

Nov 2010 issue 31

THE



OLIVE PRESS

CATALUNYA &
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a little serious a little humorous

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FESTA DEL VI I JORNADES GASTRONÒMIQUES DE GANDESA

Propera edició: 06/11/2010 a 07/11/2010 "The Wine Festival began as a celebration among a group of friends to the end of the harvest went on to become the showcase of wines from the Terra Alta area. Around Cooperative Waldo you will find the stands of various cooperatives and private cellars of the region where you can taste the different wines for free. On Saturday the cooperative offers complimentary snacks to all participants and booths will be open in the afternoon.

<http://www.gandesal.tanet.org/>

FIRA DE L'OLI NOVELL, DELS CÍTRICS I DEL COMERÇ DE SANTA BÀRBARA

Propera edició: 20/11/2010 a 21/11/2010 The fair recovers ancient activities associated with the cultivation of olive trees (to prepare the ground for the folding, folding techniques), without neglecting the recreational and commercial sections of a typical fair. It has established itself as a area specializing in the oil of the important Terres de l'Ebre. It is a gastronomic fair, but also a fair of multisectoral and services.

MOSTRA DE L'OLI DE SIURANA, LA FESTA DE L'OLI NOU A REUS <http://www.siurana.info/>

12/11/2010 a 13/11/2010 This show, held in Freedom Square, is organized by the Municipal Tourism and Commerce of Reus, the Control Board DOP Siurana Agricultural Cooperative Union of Reus. Today the PDO Siurana consists 42 oil mills that account for 62 cooperatives covering regions of the province (Bass Camp High Camp, Priorat, Ribera d'Ebre, Tarragona, Baix Penedès and Conca de Barbera). The Oil Show is an event created by Siurana in 1997 and every year since the most important producers / cooperatives DOP Siurana collectively present this seasons oil. Thus, it is the first place annually, Reus cooperatives jointly present the new oil of the season

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The biggest thing happening for us in November is our Christmas Fair. This is happening on 6th November and will hopefully be even better than last time. We have Radio Mora providing music and acting as Master of ceremonies plus two choirs and at least one band performing. In addition we are holding a much more organised children's painting competition which is being judged by a lady called Mabel Pierola a well known Catalan book illustrator, who will also be presenting the prizes....Trev Wringe, For El Perelló Freesia Group Committee

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MEET BOB THE EDITOR

WELCOME TO THE NOVEMBER ISSUE
COVERING CATALUNYA.

IT IS QUITE COMMON FOR SOME MALES IN AUSTRALIA (ESPECIALLY IN THE CITY OF MELBOURNE), AND NEW ZEALAND TO SPORT A MOUSTACHE DURING THE MONTH OF NOVEMBER. THE CUSTOM BEING KNOWN AS MOVEMBER (MOVEMBER IS A PORTMANTEAU OF THE WORDS 'MOUSTACHE' AND 'NOVEMBER'), AND BEING A FUNDRAISING EVENT FOR MEN'S HEALTH ISSUES. ONE'S FASHIONABLE APPEARANCE OFTEN COMES SECOND TO THE CALLING OF MOVEMBER. A SIMILAR OBSERVANCE IN THE UNITED STATES AND CANADA, CALLED NOVEMBEARD, NECK-BEARD NOVEMBER, OR NO SHAVE NOVEMBER INVOLVES A FULL BEARD AS OPPOSED TO A MUSTACHE.

~~~~~

Bob walked into a bar and ordered martini after martini, each time removing the olives and placing them in a jar.

When the jar was filled with olives and all the drinks consumed, the man started to leave.

"S'cuse me", said a customer, who was puzzled over what Bob had done, "what was that all about?"

"Nothin'", said the man, "my wife just sent me out for a jar of olives!"

~~~~~

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

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COVER PICTURE:

Poppy day and a holocaust memorial set in Miami USA see page 18



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NEWS IN SPAIN

Human statues under control in Barcelona | Barcelona City Hall has decided to limit the ever growing number of human statues who are populating the city's most popular walkway, Las Ramblas. From January 1 2011, only 30 will be allowed a day, 15 for the morning, and 15 in the afternoon. Those who want to be considered for permission will have to present a curriculum of their experience to the City Hall, which has also decided that any acts which imitate firearms or animals will not be allowed. Any plinth used can be no more than 20 cms high. It comes after the City Hall removed the famous bird market from Las Ramblas, and the human statues are the last thing left to be regulated.

Moroccan woman thought to be the latest domestic violence victim in Spain. The body of a Moroccan woman in her 20's and her two children have been found in Tarragona covered in quicklime, and a search is on for the husband and father of the children in what appears to be another case of domestic violence in Spain. Police received a call at 7,30pm on Sunday after neighbours in Calle Reial reported a strong smell from the property. Reports indicate that the body of the woman was found in the bath, in an advanced state of decomposition, but still with visible signs of violence. It's thought the deaths occurred about a week ago. Neighbours have said the husband, also from Tangiers, was a person



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'of difficult character' and that he had several arguments with the community and fights with the wife. Latest reports say that the husband has been arrested amid fears that he would flee to Tangiers. The domestic violence helpline in Spain is 016.

The Catalan Government has fined four low cost airlines for abusive practices. The Catalan Consumers Agency, ACC, dependent on the Catalan Regional Government, La Generalitat, has fined the four low cost airlines, Vueling, Ryanair, Easyjet and Transavia a total of 149,700 € for breaking consumer rights and carrying out what they describe as 'abusive practices'. In a statement the ACC says that it had received 176 complaints from users about the airlines since the summer of 2008, and they had sent out two separate fines to Vueling and Clickair before they had merged of 40,000 € for Vueling and 56,400 € for Clickair. The airlines also had to pay the consumers who brought the complaint the sums of 1,723 € and 2,093 € respectively. The airlines were found guilty of charging more than the price advertised by adding a charge for luggage and for putting a surcharge on the use of credit cards. Ryanair has been fined 31,500 € and has to return 643 € to the affected travellers, for charging a commission for payment by credit card, and Easyjet has been fined 17,800 € for the same practice. The ACC also considers that Easyjet has abusive clauses in its contracts, such as ticking by default the box which selects travel insurance when it is not obligatory; for that they have to return 23.99 € to a complaining customer. Transavia has to pay 4,000 € for again ticking the insurance box. The ACC considers that airlines have to establish an alternative system for payment which is free for the consumer. If they want to add a charge for a credit card, this charge cannot be higher than what it actually costs the airline to accept the payment by the card. Meanwhile the Catalan Councillor for Territorial Policy and Public Works, Joaqui Nadal, has said that the Generalitat will not be paying the 12 million € demanded by Ryanair to keep its bases at Girona and Reus airports operational. He told the EFE news agency that the regional government will keep the financial help previously agreed with the airline, but would not agree to the requests to increase it. Michael O'Leary was in Barcelona last month to open the airline's hub at El Prat, and during the visit commented that the Girona and Reus airports' costs are too high, and that the airline's arrival in Barcelona would reduce their presence in the secondary airports.

EC to propose ban on meat and milk from cloned animals. The European Commission (EC) today proposed a ban, for a minimum of five years, on cloning animals for food production (including milk). Unless there are any last-minute surprises, the EU executive will present a report that will lead to the "temporary suspension" in

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the technique of breeding cattle through cloning for food production. The EC does however want to allow animals to be cloned for research purposes or to conserve endangered species. The report also suggest putting a veto on imports of meat, milk or other food from cattle obtained by this technology. The EC will recommend that the ban be reviewed in five years time, but insists that it is necessary at the moment because of moral concerns in society and for animal welfare. They cite findings by the European Food Safety Authority (EFSA), which indicate that the death rate amongst clones is much higher than that of naturally produced animals, and also suggests that in the case of cows or pigs, genetic selection causes illness and suffering. However, they have pointed out that the EFSA, among others, has said that meat or milk of cattle obtained by cloning presents no risk to consumer health. The EC proposal must be approved by the Council of EU Ministers and the European Parliament (EP). Some EU countries are already cloning animals (the report does not cite Spain), but only for research. There is no meat or milk from clones currently on the European market. The USA is the most advanced country in the world in terms of cloning technology, although Argentina, Brazil and Japan are also well advanced.

Ten million € invested as Sierra Nevada prepares for new ski season. More than 10 million € has been invested in the Sierra Nevada ski station ahead of the new season which should start at the end of November, if there is enough snow. Regional Councillor for Tourism, Luciano Alonso, recently presided over a meeting of the board of Ceturusa, the company which runs the facility, and announced a new international advertising campaign to promote the Sierra Nevada. There are several new facilities this year, including a new snow park for snowboard and freestyle, and improvements in communication with more tarmac areas and a reorganisation of some of the lifts. Changes to the access road are hoped will ease the delays which have become a regular feature of the venue.



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Vote on Spain's closed public space smoking ban in Congress on Wednesday 20th October. The final details of the Spanish anti-smoking legislation are being established ahead of the implementation of the ban on smoking in all closed public areas from January 2, 2011. The Ministry for Health has confirmed that smoking will be allowed on terraces of bars and restaurants, but it will not be permitted in children's parks. Minister Trinidad Jiménez said that smoking on terraces was allowed as they could be considered as open public spaces, and she noted that there is good weather in Spain nearly all the year, but the exception to the open air rule would be children's parks. The final vote on the definitive text will take place in Congress Wednesday 20th, but Jiménez said she still could not give the final details yet as the political groups were still negotiating the last amendments to the legislation. She said that what was certain was that all closed public spaces would be free of smoke. Meanwhile the Minister

also spoke about a new Royal Decree on Universal Health which the government is preparing and which they want to see passed before the end of the year. This will respond to the people who have lost their public sector jobs and health cover as a result.

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LAST WILL AND TESTAMENT IN SPAIN
- (EL TESTAMENTO EN ESPAÑA)
by David Piqué

Making a will is the act of one person **deciding** on the destiny of his possessions upon his **death**.
In principle, a will can be made by all those who:

- As a general rule are more than 14 years old.
- Are not **disabled**: If the judicial sentence which declares the disability does not state whether the person concerned can or cannot make a will, the notary will appoint two doctors who will testify on this matter and will only authorize the will when these respond on the capacity of the testator.

In order to know whether the will is valid or not regarding the **capacity** of the testator, it should be seen at the same time that it was made. That way the testament, made by someone who was competent on the date it was made, will be validated even though the person loses their mental faculties afterwards.

There are common and special testaments and, at the same time, several types of testaments which, among the more common ones, we have the open testament, the closed and the handwritten testament. Among the special testaments we have the military, the maritime and those made abroad.

The testament which I judge to be the most recommended due to its security and easy application is the open one which, unlike the closed testament, is made before a Notary, who keeps safe the original document thus avoiding the danger of it being lost or destroyed.

The intervention of **two witnesses** is necessary if the testator can't or doesn't know how to sign, is blind, doesn't know or can't read the document himself or when the Notary so desires.

All the provisions in the will can be **revoked** (annulled) even if the testator declares of his intention not to revoke them in the future.

It is understood that the will can be **partially** or **totally** revoked when the testator makes a later will or when he makes a declaration before the Notary maintaining or eliminating all or some of the clauses.

This declaration must be made with the same **requirements** called for when making the will. That way, if more than one will has been made, the one with the latest date will be valid.

Information regarding how many wills a certain person has made in Spain, before which Notaries and on which date is provided in the so called Certificate of Last Will and Testament which can be requested at the General Register of Last Wills and Testaments which is accountable to the Ministry of Justice.

This certificate cannot be issued until **15 days** have passed since the death of the person involved.

With respect to the **closed testament**, it is revoked when the testator opens it. Of course, whatever option is chosen, there is no doubt that it is highly recommended that we all make a will. **By David Piqué. Any legal questions can be sent to davidpique@advocatsreus.org or The Olive Press direct.**

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Early missions will involve unmanned probes



BRITISH women are calling for an 'unprecedented national effort' after new scientific evidence suggested the fabled G-spot may be real. Researchers last night unveiled blurred images which they claim confirm the existence of the region, dismissed for centuries as a cruel myth. Professor Henry Brubaker said: "Einstein was right. There's definitely something up there." Demand for a full-scale expedition is now at fever-

pitch with millions of women signing petitions, sending emails and grabbing politicians by the neck and pinning them to wall.

Marjorie Kenilworth, president of the Women's Institute, said: "I believe that this nation should commit itself to achieving the goal, before this decade is out, of sending a probe to the G-spot and returning it safely to the back of the bedroom drawer.

"No single project in this period will be more impressive to mankind, or more important for the long-range exploration of our tubes."

She added: "We go to the G-spot, not because it is easy, but because it is hard."

The Institute wants an immediate £10 billion injection to complete the development of the Denzel Washington probe, and provide plenty of scented candles.

Mrs Kenilworth added: "After the near misses of the Clooney and Pitt programmes, the Denzel V remains our last, best hope. God speed."



BBC licence fee collectors have been advised to be wary of customers using words like "shambles" and "useless" - they might be complaining about the broadcaster's

service!

The advice comes in a new "idiot's guide" for the collectors.

It highlights what to look out for in letters, such as key words like "disgraceful," "appalling" or "furious."

It also says: "Remember, underlining of key words and phrases or the use of bold or capital letters designed to make certain parts of a letter stand out is also an indication of a complaint."

"I don't know about 'idiot's guide' - this is more like a moron's guide," said a BBC insider last night.

"And what about the advice to those who collect the fee at the doorstep? 'A smack in the mouth probably means the customer is unhappy about something,' it says.

"Then it adds that if the customer looks like he's about to release his snarling Staffordshire Bull Terrier at you, he's not entirely happy for you to be there."

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CAPRICORN Dec. 22 - Jan. 20 -Social relationships are once again in focus this month. Tricky or complicated dealings with others tend to clear up after the 18th, when your communication skills improve and your dealings with others are more direct and straightforward. The 20-21 brings a social matter to a head or culmination, demanding your immediate attention.



AQUARIUS Jan. 21 - Feb. 19 -Your instincts for finances improve this month, and you might enjoy a pay or income increase. Career and professional matters are in strong focus, and you're ready to take charge of this area of your life. Your reputation improves after the 18th, when you bring more warmth to your professional manner.



PISCES Feb. 20 - Mar. 20 -A mostly feel-good month is in store for you, dear Pisces. Both your rulers, Jupiter and Neptune, turn direct this month, pointing to increased confidence, energy, and clarity. You have a lot of energy for career matters. You are motivated to make money and you feel, for the most part, on top of your game.



ARIES Mar. 21 - Apr. 20 -A stronger need for personal freedom takes hold this month, dear Aries. You resent any feeling of being caged or enmeshed in routines, rules, and regulations. You are putting more faith in your instincts and your judgment. Ideas are flowing and you express them more freely in November.



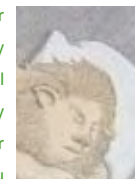
TAURUS Apr. 21 - May 21 -Your attention turns to debts, loans, and shared finances this month, dear Taurus. Taking charge of your finances, particularly those to do with a partner or from a source other than your basic income, becomes necessary. You are more confident about the direction you'd like your life to take.



GEMINI May 22 - Jun. 22 -Relationships heat up this month, dear Gemini. There is a provocative energy surrounding you that tends to pull previously buried issues with others to the surface for resolve. You might have more energy and confidence to pursue a new relationship. You are taking charge of your work and daily health routines this month. You can now clear the air and move forward.



CANCER Jun. 23 - Jul. 22 -Energy is dynamic this month for work and health matters. It's a good time for applying yourself to projects that require attention to detail, as well as for researching and implementing new health routines and programs for self-improvement. It's important to you to set your own pace and rhythm.



LEO Jul. 23 - Aug. 23 -Romantic and creative activities heat up this month. You are considerably bolder this month after a period of introspection. Your zest for life and your tendency to take risks - emotional, romantic, and creative - increase. Of course, you might want to control your purchases, as you may be overconfident now.



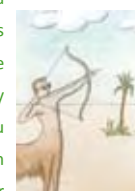
VIRGO Aug. 24 - Sep. 23 -Improvements in your love relationships and partnerships are likely this month, dear Virgo. A partner is easier to understand from the 7th forward, and love dynamics are more direct and straightforward from the 18th. Increased activity on the home front is likely now, and you can use this energy positively by working on reorganizing, renovating, or otherwise improving your domestic life.



LIBRA Sept. 24 - Oct. 23 -Your intellect is energized this month, dear Libra. Learning, sharing knowledge, and communicating with more confidence all figure strongly in November. At times you can speak quite rashly or you could find that you're impatient with slowness or passivity in others.



SCORPIO Oct. 24 - Nov. 22 -It's a strong month for personal influence, particularly after the 18th, when you come across more smoothly and warmly. You can tackle challenges and problems more effectively than usual. Romance improves considerably. A partner or lover is easier to understand in the second half of the month.



SAGITTARIUS Nov. 23-Dec. 21 -Renewed stamina, energy, and confidence are with you this month. You are more assertive and direct when you are going after what you want. However, until the 22nd, part of you craves some solitude as you instinctively pull back from putting your heart into new endeavors. Admirers and love interests make their interest in you known.

NEWS HOUNDS & MORE...NEWS BY DR. RONALD ROSENFELD D.V.M. GENETIC MUTATIONS OF THE DOGS "DESIGNERS"

Sculpture by artist Patricia Piccinini named "The Young Family"
- an important reminder that we must use wisely our
increasing power to hack our own biology



It only hurts
when I study



During the last 14,000 years humans have not only domesticated dogs, to become their best friends, they have also been artificially selected for the "Canis lupus familiaris" to have the colour, size, body structure, abilities, and even psychological behaviour that their owners liked and wanted. Now groups of scientists have identified 155 regions in the dogs genome where there are signs of this selection, containing, possibly the genes characteristic of each of the 400 breeds.

The study, conducted at several U.S. universities came from the analysis of 21,000 variations in DNA sequences in one nucleotide/DNA segment of a group of 275 dogs from 10 different breeds, such as Poodles, German Shepherds, Dachshunds and terriers.

In total, the team, led by Joshua M. Akey, University of Washington, have identified 155 regions that have changed in recent centuries, when artificial selection became widely used, in some cases to have breeds adapted to certain tasks (hunting, shepherding, etc.) and in others selecting for purely aesthetic snobbery.

That group included genes that had already been identified as characteristic of some breeds, but also other candidates that had not as yet been studied. This is the case of the association found between the gene HAS2 and wrinkling of the skin



of Shar-Pei dogs, originating in China.

Rare mutations in this gene have been identified in humans who suffer a skin disease called mucinosis.

In the beagle, the researchers found another gene that changes in people the body mass index and certain characteristics of the metabolism.

The researchers identified more than 1,600 genes known and suspected genes whose information is translated into proteins. Among them are five that were already acknowledged in previous studies as particularly significant in the breeding of dogs and have to do with the colour and coat.

Many of the genes apparently have to do with an animals visible features such as colour and texture of the coat, size or bone structure. Scientists still can not say exactly what genes were influenced in breeding, since in each of the 155 areas there are several genes involved.

The work, published in the journal, Proceedings of National Academy of Sciences, according to its authors, also helps to understand how the short-term evolutionary changes occur, as well as understanding the mechanism of naturally occurring, as opposed to artificial, molecular variation, in natural populations and the differences between them.

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THE LIGHTER SIDE

The other day I needed to go to the A & E at our hospital. Not wanting to sit there for 4 hours, I put on my old Army fatigues and stuck a patch onto the front of my shirt that I had downloaded off the Internet. When I went in, 3/4 of the people got up and left. I guess they decided that they weren't that sick after all. Cut at least 3 hours off my waiting time.



Here's the patch. Feel free to use it the next time you're in need of quicker emergency service.

It also works at DSS. Saved me 5 hours.

At the laundrette, three minutes after entering, I had my choice of any machine, most still running.

Don't try it at McDonald's though.....
The whole crew got up and left and I never got my order...



The family wheeled Grandma out on the lawn, in her wheelchair, where the activities for her 100th birthday were taking place. Grandma couldn't speak very well, but she would write notes when she needed to communicate. After a short time out on the lawn, Grandma started leaning off to the right, so some family members grabbed her, straightened her up, and stuffed pillows on her right.. A short time later, she started leaning off to her left, so again the family grabbed her and stuffed pillows on her left. Soon she started leaning forward, so the family members again grabbed her, and then tied a pillowcase around her waist to hold her up. A nephew who arrived late came up to Grandma and said, "Hi, Grandma, you're looking good! How are they treating you?" Grandma took out her little notepad and slowly wrote a note to the nephew...



**CHILDREN LEFT
 UNATTENDED
 WILL BE GIVEN
 A RED BULL
 AND A
 FREE PUPPY**



Americans have been alerted to the fact that, in certain European countries including the UK, there is a raised possibility of terrorist attack. On their alert scale the warning has gone from 'orange blush' to 'puce'. The likelihood is, apparently, that should you be standing around in identifiable groups, i.e. wearing loud Bermuda shorts, someone wanting a short cut to Paradise may detonate in your vicinity. Paradise apparently includes such rewards as "gardens of delight", running water and an endless supply of virgins. It would be obvious to any sane person that such a situation is something we would all wish to avoid. I refer of course to the accidental dispatch of bystanders rather than the questionable benefits of spending eternity interspersing bouts of vigorous fornication with a little light pruning and the occasional paddle. Have you ever considered what happens to female martyrs? Presumably virgins are not in the deal as 'lady-love' is out of the question. Could it be that they are treated to the delights of hairy rampant Welsh centre-forwards for all Eternity?

Whilst the Americans, and doubtless other nationalities, have been warned about all this, to date, we have been told nothing. It would seem we are made of stern stuff in the UK. On the day after the tragedies on the London underground and buses were commuters finding safer ways to go about their business or staying at home? Not a bit of it. They were piling into the tunnels as usual like sardines climbing into their can. When aeroplanes are dropping out the sky we just mutter and moan that the airport security checks are taking longer than usual. We're more anxious to get to Gatwick Village than avoid the risk of the plane making an unscheduled stop by way of an in-flight plummet.

If we heeded all these warnings I expect we'd never

travel anywhere, even a short hike down to the corner shop. Do all nationalities feel the same way I wonder? It seems to me that the French never travel; at least I've only seen the odd one or two. The danger for them appears to be confronting any food that isn't French. In the naivety of youth I once accompanied some French visitors on a trip to see the sights of the Capital. When it came to mealtime they would only settle for a French restaurant, actually one of the most famous and pricy ones in London, where they tucked into snails, all sorts of pretentious muck and unmentionable animal by-products. Not wanting to risk any adverse after effects I demanded a mixed grill, which to their credit the restaurant provided.

Most nationalities have succeeded in overcoming the fear of any threat from the Germans, apart from their strategic towel-laying and unexpected exhibitions of blatant nudity. In fact they have been beaten at their own game by the Russians, now free of their Communist chains. Whilst not actually offering a major hazard they would win first prize in a 'how not to behave in another Country' competition. I guess the rest of the world does not match up to a week in the Gulag where the misery is 'on tap' and does not have to be self-created.

Now I'm not one for taking too many risks, but I have booked to spend Christmas in Dubrovnik. Come to think of it last time I was there they were heavily shelling the place a couple of weeks later. Guess I'll do the British thing and take a chance anyway.

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If you need to contact Mike you can now do so at his
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POPPY DAY

Remembrance Day – also known as Poppy Day, Armistice Day (the event it commemorates) or Veterans Day – is a Commonwealth day to commemorate the sacrifices of members of the armed forces and of civilians in times of war, specifically since the First World War. It is observed on 11 November to recall the end of World War I on that date in 1918 (major hostilities of World War I were formally ended "at the 11th hour of the 11th day of the 11th month" of 1918 with the German signing of the Armistice). The day was specifically dedicated by King George V, on 7 November 1919, to be commemorated to the members of the armed forces who were killed during war; this was possibly done upon the suggestion of Edward George Honey to Wellesley Tudor Pole, who established two ceremonial periods of remembrance based on events in 1917.

The history of Poppy Day.

The poppy's significance to Remembrance Day is a result of Canadian military physician John McCrae's poem In Flanders Fields. The poppy was an appropriate choice for McCrae's poem, as many young soldiers who fought for freedom did so in the splendor of the poppy fields. In Frances Belleau Wood, Cantigny, and Chateau Thierry war took place on battlefields that held wheat interspersed with the Corn Poppy. This bright red flower is prominent in Europe and commonly recalled in literature. The poppy was associated with veterans a great deal before the First World War. Writers in the Napoleonic Wars, first noticed the poppy. The Napoleonic Wars took place in the early 19th Century where France, led by Napoleon, sought to conquer Europe. Napoleon had his tragic defeat at Waterloo by the English after deciding to attack Russia, costing France a good number of her soldiers. This vibrantly colored flower bloomed amidst the freshly dug graves of fallen soldiers. It was commonly said a fresh field would quickly turn red



with battle, as the blood from fallen soldiers turned into the blood red petals of the poppy.

There is a more scientific reason for the growth of poppies directly after a battle. It seems few poppies grew in the infamous Flanders Field before the Great War, but was packed with the vibrant blooms almost immediately following the battles. Scientists have concluded the soil was not rich enough in lime to allow the poppies to flourish, however the residues produced from fighting introduced great quantities of lime into the soil. Of course, as the lime was absorbed by the poppies, the flowers began to die slowly until none were left. An American YMCA Overseas War Secretaries employee, Moina Michael, was inspired to make 25 silk poppies based on McCrae's poem, which she distributed to attendees of the YMCA Overseas War Secretaries' Conference. She then made an effort to have the poppy adopted as a national symbol of remembrance, and succeeded in having the National American Legion Conference adopt it two years later. At this conference, a Frenchwoman, Anna E. Guérin, was inspired to introduce the widely used artificial poppies given out today. She conceived the idea of widows and orphans manufacturing artificial poppies in the devastated areas of Northern France that could be sold by veterans' organisations overseas for the benefit of veterans as well as the destitute children of northern France. In 1921 she sent her poppy sellers to London, where they were adopted by Field Marshall Douglas Haig, a founder of the Royal British Legion, as well as by veterans' groups in Canada, Australia and New Zealand. The annual selling of poppies is the major source of income for the Royal British Legion in the UK. The poppy has no particular price, it is sold for a donation or the price may be suggested by the individual vendor. The black plastic centre of the poppy was marked "Haig Fund" until 1994.

A small number of people choose to wear white poppies to indicate a preference to look forward to peace rather than backward at the sacrifice. Those who wear the white poppy have, since their introduction in the nineteen twenties, expressed their desire for peaceful alternatives to military action, which may be due to a variety of reasons from

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the religious, the humanitarian, legal or economic. The Co-operative Women's Guild produced White Poppies in 1933, along with white poppy wreaths. Some of the early white poppies were made of white silk and silver, with the word PEACE across the metal button at the centre.

New Zealand Poppy Day

One of Guérin's representatives, Colonel Alfred S. Moffatt, came to put the case to the Dominion Executive Sub-Committee of the New Zealand Returned Solders' Association in September 1921 and an order for some 350,000 small and 16,000 large silk poppies was duly placed with Madame Guérin's French Children's League. In contrast to the United Kingdom, Canada and Australia, however, the RSA did not hold its inaugural Poppy Appeal in association with Armistice Day 1921 (11 November 1921), but instead chose the day prior to Anzac Day 1922. The reason is one of those quirks of history: the ship carrying the poppies from France arrived in New Zealand too late for the scheme to be properly publicised prior to Armistice Day, thereby forcing the Association to postpone its Poppy campaign until the day prior to Anzac Day 1922. The decision nonetheless established an historic precedence whereby Poppy Day – as the day was known from the outset – became forever associated with Anzac Day in New Zealand, thus setting it apart from the rest of the world where it is largely associated with Armistice Day. With nearly 90 years of history, the Poppy Day Appeal is one of the oldest nationwide appeals conducted by a voluntary welfare organisation in many countries.



YOGA FOR ALL

At this time of year we're bringing out our fleeces and boots, relighting the fire to keep us warm and healthy, but we also have Yoga to help boost our immunity to seasonal sore throats and colds.

Here are just a few of the ways regular yoga practice can bolster our natural defences:

Yoga drains mucus

It may not be the most pleasant thought, but the fact is that certain yoga poses, such as downward-facing dog and other inverted postures, are perfect for draining mucus from the sinus passages. Not only does that make these poses great for clearing out the head when you have a cold, it also makes them the natural way to rid the body of allergens.

Yoga increases oxygen levels

We know that breathing is essential for life but it helps to really focus on how we breathe. As we move through the day the general chaos of life prompts us to take short, shallow breaths that rob the body of the oxygen it so desperately needs to function. In fact, some research suggests that oxygen deficiency is linked to the development of cancer cells.

Deep breathing, just like the kind that happens during yoga sessions, teaches us to slow down respiration, allowing the body to take in the higher levels of oxygen that boost the immune system.

Yoga reduces stress

Yoga lowers the level of the stress hormone cortisol, which is notorious for weakening the body's natural defences. Cortisol is especially harmful when the body is exposed to it constantly, such as when you're caring for a terminally ill parent or balancing the pressures of marriage, kids, and work. Chronic cortisol levels have been linked to everything from Type II diabetes to high blood pressure. Like any exercise, yoga decreases stress levels, but it's yogic deep breathing techniques that help create the deep relaxation that has been proven to reduce the harmful cortisol levels that leave you vulnerable to illness.

Yoga increases circulation

How does circulation help boost immunities? White blood cells—your body's natural army—meets invaders by travelling through the blood stream. Good circulation allows that army to get where it needs to be quickly and efficiently. A healthy circulatory system also sends much-needed oxygen throughout the body. Regular yoga practice is

known to improve immunity-boosting circulation. Inverted poses, such as the shoulder stand, are especially effective at boosting the blood flow.

Yoga poses are designed to help the body heal itself

While the exercise and meditation of any yoga practice helps boost immunity, there are certain postures that are designed specifically to bolster the body's natural defence system. For instance, tortoise posture is aimed at stimulating the thymus gland, which is a key producer of antibodies. Wheel posture is another technique that stimulates the pituitary as well as the thyroid glands, both of which play key roles in overall health and wellness.

Other poses designed to boost immunity include boat, fish, pigeon, and bridge pose, which all open the chest and stimulate the immune system. Twisting poses, like prayer twist and seated angle, play a role in boosting natural defences, too. They stimulate the spleen, an organ that helps fight infection as well as filter harmful particles from the blood. The benefit of twisting poses doesn't stop there, however. They also activate the lymph system, which helps to drain and filter bacteria from the body.

Yoga provides relief if you're already sick

Not only does yoga boost immunity against colds, sore throats, and other illnesses, it also has therapeutic benefits for those who already live with more serious conditions. Findings reported at the American Physiological Society (APS) found that yoga may strengthen the immune systems of breast cancer survivors. The study found that it decreased the activation of a certain protein that indicates physical and mental stress.

Yoga will strengthen your immune system

Whether you want to avoid the sniffles and snorts of a cold or recuperate from a more serious illness, consider making yoga part of your life. With techniques rooted in traditions thousands of years old and an emphasis on creating a body capable of healing itself, yoga can boost your body's own immune system, allowing you to live the life you want and deserve.

Sarah Good is a Sivananda trained Yoga teacher offering weekly drop in Yoga classes and also affordable private tuition at home. Please call on 663 140 297 for more details.



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A-Z OF HANDY SPANISH PROPERTY TERMS, PART II

Hello again! Another month has gone by, we've seen some quite incredible rainstorms and Catalonia's autonomous elections are

now just a few weeks away.

Will a new government bring a more commonsense approach to rural planning issues and *cédulas de habitabilidad*? Let's hope so, but don't hold your breath...

Meanwhile, here's part II of my short guide to the more common Spanish terms you'll find if you are selling or buying a property in Catalonia.

Notario/a

Notary, Notary Public. State-appointed legal officials that draft and witness many types of contracts in Spain, for example a property sale, an inheritance or setting up a company.

They ensure both parties understand the terms of the contract, that these terms do not contravene any laws, and that any taxes are paid.

Note that unlike a Notary Public in the United States, notaries in Spain train for several years after taking a degree in law.

Nota simple

An informative note from the Spanish Land Registry stating the legal situation of a property, basically a brief description

plus details of ownership and any charges.

Obra nueva, Declaración de Obra Nueva

Obra nueva: new-build properties in general.

The *Declaración de Obra Nueva* is a notary procedure for registering an existing building at the Land Registry, regardless of whether it really is new or has been there for many years. It requires a certificate and report from an *aparejador* (technical architect/surveyor) or architect.

Opción de compra, Alquiler con opción a compra

Purchase option agreement where a buyer acquires the right to buy a property within a set period of time and subject to agreed conditions. The buyer pays a sum of money, which he or she loses if the sale-purchase does not go ahead.

The *alquiler con opción a compra* is a rental agreement that gives a buyer the right to buy the property, again, within a defined time period and subject to defined conditions. The buyer may pay a sum of money, deducted from the final sale price if the sale goes ahead. Monthly rental payments are often deducted too.

Plusvalía

Municipal tax on urban-zoned properties, based on the increase in the value of the land on which a house is built. Most councils in this area don't apply it to rural dwellings. The local council can calculate the approximate cost for you.

This tax is paid after the sale, by the seller.

Préstamo, Préstamo hipotecario

Loan, mortgage loan.

Propietario/a

The owner of an asset or property.

Registro de la Propiedad

The Spanish Land Registry, a public organization that records the ownership of properties along with mortgages, charges and rights-of-way, etc. The information registered at the Registro de la Propiedad is what appears on a property's *escritura* — the title deed.

Seguro, Poliza

Insurance, policy. The *seguro multirriesgo del hogar* (multi-risk home insurance) and *seguro de vida de amortización de préstamos* (life and loan amortisation insurance) are policies that are commonly required when you take out a mortgage.

Señal, Paga y señal, Arras

Deposit paid when the sale of a property is agreed, which



then becomes part of the purchase price. The most common type is the *Arras Penitenciales* deposit: if the buyer pulls out he or she loses the deposit paid. If the seller pulls out, he or she returns double the deposit.

Subrogación

Subrogación —subrogation— of a mortgage is when a buyer takes over the seller's mortgage.

The advantage for the buyer is that you are taking over a loan that already exists, and so doesn't need to be approved. This can be a big plus in the case of a rural *finca*, because many banks no longer want to finance this type of property.

If you are selling, the advantage of subrogation is that you don't have to pay the bank a fee to cancel your mortgage (typically 1% of the balance owed).

Superficie construida

The total area of a building, including interior and exterior walls and other 'non-usable' areas.

Superficie construida con elementos comunes

In an apartment block or residential complex, the total constructed area plus the proportional part of shared areas.

Superficie útil

The total 'usable' area of a dwelling but not including walls, built-in wardrobes, etc. May include covered balconies and terraces and 50% of non-covered ones.



Tasación

Valuation or appraisal carried out by a specialist company. Used to calculate a property's 'real' (as opposed to market) value and to raise a mortgage.

Valor catastral

Value assigned by the Catastro, used to calculate municipal property taxes (IBI). Usually lower than a property's appraised or market value, especially in the case of rural *fincas*.

Vivienda

Dwelling

As always, I love to hear your comments and feedback. And by the way, I have various Spanish and European clients looking for realistically-priced *fincas* with habitable houses, preferably with nice views and less than 10km from the coast, so please email me at jeff@fincasdirect.com if you are thinking of selling.

I will be happy to help organise the *cédula* application if you qualify for one or find an alternative route-to-sale if you don't. Look forward to hearing from you!

Jeff Greensmith runs www.fincasdirect.com and is a registered estate agent and experienced Spanish/Catalan translator and interpreter. He has lived in Catalonia since 1986. The points contained in this article do not constitute legal advice on the part of Fincas Direct or The Olive Press. Please seek independent advice if in any doubt.

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HEALTH SELF-HELP TOOLS: 'SMILE AT FEAR, AWAKENING THE TRUE HEART OF BRAVERY'

At these times of widespread instability I have greatly appreciated the recent release of the book 'Smile at Fear', whose author, Chögyam Trungpa, a renowned meditation teacher, seeing that the coming times would bring immense difficulties, was sure that humanity could handle what was coming, but equally sure that the challenges would be substantial. This is an annotated version from the opening chapter which offers tools to help train us for these challenges.

"Warriorship here refers to fundamental bravery & fearlessness, overcoming cowardice & our sense of being wounded. If we feel fundamentally wounded we may be afraid somebody is going to put stitches in us to heal our wound. Or maybe we have already had the stitches put in, but we dare not let anyone take them out. The approach of the warrior is to face all those situations of fear or cowardice. The general ground of warriorship is to have no fear, but the ground of warriorship is fear itself. In order to be fearless we have to find out what fear itself is. Fear is nervousness; fear is anxiety; fear is a sense of inadequacy, a feeling that we may not be able to deal with the challenges of everyday life at all. We feel that life overwhelming. People may use tranquilisers or yoga to suppress their fear. They may take occasional breaks to go to Starbucks or the mall. We have all sorts of gimmicks & gadgets we use in the hope we might experience fearlessness by taking our minds off of our fear. Where does fear come from? From basic bewilderment. Where does basic bewilderment come from? It comes from being unable to harmonize or synchronize mind and body. In the sitting practice of meditation, if you have a bad seat on the cushion, you are unable to synchronize your mind & body. You don't have a sense of your place or your posture. This applies to the rest of life as well. When you don't feel grounded or properly seated in your world, you cannot relate to your experience or the rest of the world. So the problem begins in a very simple way. When body and mind are unsynchronised, you feel like a caricature of yourself, almost like a primordial idiot or a clown. In that situation it is very difficult to relate to the rest of the world.

One of the main obstacles to fearlessness is the habitual patterns that allow us to deceive ourselves. Ordinarily, we don't let ourselves experience ourselves fully; we have a fear of facing ourselves. Experiencing the innermost core of their existence is embarrassing to lot of people. Many people try to find a spiritual path where they do not have to face themselves but where they can still liberate themselves - liberate themselves from themselves, in fact. In truth, that is impossible. We cannot do that. We have to be honest with ourselves even our most undesirable parts. That is the foundation of warriorship & the basis of conquering fear. We have to face our fear; we have to look at it, study it, work with it, & practice meditation with it. The only way to relax with yourself is to open your heart. Then you have a chance to see who you are. This experience is like opening a parachute. When you jump out of airplane and open the chute, you are there in the sky by yourself. Sometimes it is very frightening, but on the other hand, when you take this step, the whole situation, the whole journey makes sense. You have to actually do it, and then

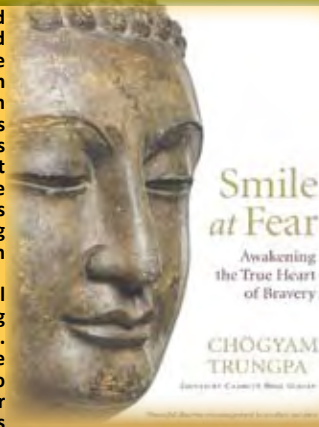
you will understand. You remain true to yourself if you give up inhibition. You just give up your sense of privacy, your sense of shyness, and the longing to have a personal 'trip'. You could be a real person. When you give up smoking cigarettes you don't have to proclaim what you have done. Maybe nobody will notice. You just don't smoke any more. It might be sad for you that nobody can appreciate your virtue, but on the other hand, so what? When you give up your privacy you still stand and walk on two feet like other human beings. You look at the universe with two eyes, and it is okay, fine. You have become a fully decent person for the first time, but you do not have to proclaim that. You stop at red lights. You drive when it is green.

It's a boring world. One has to take the first step. Then you find that you still maintain the same old standing, which is sometimes terrible, sometimes good, but still standing steady. It is very humorous in some ways, maybe painfully so. Maybe not! In any case, welcome to the warrior's world.

Then you begin to realize that you have something in yourself that is fundamentally, basically good. It transcends the notion of good or bad. Something that is worthwhile, wholesome, and healthy exists in all of us. You possess it already. Such goodness is synonymous with bravery. It is always there. Whenever you see a bright & beautiful colour, you are witnessing your own inherent goodness. Whenever you hear a sweet & beautiful sound, you are hearing your own inherent goodness. Whenever you taste something sweet or sour, you are experiencing your own basic goodness. If you are in a room & you open the door & walk outside, there is a sudden breeze of fresh air. Such an experience may only last a second, but that whiff of fresh air is the smell of basic goodness.

Things like that are happening to you, but you have been ignoring them, thinking they are mundane & unimportant, purely coincidences of an ordinary nature. However it is worthwhile to take advantage of anything that happens to you that has that particular nature of goodness. You begin to realize that there is nonaggression happening all around you in your life, & you are able to feel the freshness of realizing your goodness, again & again.

But you can't jump the gun. First, let us look at ourselves. If you put 100% of your heart into facing yourself then you connect with this unconditional goodness. Whereas if you only put 50% into the situation, you are trying to bargain with the situation, & nothing very much will happen. When you are genuine in the fullest sense, you do not need the conditional judgement of good or bad, you actually are good rather than you become good. We are fundamentally awake, already good. It's not just potential. It's more than potential. The heart of the matter, the technique that seems to be the only way to realize this, is the sitting practice of meditation. It is the key to seeing yourself as well as to seeing beyond yourself. Seeing yourself is the first aspect, discovering all sorts of terrible things going on in you. Facing the possibilities of that is not all that bad. If you begin to do that you are being an honest person. Then beyond that you begin to have further vision. Your honesty allows you to realize your goodness."



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



"Maximum Shame" is the third feature movie by Carlos Atanes. It can be framed as the previous ones - "FAQ: Frequently Asked Questions" and "PROXIMA" (of which I have already recently reviewed) - within the fantasy genre, but "Maximum Shame" overflows this classification, being in fact an experimental cross-genre film, ranging from science fiction to musical through horror, surrealism and fetish, and touches on topics as diverse as chess, parallel universes, pornography, religious ecstasy, totalitarianism and black holes.

Produced completely independently, like all its author's films, it inspired aesthetics from the exploitation films of the 1970s. Keeping a very low budget feel with its shaky handycam made famous by the Blair Witch Project and more recently Paranormal Activity. Some of the shooting,



If you are still curious enough to take a cautious taster of this film you can catch the trailer at - http://www.carlosatanes.com/maximum_shame.html

.Jason.M.Berry 19/10/2010 Contact

e-mail: gatchajay@hotmail.com

Olives & popcorn

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 will dip my toe into the murky world of extreme Spanish cinema with a feature that is guaranteed to challenge the woolly sweater brigade and ruffle the proverbial feathers of any Radio 4 listeners.....Maximum Shame (2010) This very Lynch/Cronenberg style film revolves around the end of the world which is imminent. A man goes into a parallel dimension, a limbo between reality and fantasy where the normal rules of time and space have ceased to apply. His wife goes to rescue him. Both will be trapped in a strange and cruel world where a ruthless Queen organizes reality as a mad game of chess, a post-apocalyptic dystopia of domination and subjugation where characters can't eat, speak or move about freely and are periodically viciously attacked.





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The autumn is a good time to prepare liquors for Christmas and the new year using fruit and nuts from the garden or local hedgerows. The following are things that have been made in Spain by ourselves or friends..

Flavoured anis liquors.

You can add a number of flavours to either sweet or dry anis or a mixture of both according to taste. Try some of the following and by the way they will be even better by Christmas 2011.

1. Raspberry, passion fruit, blackberries, pomegranates, home made raisins and cacti fruits. You won't be pricked by the spikes on cacti fruit if you follow the following sequence.



Slice both ends of the prickly pear off.



Make one long vertical slice down the body of the prickly pear.



Slip your finger into the slice and grab a hold of the skin. Begin to peel back the thick fleshy skin that's wrapped around the prickly pear

Discard the skin. You'll be left with the prickly pear itself!



2. Extremadura is famous for a liquor made from acorns. Try making your own by grinding acorns from prickly oak trees. It can be even better if you add a mix of ground walnuts, almonds, hazel nuts and pecan nuts to the anis.

3. Northern Spain is famous for Pacharan especially that made artisanally. The base is sloes which are often found in Spain and increasingly grown in gardens. If you have a large bottle fill it half to two thirds full with fruit and then pour in the anis.. As you uncover the fruit you can top up with more anis.

4. Many areas of Spain have a local version of Hierba a liquor or digestive prepared by adding a twig of every herb you have in the garden or local hillside.

5. Moving on from Anis one can add home grown fresh or frozen tomatoes or blackcurrants to vodka.

6. To a brandy base one can still add dried or bottled plums or plum jam.

7. White wines can also be flavoured by adding slices of lemon or orange peel a couple of days before drinking it.

8. If you are a whisky drinker try doctoring a bottle of malt with orange peel for a couple of months. It creates an amazing flavour.

9. If you have a carob tree crush some beans and add to anis for a chocolate flavoured liquor.



If you have any other favourites let us know and we include them in a latter article for completeness.

Clodagh and Dick's books.



Thinking of Christmas all their four books would make excellent Xmas presents. They are available from good bookshops and internet sites such as Amazon and Santana Books. If you ordered the Santana special offer for three books you would have three economically priced presents. Our books 'Your Garden in Spain - Planning, planting and maintenance', 'Growing Healthy Fruit in Spain'. Buy by email from the publishers on www.santanabooks.com or call 952-485 -838.

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PC TIPS: THE JOYS OF ALCOHOL AND LAPTOPS

Everybody knows that liquids and Laptops do not mix, but if you happen to spill beer on your beloved laptop, there are steps to try getting it working again before shelling out cash for a new one.

Turn Laptop Off

1. If you have spilled beer (or any liquid) into your laptop, the first thing you want to do, immediately after the incident, is turn off the power to the laptop and unplug the charger cable if it is plugged in. And remove the battery immediately this is an important step as you do not want power running through the device while it is wet inside.

Once the laptop is fully powered down, it is also a good idea to get out as much of the spilled beer as you can. If the beer was spilled down the keyboard, try holding the laptop upside-down and gently shaking it to get out any excess moisture. If the beer was spilled around the Computer turning it upside-down may not be necessary, but it should still be lifted, gently shaken, and placed in a dry location (preferably away from any liquids).

Allow Time to Dry

2. Once you have allowed all of the excess liquid and moisture to drain out of the laptop computer, you will want to give it time to completely dry out before trying to use it again. If any components on the inside are still wet and an electrical charge passes through, it could cause a short and fry the entire laptop, rendering it useless (especially with sugary and/or carbonated liquids, such as

beer/Red Wine or Sangria).

Usually you will want to allow 24 to 48 hours for the laptop to dry, leaving it in a warm dry location (Somewhere like Spain for instance).



3. After allowing it to dry significantly, the laptop might come alive again! If it does, then continue to check and verify that everything works as it did before the spill. If the beer was spilled into the keyboard, then check that each and every key works as it should (some may stick, becoming hard to press). Also,

check to make sure the laptop does not overheat once it is run again.



If, after allowing it to try for at least 1 to 2 days, the laptop does not seem to work correctly or does not power on at all, contact a PC Repair Man to determine what is causing the problem, as some issues may be repairable. Sometimes the problems can be as simple as replacing the keyboard or battery, which can be done at a relatively inexpensive price. If you find out that the problem is more severe, however, such as a burnt-out motherboard, then you may just want to consider a new laptop.

However that said, unless the thing is totally fried in Most cases your Data can be recovered. However it's best to keep a regular backup of all of your important Data...

For help or advice call Paul on 600 224 428
or email: Paul@ebrovalleycomputers.eu
web: www.ebrovalleycomputers.eu

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"LOOKING FOR SOMETHING TO DO AND FRIENDS TO DO IT WITH?"



PUBchainWetherspools is to open outlets in accident and emergency departments for injured brawlers who want another drink.

The hospital pubs will cater primarily for the weekend crowd of young, bleeding partygoers who have

just been in a drunken, violent fight about nothing.

A spokesman said: "These outlets will be designed in a way that is sensitive to the other patients. There won't be any loud music or fruit machines. Just booze, value for money food and a gag machine.

"They will also have appropriate names like 'The 16 Stitches', 'The Mutiple Contusion' and 'The Face and Bottle'."

He added: "There is a long tradition of drunk people having their limbs sawn off going back to the Napoleonic wars. Admittedly they were soldiers and sailors rather than people who had received a shoeing outside a kebab shop that was largely their own fault."

A&E consultant, Dr Roy Hobbs, said: "There is a fear that drunk, aggressive people will continue to drink and become more aggressive if they are effectively being stretchered into another pub.

"However I'd prefer them to be unconscious through drink rather than three-quarters pissed and trying to bite my face off."

Julian Cook, who gets in a fight with a human or an object most weekends, said: "I don't think there's anything wrong with enjoying a pint and a cajun platter while waiting for your head to be pieced back together.

APPLE LAUNCH SPECIAL PHONE FOR PRISONERS

Always eager to find new gaps in the shrinking mobile phone market, Apple believe they are on to a winner with the new Icon phone, designed specifically for prisoners' use.

The phone is small, only the size of your thumb, and has a Teflon coating making it non-stick and easy to slip into hard to search body orifices.

It has a built in camera for those money-making tabloid exclusive photographs and sound recording technology to record confessions in the punishment block.

Instead of a ringer it has a pulsating vibration alarm so prisoners can just slip it out easily to answer calls.

The long-life battery can be charged by sticking its two probes into an orange (or lemon).

It comes ready loaded with drug dealer information for the whole of the UK and its special GPS facility allows accurate information during escapes.

To pass the time it has 15 great built-in games.

Apple say the new Icon represents a step forward in phone design and should find many users inside and outside of jail establishments.

It is due to be launched on Friday, at HMP Holloway, when 25 phones will be thrown over the wall at midnight.



A Prison Guard's Union official said that the new phone would not go down well with warders since they each make many thousands of pounds a year selling phones to the cons.

BIGGEST ROBBERY IN BRITISH HISTORY

The biggest robbery in British history occurred earlier this week, as thieves made off with the astonishing amount of £3.2 billion, dwarfing such robberies as the Brinks-Mat one. Police are uncertain as to how this was pulled off, but are questioning a number of suspects in central London.

Criminals persuaded millions of people to send them over a hundred pounds each, for a service that is already free all over the world, and one that is already paid for in Britain by the government. Then they simply kept the money, and didn't even bother doing what they were supposed to be paid for.

A source close to the thieves said: 'It was brilliant, one of the gang got £18 million for doing nothing at all, and more millions were stolen by their computer handlers, claiming they needed the cash to create the most expensive weathermap programme in the world, something that any student could design for a hundred quid.'

Scene of the massive robbery



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And further investigations revealed that tens of millions were used to build a fake toy town in Hertfordshire, even with tube trains that go nowhere, for no other reason than to line the crooks' pockets.

A Metropolitan Police spokesman said: 'We appeal to the public to help us stop these dangerous criminals, £3.2 billion is bigger than most countries' annual defence budgets. If they strike again, then hospitals may need to be closed, and thousands of jobs lost and state benefits cut. Pensioners should particularly beware of the thieves when they're entering post offices.'

And in an anonymous phone call, one of the criminals said: 'We still can't believe we got away with it! And not just once, but for year after year! This swindle makes all other ones look trivial. I'm off for my 8-month holiday in the Bahamas, will be back next year to try and do it all again.'

One Swiss merchant baker in Zurich added: 'I'm sorry, we can't reveal any details of the accounts of our billionaire criminal clients. All that we can say is that some of our German ones are extremely envious of the alleged fraud in London, and so are we.'

Sir Terence Wogan was seen running down a side street with a stocking on his head.

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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.

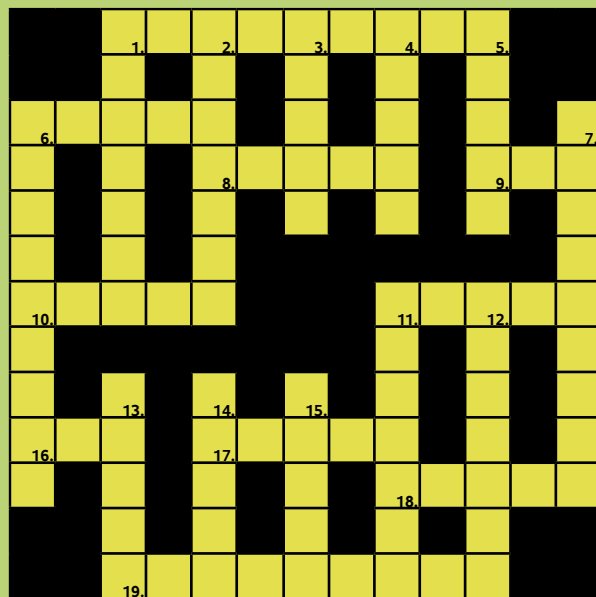
This month, one with difficult classification as hard.

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

ACROSS

1. bedspread
6. cuidado (E)
8. robust
9. list
10. alarma (E)
11. sand
16. ego
17. hat
18. citas (E)
19. handicraft

SPANGLISH?-ANSWERS NEXT MONTH



- ACROSS: 8. rollo ANSWERS TO THE OCTOBER ISSUE OF SPANGLISH 12. segar 20. tarde
1. sed 9. gated 13. pavo 18. evitar 25. tal DOWN: 3. ozono 6. optar 14. Viernes 21. seed
3. Otoño 10. carrot 15. ache 22. raton 26. sidra 1. sur 4. oído 7. red 17. petal 22. rot
6. oir 11. snares 16. apples 23. cerdo 27. eve 2. dolor 5. organic 10. culpa 19. vacia 24. one

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Saturday and Sunday on www.ametllamar.cat/lacalartv
normanjay@ametllamar.cat
Saturday at 2pm uk time 3pm eu time and repeated on Sunday
at 10 am UK time 11 EU time.

DOWN

1. curtain
2. dormitorio (E)
3. elegir (E)
4. aleación (E)
5. capacity
6. necklaces
7. elephants
11. cotton
12. statute
13. handbag
14. agente (E)
15. prensa (E)

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

CAR BOOT | last Sunday of every month 10am-1pm. stalls 5€. Refreshments, Camping St Jordi, Platje Ayellanes, L'Ampolla Tel 679 115 247

•**CAR BOOT SALE** | 2nd & 4th Sunday of every month. Situated Hipaca Escornalbou, Vilanova D'Escornalbou. Arrive 9am starts 10am. Bar & restaurant- **no fresh produce allowed!** Contacts: Cosme on 620215772 or Silvia 665159781

•**FRIENDSHIP CLUB** | for all nationalities meeting 2nd, Sunday of each month near Tortosa free stalls for those that have wares to sell, food & drinks available. Call Brian Parkin at 660 990 422 or 977 059 911.

•**CAR BOOT SALE** | first and third Sunday every month C/ Garcia Restaurant Braseria Can Palomo MORLA LA NOVA. Tel Jackie 679741254

•**DELTA CLASSICS-CLASSIC CAR MEETING** 1st FRIDAY of every month 6PM Bar "Casals" Avda San Jordi, El Perelló. Call for more details and events: 678 718 446.

•**EL PERELLÓ 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 13th, 22nd & Saturday 6th November (At the Christmas Fair). If the weather is bad, the bookstall will be inside the Homogenic bar. **CHRISTMAS FAIR** | Saturday 6th November at the School of Music in El Perelló. For more details see page 2 or for any further information, please phone Liz on 977 059 783

•**MASONIC GROUP** | Logia de San Jorge A new English speaking lodge of Freemasons approved by GLE, has been established in this area. if you would like more information please telephone Edward Ward on 977416476 (Tarragona area) or Les Beech on 678357713 (Castellon area). logiadesanjorge@yahoo.co.uk



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•**Cof E CHURCH SERVICES** | The services are on the 2nd Sunday St Christopher's Anglican Church in L'Ampolla at 12:30 and the 4th Wednesday in the Catholic Church in el Perello at 11:30, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The Anglican Congregation of St Christopher's, Costa Azahar -5, Plaza Primero De Mayo,Vinaros-Services 10am. every Sunday. Also other activities i.e. Thursdays, a "Drop. In" morning from 11.a.m.-1.00 p.m. to meet for a coffee & a chat. Informal meetings at 11:00am on Wednesdays in the L'Ampolla parish rooms. These overlook the fishing port and the entrance is among the market stalls. Paul Needle can be contacted on 964 761 641 or mobile 662 482 944 or e-mail paulneedle@aol.com for pastoral needs.

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

IESG-INTERNATIONAL ENGLISH SPEAKING GROUP Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at:- Edificio Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977267418 or e-mail: enetlametlla@yahoo.com

WHAT'S ON

BADMINTON CLUB - "Have you played BADMINTON in the past? If so we are looking for YOU! Very friendly BADMINTON club requires 3 or 4 new members to play each week. Come along and try us out either on Fridays from 11.30am to 1pm or Tuesdays 11.30 to 1pm. If you require more details call Marian on 697 353 914 or Mark on 671 127 629."

THE READING CLUB where an English spoken person reads a short English story- members consist of Spanish, Irish and English. We will meet the 8th November, 19:30 pm, Marcel.li Domingo Public Library, Tortosa. We will read An Education by Lynn Barber. The film based on this short story will be in the Espai Cinema de l'Auditori Felip Pedrell the 10th November, 22:00 pm. **LOOKING FOR SOMETHING TO DO AND FRIENDS TO DO IT WITH?** NEW English-speaking Womens Club for Flix and Riba Roja seeks like-minded women. Meetings 2nd Wednesday each month. Come and join us! For information contact: Alice 671 681 515

ARCA NEWS: URGENT DONATIONS NEEDED FOR STERILISATION BY THE VETS FROM HOLLAND! in November the vets are coming over from Holland to sterilise 80 dogs which is of course fantastic. They only want us to pay for the medication which is only 30€ per dog as you know this is incredibly cheap. So please if you can send us a donation just call Mave and she will give you all the information. Please call Mave 678 975 816 to donate today!



A R C A INDOOR CARBOOT SALE / XMAS MARKET and XMAS PARTY NOVEMBER 27th at partycenter "SINDICAT" CAMARLES see pages 36 or 13 for full details

Agent d'acollida (welcome) service, El Perelló
Taru Burstall is an agent d'acollida for the El Perelló Ajuntament whose role is to help facilitate integration options between the members of the European & English-speaking communities who have moved here & the local community. She is at your service to help with any queries or problems you may have or ideas you are interested in developing in this regard.
At the Sala de Exposició, Casa de Cultura, C/ Colom, 48 (under the library)
To contact her please:
• leave a message with your name & number at the Casa de Cultura (977 49 08 14) for an appointment to meet, she will phone you back
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SNOWBOARD | 155cm santa cruz with bindings & boots size 9 uk with carry bag, ski jacket & pants 250€. CALL 678190756
3.5 m x 1.25 m (DEPTH) HEXAGONAL WOODEN SWIMMING POOL WITH LINER | pump and filter. 4 years old, fully working. 750 Euro o.n.o. Please call Emma 628 831 012

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DIESEL GENERATOR GENSSET MG 6000 SSY | in good working order, this is not Chinese rubbish, they are built and manufactured in UK. It cost me new £3900 plus vat I will except 2000 euros no offers and I will give a money back guarantee that it works perfectly. 661 190 046

HYDRAULIC PORTABLE VEHICLE LIFT | will lift 3 tons, to the height of 5 ft plus, or high enough to walk under, 240 volts. Lifts Toyota Landcruiser no problem. 1500 euros no offers. Call 658 364 299. **DIESEL WAKER PLATE** | in good working order. 550 euros 658 364 299

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Dry Horse Manure for sale | 3 euros per sack for use as solid winter fuel , (Burns in a similar way to coal, Google it) or fresh as fertiliser for your crops. Trailer loads sold for a reduced rate call Paul on 600 224 428

FOR SALE GOLDEN RETRIEVER PUPPIES €250 | born 8th October, ready beginning December, both parents pedigree (can be seen) but only father has papers, for more info call 665 197 334

WANTED

WANTED 2 WINDOWS 0.5m approx wide | WHITE . CALL 660 823 423 or 977 059 420

Couple looking for somewhere to house sit or place a caravan in exchange for keeping an eye on your property while you are unable. Discretion assured, contact Nikki on 628 530 961

WANTED CARAVAN | min 5 berth, with toilet, shower, fridge, cooker etc please call Nikki on 628 530 961

WANTED VOLUNTEERS | help needed to look after the abandon dogs at ARCA near Tortosa. Please call Mave 678 975 816 if you can offer any assistance. Plus anyone interested in organising some fund raising for the dogs would be most appreciated. PLEASE HELP

1985 BMW 320i Cabriolet *soft top E30 BAUER SPECIAL - OFFERS TAKEN
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PLEASE FOSTER

In the next Olive Press edition I would like you to ask if there is anyone out there to foster puppies for us just until they are old enough to have their vaccinations, this week we have had 7 puppies die, it is heart breaking, we do have some lovely people who do foster for us but this time of the year they have visitors, or are off on their boats, one has broken her foot and is on crutches, we are not doing too well at the moment, and we have more pups in than we have ever had and no one adopting. Once again thanks so much for all you are doing to help us its nice to know there is some kind people out there and we are not struggling alone.

MAVE.

email: protectora.arca@wanadoo.es ARCA :

Post office 496, Tortosa, (Tarragona) or contact:

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