605  
Sue (English) 630 791 918, Carmen 655 040 359  
protectora.arca@wanadoo.es  
http://www.protectoraarca.org/

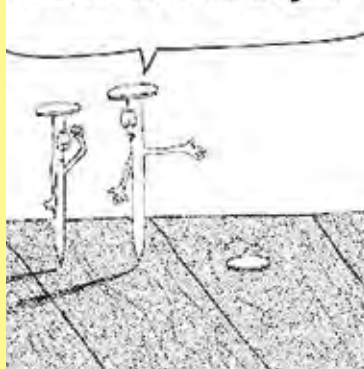
Call Arca Today To Provide A Home To One Of 200 Dogs Needing A Loving Home Or If You Can Volunteer Any Assistance With The Dogs



# THE LIGHTER SIDE



...and then I heard a loud bang and when I turned back he was gone!



A cross-section survey of 1000 people in Bradford, made up of Afghans, Albanians, Pakistanis, Indians, Poles, Iraqis, Somalis, Bosnians, Turks, Moldovans, Latvians, Lithuanians, Bangladeshis, Ethiopians, Russians, Congolese, Zimbabweans, Portuguese and

Nigerians were asked if they thought Britain should change its currency to Euro.

99.9% said no, they were happy with the Giro.

This morning on the motorway,  
I looked over to my right  
and there was a  
Woman in a brand new  
BMW doing 75Mph.  
With her face up next to  
her Rear view mirror  
putting on her eyeliner.  
I looked away  
For a couple seconds!  
And when I looked back  
she was  
Halfway over in my lane,  
still working on that  
makeup.  
As a man,  
I don't scare easily.  
But she scared me so  
much;  
I dropped  
My electric shaver,  
Which knocked  
The meat pie  
Out of my other hand.  
In all the confusion of  
trying  
To straighten out the car  
Using my knees against  
The steering wheel,  
It knocked  
My Mobile phone  
Away from my ear  
Which fell  
Into the coffee  
Between my legs,  
Splashed,  
And burned  
Big Jim and the Twins,  
Ruined the phone,  
Soaked my trousers,  
And disconnected an  
Important call.  
BLOODY women drivers!!

## WHO IS YOUR REAL FRIEND?



This really works...!

If you don't believe it, just try this experiment.  
Put your dog and your wife in the boot of the car for an hour.  
When you open the trunk, which one is really happy to see you?



## LIFE LESSONS

### Lesson 3:

A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out. The Genie says, 'I'll give each of you just one wish.'

'Me first! Me first!' says the admin clerk. 'I want to be in the Bahamas, driving a speedboat, without a care in the world.' Puff! She's gone.  
'Me next! Me next!' says the sales rep. 'I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of Pina Coladas and the love of my life.'

Puff! He's gone.

'OK, you're up,' the Genie says to the manager. The manager says, 'I want those two back in the office after lunch.'

Moral of the story:

Always let your boss have the first say.

## THINGS WE'VE LEARNED FROM THE MOVIES.

- 1) During all police investigations, it will be necessary to visit a strip club at least once.
- 2) All beds have special L-shaped cover sheets which reach up to the armpit level on a woman but only to waist level on the man lying beside her.
- 3) The ventilation system of any building is the perfect hiding place. No one will ever think of looking for you in there and you can travel to any other part of the building you want without difficulty.
- 4) When paying for a taxi, don't look at your wallet as you take out a bill - just grab one at random and hand it over. It will always be the exact fare.
- 5) Kitchens don't have light switches. When entering a kitchen at night, you should open the fridge door and use that light instead.
- 6) Television news bulletins usually contain a story that affects you personally at that precise moment.
- 7) A single match will be sufficient to light up a room the size of Wembley Stadium.
- 8) It is always possible to park directly outside the building you are visiting.
- 9) A detective can only solve a case once he has been suspended from duty.
- 10) It does not matter if you are heavily outnumbered in a fight involving martial arts - your enemies will wait patiently to attack you one by one by dancing around in a threatening manner until you have knocked out their predecessors.
- 11) Police Departments give their officers personality tests to make sure they are deliberately assigned a partner who is their total opposite.
- 12) An electric fence powerful enough to kill a large dinosaur will cause no lasting damage to an eight-year-old child.
- 13) If staying in a haunted house, women should investigate any strange noises in their most revealing underwear.
- 14) It is not necessary to say hello or goodbye when beginning or ending phone conversations.
- 15) Should you wish to pass yourself off as a German you need not speak the language. A German accent will do.





**Towel Day: A Tribute to Douglas Adams**  
Monday May 14, 2001 06:00am PDT

*Douglas Adams is missed by his fans worldwide. So that all his fans everywhere can pay tribute to this genius, I propose that two weeks after his passing (May 25, 2001) be marked as "Towel Day". All Douglas Adams fans are encouraged to carry a towel with them for the day.*

*So long Douglas, and thanks for all the fish!*  
— D Clyde Williamson, 2001-05-14

Towel day, held every year on May 25, is a commemoration day for Douglas Adams, the brilliant author of "The Hitchhiker's Guide to the Galaxy". The idea is that you take your towel everywhere you go, as — according to The Guide — "a towel is about the most massively useful thing an interstellar hitch hiker can have".

Douglas, who indisputably died too soon, had the idea for the book while lying drunk in a field on a camping-site: "The idea for the title first cropped up, while I was lying drunk in a field in Innsbruck, Austria, in 1971. Not particularly drunk, just the sort of drunk you get when you have a couple of stiff Gössers after not having eaten for two days straight."

Douglas' last book, "Salmon of Doubt"; one of the chapters is a transcript of a fascinating talk he gave in 1998, which is entitled "Is there an artificial god?" In this talk Douglas succinctly explains the origins and purposes of religions as well as how technology and scientific progress — he differentiates between "four ages of sand" — shaped our view of the world and religions. Very inspiring words... a must read (hear) for any carbon-based, ape-descendant, bipedal life form.

The original quote that referenced the greatness of towels is found in Chapter 3 of Adams' work The Hitchhiker's Guide to the Galaxy.

*"A towel, it says, is about the most massively useful thing an interstellar hitchhiker can have. Partly it has great practical value. You can wrap it around you for warmth as you bound across the cold moons of Jaglan Beta; you can lie on it on the brilliant marble-sanded beaches of Santraginus V, inhaling the heady sea vapors; you can sleep under it beneath the stars which shine so redly on the desert world of Kakrafoon; use it to sail a*

*miniraft down the slow heavy River Moth; wet it for use in hand-to-hand-combat; wrap it round your head to ward off noxious fumes or avoid the gaze of the Ravenous Bugblatter Beast of Traal (such a mind-boggingly stupid animal, it assumes that if you can't see it, it can't see you); you can wave your towel in emergencies as a distress signal, and of course dry yourself off with it if it still seems to be clean enough.*

*More importantly, a towel has immense psychological value. For some reason, if a strag (strag: non-hitch hiker) discovers that a hitch hiker has his towel with him, he will automatically assume that he is also in possession of a toothbrush, face flannel, soap, tin of biscuits, flask, compass, map, ball of string, gnat spray, wet weather gear, space suit etc., etc. Furthermore, the strag will then happily lend the hitch hiker any of these or a dozen other items that the hitch hiker might accidentally have "lost". What the strag will think is that any man who can hitch the length and breadth of the galaxy, rough it, slum it, struggle against terrible odds, win through, and still knows where his towel is is clearly a man to be reckoned with."*

— Douglas Adams, The Hitchhiker's Guide to the Galaxy  
For more information visit: [www.towelday.org](http://www.towelday.org)

**DON'T PANIC!**



Always Know  
Where Your  
Towel Is  
**TOWEL DAY - MAY 25**



"Any man who can hitch the length and breadth of the galaxy...and still knows where his towel is, is clearly a man to be reckoned with" Douglas Adams

## Freesia Group for Cancer Charities in Spain

*For all the money we can raise, Research will do the rest.  
Every penny that we make, Every Euro we invest.  
Stamp out this evil cancer. I hope we'll find a cure  
And soon, we pray, there'll come a day,  
we'll show cancer the door*

### ABOUT THE FREESIA GROUP

In November 2002, a group of interested people living in the Salou/Cambrils area organised a Christmas Fair. The money raised was divided between the CNIO (National Cancer Research Centre) and the Tarragona province branch of the AECC (Spanish Association Against Cancer). The group then decided to continue working to support these organisations and formed the "Freesia Group". Then on 31st July 2007 our sub-group, Freesia Group El Perelló, was born. From our many activities we have now raised over €165,000 for the cancer charities. We now also make donations to AFANOC (Association for Children with Cancer) for a special project in the Tarragona area. As well as the Christmas Fair, now an annual event, we have also organised family fun runs, dinner dances, monthly lunches, car treasure hunts, car boot sales, cocktail/garden parties, shows with Salou's best live acts, quiz nights, sponsored walks, Bonfire Night parties, sales of clothing with Freesia logo, raffles, auctions and a Christmas CD.

## 6th FAMILY FUN RUN - SALOU Sunday 9th May 2010. 4km-10km

On Sunday, 9th May 2010, the Freesia Group celebrates its 6th Family Fun Run in the capital of the Costa Daurada - the family holiday resort of Salou. In collaboration with the local Town Hall, Sports Department, Tourism Office, local, regional and national businesses,

they aim to surpass the €10,000 raised in 2009 for cancer charities in Spain. Last year some 800 runners completed the 10 km and 4 km courses, producing a mixture of serious runners from local running clubs and lots of families and youngsters. Many came in fancy dress and put the 'fun' into the run whilst raising money for a worthy cause. The setting couldn't have been more perfect - golden beaches and a superb climate. In fact, a great day out for all the family!

Starting time: 10.00 am from the statue of Jaime 1 in Paseo Jaime 1, Salou (promenade, opposite McDonalds)  
Distances: 10 km for the more serious athletes and 4 kms for novices and walkers of all ages and for children under 12.

All entrants will receive a T-shirt, a medal depicting the

Santa Maria Church, a goodie bag and refreshments after the race.

Trophies for all categories! Prizes for the best fancy dress. The first three runners in each category will receive a commemorative cup and a bouquet.

Get your teams together!!! Come on foot, roller skates, with prams, bring your dogs - whatever - anything for a laugh!

**COST OF ENTRY:** Entry fee prior to the 7th May - 12€ (10km), 10€ (4km) and 8€ for children under 12. On the day of the Run BEFORE 09.30 - 15€ (10km), 12€ (4km) and 10€ for under 12.

Entry forms can be filled in online or you can also enter the Fun Run by picking up an entry/sponsor form from one of the allocated local registration points listed on the

web site or phone for more details.

**Website:** [www.freesiagroup.com](http://www.freesiagroup.com)

**Email:** [carrerapopular@freesiagroup.com](mailto:carrerapopular@freesiagroup.com) or  
[info@freesiagroup.com](mailto:info@freesiagroup.com)

**Info:** Elaine: 977 767 414 or 619 637 795







## E.T. phone home



I'd never considered how much we rely on the telephone until yesterday.

My shiny new all-singing, all-dancing mobile went missing. I knew it was around the house somewhere. I also knew that it was switched on in the hope that someone would give me a call. This was probably unlikely as I had not yet passed round my new number. Never mind, at least I was open to receive important messages from Virgin Media and Nokia. I reached for the handset of the house phone with the intention of ringing the mobile and locating it by sound. I tapped away and nothing happened. I put the phone to my ear and there was silence, well, just a faint buzz.

OMG I thought, for I am already thinking in 'text-think'. A few minutes juggling with various handsets revealed that my outside line had died. In deference to Virgin Media and their fibre optic cables this was a pretty uncommon occurrence. Unlike for BT customers who were recently unable to contact the continent because of a fire at a London exchange, or the assorted regions who periodically suffer from loss of service because enterprising criminals have been digging up the cables in order to profit from selling the copper. So there I was cut off from the civilised world unable to communicate, or be communicated with. How would those eager foreign gentlemen be able to enlighten me with the joyous news that by the grace of some Act of Parliament, which I have frankly never heard of, my debts could be written off at a stroke. I've never gone any further in these conversations because, firstly, I don't really have any debts and secondly because Mummy told me never to talk to strangers.

A bit of frantic searching and I located my new mobile in the back pocket of yesterday's trousers.

This did set me thinking about a time when we were less reliant on the phone. In my childhood the phone was regarded as a bit of a luxury. We only had one because my father was a policeman and communication was needed to alert him to rounding up stray cattle or whatever qualified as a police emergency in those days.

My parents never had a phone they owned themselves until well into retirement. Somehow, like millions of others they survived without one, not succumbing to becoming what the GPO called charmingly 'a subscriber'. My father was a bit put out when push button handsets came in. There was a considerable delay on the dial-ups before communication was achieved that enabled you time to collect your thoughts. Phone calls had to be very short, so there was no time for waffle.

Now children are barely out of the pram when they get their first mobile phone. People hold inane, and loud, conversations in public places. Teenagers download music, and men, desperate for 'entertainment' are able to watch dubious videos on their mobile screens; or so they tell me.

Doubtless like everyone else I will be sucked into the electronic vortex. I now carry the best part of my record collection in my back pocket and wonder how I lived without it. I've got to leave it there, something, somewhere, is ringing.

© Mike Stevens 2010

If you want to contact Mike he will be pleased to hear from you.

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

Photos above right: Prototypes developed by Motorola designers included (top to bottom) a retractable version, a flip mouthpiece not unlike those seen today, a banana-like model, and a double-flip design. Rudy Krolopp holds Motorola's first commercial cell phone, the \$3,995 Dynatac 8000X, in 1984.



1876 LIQUID TELEPHONE



1882 MAGNETO WALL SET



1919 DIAL TELEPHONE



1949 "500" TYPE DESK SET



1956 WALL TELEPHONE



1969 PICTUREPHONE SET

### CELL PHONES OF THE FUTURE PAST

There's a very interesting/amusing story on the development of the mobile phone in the winter issue of *Invention and Technology* magazine. Motorola introduced the world's first handheld portable cell phone in 1973. What's so interesting is that nobody -- including Motorola -- thought the cell phone would be of much use to anyone. Because it was so big. Motorola's real motivation in prototyping the cell phone, it turns out,

was to get the FCC to allot more spectrum for car phones, which they saw as a lucrative market for their equipment-making business. But this is a fascinating R&D story -- nobody thought they could pull it off. Could such a behemoth be turned into something light enough to carry around? In an age of satellite communication, trips to the moon, and the seeming miracle of the pocket calculator, it was assumed that any engineering challenge would eventually be overcome. But even if it was possible, so what? Why would anyone pay a monthly subscription fee and hefty per-call charges when 10-cents-a-call phone booths were everywhere?

### THE DEVELOPMENT OF THE PHONE

1876 - LIQUID TELEPHONE - "Mr. Watson, come here; I want you!" It was the night of March 10. These first historic words, uttered by Alexander Graham Bell when he spilled some sulphuric acid he had been using in his tests, climaxed two years of extensive experimentation.

1882 - MAGNETO WALL SET - This handsome, oak-encased instrument, the first telephone built for the Bell System by Western Electric, used Bell's hand receiver and Blakes' transmitter. It was the standard for many years and one of the first to place the crank more conveniently on the side.

1919 - DIAL TELEPHONE - Coast-to-coast phone service had begun in 1915, and the United States had topped 100 million in population. Dial service was coming in strongly. Invented in 1892, it was many years before the complex equipment had been sufficiently developed for use in larger cities.

1949 - "500" TYPE DESK SET - After catching up with the immense backlog of work caused by the war, the Bell System brought out this new model with improved talking and hearing qualities and an adjustable volume control for the bell. Rugged and functional, it is constantly being improved.

1956 - WALL TELEPHONE - The telephone returns to the wall in this companion piece to the "500" desk set. The wall set is most often used in businesses and homes where counter and desk space is at a premium. It is popular in such home areas as basements and kitchens.

1969 - PICTUREPHONE SET - Men walked on the moon and a new model of telephone that made it possible to see the person to whom you're talking was market-tested. The Mod II set has a feature for individual or group viewing. Major use is for visual conferencing between different cities.

1973 - TOUCH-A-MATIC TELEPHONE - The Touch-A-Matic set is the first telephone with a solid state memory. At the touch of a single button, it can automatically dial any of 31 pre-recorded numbers. It is one of many communications advances that derive from the invention of the transistor by Bell Labs.

1976 - TRANSACTION TELEPHONE - As the telephone marks its 100th birthday, the Bell System offers a phone to make shopping more convenient. The Transaction telephone links with a bank's or credit bureau's computer to verify balances or transfer funds. It can also perform inventory control jobs.

**FLEA MARKET 9th May**  
**11h to 15h**  
 If you decide to adopt a cat, sterilisation / castration is provided free.  
 Cake Coffee Tea Lunch  
 En favor de los animales necesitados  
 Zu Gunsten der Katzenhilfe  
 Pour animaux en besoin d'aide  
 In favor of animals in need  
 At La Ermita Mig Tami, Tortosa  
 which is up the hill past the hospital and the Tennis Club at the end of C/Simpson  
 If you have anything to donate please call 977 446 649  
**Progat Tortosa**



1973 TOUCH-A-MATIC TELEPHONE



1976 TRANSACTION TELEPHONE





## HEALTH MATTERS- TRAINING OURSELVES TO WORK WITH PAIN



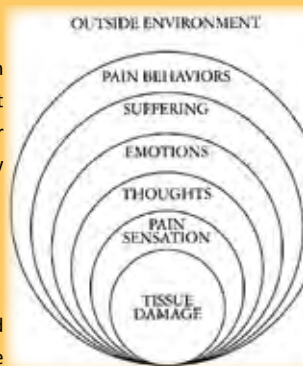
Usually we put up resistance to pain & try to avoid uncomfortable experiences. Unfortunately, though, this doesn't always work & life continues to relentlessly send us messages of all shapes and flavours. However, studies on coping with pain demonstrate the role of the mind in adjusting our pain threshold, & it is clear that resistance to pain is often a greater source of tension & fear than the pain itself we are seeking to avoid. So learning to lower the resistance and acknowledge our experience as it is can have huge benefits, in coping with chronic physical pain for example. Since this means a reversal of our usual pattern we tend to have to practice lowering our resistance somehow. The traditional method of 'sending and taking' from the East is designed to help us do this. It helps make the mind less rigid in its habitual categorizing of good vs. bad so that the physical or emotional pain we all have to work with at times, whether our own or as witness to others, becomes less frightening.

### 1. Settling

Find a comfortable sitting position with a straight spine, or lie down, and just be aware of your body on the chair or earth & your natural breathing for a few minutes, simply going in & out...

### 2. Working with the texture of the breath

Once settled imagine you are surrounded by dark, heavy, hot smoke & breathe it in through the pores of your body.



As you breathe out imagine yourself radiating out light, cool, openness, ease & spaciousness. Do this for several minutes, Quite naturally the mind will get distracted, sleepy, whatever; when you notice that just bring your attention back to working with the alternating sensations.

### 3. Your pain, others' pain

Once you have a feel for that alternating cycle of dark and light allow your feelings to rest briefly on whatever sensation, thought or emotion that comes up as you breathe in the dark, heavy sensation - it can be your pain or someone's else's. Just acknowledge that you are feeling it & breathe it in. Continue to breathe out light & spaciousness. Keep alternating for a few minutes.

### 4. Extending outwards

Nothing we feel is not something felt by innumerable others around the world, so as you breathe in now encompass every being anywhere who is feeling similar pain. As you exhale, send that light, spacious peace to all of them as well.

### 5. Resettling

Finally, return to just being aware of your body and placing your awareness on the breath going in and out, just as it is.

This is a powerful practice for training our minds to work with a supplier, open approach. Just take it little by little; if it bring up strong feelings, just relax; and always wrap it in the settling practice

as above to ground yourself and allow the balance of simplicity.

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

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

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Ultraviolet radiation	+	YES	NO	NO	NO	NO	NO
Distillation	+	YES	YES	+	YES	NO	NO
Reverse Osmosis	NO	NO	YES	+	YES	YES	NO

\* ABOVE COMPARISON - CREDIT TO THE MANUFACTURER'S CLAIMS FOR TECHNICAL REASONS

? Comparisons are from general information Performance values widely within categories.  
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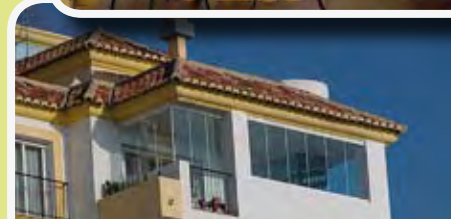
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## SAINT ISIDORE - THE FARMER FEAST MAY 15TH

San Isidro is the patron saint of peasants and laborers and is also the patron saint of Madrid. This festivity has been an official festival in Madrid since 1947 and while technically the feast runs from May 8th to the 15th, like good Spaniards they stretch the fun and always start earlier and end later. So that Madrid's biggest "fiesta" is celebrated yearly starting on the Friday before the 8th and running until the following Sunday, 9 days of Saintly jubilee throughout the Community of Madrid.

### SAINT ISIDRE'S FESTIVITY

In Peñíscola on 15th May, to mark the festivity in honour of Saint Isidre, there are popular events such as open-air dances and heifer bullfights that take place in the square with the same name as the Saint, and other activities such as pulling and dragging horses. Saint Isidore's feast is celebrated in Madrid and many other towns in Spain, with ringing church bells and streets decorated for a procession in his honour. Isidore was born to very poor parents near Madrid, about the year 1070. He was in the service of the wealthy Madrid landowner Juan de Vargas on a farm in the vicinity of Madrid. Juan de Vargas would later make him bailiff of his entire estate of Lower Caramanca.

Every morning before going to work, Isidore was accustomed to hearing a Mass at one of the churches in Madrid. One day his fellow-laborers complained to their master that Isidore was always late for work in the morning. Upon investigation, so runs the legend, the master found Isidore at prayer while an angel was doing the plowing for him.



On another occasion, his master saw an angel plowing on either side of him, so that Isidore's work was equal to that of three of his fellow-laborers. Isidore is also said to have brought back to life his master's deceased daughter, and to have caused a fountain of fresh water to burst from the dry earth in order to quench his master's thirst.

St Isidore married Maria Torribia, a canonized saint, who is known as Santa María de la Cabeza in Spain because her head (cabeza in Spanish) is often carried in procession, especially during droughts. Isidore and Maria had one son, who died in his youth. On one occasion their son fell into a deep well and, at the prayers of his parents, the water of the well is said to have risen miraculously to the level of the ground, bringing the child with it, alive and well. Isidore and Maria then vowed continence and lived in separate houses.

Isidore died on May 15, 1130, at his birthplace close to Madrid. When King Philip III of Spain was cured of a deadly disease by touching the relics of the saint, the king replaced the old reliquary with a costly silver one.

In art, Saint Isidore is portrayed as a peasant holding a sickle and a sheaf of corn. He might also be shown with a sickle and staff; as an angel plows for him; giving a rosary to children by a well; mattock at his feet; water springing from the well; striking water from dry earth with an angel plowing in the background; before a cross; or with an angel and white oxen near him.

He is the patron of Madrid, Spain, farmers and farm laborers, and the U.S. National Catholic Rural Life Conference.

Like all Spanish feasts or fiestas, there are special dishes to mark the occasion. For this feast, Red Cabbage San Isidro Style - Lombarda de San Isidro is typically served. Cabbage is baked with apples for their sweetness, as well as potatoes, onions and ham. It is a good side dish that has sweet and salty tastes to stimulate the taste buds. The recipe can be found on "Treat your Tastebuds" page.



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## TREAT YOUR TASTE BUDS.



### RED CABBAGE SAN ISIDRO STYLE

#### Ingredients

- 2 lb red cabbage
- 2 onions
- 3 cooking apples
- 1/4 lb canadian bacon
- 3 potatoes, large
- 1/4 cup olive oil
- 4 Tbsp wine vinegar
- 1/2 bay leaf
- salt and pepper to taste

#### Instructions

Serves 4.

Clean and slice the cabbage thinly. Chop the onions. Peel, core and finely chop apples. Chop the bacon into small pieces. Peel the potatoes and cut each one into 8 pieces.

Pour a few tablespoons of olive oil into a large pot. Heat the pot on stove. Sauté the onions. Then, add the cabbage, apples and bacon and stir. Cook over medium heat for about 5 minutes. Add the vinegar, bay leaf, salt and pepper. Continue to cook for another 5 minutes, stirring often.

Preheat oven to 350 degrees. Pour in 1 cup of water and stir. Cover the pot very tightly and place covered pot in the oven and bake for 2 hours. After 1 hour, remove from oven, add the potatoes, stir and cover again. Return to the oven immediately. Continue to bake for 1 more hour.

Serve with sausage or roast pork or beef and rustic-style bread.



## MAY TREATS!

### CAPRICE OF PEÑÍSCOLA

Ingredients for 1 person

4 sea snails, 1 sole sliced in fillets, 2 monkfish medallions, 4 king prawns, "all i oli" sauce (made with oil and garlic), salt and pepper.

#### Preparation:

Wrap the two medallions of monkfish in the sole fillets. Steam until cooked. Boil the snails in salted water and then clean them. Fill the shells with the snail and "all i oli" sauce, and cook au gratin in the oven. Cook the medallions au gratin with the "all i oli" sauce. Boil the king prawns, and then peel them without removing the heads. Sauté them and arrange on a plate. Decorate as you wish on a bed of seafood sauce (olive, onion, tomato and garlic sauce).



### SNAIL GRATIN SALAD WITH KING PRAWNS

Ingredients for 4:

- 500 g snails, 400 g king prawns, 6 oysters, 1 onion, 15 g flour, 50 g dairy cream, "fumet" (fish broth), sherry, olive oil, salt and pepper.

#### Preparation:

Cook the snails and scoop them out the shells. Fry the king prawns, and make a sauce with the rest of the ingredients, adding 50 g dairy cream. Leave until a creamy sauce is obtained and arrange on a plate.

Note: The dish must be cooked au gratin at a very low temperature as it has already been cooked.



### ORANGE "BAVAROIS"

Ingredients for 4:

- 1/4 litre orange juice, juice of 1/2 lemon, grated orange rind, 125 g sugar, 10 g gelatine, 1/2 glass Grand-Marnier, 400 g liquid cream.

#### Preparation:

Grate the rind of 3 or 4 oranges and squeeze the oranges until you have 1/4 litre of orange juice. Put the grated rind, orange juice, lemon juice and sugar in a pan and boil. When boiling, add the previously moistened gelatine. Sieve, add the lemon and cool. Place over crushed ice and stir. When it begins to set, remove the ice and mix with whipped cream. Pour the mixture into a previously moistened mould sprinkled with icing sugar. Leave in the fridge for 2 to 3 hours until completely set. Finally, turn it out of the mould and decorate with gelatine, slices of orange and whipped cream.

### FRESH LEMON CURD

Ingredients:

- 1 1/2 cups of Sugar.
- 2 cups of fresh lemon juice.
- 14 medium egg yolks.

Preparation Instructions: In a double boiler, over medium heat, whisk together the lemon juice, sugar and egg yolks. Cook the curd for about 10 minutes, stirring constantly. Remove from the heat and allow to cool.



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### LIMONCELLO-LEMON LIQUEUR

Ingredients:

- 750 ml bottle of grain alcohol (gin /vodka)
- 7 or 8 large lemons (preferably organic and not sprayed, you're using the peel!)
- 5 cups water & 3 cups sugar

Directions: Wash the lemons thoroughly - scrub them clean of all residue. Grate the skins being careful not to get any of the white lemon "pith" as it is bitter. Put the peels into a large, open-mouth jar with the alcohol and seal the lid tightly. Put the date on the bottle. Put the jar in a cool, dry place for one week - once a day, shake the contents well to remix everything. You'll notice the colour of the liquid changing to yellow and the colour of the lemon peels fading. One week later, dissolve the sugar completely in water by heating it on the stove. Then cool the sugar-water mixture to room temperature. Strain the lemon peels out of the alcohol and then mix the alcohol with the sugar-water. Usually the colour of the alcohol changes from clear yellow to cloudy yellow when it's combined with the sugar-water. Bottle & store in the freezer. If the limoncello is kept "frozen" until serving it becomes deliciously syrupy.



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**AMPOSTA INDOOR MARKET & THE STAINED GLASS WINDOWS**

One day in 1993 when I was, as usual, walking in front of the Central Market of Amposta on the way to my workshop in El Castell, I noticed the sorry state of the windows. I had the idea of fixing a sample panel of stained glass of a flamingo to see how it would look. I got permission from the town hall and so I designed it and it was made in the workshop in El Castell of Amposta where I was artistic director. The sample was fixed in the main façade and both myself and the town hall saw that it worked, and that was the beginning of the project.

So after 6 years, in Sept. 1999 the whole project was finished, 56 windows, 287m square of stained glass in the 4 facades, in new white frames. The work is homage to Mother Nature in the Lands of the Ebro. It depicts 13 species of birds. In the 2 Laterals are 5 rice fields, at different times of the year, and one section devoted to the River Ebro. Running through the centre of the 2 Laterals is the Montsia Mountain Range as seen when coming from the Delta. The Main Façade is mainly birds and plants. The Rear Façade is swirls of seagulls and an osprey.

The background glass is blue cathedral. All the rest of the glass is from the USA. In churches, the stained glass is effective only when seen from the inside. However, with this project, I wanted it to be effective from the outside as well. I was especially concerned with the view from the square, on the northern Lateral. I chose iridescent "water glass" for the rice field with water, springtime, so that it would reflect any light, be brilliant and sparkle. For the rice field in winter a brownish glass with an iridescent coating was specially made for us. The lead was foreign and Spanish. Throughout, all the images are contained within an "abstract design system" which links up the four facades.

So there we have it folks, a Homage to the River Ebro, the Delta, Mountains and Flora and Birds of the Lands of the Ebro. All that was and is still missing is a panel in Catalan, Spanish and English, giving information about the project to visitors. You yourself, if you want info about the project, you can ask the town hall why there is not any info



at all, let alone for foreign tourists, inside the Market.

In 1999 the Central Market Project was featured in "Glass, An Inspirational Portfolio" by Jera May Morton in New York. Last but not least, I wish to thank my pupils in the workshop "Centre de Vitral de Amposta", who were engaged in this 6 year work. I am proud of them, I hope Amposta is too. Bronson Shaw Tel: 977 44 49 15



*Amposta Mercado Munciple- Built in 1947 by the architect F. J. Barba Corsini, the market stands on the site known as La Fàbrica, where a soap factory and rice drying establishments once stood. This was a place where people once used to come to play such traditional games as bowling, marbles, leapfrog, hopscotch and bèlit (a game played with sticks). The site is now occupied by the municipal market. This building is a large unit with covered arcades on either side where stands are installed. Over these are large windows with magnificent stained glass made using the medieval lead technique and which depict scenes from the Ebro Delta landscape. The market sells*

*fresh local products: fish, meat, vegetables, fruit, green vegetables, bread and pastries, etc. Address: Av. Alcalde Palau, 68. Opening times: from Monday to Saturday, from 08.00 to 14.00. Street market every Tuesday*



OUR ARTICLES ON WHAT'S ON FROM PREVIOUS YEARS ISSUES CAN BE FOUND ON OUR WEB SITE

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



"TRAPEZI 12-16 MAY REUS". In the year 1997, TRAPEZI was born in Reus as the first and only circus Festival in Spain. The celebration was not based on dangerous or breath taking acts but on an aesthetical global concept and the artistic quality of the performance itself. Only few years later, the proposal has already produced an important result: the warm presence of the audience, who looks forward to this date year after year. [www.trapezi.org](http://www.trapezi.org)

"Aplec del Caragol" (the Snail Festival) 21-23 May. The Aplec festival is now well-known throughout Spain and the rest of Europe, and has even been sistered with other festivals. The festival welcomes everyone interested in having a good time and getting to know the gastronomy of the city of Lleida, as well as the people who live there. The Aplec del Caragol is a gastronomy festival held in the city of Lleida each year at the end of May. [www.aplec.org](http://www.aplec.org)

"THE SAN MIGUEL PRIMAVERA SOUND 2010" Barcelona 27 to 29 May 2010. Primavera Sound takes place at the Parc del Forum, Barcelona between Thursday 29th and Saturday 31st May. Situated right on the

coast, it's a beautiful atmosphere to soak up some brilliant music. [www.primaverasound.com](http://www.primaverasound.com)

"La Virgen de Los Desamparados" in Alcalà de Xivert & Valencia LA VIRGEN DE LOS DESAMPARADOS / OUR LADY OF THE ABANDONED ONES, PATRON SAINT OF THE TOWNS : is always celebrated the second and third Sunday of May. The feast day is in honour of the patroness of Alcalà de Xivert, during which there are masses and afterwards there are processions of the Virgin during which people wear traditional Valencian fancy dress. [www.alcossebre.org](http://www.alcossebre.org)



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## YOGA FOR ALL ITSY BITSY YOGA



Studies that have looked at children and yoga have shown overwhelmingly positive benefits. Not only does it help to build body awareness and self-esteem, it shows children how to achieve inner relaxation in the face of stress and builds flexibility which can be useful for certain sports and other physical activities. The effects of yoga may extend far beyond this for children.

In 2006, researchers looked at the relationship between children and yoga training in terms of academic and school performance. Children who participated in yoga classes not only had a higher self-esteem but they also scored better on tests. In addition, the children who were yoga participants experienced less disciplinary issues. It seems that yoga helps children focus better and concentrate on their school work and the increase in self-esteem gives them a "can do" attitude towards school projects.

Another benefit for children who receive yoga training is it teaches them early how to deal with stress in a positive,



constructive way. This type of learned adaptive response to stress can carry over into the teenage years when life becomes even more stressful and complex.

Even children, as young as 3 years old, can benefit from the practice of yoga. Because children have inherently shorter attention spans than adults, children's yoga classes are often adapted to suit their particular needs. For example, a child might be encouraged to assume the role of an animal or a flower and make the sounds that particular entity might make while holding poses. This adds an element of fun and also helps to stimulate the imagination which may help with the development of creativity.

When children are exposed to yoga at an early age, they get a variety of mental and physical benefits that may allow them to be more centred and focused as well as handle stress better as an adult.

We look forward to hearing from you,

Namaste, Sarah

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663 140 297



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 another film based during the Spanish civil war but this time viewed through the eyes of a child.....

*Butterfly (1999) (UK DVD title Butterfly's Tongue) is the English language DVD release title for La lengua de las mariposas (Spanish The Tongue of the Butterflies), a 1999 Spanish film directed by José Luis Cuerda. The film revolves around a young boy by the name of Moncho (Manuel Lozano) growing up in Galicia in 1936 where he also grows attached to his teacher Don Gregorio (Fernando Fernán Gómez) who introduces the boy to the world through his eyes. Following along with the main story the backdrop of the looming Spanish Civil War periodically interrupt Moncho's daily routine. This is manifested when fascists take control of the town, round up known Republicans, including Don Gregorio. Moncho's father is also a Republican, leaving his family to fear that he too will be taken away in the purge if the fascists discover his political leanings. In order to protect themselves, the family goes to the town square to jeer the captured Republicans as they are paraded out of the court house and boarded onto a truck. The film ends with Moncho, despite his continued great affection for his friend and teacher, yelling hateful things and throwing rocks at Don Gregorio and the other Republicans as the truck carries them away, though the last thing Moncho yells are the words for the tongue of a butterfly, espiritrompa (literally "spirotube" or proboscis, in Spanish), a favourite word taught to him by Don Gregorio in an attempt to let his dear friend know that he does not truly mean the words he is yelling.*

The film is adapted from 3 short stories from the book "¿Qué me quieres, amor?" by Galician author Manuel Rivas. The short stories are "La lengua de las Mariposas", "Un saxo en la niebla", and "Carmilña".

As mentioned before 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=qFO6k7pOLXk>

Jason.M.Berry 17/04/2010

Contact e-mail:

[gatchajay@hotmail.com](mailto:gatchajay@hotmail.com)





## CHALLENGES OF GARDENING IN CATALUNYA

### The opportunity

As discussed last month apartments and village houses offer greater

gardening opportunities than many people realise. Terraces, roof tops, balconies and window sills can all be brightened up and made healthier living spaces by planting an assortment of plants in pots, window boxes, troughs and planting tables. There are many photographs in 'Apartment Gardening Mediterranean Style' to show you what can be done in even the smallest spaces up to a large penthouse roof.

### The success factors

The basic success factors are as follows.

1. Improve the microclimate of your planting areas by installing blinds to shade plants from the hottest sun.
2. Select flowering plants that do best in sunny, semi shaded and shaded areas. There are 120 recommended in the above book listed and illustrated for each type of growing conditions. It is very easy to lose unsuitable plants especially in the summer months.
3. Buy non porous containers and if possible ones with built in water reservoirs. It is amazing how many types of containers exist today. So many that we designed the container chapter in the book as an A to Z.
4. Mix a rich water retaining but good draining compost.
5. Neither over or under water frequently as these are the greatest causes of fungal and insect problems.
6. Use ecological insecticides and fungicides if necessary to ensure an unpolluted living space for yourselves and neighbours.
7. Use perfumed climbers on walls and trellises to provide natural aromatherapy and privacy.
8. If planting annuals make seasonal changes to keep the appearance of your property bright and cheerful for passers by as well as your family and visitors.
9. Whether a full time resident or only an occasional holiday maker there are plants suitable for every one.

Hopefully this summer we will see more colourful apartment blocks and village houses. The photographs shown in the book are practical ideas achievable by anyone with no previous gardening experience in small spaces and not unachievable photographic filming sets.

April to June is a good time to plant up before the hottest days arrive.

'Apartment gardening Mediterranean style'

Clodagh and Dick's new book is now available. The ISBN number is 978-84-89954-86-1...For convenience you can obtain the book by post by phoning 952- 485838 or via the website [www.santanabooks.com](http://www.santanabooks.com). The price is 14.90 euros.

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[www.gardeningspain.com](http://www.gardeningspain.com).

32 email: [info@theolivepress.eu](mailto:info@theolivepress.eu) ☺ Tel: 977 059 364

© Plants for apartments and village houses. By Clodagh and Dick Handscombe Practical gardeners living in Spain for 25 years



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Source: [sendmoneyhome.org](http://sendmoneyhome.org) (28/01/10) - An independent comparison site

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Lucas male 3 years



Cristel female pointer 4 years



Alba female 3.5 years



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 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. 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)

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## TARRACO VIVA

XII Edition 18 to 30 May

From the 18th to the 30th of May, Tarragona is holding the twelve edition of the Annual Festival of Roman History, better known as Tàrraco Viva, which is organised by the Dissemination Service of the Tarragona Museum of History. For almost two weeks, a whole range of events will commemorate the city's Roman past.

And the events are indeed many and varied: cavalry parades, gladiator fights, musical and theatrical performances, fairs of various products, lectures, areas at which to taste the cooking of the time, guided walks to learn about the myths and beliefs of the Ancient Romans... And all this in the unique context of a city that preserves excellent examples of the rich architectural and sculptural heritage of ancient Tarraco.

Some of these events require prior booking or invitation; others do not; some are free and some are not; and many of them are held at monuments that have been declared a UNESCO world heritage site.

As well as submerging the visitor in the atmosphere of the Ancient Roman city, Tàrraco Viva also lets you get closer to Ancient Roman times in general, providing information on museums, monuments and archaeological sites in different European countries.

At Tarragona, the Roman trail is of utmost importance, and not by accident. The Romans headed for the Iberian Peninsula in 218 B.C., disembarking at the ancient Greek colony of Emporion (today Empúries), and that same year they founded Tarraco, setting up a military camp there that, over time, became the most important one in the Roman conquest of Hispania. From then on, Tarraco grew and grew, thanks to the influx of traders and all sorts of



people, until it became the capital of Hispania Tarraconensis. But the biggest boom period began with the two-year stay (26-25 B.C.) of the Roman Emperor Augustus, and it continued through to the middle of the third century A.D. The Roman Emperor Augustus lived in Tarraco for some time.

So it is not in the least surprising that the monumental complex of Tarraco was declared a UNESCO world heritage site in 2000. It preserves a range of architectural pieces of the first order, starting with the city walls that, in the past, had a perimeter of four thousand metres. Of this impressive construction, the oldest of all, over eight hundred metres still remain. Aside from the walls, some of the most outstanding places in the centre or the outskirts of today's Tarragona are the amphitheatre, the circus, the theatre, the provincial and colonial forums, the aqueduct, Bera's arch, the Scipios' tower and the Centelles mausoleum.

Among the many activities in Tàrraco Viva, there is one, to be held on the 28th of May, on Roman games. Because the Romans, as well as devoting themselves to politics and to the organization of a vast territory, also had fun, of course. In terms of the games and the kids' way of amusing themselves (ludi minores), it did depend on their social condition to some extent. Kids from humble families played at hide-and-seek and sandcastles and made up games with stones and little bones..., they resorted to inventiveness; while the children from 'good' families had a whole range of very varied games: dolls, miniatures, hoops etc...

[www.tarracoviva.com](http://www.tarracoviva.com)

## HISTORICAL PLACES TO VISIT IN & AROUND TARRAGONA

### Amphitheatre

**Casa Castellarnau** - was built at the beginning of the 15th century and was home to one of the city's most influential families until the 19th century. In 1542 Emperor Charles I resided here during his stay in the city. Inside the house you can see the architectural styles of various periods. On the ground floor there is a series of pointed arches dating from between the 14th and 15th centuries. From the same period we have the patio and the stairway with its Gothic columns and capitals. During the 18th century, both the facade and the interior of the building were altered. Today it is the property of the city and can be visited as a museum.

**Roman Circus** - was, without a doubt, the most popular mass public spectacle in the Roman world. It was used for racing chariots, normally pulled by two or four horses (bigae or quadrigae). The building dates from the reign of Domitian in the 1st century AD and was part of the grand provincial monumental complex, in which it occupied the lower terrace. It is exceptionally well preserved. Tarraco's Roman circus is approximately 325 metres long and between 100 and 115 metres in width. Current archaeological knowledge indicates that the building lost its original function, at least partially, during the 5th century. Some of the vaults were then used as dwellings.

**Colonial Forum** - was the nerve centre of Roman Tarraco. The city's main streets led to it and it was the focal point for all public activities. As such, it became the meeting place for the local elite, as well as being the administrative centre. It was, in summary, the centre of the social and political life of the colony. The Local Forum was located in the lower part of the Roman city, in the residential area, half way between the provincial administration sector and the port. Today it is limited by Cardenal Cervantes, Lleida & Gasómetre Streets.

**Roman Quarry** - In ancient times, stone was one of the main materials used in building. Each city had its own local quarries, although it was quite common to import types of stone not

found in the area, usually by sea. The most common imported material was marble. Mainly calcareous stone was quarried in the area around Tarragona. We know of about a dozen quarries, the most spectacular of which, both for its size and its state of preservation, is El Mèdol. El Mèdol is a large crater, some 200 metres long and between 10 and 40 metres wide, excavated over a long period of quarrying during Roman times. At its centre a needle of rock has been left unexcavated. The stone from El Mèdol is a golden-yellow coloured Miocene lumaquela. It was used on a large number of Tarraco's most important buildings. It is also thought that the quarry was used in medieval times. It has been calculated that approximately 50,000 cubic metres of rock were cut from the quarry.

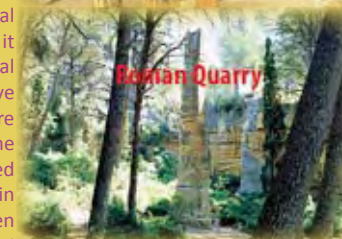
**The Amphitheatre** - completed the trio of buildings designed to hold spectacles in (theatre, circus and amphitheatre), which were the symbols of an important Roman city and capital of an Imperial province. Its construction was made possible by a donation from a provincial flamen (Imperial priest) whose name has been lost to us, but who we know to have lived at the beginning of the 2nd century AD. The Amphitheatre is located just outside the walled city. This location was not chosen by accident. It is very close to the Via Augusta, just before the road enters the city, and near the beach, where the animals used in the spectacles were disembarked. Two types of spectacle were held here: gladiator combats (munera) and wild animal hunts or combats (venationes). It was also used to execute prisoners who had been condemned to death.

**Aqueduct** - In Roman times Tarraco had two aqueducts running into the city. The first took water from the River Gàia near Pont d'Armentera, while the second led from the River Francolí. There was possibly a third aqueduct, although we have very little information on it and we do not know if it was an independent conduit or a bifurcation of the Francolí aqueduct. *More information and opening times on [www.museutgn.com](http://www.museutgn.com)*

### Casa Castellarnau



### Roman Circus



### Aqueduct







The so-called volcanic eruption in Iceland that has led to air travel chaos across Europe is a hoax. We have received a leaked email from the University of East Angles' climate change unit that provides conclusive proof that the whole incident was staged at studios in Hollywood.

The UEA scientists were so upset at the allegations that they have made up the issue of climate change that they decided to get their revenge on the sceptics. Apparently, it all started as a joke in the UEA canteen when Nigel (the nerd) Higinbottom said, "Wouldn't it be great if we could get the European airline industry to shut down for a few months? That would upset all those dickheads who like to fly off to the Mediterranean every weekend."

Nigel told his colleagues that a mate of his who worked in Hollywood knew a bloke who worked in a studio there and who was involved in the faking of the Apollo moon landings in the 1970s. His mate had told him that the studios were so desperate for work these days, and with all the new technology, they could fake anything for the price of a few pints of beer and a packet of pork scratchings. Nigel also had a mate who worked for National Air Traffic Control System (NATS). The chap at NATS had told him that they were so paranoid about safety that they would stop flights on the slightest pretence if they thought that there could be an accident and they would be sued. So, a fake story about volcanic ash would be enough to stop all flights.

Nigel Farrage (no relation), leader of UKIP, said, "I am not convinced that it was just a few eggheads in East Anglia who organised this. I suspect that it was that bloke from Luxembourg who claims that he is President of the European Union who is behind all this. It is the sort of thing that these foreigners tend to do because they don't like us."



On Wednesday, the unpronounceable volcano Eyjafjallajökull erupted for the first time in over two centuries. The last time it erupted it caused a mini-ice age in Europe that killed tens of thousands; and this time around, it is no less devastating, grounding flights in and out of large swathes of Europe, but mainly Britain, ruining holidays and filling airports with people who believe that planes must use the roads. All of this pales into insignificance when news broke that the volcanic ash cloud claimed it's first UK victim. The ash cloud, containing microscopic particles of glass, rock and strawberry jam has started to descend to ground level across much of the UK. Along the North East coast, it devastated a family in Bishop Auckland.

"It was awful," said Carrie Bagg. "It had been so nice over the past few days, and this has come as a terrible surprise. We just weren't expecting it, and neither was my mother." Carrie's mother, Hanna Bagg, is widely believed to be the UK's first victim of the ash cloud as Carrie explained.

"My mum had left her washing out over night, what with the unseasonal sun we were experiencing, and when she woke up this morning, it was covered in ash. She's had to wash it all again, and the glass and rock has ruining her washing machine. They didn't warn us about that, did they?" Even worse news for Hanna Bagg, the insurance company have claimed that this is an act of god, and won't pay out.

**TV PRESENTER INVOKES THE DUNKIRK SPIRIT AND IS STOPPED BY OFFICIALS**

The intrepid TV reporter, Dan Snow, has been sunk at sea by officials. Fortunately, he had no passengers in his rubber dinghies. After setting up a website and Twittering, Mr Snow, was prevented from making any further rubber dinghy round trips between Dover and Calais.

Officials became alarmed that illegal immigrants, were also using rubber dinghies to get into the UK, disguised as genuine UK nationals.

Ferry companies on both sides of the Channel, complained that they were losing fares and questioned whether Mr Snow had the necessary passenger carrying licences. They also reported that their ferries and other huge oil tankers in the Channel were having to take drastic diversionary tactics to avoid drowning the rubber dinghies.

Eurotunnel bosses are furious that a maverick should be allowed to poach their business. UK security forces expressed grave concern about the possibility of terrorists entering the UK by dinghy. Mr Snow is drying off at Dover.

The old head of Doctor Who's University has shockingly revealed that the time travelling wonder geek never finished his studies and so is not infact a qualified doctor.

Barry Trent, 96, claims "that fraudster has been getting away with it for long enough. Running around, telling everyone he's going to save the world and how he's a doctor. He never finished anything at university, he struggled to finish his lunch!"

When we caught up with the 'doctor' he merely stated, "that old trout is a madman, don't listen to a word of it! I'm more doctor than Crippin"

There seems to be weight in Mr Trent's allegations however, as we can not find any photographs of the doctor in any year books held on record for the university. Nor do any of his class mates remember him being at the passing out ceremony.

The 'doctor' tried telling us that he doesn't show up on photographs, but when we explained that was vampires, he just pushed us over and ran off.

While this reporter does not condone passing oneself off as something you're not, we do agree that 'Who' would not have been a particularly catchy title for a TV show.

And Mr. Who sounds like a race horse.

Or a Chinese gangster.

Canary's fans all over the world were celebrating today as Norwich City returned to the Championship at their first attempt after being relegated to the first division last season.

The happiest Norwich City supporter though was 68 year old TV cook Delia Smith who showed her delight by ripping off all of her clothes and streaking across Charlton Athletics' pitch, the Valley after Norwich's 1-0 victory. Manager Paul Lambert tried to cover up Delia's modesty with a green and yellow Norwich City scarf, but the jubilant chef was having none of it and ran off waving the scarf in the air whilst fans looked on in amazement.



Norwich fan, Dilbert Farmhand said, 'Oi was shocked so I was when I looked out on the pitch at the final whistle, and there she was bounding across the pitch loik a new born lamb. Oi never knew old Delia 'ad it in 'er to behave loik that but after a couple of glasses of wine she always seems to get out of control.

Celebrity Norwich supporter Stephen Fry also couldn't believe his eyes. 'What an absolutely incredible performance' he said 'I haven't seen breasts like that since nanny used to force me to feast on her mountainous mamaries when I was 16. Oh how I was repulsed back then and watching Delia bought back those awful memories.'

An over excited Delia was interviewed after her streak and grabbed hold of the TV reporter's microphone. 'I haven't felt this liberated since I cooked one of my pineapple upside down cakes in the nude. It's a great day for Norwich and I hope the fans will cheer us on next season for another promotion to the Premiership. Now where's the bar - I'm off to get completely hammered. LET'S BE 'AVING YER'





PC TIPS, Please use these tips with caution!! Here you will find some of the hidden features in Windows 7 that Microsoft programmers made when they were bored! (Some of them also work with Vista...)

#### Playing God With Windows 7

Buried deep inside Windows 7 is a very handy little feature that brings together a host of settings for the way the operating system looks and works. The so-called 'God Mode', which first appeared in Vista (32-bit only). It isn't enabled by default, but if you want to take charge of your Win 7 (or Vista) PC all you have to do is right-click on desktop, click New > Folder and rename it thus:

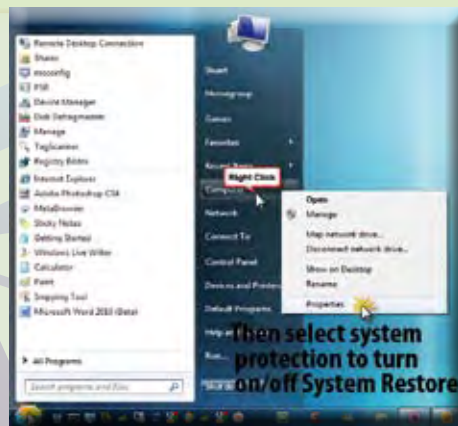
GodMode.{ED7BA470-8E54-465E-825C-99712043E01C}

Now all you have to do is double-click on the new folder and assembled before your very eyes will be a long list of options that previously you had to dig around to find, in Control Panel and well-hidden configuration menus. Be warned, though, playing God is not to be taken lightly so if you are going to have a fiddle, change only one thing at a time then reboot and make sure it doesn't mess anything up!



#### Hidden Talents in Windows 7 System Restore

Windows System Restore has got me and I suspect a lot of you out of trouble following a major crash or messed up installation but in Windows 7 it goes even further. A little known feature in Win 7 System Restore (and Windows



Backup), called Previous Versions, can recover just about any file stored on your PC. However, in order for it to work System Restore, and this facility must be enabled, so if you are not sure press Windows key\*one with the flag + Break/Pause, select System Protection then click the Configure button and make sure Restore system settings and previous versions of files is checked. Click OK and if System Restore wasn't on click the Create button to set a new Restore Point (RP). Follow the prompts to give it a name, close the dialogue boxes and you are all set. If something unfortunate happens and you need to recover a lost or corrupted file all you have to do is open Windows Explorer, right click on the folder where it is/was kept and select Restore Previous Versions. After a few moments it should list by date all of the saved versions of the file you are after.

#### Windows 7 Shares Your Problems

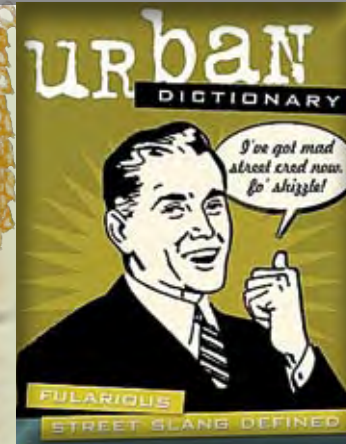
The next time an application in Windows 7 starts playing up there's an easy way to find out when and how things started to go wrong. It's called the Problem Steps Recorder or PSR and basically what it does is log everything that happens when you are using a program, including keystrokes and menu selections. All this is saved in a compressed file, along with screengrabs, which can then be used to diagnose the problem, either by you, or by someone knowledgeable in the ways of the program concerned. It's really easy to use too, all you have to do is go to Search on the Start menu and type 'PSR' (without the quotes), click the Start Record button then do whatever it is that's causing the problem and every action will be faithfully recorded.



For help or advice call Paul on 600 224 428

or email: [ebropc@gmail.com](mailto:ebropc@gmail.com)

web: [www.ebrovalley-computers.cc](http://www.ebrovalley-computers.cc)



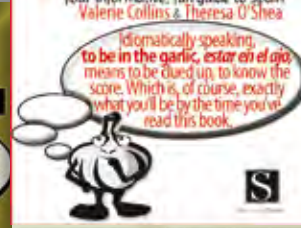
**Cojonudo** If someone or something is *cojonudo*, they rock. Literally, this slang word means "endowed with balls", but now it is equally applied to anyone and anything, and means great, brilliant, fantastic, etc. The current edition of the Diccionario de la Real Academia labels it "vulgar" but tells us that in the next edition it will be slightly softened to "colloquial and sounding a bit off".

**Colega** Colleague, in theory. But not really. More like mate or buddy for the under-25s, an acquaintance, rather than a big buddy. At a business meeting, rather than saying: "This is my *colega*, Juan/Juanita," try: "This is my *compañero de trabajo*." Can also be used as in a watch-it-matey sort of a way, as in: "*Oye, colega*".

**Chulo** Awesome/cool/cute/wicked or any "nice" equivalent currently in vogue, as in your new dress "*es muy chulo* (really cool)". You can also *ponerse chulo* (lit.

put yourself chulo), meaning to act impertinently or get stropky. Then there's *chulo* the noun, used to refer to those who swagger through life with puffed-up pride. Think Delboy. Finally, *un chulo* is someone who lives off a prostitute's earnings. In other words, a pimp.

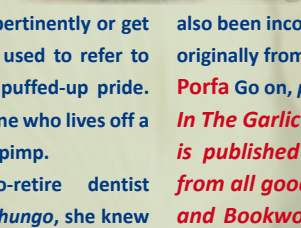
**Chungo** When Valerie's about-to-retire dentist announced that one of her teeth was *chungo*, she knew this teenage slang word had finally been absorbed into the mainstream. *Chungo* means bad, ill, tough, difficult, rotten, unpleasant, malfunctioning and all those things



"Cojonudo" endowed with balls



"Porfa"



invisible buddy



Having a fun-filled weekend!!

and more. In a word: dodgy. **Finde** Weekend for those under 25, and for those who still think they are. From *fin de semana*, but hey, man (think Neil from The Young Ones), what a mouthful, five whole syllables...

**Gilipollas** (GgghhhlllllPOLYass) Colloquial word meaning dickhead, jerk, prat. Even though it contains the word *polla* (willy), it is fairly mild. The other half of the word, *gili*, is from the gypsy language Caló, and means innocent, naive). The small daughter of one Brit went down in Spanglish howler history when she dismissed a schoolmate as a "sillypollas". *Una gilipollez*, by the way, is a really stupid thing to say or do.

**Gilipueñas** Twit. The pollas part of the word is discreetly replaced.

**Molar** A young people's slang word, oft heard from the Spanish-dubbed Bart Simpson, meaning to be cool or hot, to rock, or the latest expression of approval. "*¡Este coche mola!*" conveys the idea that the vehicle in question is really something, it's great, it's fantastic. "*Esto no me mola*" really means "I don't like this" (it sucks). Like many other

Spanish slang words (most of which have

also been incorporated into Catalan unchanged) molar is originally from Caló, the language of Spanish gypsies.

**Porfa** Go on, *porfa*. Please, please. *Por favor*. Geddit? *In The Garlic: Your Informative, Fun Guide to Spain* is published by Santana Books and is available from all good bookshops and online from Amazon and Bookworld España. For lots more 'garlic-style' info and articles please visit our new blog and website at [www.inthegarlic.com](http://www.inthegarlic.com).

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## How to Solve Sudoku Puzzles

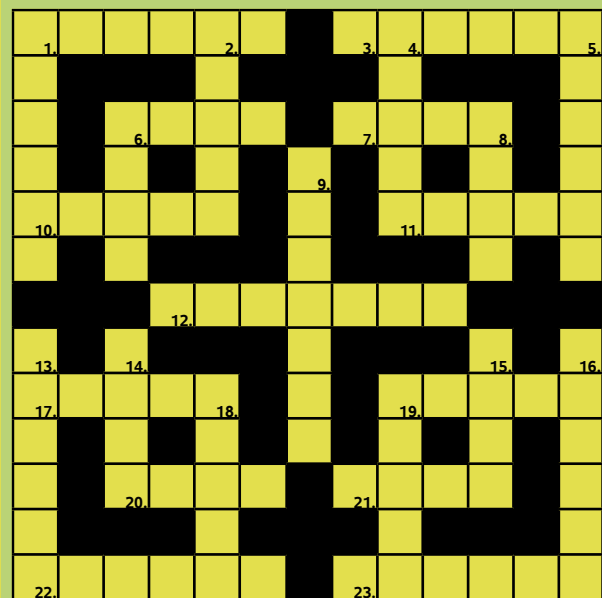
Sudoku doesn't require any special math skills or calculations. It is a simple and fun game of logic -- all that's needed is brains and concentration.

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 hard.

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

### ACROSS

1. summer
3. cuddle
6. face
7. short man
10. he elects
11. otra vez (E)
12. to digress
17. before
19. paste
20. fluir / correr (E)
21. chest
22. almendra (E)
23. flowers



### ANSWERS TO THE APRIL ISSUE OF SPANGLISH

ACROSS:	6. till	13. ofensa	20. sip	DOWN:	3. seis	7. llavadero	16. zoo
1. mariposas	8. odd	14. donosa	22. sano	1. mano	4. daffodils	11. oso	18. bit
4. dano	9. dos	17. cat	23. tubo	2. pajara	5. oda	12. col	19. snip
	10. oro	19. sol	24. polluelos	6. tos	15. gateau	21. pues	



## Meeting in Barcelona on 30th May in Defence of the River Ebro and its Delta

On the 30th of May in Barcelona the PDE (Plataforma in Defence of the River Ebro) has organised a rally in conjunction with other organizations defending the right to ecological sustainability in "The Lands of the Ebro". For the past 23 years (since moving here from London) I have often reflected that living here in the Valley of the River Ebro is a gift! I thought "how can I repay this gift?". One way in which we can repay this gift of living here, is by expressing our support physically at the rally in Barcelona - 30th May. The main thing that we are demanding is the legal right of the River Ebro to receive a "certified minimum amount of water flow" for the river and delta to survive ecologically. This is what the PDE has been demanding for years and years. But the water authorities and government institutions ignore our demand. They say, in other words "up yours"! And what can the PDE do? Ask the inhabitants of the Valley of the River Ebro to please come to the rally in Barcelona on 30th May!

Bronson Shaw (member of PDE).

P.S. You can visit the web site of the PDE - [www.ebre.net](http://www.ebre.net) (in Catalan) Or if you need info in English - [bronsshaw@tinet.com](mailto:bronsshaw@tinet.com) Normally buses (from the Hife) go to the Manis.

## SPANGLISH?-ANSWERS NEXT MONTH

### DOWN

1. to return
  2. north
  4. fierce, strong
  5. organ
  6. barbilla (E)
  8. button hole
  9. audacity
  13. water melon
  14. other
  15. flagpole
  16. streets
  18. season
  19. pear tree
- by Sarah  
(E=translate to english otherwise to spanish)

## Agents d'acollida (welcoming services) When:

This facilitation & information service for people moving to the area 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 & Camí 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](mailto: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 El 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 10th of May, at 19:30 at Marcel·li Domingo Public Library in Tortosa. Anne Armstron will read for us Dracula's Guest by Bram Stoker. **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 & 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** | Sunday May 23. from 9.00. At Bar La Freixa Bonarea Info. Denise 977 057 073 **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 8th & 22nd May. If the weather is bad, the bookstall will be inside the Homogenic bar. **MASONIC GROUP** | Logia de San Jorge A new English speaking lodge of Freemasons approved by GLE, has been established in this area. if you would like more information please telephone Edward Ward on 977416476 (Tarragona area) or Les Beech on 678357713 (Castellon area). [logiadesanjorge@yahoo.co.uk](mailto:logiadesanjorge@yahoo.co.uk) **Cof E CHURCH SERVICES** | 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. Our congregation comes from Tortosa to l'Ametlla and beyond. Join us for a friendly and welcoming service. The Anglican Congregation of St Christopher's, Costa Azahar -5, Plaza Primero 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. 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

## WHAT'S ON



**Car Boot Sales**  
Sundays 9<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> May  
Food & Drinks available.  
Sellers 9am buyers 10am  
Cars 5€, Vans 7€  
At Mora Caravans C12, km 61  
Mora La Nova to Ginestar road  
977 400 375 or 659 418 317

among the market stalls. Paul Needle can be contacted on 964 761 641 or mobile 662 482 944 or e-mail [paulneedle@aol.com](mailto:paulneedle@aol.com) for pastoral needs. **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 Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977 267 418 or e-mail: [enetiamentlla@yahoo.com](mailto:enetiamentlla@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.

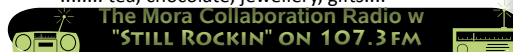
**"BADMINTON PLAYERS WANTED"** Are you a badminton player or have you been in the past? It doesn't matter how long ago since you last played we would love to have you along to join in with some great games. Contact Marian for details on 667 334 825.

**FLEA MARKET** - Progat in support of homeless cats charity event at La Ermita Mig cami, Tortosa on 9th May 11am to 15pm Tel 977 446 649 [www.progattortosa.com](http://www.progattortosa.com) Annual

### FAIR TRADE Festival, El Perelló

Saturday May 8th, 9.30am - 1.15pm on the Ajuntament porch, A stall with products from the 3rd World in aid of people of those countries

..... tea, chocolate, jewellery, gifts....



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. But...I NEED YOU to help build our radio community Around Mora. Your Requests Please.... You can email me direct [norman@normanjay.net](mailto:norman@normanjay.net). Let me know how I can improve our show. Let me know, ? Can you get it? Would a different time be helpful, would you listen to a podcast. I played a new song from a Bristol Group last week CALLED "Nobody Listening so were all just pissing in the wind" Maybe there right???? Prove them wrong. Regards Norman Jay. Also online. [www.radiomoralanova.com](http://www.radiomoralanova.com). or call me Norman on 617 162 264.... Email please [info@radiomoralanova.com](mailto:info@radiomoralanova.com) UK Time 7 to 8pm E U Time 8 to 9pm every Wednesday



## GENERAL FOR SALE

**WATER DEPOSITS** | 1000 litres 50 each virtually new. **3 SEATER, 2 SEATER, AND 1 SEATER SOFA** | brand new shop closing normal price 2995 euros sell for 700 euros absolute bargain. **CHANDELIER** | Egyptian crystal spectacular piece 600 euros only must be seen to see its beauty. **LARGE SELECTION OF ELECTRICAL AND PLUMBING** | material less than half price. **LARGE STOCK OF WOOD** | come fill your van at bargain price. **CONTAINER** | perfect storage dry & safe 500€. **HOUSES FOR RENT** | long term short term furnished or unfurnished please call 634 162 377

**LIGHTWEIGHT SCAFFOLD TOWER** | 6ft by 4ft by 6 metres reach. With guard rails, wheels etc. very little use. Euros 200. phone 686 743 275

**1000 litre WATER CUBES** | (IBC/Cubos) for sale **60€ delivered.** Call: **677 661 360**

**DUCASA WATER STORAGE HEATER** | Unvented 8 Bar 30ltr 230v 1200 watt will run off a genny ideal for showers good working order €40. 977 059 254 or 679 832 221

**HONDA WATER PUMP** | "un-used" 30mtr lift delivery, 1000 litres per minute 175€ Tel: 610 493 179

**6KVA PETROL GENERATOR** | Briggs & Stratton. 11Hp Industrial plus, good working order. 250€ Tel: 610 493 179

**STIHL CHAINSAW** | 14" bar, excellent working order 175€ & **FERRARI ROTAVATOR** | in excellent condition, very little use, powered by Honda Engine, 3 speed gear box, "not belt driven". Quality machine cost over 1,500 accept 750€ no offers. Tel: 677 092 750

**EXERCISE BIKE** | Suntrack in good condition 50€. **WATER SKIS** | Conquest Combo as new 125€. **ADJUSTABLE DOG GUARD** | for your car. 30€. **240v ELECTRIC WATER PUMP** | Pentax. 5 - 35 l/min. Pumps to Height 40mtrs. Max 10 Bar. 120€. Tel. Michael 618 199 417

**TWO FULL WET SUITS** | both unused. Ladies size 12. Mans medium size height 5ft 9ins. 40€ each tel: 627 279 539

**IDEAL FOR CAR BOOT SALE** | 2 Lge bags of cloths +misc items some new 15 Euros the lot TEL 977 457 586

**CEMENT MIXER** | drum on wheeled stand good condition 25euro. **14" COLOUR TELEVISION** | with remote 35euro. Call 977 050 104 / mob 618 130 233

**LG COLOUR TV** | good condition. only 80€ Tel 977 059 364

**WHITE MOSAIC POOL TILES** | 8 boxes with 30x30sheets-18 sheets in a box 100€. Tel 977 059 364 **SKIS SALAMON XFREE9** | 180CM with bindings 50€. **SKI BOOTS LADIES** | Tecnica size 38 good condition 25 euros Call 977 059 364

**42** email: [info@theolivepress.eu](mailto:info@theolivepress.eu) ☺ Tel: 977 059 364

**4 X NEW STAINLESS STEEL FLUE PIPES** | each 1 x metre x 0.175mm. Dia. Total cost new 144 Euros. Will accept 70 Euros. 620 179 483 Mike

**SECOND-HAND BOOKS** | large selection of fiction & non fiction, adult & children, prices from 50cents each. Details call Benissanet 630 921 678

**SEA SHELLS, FERNS & CORALS** | very large collection from the Pacific 5€ per kilo. Benissanet 630 921 678

**TELE SITE** | powerline 9x32 new 25€. **GAMO GAS AIR PISTOL** | 20 auto laser site 65€. **SURVEILLANCE CAMERA** | new 40€ Tel: 650 318 700

**FREE RANGE EGGS** | €2 dozen. **Pickled eggs** 25cents each. 646 935 770

**PORTABLE GAS INDOOR HEATER** | 40€. **BATHROOM TOWEL RINGS** | etc. Best quality, brand new, antique style finish. 85€. 629 692 952

**WIND GENERATOR** | with blades 150€ Tel: 629 692 952

**Are you in the 50-60 age group?** | I am an enthusiastic female looking for male or female friends to share the wonderful Spanish Fiesta's with. I am not looking for a personal relationship, I just want to find some like minded friends. If you are interested please e-mail me at [likemindedfriends@hotmail.com](mailto:likemindedfriends@hotmail.com)

### Various For Sale:

DVD's, Videos, CD's, Cassettes and Books all in good condition. Selection of **Power tools**. **Electric Bike** 70 euro. **Writing desk and Chair**, 200 euro. **Panasonic Bread maker** 60 euro. **Pressure Cooker** prestige 12 euro. **Roller Blades** and Pads 25 euro (new). **Electric Wine cooler** 20 euro (new). **Hand gun** with gas and pellets Walther CP99, €125.

**Tel : 680 155 826**

**2 X WOODEN TRANSPORT CAGES** | one for a large cat and the other for a medium dog. Tel : 678 975 816

**SPRAY GUN** | Earlex Professional, lightweight, aluminium spray gun for spraying most paints and lacquers, varnishes and enamels. **HARDLY USED** only 80€. TEL: 977 059 364



**WANTED A LOVING HOME FOR SAM** | he is 5 years old, innoculated & fully house trained. Loves people and children must go to a home as a house pet not chained up as a guard dog. Owners are returning to the UK. Please call 977 267 209 for more information

**BABYS CRIB** | on wheels, ideal for wheeling around the house and very pretty, 60euros. Contact Wendy - [buckleyalicia1@gmail.com](mailto:buckleyalicia1@gmail.com) or Tel: 977 262 697 or 654 815 290

**LARGE WENGUE COLOURED (DARK BROWN)**

**DESK** | pull down for keyboard, 4 drawers and shelf for hard-drive, silver handles. Good condition. 40 euros ONO. We can deliver if necessary. Contact 977 262 697 or 654 815 290 or [buckleyalicia1@gmail.com](mailto:buckleyalicia1@gmail.com)

**2 SEATER SOFA** | light brown material, mock suede, hardly used, all cushions as brand new. 80 euros, contact 977 262 697 or 654 815 290 or [buckleyalicia1@gmail.com](mailto:buckleyalicia1@gmail.com)

**4 AIRGUN WORLD MAGAZINES NEW** | Dec-March €10. TEL: 654 765 340

**FREE, VERY PRETTY KITTENS** | both boys and girls needing good homes ready to go mid may, Please call Milly on 666 956 917

## WANTED

**WANTED VAN FOR ARCA** | ( free would be nice) must be reliable & or someone with a van willing to transport dogs to airports etc. Tel: **678 975 816**

**WANTED** | bunk beds & double bed tel: 676 927 175

**Wanted -House for rent L'Ampolla** | long term but not necessary immediately. Must be winter and dogs suited. No holiday let style/prices. Agency/serious landlords preferred. [LW@wideblue.co.uk](mailto:LW@wideblue.co.uk) UK 02081444873

**WANTED** | static caravan fairly good order tel: 676 927 175

**WANTED** | quad bike tel: 676 927 175

**WANTED** | High chair in good condition. Please contact Maxine Snaith 676 194 377

**WANTED MOTORBIKE** | legal. Call 646 935 770

**WANTED - ROOF TILES** | Got any unwanted roof tiles? Any number considered, can collect, Tortosa area. Price negotiable, or free would be better! call/txt 603146516.

**WANTED TOURING CARAVANS & MOBILE HOMES** | Tel **977 400 375 or 659 418 317 or 660 584 222**

**WANTED** | **suzuki vitara sport**-late model all square in good fettle-- 00447801606268 or [info@jdlane.net](mailto:info@jdlane.net)

## VEHICLES / MOBILE HOMES/BOATS

**LAND ROVER DISCOVERY** | 2.5TDi L.H.D. Spanish reg. ITV. Good Condition €1500 Call 657 089 817

**APRILIA 50cc** | twist and go scooter spanish reg good runner needs tidying but everything works except electric start € 175 977 059 254 or 679 832 221

**Cosalt 2002** | 11x3.7m privately owned Mobile Home in exc. cond. Modern, Spacious, very comfortable. Fitted to a high



**1985 BMW 320i Cabriolet E30 only 1,995€**  
Tel 977 059 364 || 1990cc CD radio. Rare opportunity to purchase this collectors car been in the family for about 16 years and been garaged and unused back in the UK but now here in Spain. Engine replaced 2 years ago and roof recovered just before that. Just needs a little body work for a car that will only increase in value..

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**CASE INTERNATIONAL 235** | 28Hp, 4x4 mini tractor with transport box and 2 ton tipping trailer. All in excellent condition 6500€ Tel: 677 092 750

**CITROEN XANTIA ESTATE 1997** | RHD, Spanish plates, diesel 1.9TD, full ITV, needs new battery. €750 incl. name change. 646 935 770

**DELL QUAY DORY 12FT FISHING BOAT** | good condition with trailer, no engine. 900 euro, tel 658 874 751

**TRACTOR KIOTI DK50** | 2005 only 250 hours excellent condition. Road legal. 12,000 euro, tel 658 874 751

**HYUNDAI ACCENT 1300SL** | 1999. Very clean, reliable car family car. ITV Jan 2011. Air con, power steering. Spanish reg, LHD. €1000 ono. incl. change of owner. 638 731 434

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### 2 BED MOBILE HOME

**Atlas Classic Midi, 28ft x 10 ft.**  
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**Brand new 3 bedroom 2 bathroom house** | airconditioned hot/cold. Outside garden & terraces. Situated in Miami Playa zona Casalot, community swimming pool furnished

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**COMPUTER PROBLEMS?** | college IT student willing to fix PC problems, no fix no fee. Normal costs per hour 15€. Contact Alex. P. on 638 894 073 after 3.30pm

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**FLOOR & WALL TILER** | Domestic or commercial. References available. Call Mark 686 069 923

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Teacher translator interpreter teacher translator interpreter  
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profesora traductora intérprete profesora traductora intérprete  
professeur traductrice interprète professeur traductrice interprète  
Apartat 1241, Correu  
43590 Jesús - Tortosa  
Tarragona, Catalunya  
+34 618 571 233

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**M0058 - L'Ampolla**

1st Line Sea Ground floor Apartment, 1 bedroom shower room. Central Heating & Air Cond. Patio plus communal gardens

**Price: 96.000 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: 140.000 euros**



**M1136 - Gilet, El**

**Perello Sea Views** Villa 228m<sup>2</sup>, 4 Bedrooms, 3 Bathrooms. Swimming pool (heated). Califaccion (Central Heating) Air conditioning Garage Plot 900m<sup>2</sup>

**SALE !Price: 325.000€**



**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**



**M1152 - Golf Apartment Complex- Bonavista**

two Bed Apartment with views over the 9th hole & Clubhouse! Community Pools, pre-installed air-conditioning & heating, fully furnished, security guard, gated complex! Lovely terrace with bbq. **Price 200.000€**



**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€**



**M1097 - L'Ampolla**

**Village House** 3 Beds 2 Baths Community Pool Dble Garage, Terraces, Patio Garden, good condition, well presented near beach, close to the sea, close to shops

**Price 190.000 euros**



**M1131 - Tres Cales / L'Ametlla de Mar**

118m<sup>2</sup> Villa 3 beds, bathroom, Sep. Lounge Kitchen/Diner Swimming Pool Sea & Mountain Views! 330m<sup>2</sup> plot

**Price: 290.000 euros**



**M1175 - L'Ampolla**

3 Bed Apartment 90m<sup>2</sup> - Parking & Sea Views Bathrooms 2 Califaccion (Central Heating) Air conditioning

**Price: 158.000 euros**

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

+34 977 446 655 office  
+34 639 041 277 mobile Stephanie  
+34 679 499 316 mobile Steve