

Sept 2010 issue 29

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a little serious a little humorous



## A BIT OF CULTURE-HISTORY OF THIS MONTHS COVER ARTIST



**Lyonel Charles Feininger (July 17, 1871 – January 13, 1956) was a German-American painter and caricaturist.**

Lyonel Feininger was born to parents of German descent and grew up in New York City, but moved to Berlin in 1887 to study at the Königliche Akademie Berlin under Ernst Hancke, art schools in Berlin with Karl Schlabitz, and in Paris with sculptor Filippo Colarossi. He started working as a caricaturist for several magazines including Harper's Round Table, Harper's Young People, Humoristische Blätter, Lustige Blätter, Das Narrenschiff, Berliner Tageblatt and Ulk.

Feininger married Clara Fürst, daughter of the painter Gustav Fürst, and they had two daughters. He also had several children with Julia Berg whom he later married. The artist is represented with drawings at the exhibitions of the annual Berlin Secession in the years 1901 through to 1903.

Feininger only started working as an artist at the age of 36, after having worked as a commercial caricaturist for twenty years for various newspapers and magazines in both the USA and Germany; he was a member of the Berliner Sezession in 1909, was associated with expressionist group



**Die Brücke, the Novembergruppe, Gruppe 1919, the Blaue Reiter circle and The Blue Four. Famously, he designed the cover for the Bauhaus**

1919 manifesto: an expressionist woodcut 'cathedral'. He also taught at the Bauhaus for several years, among the students who attended his workshops were Ludwig Hirschfeld Mack (German/Australian (1893–1965), Hans Friedrich Grohs (German 1892 - 1981) and Margarete Koehler-Bittkow (German/American, 1898–1964)

When the NSDAP came to power in 1933, the situation became unbearable for Feininger and his wife, who was partly Jewish. They moved to America after his work was exhibited in the 'degenerate art' (Entartete Kunst) in 1936, but before the 1937 exhibition in Munich.

Feininger was one of the very few fine artists also to draw comic strips as a cartoonist. His short-lived strips, The Kinder-Kids and Wee Willie Winkie's World were noted for their humour and graphic experimentation.

Feininger also had intermittent activity as a pianist and composer, with several piano compositions and fugues for organ extant.

His son, Andreas Feininger, became famous as a photographer of New York City.

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## MEET BOB THE EDITOR

WELCOME TO THE SEPTEMBER ISSUE

COVERING CATALUNYA.

SEPTEMBER MARKS THE BEGINNING OF THE ECCLESIASTICAL YEAR IN THE EASTERN ORTHODOX CHURCH. SEPTEMBER BEGINS ON THE SAME DAY OF THE WEEK AS DECEMBER EVERY YEAR, BECAUSE THERE ARE 91 DAYS SEPARATING SEPTEMBER AND DECEMBER, WHICH IS A MULTIPLE OF SEVEN (THE NUMBER OF DAYS IN THE WEEK).

☺☺☺

September Equinox is Sept 23 03.09 UTC (GMT) There are two times of the year when - most places on Earth - periods of daylight and darkness are about equal. September 22/23 is one of them.

The Autumn Equinox (Sept.22/23) is the first day of the Season of Autumn in the Northern Hemisphere. It signals the beginning of a long period of darkness at the North Pole.

## Autumnal Equinox recipe

A delicious recipe for Autumnal Equinox, with port, Grand Marnier (orange liqueur) and amaretto (almond liqueur). Ingredients

2 oz port, 1 oz Grand Marnier/ orange liqueur

1/2 oz amaretto/ almond liqueur

## Instructions

Pour ingredients into an ice-filled old-fashioned glass. Stir, and serve in: Old-Fashioned Glass

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## COVER PICTURE:

"The Bicycle Race" 1912 by Lyonel Feininger (German-American painter and caricaturist, 1871-1956), more details page 2

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The Chinese Autumn Full Moon Festival 22<sup>nd</sup> September



I am not sharing my moon cake!!

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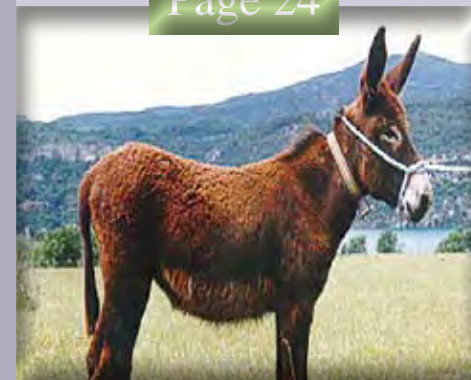
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Campanula speciosa  
A spectacular mediterranean bellflower

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**B**ritish woman given prison sentence for leaving her 11 year old daughter alone on a Spanish beach. The Catalan regional police, Los Mossos d'Esquadra, arrested a British woman on the beach at Salou in Tarragona on Sunday 15th August, after she had left her 11 year daughter alone on the beach while she went drinking in a local bar. The 'El Punt' newspaper said the child had been left alone on the beach for more than two hours. The alarm was raised by the parents of another child who was playing with the girl, and the mother was later found, under the influence of alcohol, in a nearby bar. The couple then took the girl to the California Garden hotel where she was staying, and there the hotel staff decided to inform the police. The 11 year old was taken to the police station and then Child Protection services took her to a specialist centre. The mother appeared in court in Tarragona on the following Tuesday and was sentenced to six months in prison. However under Spanish law, as she has no previous record and because the sentence is less than two years, she will in fact not have to go to prison.

**S**panish sheep rustlers leave porn video The Catalan Young Farmers Union, JARC, has complained about the increasing incidence of the theft of livestock from the fields of the region. In the latest case 30 sheep were taken from the Vall de Sant Daniel in Girona, and the shepherd found in their place a video which showed Zoofilia being carried out on one of the missing animals. There are also reports of thieves even taking dead animals from the area. Farmers are also suffering the theft of fruit

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any machinery which contains iron or copper and which can be sold as scrap. The union has made a call for more police and protection for the working farmers in the region.

**M**ayor spends 5,700 euros of public funds on erotic mobile calls.

A Mayor has been caught out after making calls on his work mobile phone to premium-rate sex lines. But José Luis Garrido has apologised and says he will refund the money in full to the council of Valledado (Segovia) of which he is leader. The issue came to light after head of treasury, Luis Miguel Aranda, resigned after refusing to authorise Garrido's expenses claim for lunches and travel, considering it 'excessive'. For the first half of the year, the mayor put in a claim for 9,000 euros. Aranda said his mileage quoted was 'very exaggerated' because the mayor had detailed trips of 50 kilometres 'to visit towns of barely 10 kilometres from Valledado'. When the mayor was told Aranda would not authorise his expenses, he told the latter 'in an arrogant and overbearing manner' that the treasurer was 'obliged' to put these through. Aranda, following his resignation, has joined another party, citing 'irreconcilable differences'

with Garrido. He since received the mobile phone bills for the council to pay on behalf of the mayor, and found that they listed calls to erotic telephone sex services at premium rate. Aranda believes Garrido's inflated expense claim was to enable him to pay his phone bill on the quiet and not own up. Garrido, who says he will refund the 5,700 euros to the council, claims he was 'given a new mobile' by the local authority and that it 'must have been connected to one of these lines'. He denies having made the calls.

**T**ELECOMMUNICATIONS company Orange has sent a bill to a user for 1,022 euros for four non-existent calls. Xavier S.G., from Girona, said he was on an aeroplane at the time he allegedly made the calls, and his mobile phone was switched off. Each of the calls detailed on the bill – which was for 866.70 euros plus IVA at 18 per cent – had apparently been made to Xavier's own mobile phone, the number which was the subject of the bill, from abroad. Additionally, the call durations were all recorded as being 'zero seconds'. Xavier telephoned Orange and explained, since he believed it was obviously a misprint as it is technically impossible to call yourself on your own mobile, or for calls lasting zero seconds to attract a bill of over 1,000 euros, and that he had been at 9,000 metres up on a plane bound for Kiev at the time. But the Orange operator insisted he had to pay, since he may have accidentally left his telephone on and made the strange calls without realising.

The following month, Xavier received another bill from Orange for his second mobile telephone, showing that over 20 empty text messages had been sent automatically

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to contacts in his address book – without his knowledge. Xavier made contact with the consumer association, FACUA, which agreed to take on the case. But before responding to FACUA, Orange sent Xavier an email threatening legal action if he did not pay both bills within five days. Finally, thanks to FACUA's intervention, Orange discovered that the bills had been sent due to a system error that had affected around five other users, whom they subsequently contacted. FACUA said the case shows 'the unreasonable and un-customer focused' response that many mobile phone companies give to legitimate complaints and 'a policy of offering negative responses for any queries related to billing'. FACUA added that it brought to light the fact that 'most complaints are not even investigated by the companies' and that their strategy is to either wear the customer down until he or she pays up, or to frighten them into paying erroneous bills by threatening to blacklist them. <https://www.facua.org/es/english.php>

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**B**arcelona seagulls becoming a problem. Birds (pigeons) do not only upset Londoners. In Barcelona, the impact of gull attacks reported by citizens to the Public Health Agency of Barcelona (ASPB) has increased by 50% since 2006, going from the 86 registered in 2006 to the 128 counted so far this year. The incidents often occur in the breeding period of the birds between the months of April and July report the ASPB Society, the agency responsible for checking and monitoring of pests and urban wildlife.

In those months, gulls, a species that has a very territorial character, "become more aggressive if they think someone is after their nests, and, to try to ward off intruders by dive-bombing them.

The Public Health Agency attributed the increase in the

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number of incidences of people chasing the gulls away in coastal areas where traditionally the gulls nest, which in turn has led many of the birds to nest in urban areas such as rooftops and other high points, entering a "competition" for space with the locals Barcelona residents. Moreover, the seagulls, not being typically urban birds, are very adaptable, have changed their eating habits and diet based originally and almost exclusively on fish has been expanded to eat "almost everything" and they have even been seen stealing food from other animals. So, in the inner cities they find it is easier to find food, both from residents food waste but also attacking and devouring doves, which have now become part of their diet, or eating the remains of some which have been hit by cars.

Neighborhood complaints relate primarily to the low flights of gulls that occur when the locals get on the roofs of their houses to hang clothes, water plants or come to any terrace or balcony where they have nests and also from the continual cries of the gulls during all hours of the day and night. Residents can then call the Public Health Agency who are responsible for the removal of the birds or eggs, to dismantle the nests, and therefore prevent further attacks from "intimidating" birds.

Last summer there were even several complaints where people had suffered some violent attacks by gulls, which in

some cases even torn their clothes. In schools they swoop down and even take the childrens lunches from their hands.



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## MEDIACIÓN FAMILIAR - FAMILY MEDIATION by David Piqué

The presence of a mediator is becoming ever more important in the areas of conflicts and among them, the family mediator is acquiring special relevance as a non-contentious way of resolving conflicts in a family environment which enable those concerned to reach an agreement beneficial to all sides with the help of an unbiased third party whose professional intervention allows for the exploration of the problem from diverse points of view suggesting solutions and, above all, reducing the obstacles of communication that on many occasions prevail when people are immersed in a family crisis. It's not a case of winning or losing, the important point is to resolve the problem, via a fair solution for those implicated, working together and maintaining control of the procedure, making their own decision, doing away with the lawsuit in which a third party (the judge) would decide for both.

When we speak of a process of family mediation, we could find ourselves before an in-court or out-of-court process.

With the out-of-court process, either both parties or one of them go voluntarily to a mediating lawyer or to the College of Lawyers which has at its disposal a mediation service (Reus, Tarragona and Tortosa have one), and the process is started by an informative session in which the rules and characteristics of said service are explained. This process is absolutely voluntary, so both parties are free to take it up or not and if they do take it up they can also stop the process whenever they want. Likewise, the mediator can put an end to the process if the rules are not respected or the expected finality is not reached. Another of the fundamental aspects is the impartiality of the mediator who cannot impose or take part in any concrete solution, but simply bring together both parties so that an agreement is reached. The procedure finalizes with the signing of the agreements reached, which could be in total or part depending whether there are still disagreements on any of the points of the conflict, followed by official approval or

ratification by the court and where relevant followed by the contentious procedure with respect to the points for which agreement has not been reached in the cases where there is only a partial agreement.

We have an in-court mediation procedure when it is the court that instructs both parties.

It is very important to take into account which cases are more likely to be resolved by family mediation, for that one has to deal with the existence of acceptance of the procedure, moderate levels of conflict and motivation to reach an agreement.

One has to eliminate beforehand those cases in which there are signs of the existence of previous family violence, alcohol or other drug abuse, mistreatment or child abuse, etc.

A successful mediation requires an equal power on both sides and an abused person does not have the same power.

by David Piqué  
any legal questions can be sent to [davidpique@advocatsreus.org](mailto:davidpique@advocatsreus.org) or  
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ENGLISH SPOKEN





The Government decided that the old system, whereby some students got Bs, Cs, Ds and ever less, was unfair, since it discriminates against candidates according to how clever they are, which is contrary to the Human Rights Act. Under the new system, everyone will get an A star.

In fact, A stars will also be awarded to people who didn't sit any A level examinations, since it would be wrong to exclude them for geographic, age-related or any other reason.

The news was warmly received across the country. One 78 year old man said "Now I can finally get some school exam results. This will make up for the 40 years I spent down 'pit, which fortunately ended when Maggie Thatcher closed 'pit."

Students and employers were less enthusiastic, though. One 18 year old girl who studied really hard said "Why should stupid or lazy people get the same result as me?"

The Government is thinking of abolishing Bs, Cs, Ds and lower grades in other exams as well. A spokesman said "It will be much easier if everyone gets the same result. Think how much money we can save if we don't have to mark these tests?"

Remarkable results this year for A level results as 100% of papers were awarded A\* grades.

Speaking on behalf of the Department for Education Mr C

Dick said "All this nonsense about papers getting easier is very frustrating. These exams are really really hard and I defy anyone to say otherwise."

Examples of this year's questions are as follows:

Science:

Which of these is not a vegetable:

A: Potato B: Cucumber C: Lettuce D: Burger

Spell hydrogen (without looking at the way we've spelt it)

A: Hdrogen B: Hydrogen C: Dryogenh D: Ydrogen

Maths:

You have two apples, I take away one of

them - what should I have:

A: One apple B: Four bananas. C: A bicycle D: A criminal record for theft.

When asked whether he felt the questions were easier than 20 years ago Mr Dick said "I think these questions are just as difficult to be honest. I only got 97% in one of them. That question about the apples really threw me." Mr Dick was last seen trying to work out how to open the door to his office.



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**CAPRICORN** Dec. 22 - Jan. 20 -A feeling of personal power and stronger, clearer ambitions are with you this month, dear Capricorn. You are bolder and your vision is more lucid, especially from the 13th forward. There can be new insights and developments in learning areas, studies, in your neighbourhood or with siblings, or in activities surrounding communication.



**AQUARIUS** Jan. 21 - Feb. 19 -September brings intensity of feeling and a stronger desire to investigate life, dear Aquarius. Some of you could be especially into research of some sort, and from the 14th forward, you are pouring much energy into work projects and other professional activities.



**PISCES** Feb. 20 - Mar. 20 -A partnership is in strong focus this month. Surprises in close relationships are likely from the 17th-22nd. Career matters are electric this month--expect the unexpected! Inspiration can come along suddenly, or seemingly so, from something you read, a conversation, a co-worker, or perhaps even a dream this month.



**ARIES** Mar. 21 - Apr. 20 -Work keeps you on your toes this month, dear Aries, but your personal life doesn't take a backseat. While there can be complications with work (delays and perhaps redoing of tasks) that have you feeling like you're not making much progress for all the effort put forth, by mid-month, things are running much more smoothly.



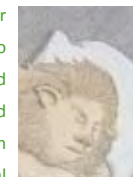
**TAURUS** Apr. 21 - May 21 -Personal relationships are a big focus this month, dear Taurus. While romantic matters can be complicated, misunderstandings and hesitancy lift by mid-month. Your affectionate nature is well-defined in September.



**GEMINI** May 22 - Jun. 22 -Interesting surprises occur in September, in the areas of partnerships, career, and reputation or social standing. These can serve to push you out of a no-win or dead-end position. Some of you will be experiencing exciting changes in close relationships, meeting new people that further your career, or encountering new opportunities.



**CANCER** Jun. 23 -Jul. 22 -You are pouring a lot of energy into friendships, networking, learning, and pleasure. The urge for adventure and new experiences that introduce you to new cultures, beliefs, or feelings is very strong mid-month. Sudden opportunities to expand your horizons, such as through travel, adventure, or learning can arise and jolt you out of your routine.



**LEO** Jul. 23 - Aug. 23 -Getting your finances in order is in focus this month, dear Leo. Financial matters become more defined and clear by the 14th, as do practical concerns and work matters. Projects that have been delayed now begin to move forward. Intuition runs high from the 8-12th, but putting plans into action should be saved for the 14th and beyond.



**VIRGO** Aug. 24 - Sep. 23 -You are brimming with creative ideas this month. Being honest and communicative boosts your reputation and appeal in September. The New Moon on the 8th begins a month-long cycle in which you are noticed, personally powerful, and more confident.

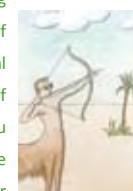


**LIBRA** Sept. 24 - Oct. 23 -Personal magnetism continues to run high in September. Until the 8th, Venus continues to journey through your sign, boosting your appeal, charm, and tact. Until the 14th, Mars continues to add energy, initiative, intensity, and drive to your nature.



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

A personally popular month is in store for you, dear Scorpio. You are easily making connections, and your attitude is upbeat. Until the 14th, you continue to take time when it comes to setting goals and going after what you want, however. You are getting in touch with what it is you desire. After the 14th, clarity comes.



**SAGITTARIUS** Nov. 23-Dec. 21 -Career matters are strong this month, dear Sagittarius. Whether you are seeking it or not, you are in the spotlight. Show the most competent and responsible side of your nature now for maximum success. While there can be some backtracking and progress might seem slow, after the 12th, these matters clear up.



## NEWS HOUNDS & MORE...NEWS BY DR. RONALD ROSENFELD D.V.M. OSCAR - A CAT THAT CAN PREDICT IMMINENT DEATH



A CAT that detects when nursing home patients have just hours to live has accurately predicted up to 50 deaths.

Oscar is a five year old grey and white overweight Domestic Shorthair Cat that was adopted as a very young kitten by a geriatric centre in Rhode Island U.S.A. Those who care for him on a daily basis at the centre agree that he is not a very sociable cat but he has become famous by demonstrating the disquieting ability to predict or sense impending death! It has been observed that when passing near a patient that he senses is nearing the end of their life he curls up in the bed.

If he is not allowed into the room he scratches unceasingly at the door. His history, rather infallible, due to his tragic sense of smell, has found him keeping company of well over 50 patients in the final hours of their lives. On more than one occasion Oscar proved wrong the medical staff of Steere House a residence specializing in caring for patients suffering from serious dementia in the area near Providence, Rhode Island. This centre is home to five other cats used as pets to console their residents, none of them has ever demonstrated similar behaviour. When the nurses place Oscar on a bed next to a patient thought to be near death, he would escape and go to another residents room that died that same day, while the first resident survived another two days!

This cat has been studied by geriatric specialist Dr. David Dosa, also an assistant professor at Brown University, who wrote about his observations two years ago in the New England Journal of Medicine, which have now been included in a book about Oscar: "On Rounds With Oscar, the Extraordinary Gift of an Ordinary Cat." Dr. Dosa notes

that when Oscar enters into action it is time to alert the family of the patient in question. He does not offer a scientific explanation but his hypothesis is that Oscar has a similar capacity to dogs' ability to detect cancer by smelling. That is that Oscar is able to detect some kind of an organic compound produced when the cells in the body begin to die (ketones, which are biochemicals given off by dying cells). He also explains that he was left with feelings of a bad conscience when he exposed Oscars' ability, which led to the cat being branded as the purveyor of bad omens, which was not deserved.

According to Dr. Dosa the cat's presence offered a certain degree of comfort and peace to both agonizing patients and their loved ones. In his opinion, "I do not think that Oscar is unique rather I think he is in a unique environment and it is clear that animals are able to sense things that we are unable to perceive"

### The Origins of Small Breeds of Domesticated Dogs Trace to the Middle East

A study, carried out by the University of California, revealed that the origin of small dogs, which are part of many households, can be trace to the Middle East more than 12,000 years ago, according to the magazine BMC Biology. The focus of the study was the historic evolution of the IGF 1 gene, associated in dogs with size, they observed the variant that determines the reduced size of the animal originated probably as a result of the domestication of the Gray Wolf of the Middle East. The team, directed by Melissa Gray and Robert Wayne, from the University of California, arrived at this conclusion after analyzing a large sample of Gray Wolf populations. "Our results demonstrate that the



Riders and dogs. Ancient Greek Attic black-figure hydria, ca. 510–500 BC, from Vulci. Louvre Museum, Paris.

version of the IGF 1 gene found in small dogs is closely related to the one found in the wolves of the Middle East", explains Gray, which confirms that the origin of these breeds originated in that region. The IGF 1 gene suffered a mutation after dogs were domesticated. It is postulated that this mutation occurred early on in their evolutionary process as all the small breeds have the IGF 1 variant.

Another part of the puzzle that adds strength to the hypothesis of these experts comes from archaeological work carried out previously in the Middle East, which reveals the remains of domesticated dogs dating back 12,000 years. It appears that the tendency to a reduction in body size is a common characteristic in animals in domesticated situations. This is something that has been observed in cattle, pigs and goats. According to Gray, "The smaller body size may be more desirable in agrarian societies with larger population densities. This would suggest that dogs could have lived partly inside the family home or outside in an adjoining part of their dwelling. The oldest remains, indicating the presence of dogs have been found in places like Belgium, Germany, and western Russia. They lived between 13,000 and 31,000 years ago and they were larger than those who began to develop in the Middle East 12,000 years ago.

Dr Ronald Rosenfeld. D.V.M.



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

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

operating since the summer of year 2001.

**At this moment they have 300 abandoned dogs. They are in Tortosa in the province of Tarragona (Spain). All the material aid comes from the much appreciated donations but with each new arrival more donations are needed.**

**If you want to donate to Arca if only by 5€ each 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. email: protectora.arca@wanadoo.es. ARCA : Post office 496, Tortosa, (Tarragona) or contact: Cinta 625 915 605 Carmen 655 040 359 Mave (English) 678 975 816**



Rottweiler, sterilized female and microchipped. Age 1.5 years. Noble and loving character. Needs a good family. Lived with children and other dogs.



Boxer, female. Age two years. She is very nervous. Need to live on a farm to run and play.

Brindle boxer cross, locked in the ruin in Tortosa, and a Rottie in last week which was adopted as a puppy by a lady who used to help us, sadly she has cancer and has returned to Holland, the dog is very young, she has been spayed and microchipped, and a very loving dog.



**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.naturalhumana.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 Mora La Nova de l'Ebre  
657 18 14 37  
619 84 87 78  
www.albergdanimals.com

"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  
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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 1 Of 300 Dogs Needing A Loving Home Or If You Can Volunteer Any Assistance With The Dogs



**Why. Why. Why.**

Why do we press harder on a remote control when we know the batteries are almost dead?

Why do banks charge a fee on 'insufficient funds' when they already know there is not enough money?

Why does someone believe you when you say there are four billion stars; but have to check when you say the paint is still wet?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why do Kamikaze pilots wear helmets?

Whose idea was it to put an 'S' in the word 'lisp'?

If people evolved from apes, why are there still apes?

Why is it that no matter what colour bubble bath you use the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

Why is it that no plastic bag will open from the end on your first try?

How do those dead bugs get into those enclosed light fixtures?

When we are in the supermarket and someone rams our ankle with a shopping cart then apologizes for doing so, why do we say, 'It's all right?' Well, it isn't all right, so why don't we say, 'That really hurt, why don't you watch where you're going?'

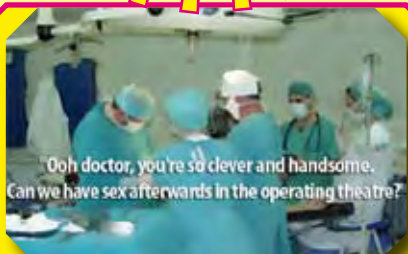
Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?

And my FAVOURITE.....

The statistics on sanity is that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends -- if they're okay, then it's you.

**No sex in wards, please, we're British!**

Another iconic institution in Britain is about to be destroyed. Sex will no longer be allowed in hospitals.

For decades, sick patients have looked forward to being sent to hospitals, certain that they will have a good time thinking up double entendres, helping out bumbling first year medics being tested by a grumpy consultant, encouraging shy junior house officers get their leg over a buxom sunbathing nurse, avoiding the scary fat matron and jumping into the next bed and hoping the occupant is a member of the opposite sex.

One patient, Charlie Roper, said, "I have many fond memories of how they took out my spleen when I only went in for varicose veins. The nurse left the laughing gas on too long and we all ran round the wards in our underwear."

But now all that will end, thanks to the spoilsport policies of the Coalition Government, which puts saving money above titillating sick people. The news has been greeted with sporadic protests up and down the country, as some patients have sought to take over their hospital and even perform unnecessary surgery on disliked consultants.

Health Minister Dr Tinkle urged patients to stay in their beds. "When I get randy, I take a long cold shower", he said, "and I will recommend that all patients have cold showers every day from now on."

**Signs of Maturity**

**With age comes skills.  
It's called Multi Tasking.  
I can**

**LAUGH, COUGH,  
SNEEZE, FART  
AND PEE  
ALL AT THE SAME TIME!**



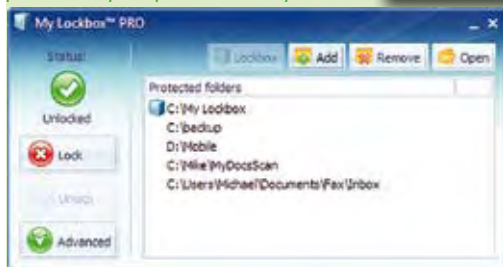




This month I thought I would write about securing your laptop data in case of theft... as a few of my customers in the campo have been burgled recently...

Simply follow the check list below to keep your data safe and secure...

- Keep a regular backup of your my documents area either online using Microsoft skydrive (available for free from <http://windowslive.com/online/skydrive>) Or buy yourself a USB Memory stick or external hard drive or CD/DVD, and keep a regular backup, also store your backup device well away from your laptop. Carrefour do a cheap range of USB Sticks starting from about 10 euros.
- Make sure that your windows account has a password set, (However these are quite easily cracked depending on the intellect of the thief!)
- For secure documents such as scans of NIE's Passports, Bank details etc download this application:- <http://www.fspro.net/my-lockbox/> This is basically software that operates very much like a safe and encrypts all of the data that you place inside and is protected by the password that you set.



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**All policies in English**  
**CALL NOW 965 791 222 & SAVE MONEY**  
 email: [info@beneficialspain.com](mailto:info@beneficialspain.com)  
[www.beneficialspain.com](http://www.beneficialspain.com)

- Never store Passwords on your computer itself for things such as online banking etc.
- Also ensure that you change your email, skype, messenger passwords at least once a month, and if your unfortunate enough to have your machine stolen, go straight to the nearest cybercafé and reset your passwords on your way back from the police station!

One other point of interest, I have recently been working on an application that allows stolen computers to be traced to their current location, Takes photographs of the person currently using the machine, Depending on whether you have a webcam or not, and sends regular messages of what the computer has been doing by email, I have been testing this software at the moment and have successfully located a stolen machine and passed the information onto the Police, If this

service would be of interest to you please send me an email at:- [Paul@ebrovalleycomputers.eu](mailto:Paul@ebrovalleycomputers.eu)

And I will inform you as soon as I've finished making it! More information can be found on my website.

<http://www.ebrovalleycomputers.eu/stolen.html>

For help or advice call Paul on 600 224 428  
 or email: [Paul@ebrovalleycomputers.eu](mailto:Paul@ebrovalleycomputers.eu)  
 web: [www.ebrovalleycomputers.eu](http://www.ebrovalleycomputers.eu)

**300 minutes of free calls**  
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Iberbanda Generalitat de Catalunya

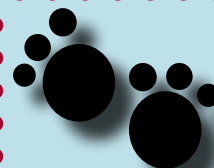
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**Alberg d'Animals**  
 de les Terres de l'Ebre



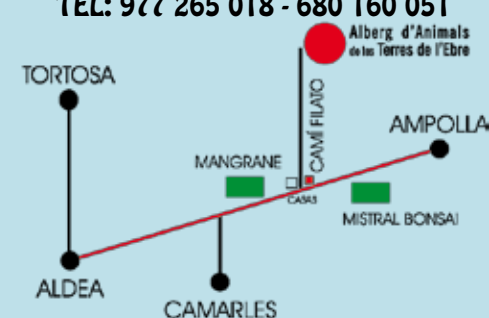
**Sunday, 3rd of October 2010**

**BIG OPENING FOR THE NEW ANIMAL SHELTER**  
**L'ALBERG D'ANIMALS IN CAMARLES**

*Live music and ball are free!!!*

**FLEAMARKET.**

There's English and German cooking available. From 10.00 a.m. to 18.00 p.m.  
 TEL: 977 265 018 - 680 160 051







If you're wondering where some of the Brit tourists are disappearing to this year then you might start looking in Turkey. After a gap of over 20 years I took a return visit there recently to see what had changed. On my previous visit it was almost tourist-free.

Simple coastal villages had inevitably changed into tourist hot spots. Refreshingly there are differences from what you find in Mediterranean countries. Turkish resorts are largely devoid of tower block hotels. Nothing built in recent years is over 5 stories high by law, partly for aesthetic reasons, and possibly because of susceptibility of certain regions to the occasional earthquake. One of the dangers of holidaying in Spain is finding you are within spitting distance of a building site. The Turks suspend all construction work during the peak holiday months.

Everywhere seemed to be remarkably clean and is scrubbed down daily. Even in the height of summer there was no sign of a plague of biting insects. You could eat at a roadside restaurant without being pestered by stray animals. Only on rare occasions did I see any sign of the local police. Crime, I was told, was pretty non-existent particularly from the locals. Maybe 'Midnight Express' has acted as a deterrent although it is still a banned film in Turkey.

The basic needs of the British tourist are already being catered for. A genuine 'English Breakfast' is on sale practically everywhere for about £3 with the assurance that it includes Heinz Baked beans and HP sauce. Such is the availability of the aforementioned culinary embellishment that one suspects it is piped in directly from

the Netherlands now that the UK seems to be incapable of making the stuff. One breakfast variation was billed as a 'Lorry driver's breakfast', presumably without the smell of someone who has slept fully dressed in his cab.

Entertainment includes the inevitable disco establishments. One hotel was offering a drag act 'direct from Blackpool', but I guess it takes all sorts. The popular Three Bells pub enticed its customers with a Christmas theme. There was a decorated tree at the entrance and the owner would greet you with 'Merry Christmas' as you entered whilst a short burst of artificial snow would descend. In temperatures in excess of 30°C and Turkey being a predominantly Muslim country this was more than a bit surreal. However, the food was good as it is everywhere, and the beer was cheap.

In spite of their apparent honesty in many quarters they seem to have no qualms when it comes to selling fake branded goods. Customers are encouraged to buy with signs reading 'The Turkish Primark' or 'Asda Price'. No matter if the clothes fall apart after the second wash, which actually they don't, most people know they are not getting the real deal, especially when purchasing a new Rolex for £40. Even the local chemist was selling packets of Viagra with an offer to 'buy one, get one free' I have not researched whether this product stands up or not.

Already Brits are settling in the country and speaking the language like natives. Who can blame them? The countryside is green, fresh vegetables and seafood are available everywhere. There is more than ample scope for the amateur historian. The people are friendly and helpful and it's outside the dreaded Euro-zone. Anyone looking for golf courses might be disappointed. The calls to prayer are a bit irritating especially as most of the locals appear to ignore them. All in all it is a bit of an odd Country, not quite fitting in with either the east or west, which it bridges. Sadly it might eventually be spoilt by mass tourism, but maybe they have learned a thing or two from other countries mistakes and will hang on to some measure of uniqueness.

© 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)





## PLANTES DEL PORT 17TH SEPTEMBER

The **Grup de Recerca Científica Terres de l'Ebre** is a non profit organisation. Its staff is made up of people of different skills: botanists, geologists, ethnographers, linguists, and nature photographers. They work and live in several towns of the "comarques" of Baix Ebre, Montsià and Baix Maestrat. Many are (or were) school teachers. There are Ph.D.s among them.

The aims of the group are the research and divulgation (public understanding of science) in matters linked to the nature or ethnography of the territory "Terres de l'Ebre" and the neighbouring "comarques" Matarranya and Baix Maestrat. The results of these researches (like the discovery on 2006 in Mount Caro of the plant ***Atropa baetica*** that normally grows in Andalusian and Moroccan mountains) are published in scientific magazines of the Barcelona universities.

The second objective: divulgation (public understanding of science) is implemented through different courses (to primary and high school teachers, forest workers or simply amateur people) and the publication of books like this of **Plantes del Port**.

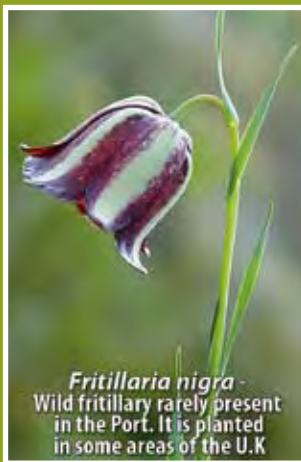
The Port (or Ports de Beseit is a massif (1.442m at its highest point: Mount Caro) sited near Tortosa and surrounded by the villages of Alfara, Paüls, Prat de Comte, Horta de Sant Joan, Arnes, Beseit, la Pobla de Benifassà, la Sénia, Mas de Barberans, Reguers and Roquetes. **Plantes del Port** is a botanical book which refers to the plants that grow there. The work took 3 years to compile.



***Ramonda myconi***  
A valuable relict  
of the Tertiary Age



***Ophrys scolopax***  
One magnificent sample among  
more than 40 orchids  
species which grow there



***Fritillaria nigra***  
Wild fritillary rarely present  
in the Port. It is planted  
in some areas of the U.K

**Volume I** appeared in 2008 with a prologue by Rafel Balada, Director of the **Parc Naturals dels Ports**. It studies the trees, bushes and ferns of the massif. **Volume II** (prologued by Emili Laguna, Silver Leaf Planta Europa Award) treats the Dicotyledons herbaceous Plants and **Volume III** (presented by Josep Vigo Emeritus Professor of the Botanical Department of the University of Barcelona) explains the Monocotyledons herbaceous plants. All of them are wild plants.

Technical dichotomycal keys help the reader to determine the family, genus and species of any wild plant you can find in these mountains. In each plant appears its common and Latin names as well as its possible medicinal, gastronomic or another uses. A photo can help to recognize the species. There are many Very spectacular pictures included in the Orchids chapter.

The complete works incorporate references to 1400 species (1600 taxa), with more than 3000 photographs distributed in 1300 pages in full colour.

It is a great work, indeed.

The Group is now collaborating on the next book "**Geologia del PORT**" (Port's Geology) that will be ready in April 2011. Its web page is [www.massisdelpor.cat](http://www.massisdelpor.cat). You can order the books from their web site above and also find a list of where you can purchase the books but they are available from most book shops in most towns.



***Campanula speciosa***  
A spectacular mediterranean bellflower



***Paeonia officinalis***  
A Paeonia with its (her)  
enormous flowers,  
the biggest ones in the Massif



***Digitalis obscura***  
A non medicinal but  
very decorative foxglove



To find the headquarters of the Parc Natural dels Ports please check out the google map here and on our web site

<http://maps.google.es/maps/ms?hl=es&ie=UTF8&msa=0&msid=107729742251514595799.00048dda709953057d447&ll=40.825631,0.499105&spn=0.000861,0.002401&z=19>



**PRESENTATION OF THE BOOK  
PLANTES DEL PORT  
(Plants of the Port's Mountains)**

**On Friday the 17th September at the  
headquarters of the Parc Natural  
dels Ports - Val de Zafán Avenue  
ROQUETES at 7:30 p.m.**

**free entrance**

**It will show (project) many pictures  
from the books with explanations  
(in english) by some of the authors**





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

**SANTA TECLA TARRAGONA 17TH-26TH SEPTEMBER 2010- Santa Tecla is a burst of joy, music and colour that courses through the city for ten straight days. It blends all the traditional elements of the Seguici Popular with an endless variety of dances, human castles, spark-throwing nighttime parades, mythological beasts, mediaeval treats and "spoken dances" (verse re-enactments of the struggle between good and evil)**

**SAINT MICHAEL AND THE DEVILS** Popularly known as the Devil's Dance, this festive activity opens the city's Popular Procession. It represents the fight by the forces of good, personified by the archangel Saint Michael, against the forces of evil, played out by the devils.

**GIANTS**-These extremely tall characters are of biblical origin: the giant Goliath who fought against his opponent King David. The tallest and strongest has endured in the great festival of the city from the 15th century. More specifically, in 1425 the figure of the giant appeared and the following year it fought against King David. The Popular Procession of Tarragona has three pairs:

**Negritos Giants (Black Giants)** The black giants, or giants from other races of the world, have always been a regular feature of the festival. They represent the exotic, the unknown and the surprising.

**Moorish Giants** These represent Moorish characters and appear to be inspired by real people. Since the last century the Giants and the Negritos (black giants) have been carried by the gypsies of Part Alta (an area in the city).

**Old Giants** These also represent Moorish giants, a fact that has been highlighted by the latest costume alterations. Built in 1825, they are the oldest pieces to be used currently in the Popular Procession. They belong to the Municipality, although they were given over to the people of Cós del Bou in 1904.

**TURKS AND LITTLE HORSES**-These symbolise the fight between the Turk and Christian sides in the middle of the medieval era. The Turks from Tarragona combine influences from medieval wars with those of Muslim corsairs or pirates who arrived on our coasts at different times in History.

**OLD NANOS**-These represent different types of traditional

characters originating from Tarragona in the 19th century and are displayed according to social status and level of importance. The Captain, the Harlequins, the Blacks, the Andalusians, the Farmers, the Doctor and his wife and the Nobles...

**NEW NANOS**-These represent different types of traditional characters originating from Tarragona from the second half of the 20th century: the Serrallo neighbourhood, the Gymnast Club and the Xiquet Castellers or Human Castles of Tarragona. These represent, respectively, the Serrallo neighbourhood, the Gymnast Club and the Xiquet Castellers or Human Castles of Tarragona.

**DRAGON OF SANT ROC**-This is one of the fantasy bestiary appearing in the festivals of Catalonia that has become the most popular and widely used. The dragon is one of the creatures considered by the church to represent evil and all the negative aspects of hell. It also symbolizes the four elements that make up the world: it comes from the depths of the water or the earth, spits out fire from its head, tails and wings and with these it can control the air.

**OX**-The Ox of the procession has its origin in the representation of the birth of Jesus Christ, which formed part of the Corpus Cristi Processional Cycle and of the Patron Saint Festivals. It didn't originally carry pyrotechnics, however, as it was a peaceful beast that gave warmth to the baby Jesus in the stable.

**VÍLBRIA (MONSTER OR FEMALE DRAGON)**-The Vibria (monster or female dragon) from Tarragona combines the completely visible breasts and stomach of a woman with the head, beak and feet of an eagle, the tail of a dragon, the sum of this global symbology situates it within the forces of evil.

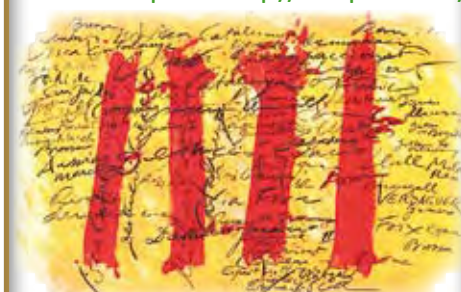
**EAGLE**-The Eagle represents the city and for this reason is the most distinguished of all the creatures of the Santa Tecla Festival, even though it originally had a religious meaning linked to the figure of Saint John the Evangelist. The ceremonies of the villages decreed that in the vast majority of cases only the towns and villages with royal privilege- ges could exhibit this piece.

More information from [www.santatecla.tarragona.cat](http://www.santatecla.tarragona.cat)



**PATRON SAINT'S FESTIVAL IN HONOUR OF THE MARE DE DÉU DE L'ERMITANA** Peñíscola

Declared as being of National Tourist Interest, the big festival dedicated to the Mare de Déu de l'Ermitana starts on 7th September and its duration varies. The characteristic events are the traditional farmers' dances (dances de llauradores), dancers (dansants), gypsies (gitanetes), pilgrims and little horses (peregrines i cavallets) and the dance-battle of the Moors and Christians (dansa-batalla de moros i cristians), that takes place on 8th and 9th September at the Plaça d'Armes, the heifers on the beach and during the early morning, the Moors and Christians parades and the fireworks. This festival starts on 7th September. <http://www.peniscola.es/>



On 11 September The Diada  
The Day of the Catalan Nation

Every September 11 the urban landscape of Catalonia is dotted famously with the national colours as they are draped over every window sill and balustrade. Throughout her long history as a sovereign nation, Catalonia had her own language, currency, army, culture, and political institutions, which were clearly different from those of neighbouring countries. And Catalonia was one of the first true democracies in the world. The Catalan Courts, the legislative body, now has representatives from cities and villages. Catalonia commemorates the defeat it suffered at the hands of the Spanish troops of Felipe V of Bourbon in 1714. Catalonia, which had been a sovereign nation up to that point, lost its national rights and liberties, with its own laws abolished and Catalan language and culture banned. Every 11 September, many Catalans continue to demonstrate in the streets to demand recognition of their national rights and liberties and a greater degree of self-government. [www.11setembre.cat/](http://www.11setembre.cat/)



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Delta del Ebro Natural Park  
Sant Carles de la Ràpita

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



You may already know that the donkey is the symbol of Catalonia, whilst the bull is the unofficial national symbol of Spain.

To an observant visitor, their attention may be drawn to some stickers in the shape of a bull or a donkey, which some drivers place on the back of their vehicles. Images with clear political connotations, although it may be strange to foreigners.

The bull was born in 1956, in conjunction with Manolo Prieto, as a commercial icon for the Veterano brandy of Osborne, a company from Puerto de Santa Maria, producing spirits since 1772. In addition to being used on the labels of the brandy, on the Spanish roads appeared black hoardings with the silhouette of a bull known as Toro de Osborne. Over time, this image has exceeded the scope of advertising, becoming a source of inspiration for artists such as Dalí or Almodovar. When a law was passed in the 1990s prohibiting such advertising, the bull was already nationally famous, so it was agreed that the bulls would remain, but the name Osborne would be removed and the hoardings were declared part of the cultural and artistic heritage of Spain, in recognition of exceeding its initial advertising sense. This has made the bull a symbol of Spain, or rather a way of understanding the Spanish rational. There are now nearly one hundred examples of the Osborne bull advertisements, often sited on a low hilltop so as to be clearly silhouetted against the sky, but only two still bear the word Osborne - one being at the Jerez de la Frontera airport in Cadiz, and the other in the nearby town of El Puerto de Santa Maria, where Osborne headquarters are found.

The first Catalan donkey was designed by Eloi Alegre, commissioned by the Associació per al Foment de la Raça Asinina Catalana (Association for the Promotion of the Catalan Asinina Race), with the intention of promoting this donkey breed, native from Catalonia.

Car stickers and T shirts of the Osborne bull were by now all over Spain - a symbol of Spanish pride - so the Catalonians 'hit back' by producing their own unofficial national symbols. Jaume Sala and Alex Ferreiro in 2004 - el burro - a symbol

of Catalanian pride! And the other is a black cat (CAT = Catalonia, get it?), which seems to be much

**BURROS CATALANS  
"EL RUC CATALÀ"**



less popular. Originally, the pair ran off 50 stickers to hand out among friends, and when they realised how popular they were, another 3,500 were printed. The symbol and the accompanying campaign 'Planta't el burro' ('show off the donkey') struck a chord with people and now more than 300,000 of the stickers have been sold.

Thus becoming a symbol for the Catalan nationalism claims. With the success of the Catalan donkey, came the lawsuits by copyright, between the initial designer and the stickers promoters, who modified the original donkey design by removing the testicles and a small fringe.

From virtual obscurity, this docile but energetic beast has, over the past years, been adopted as a symbol of Catalunya, its culture and its language. Yet its newfound popularity, and the strong reaction elicited from many Catalans if asked how they feel about the dewy-eyed donkeys, makes it hard to believe that just over 25 years ago their numbers had plummeted to just 10. The figure is all the more staggering when compared to the end of the 19th century, when there were more than 50,000 of the breed in existence across Catalunya. Even today, they are still verging on extinction with only an estimated 400 Catalan burros

remaining in the region.

Before their recent moment in the spotlight, the donkey enjoyed a long history. Although its earliest roots can be traced to Somalia, the first evidence of the Catalan burro dates back to 1000 BC. Initially it was used to carry minerals and produce from the mountains, then later to help cultivate the land and clear forests. But as machinery began to take over many of these tasks and traditional ways of life changed during the 20th century, the burro became obsolete, and its numbers fell.

"The donkey seemed like a good way to fight against the Spanish bull in a subtle way, because if you don't feel Catalan, you are not going to have the burro sticker," said Sala. "As well as being an animal that has its origins in Catalonia, it has similarities with the manner in which Catalans do things—in moderation and without being strident. "But there are many ways to interpret it. It can be

seen as a defence of a language or culture, and as a symbol of identification." It has however helped to protect "El Ruc Català"



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The origins of pesto are constantly debated but historical letters found in the archives of Genoa, Italy, mention a dressing called 'battuto d'aglio' (literally 'battered garlic') as early as the 16th century. Basil has been known to all the Mediterranean people since the age of the Romans, probably originating from the northern coasts of Africa.

Traditionally pesto was prepared with a marble mortar and wooden pestel. This is still considered to be the best way of preparing pesto at home although thanks to modern kitchen equipment, very few still stick to this process. You can dress pretty much any food with this delicious sauce, from vegetable to meat, to fish to pasta.

To prepare 4 servings of pesto you will need:

10 minutes of your time

- 2 large cups of basil leaves and handful of fresh parsley
- 2 peeled garlic cloves
- 1 tablespoon pine nuts
- 2 tablespoons Parmigiano or Pecorino cheese (or 1 of each)
- approximately 1/2 small cup of Olive oil
- Pinch of salt

Place all the ingredients in a blender or food processor, blend gently and add extra salt and olive oil according to your preference of consistency and taste. Traditionally, pesto

should have a similar consistency to whole-grain mustard when its used as a topping, and a little bit runnier when used to dress pasta.

What you can do with it:



### Bruschetta (or Crostini)

An easy and rewarding way to enjoy pesto is to simply smear it on a bit of toasted bread with a drizzle of olive oil and a crack of black pepper. If you feel a little more adventurous, you can slice Mozzarella cheese, place it on the bread, put it under the grill for a few minutes, dribble pesto, and cover with a few leaves of rocket salad just before serving. Rocket salad and pesto are a great accompaniment for most dishes.



## Pasta and Pasta Salads

You can dress any type of pasta with fresh pesto. Boil the pasta, drain it and mix in with the pesto (1 large tablespoon of pesto per person) and an extra drizzle of olive oil, seasoning and grated Parmigiano cheese. Serve hot! You can serve pesto pasta hot or even cold.

For a refreshing summery cold pasta salad,



## Fish and chicken

For a healthier approach to preparing fish or chicken, grill a fillet of salmon, tuna, swordfish or chicken breast and top it with rich homemade pesto and olive oil. Serve with some seasonal roasted vegetables. It's really that easy.

*Important - Don't cook the pesto in pasta dishes!*

It's a common instinct to heat pesto but this reduces it's capacity to add the fresh, intense herby flavours to the dish. If you want to warm up the pesto, simply add a tablespoon of boiling water and serve immediately.

**Storing** - If you make large quantities, you can store it in the freezer for up to 6 weeks.

**Buon appetito!**

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### Natural Cooking tips

### Remove Garlic Or Onion Odor From Hands

To remove garlic or onion odor from your hands, rub a stainless spoon over them under cold water. If you have a stainless steel sink, there's no need for a spoon. Simply rub the sink with your hands in cold water.

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## Potatoes are not always bad for diabetics

Diabetics need to watch their carbohydrates, including potatoes. But, recent studies reveal good news for diabetics.

Hot potatoes raise blood glucose, but after cooked potatoes are allowed to get cold, they have a much lower effect on blood sugar levels.

Adding vinegar or vinaigrette dressing to cooked potatoes affects their starch content and causes them to have a much lower effect on blood sugar levels.

New potatoes and some white potatoes affect diabetics less than other potatoes. Turning boiled potatoes into cold potato salad is one good step, adding vinegar to the potato salad is a second good step, and using new potatoes makes potato salad even healthier for diabetics.

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**SOLVIT** is an on-line problem solving network in which EU Member States work together to solve problems without legal proceedings caused by the misapplication of Internal Market law by public authorities. There is a SOLVIT centre in every European Union Member State (as well as in Norway, Iceland and Liechtenstein). SOLVIT Centres can help with handling complaints from both citizens and businesses. They are part of the national administration and are committed to providing real solutions to problems within ten weeks. Using SOLVIT is free of charge. SOLVIT has been working since July 2002. The European Commission coordinates the network, which is operated by the Member States, the European Commission provides the database facilities and, when needed, helps to speed up the resolution of problems. The Commission also passes

formal complaints it receives on to SOLVIT if there is a good chance that the problem can be solved without legal action.

#### Why SOLVIT?

The Internal Market offers citizens and businesses many opportunities. You may want to move to another country in the European Union, to study, to work, to follow your partner or to enjoy life after retirement. Or you may want to set up a business or sell your products or services in another EU Member State

While the Internal Market generally works well, mistakes are sometimes made. For example, you might have problems with getting a residence permit, getting your professional qualifications recognised or registering a car. Your employment, social security or tax rights might be denied. You might have trouble getting the right to vote in European and local elections in the Member State to which you have moved. Your business could be faced with administrative obstacles, unjustified refusal of access to a national market or problems in getting reimbursement of VAT.

Sometimes these problems arise because of a lack of information about your rights in Europe and about how procedures work in other EU Member States. In such cases, the "Your Europe" portal on the Europa website can help to clarify matters.

But if you are already well informed about your internal market rights and have tried in vain to exercise them in another EU country, SOLVIT is there to help you.

[http://ec.europa.eu/solvit/site/about/index\\_en.htm](http://ec.europa.eu/solvit/site/about/index_en.htm)

<http://ec.europa.eu/citizensrights>

Freephone number (\*): 00 800 6 7 8 9 10 11



The new webportal Your Europe <http://ec.europa.eu/youreurope> which contains clear and relevant official information for citizens living or doing business in another EU country than their own

#### Here are a few of their success stories:

##### PROFESSIONAL QUALIFICATIONS

###### SOLVIT promotes Finnish smiles in Spain

A Finnish citizen wished to have his professional qualification as a dentist recognised in Spain. Having waited some considerable time for a decision from the Spanish Ministry of Education (more than the 3-month deadline provided for in EU legislation), he contacted SOLVIT for help. As a result of SOLVIT intervention, the Spanish Ministry sent the applicant the credentials with his professional recognition. Solved within 10 weeks

###### SOLVIT gets Norwegian work experience recognised in Spain

A Spanish professor who had been teaching in Norway since 2001 was refused authorisation to teach at the same level in Spain because 'Norway is not in the EU'. SOLVIT persuaded the university in question that, because Norway is in the European Economic Area, the professor should be treated as if he had been teaching in an EU country. Solved within 11 weeks

##### RESIDENCE RIGHTS AND FREE

###### MOVEMENT OF PERSONS

###### SOLVIT unblocks pension dispute between Romania and Hungary

Someone who had worked eight years in Romania before moving to Hungary, where she continued to work and then retired, was having difficulties getting recognition of the pension rights relating to her employment period in Romania. With the help of SOLVIT, the pension authorities of both countries were able to complete and process the file, and a decision on the pension was quickly issued by



the competent authority. Solved within 5 weeks

##### FREE MOVEMENT OF GOODS, SERVICES, PAYMENTS AND TAXATION

###### Spanish gourmets enjoy Belgian imports of Chinese water mushrooms

A Belgian company importing Asian food wanted to import a container of Chinese water mushrooms to Spain. The container was held back in the port of Bilbao because the Spanish authorities classed the product as a novel food that has not been exported to Europe before. The company turned to SOLVIT for help. The Spanish authorities were provided with all necessary documents stating that the product was not a novel food and that the client was allowed to sell it in Spain without further restriction. The Spanish authorities thereupon decided to release the container forthwith and to reimburse the company for the cost of holding the container in Bilbao. Solved within 3 weeks

##### DRIVING LICENCES AND VEHICLE REGISTRATION

###### SOLVIT facilitates trailer import to Bulgaria

A Dutch national was prevented from importing a trailer into Bulgaria. As trailers lighter than 750 kg do not have to be registered in the Netherlands, the importer had no registration document — so the Bulgarian authorities refused to register the trailer in their country. SOLVIT helped the importer pass the Bulgarian roadworthiness test he needed to get the trailer registered there. Solved within 13 weeks

##### NON-DISCRIMINATION

###### SOLVIT helps EU citizens enjoy Cyprus sun

A British couple legally resident in Cyprus applied for permanent residence status. Almost a year later, the authorities informed the couple that they must first get a 3-month residence permit, to prove the continuity of their stay. SOLVIT notified the authorities that this was illegal under EU law and that the couple were entitled to permanent residence as they had been legally resident in Cyprus for over five years. Following this intervention, the competent authority issued the requisite documents to the complainants, and subsequently changed its policy on accepting applications for permanent residence. Solved within 10 weeks



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## NATURAL BEAUTY TIPS



### Work With Nature

Safe natural tips -- for your health, for your budget, and for the environment. Go green.

Work with nature. We were given all we need, the natural ways have just been forgotten over the years. Man has put medicines into capsules and tablets, but most of these were made from plants or trees, many of which we have access to today.

- Sleeping on your back will prevent many wrinkles and breakouts on your face, and even wrinkles in your cleavage area.

- Wearing clothes that are tight make you look heavier. Even a slim girl can bulge over too-tight jeans.

- Put on a coat of clear nail polish before a coloured polish to keep your nails from discolouring.

- Being angry really does take away from your beauty now and will result in more wrinkles later.

- Wearing less make-up makes you look younger.

- Vitamins and minerals are needed for health and beauty, but more is not always better. Too much Vitamin A or Selenium can cause hair loss. There is nothing beautiful about losing your hair.

- When shaving, don't stretch the skin or you could cause ingrown hairs by shaving hair off slightly under the skin.

- Drink plenty of water and get eight hours of sleep every day.

- Tighten bra straps as they stretch out, or buy a new bra when they can't tighten any further, to keep the bosom looking young and perky.

- Instead of shaving over and over, with the hairs coming in darker and thicker each time, try waxing. Waxing to remove hair will result in softer hairs each time and result in permanent hair loss after a few sessions.

- Exercise while dieting is a must or your skin will be too large (and saggy) for your smaller body. It is much, much tougher to tighten skin after your body shrinks than as you go.

- After washing your face, rinse in cold water (fair-skinned people should use cool instead of cold) to close the pores and tighten the facial muscles.

- Gum in the hair can be removed by saturating it with baby oil, peanut butter, or mayonnaise.

- If your hair is turning green from too much chlorine, rinse it with tomato juice, then a final rinse of water

- Get Rid of Gray Hair: (To bring back your own hair colour.) Pour 2 cups of boiling water over 1/2 cup of dried sage leaf. (Boiling sage will decrease its effectiveness.) Let this simmer for half an hour and then steep for several hours. Apply the tea to gray hairs once it has cooled down. Don't rinse it out. Let the hair dry naturally, then rinse. Apply this tea once a week until you have the shade you want and then once a month to maintain the colour. WARNING: Sage should be avoided if you have epilepsy, are pregnant, are nursing (or it will stop the milk), or if you have a fever (sage warms the body even more)



## 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 like last month I have found a Spanish film that again shows how much Spanish cinema is diversifying by entering in Shrek/Toy Story territory... *El Lince* *Perdido* 2008 (English title: *Missing Lynx*) It is a 2008 computer-animated film produced by Spanish studios Kador Graphics and YaYa! Films and presented by Antonio Banderas. One of the first Spanish films to be presented in 3D.

Directed by Raul Garcia who previous credits include many Disney ventures including *Fantasia 2000*, *Tarzan*, and *Aladdin*.

*Félix*, a clumsy and unlucky Iberian lynx, is staying at the animal recovery center at the Doñana National Park, after one of his countless mishaps. However, the center is attacked by mercenaries led by Newmann, the self-titled "greatest hunter in the world", hired by an eccentric millionaire, Noé (Noah in the English version), who intends to create a sort of Noah's Ark for threatened species. Assisted by his friends - Gus, a paranoid chameleon; Beeee (Beety in the English version), a daredevil goat; Astarté, a brave falcon; and Rupert, a poor-sighted mole - Félix must foil Noé's plans.

The location of the movie takes place in the famous natural parks of Andalucia.

Although a small budget production especially in comparison to the giants of Pixar and Dreamworks this entertaining little gem does put up a good fight for your attention and if you can get hold of a copy should indeed give not only yourselves but your kiddies as well another peek into the very growing joy of Spanish cinema.

Jason.M.Berry 16/08/2010  
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© Is Catalonia encouraging the next generation of gardeners? By Clodagh and Dick Handscombe Practical gardeners living in Spain for 25 years

## A new school term is starting but will there be gardening clubs or experiences?

Many expatriates living in Spain rank gardening as their number one hobby and say that their love of gardening, especially growing things that they could eat, developed before the age of ten as a result of watching and helping grandparents and parents and experiencing team work in the school garden. But what about today's young generation?

Luckily an increasing number of expatriate schools in Spain - but sadly few Spanish ones - now have Gardening Clubs and in some cases provide work experience in the school garden for all pupils as an integrated part of the educational curriculum. School gardens of all shapes sizes and styles can support the learning about science, nature, environmental and ecological issues, nutrition of plants animals and humans, mathematics, art, creativity, problem solving, project work and team work. But to date there is no organised support such as that from Slow Food International in many countries and the Think Organic charity previously known as the HDRA in the UK. But Spain has one important thing on its side - the weather and most importantly two springs Spring and Autumn. The weather from September through to Christmas except for the times of autumn rains is wonderful for persons of all ages to enjoy gardening except in inland areas that have early frosts.

### Success factors

Looking at the school gardening activities we know about, there are seven important success factors.

1. The support of the Head Teacher.
2. The garden designed as a learning experience not just a way of keeping pupils out of mischief during one lunch break a week.
3. The allocation of an area of good deep soil, constructed raised beds or large containers and good composts as growing mediums.
4. The selection of easy to grow seasonal plantlets and seeds with the inclusion of flowering plants, vegetables and soft fruits to give pupils a choice and or breadth of experiences.
5. A focus on growing things naturally and ecologically without the use of potentially hazardous chemicals.
6. The support of teachers from a range of disciplines. The links with science are obvious but we visited a school recently where there had been a competition for the

best decorated plant pots and healthily growing flowering plants.

7. The interest of the School Canteen chef to adapt the menus to incorporate produce from the vegetable garden and place flowers from the flower garden on the tables.

8. A greenhouse or large room with a panoramic window and growing shelf so that gardening activities can continue in bad weather and pupils can learn about the germination of seeds and the growing of new plants from cuttings.

9. Team competitions such as growing the tastiest tomato, tallest sunflowers or a busy lizzy Impatiens flowering plant with the most flowers.

10. In some cases active support from members of a local gardening club.

### Our gardening books can help

Each of our books includes a chapter on children's gardens with some practical guidelines of what could be done at home or at school.

The relevant chapters are as follows:

- 'Your Garden in Spain' - Chapter 3.8 - 'A children's corner'.
- 'Growing Healthy Vegetables in Spain' - Chapter 1.4 - 'Encouraging children to grow and eat vegetables'.
- 'Growing Healthy Fruit in Spain' - Chapter 1.4 - 'Encouraging children to grow and eat fruit'.
- 'Apartment Gardening Mediterranean Style' - Chapter 9.8 - 'mini-vegetable growing is great for children'

### Looking ahead

Whether pupils eventually stay in Spain, go back to their parent's home countries or set up else where in the world we hope that Spain's school gardens have encouraged them to be lifetime gardeners.

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Handscombe September 2010.

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- Long life and great value - the media should continue to work optimally for up to 5 years, making the cost of ownership very low.
- Versatile - NoScale® is suitable for residential and commercial applications and can be used with all types of electrical appliances from boilers and dishwashers to ice makers and washing machines.
- Environmentally friendly: - No Salt. Unlike traditional softeners, NoScale® does not require regeneration with salt, which can save users hundreds if not thousands of pounds per year, not to mention the hassle of ordering, carrying, and adding heavy bags of salt to their systems on a regular basis.
- No wasted water. Unlike traditional softeners, NoScale® does not require backwashing, which can save users thousands of litres of water per year. As well as the cost saving for those on metered supplies, this water saving combined with the absence of salinated water being flushed into the sewerage system has huge environmental benefits.
- No power. Unlike traditional softeners or electronic water conditioners, NoScale® does not require power.
- Reduced soap/detergent use - as with soft or softened water, water treated with NoScale® requires the use of much less soap than hard water.
- Healthy - Unlike traditional softeners, NoScale® does not add sodium in order to replace the limescale in the water. It is not healthy for humans to consume too much salt and the absence of sodium means that NoScale® is even suitable for those on low sodium diets. In addition, minerals which are beneficial to health remain in the water.

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**La Vuelta** a España, the Tour of Spain cycling road race, is used to being regarded as the little brother of the three Grand Tours of Europe, lacking some of the history and tradition of the tours of France and Italy.

In April 1935, a mere 50 brave riders participated in the first Vuelta a España. They rode 3425 kilometers over 14 stages on steel bikes and the winner, Gustaaf Deloor enjoyed an orange jersey and a place in history of cycling. The fact remains, however, that La Vuelta has come a long way since, not only has the number of racers increased but, the sportsmen no longer take alcohol as their on course refreshment or borrow bicycles from members of the public when they crash their own!

The race was initially conceived by the owners of the daily newspaper Informaciones, who had seen the impact the



French and Italian tours had had on the circulation of L'Auto and La Gazzetta dello Sport respectively after they had sponsored races in their country. There was little continuity during the race's early years, as both the Civil War and the Second World War had their inevitable impact on sport. In fact, the race has been an annual event now only since 1955. Originally, the race was held during the spring but in 1995 it was changed to the beginning of September and that has become its permanent place on the calendar. 75 years later the Vuelta organizers have presented a new edition. The trick is to add a few new twists each year to avoid the usual siesta where the Spanish TV spectator falls asleep while watching cycling after lunch.

It has been orange, white, red and white, yellow, gold, and now the leader's jersey will be red for the 75th Vuelta, the colour the Spanish national teams wear in most other sports. This could mean that the organizers would like to see a Spaniard winning in Madrid more than usual. They have designed a course that favours the aggressive riders who perform well in the mountains and don't want to ride



against the clock. There are four mountain-top finishes, including two new climbs, Cotobello and La Bola del Mundo, and an extension to Navacerrada which comes the day before the end and will likely decide the final podium of this edition.

Only one individual time trial will take place over 46 flat kilometers which is not a big deal if we see the list of big climbs this year: Xorret del Catí, Lagos de Covadonga, Cobertoria, Navacerrada. In a wise decision, time bonuses have been eliminated, meaning that the winner will be forced to attack when the hard slopes come. Apart from the big stages, we find a lot of hilly stages (Malaga, Alcoy) that will bring nervousness to the bunch.

The 2010 Vuelta a España will be the only Grand Tour not to start in the Netherlands. In fact, the Tour of Spain will start in... Spain! Unipublic, the organizer, has chosen the city of Seville, not a cycling city but a big city with lots of fans and tourists in summer. The first stage is a 16.5-kilometer team time trial and will be the first night stage ever in the Vuelta. It sounds like a creative idea to hold an opening time trial after the sun goes down, but it's really the only choice they had. High temperatures turn Seville into a ghost town on summer afternoons. Locals wait for the summer night to arrive, so we can expect a lot of public welcoming the race. Teams have said it's a extremely technical course adding further difficulty to a night course.

The first week travels east, across Andalucia, covering Marbella (2º day) Malaga (3º day) which is a really hard medium mountain stage, climbing first category Puerto del León twice. The new red jersey should change hands in Malaga. Then, four days of uneven terrain stages with an exciting finish expected in Murcia.

On Saturday at the end of the first week, the course gets interesting at the sunny beaches of Alicante. After 180 kilometers and six minor climbs the riders will face the short and steep Alto de Xorret del Catí, with some 20% gradients. Before leaving the Comunidad Valenciana, there is an interesting medium mountain stage finishing in Alcoy, a town famous for its Moros y Cristianos festival in the Spring.

Monday the 6th is a rest day in Catalonia. After a brief stop in Vilanova i la Gertrú (170.3 km), come the Pyrenees in the longest stage of this edition. There is only one Pyrenees mountaintop finish, beginning in Vilanova and where the last 62 kilometers are mostly uphill and once they enter



Andorra, they will face the hardest part, as they climb Vallnord. Two more flat stages follow in Lleida and Burgos before a long weekend of pure climbing starting with 179 kilometers from Burgos to Cantabria. Following Peña Cabarga comes the stage all fans are waiting for, Lagos de Covadonga. Long time Vuelta fans will know its profile without even looking: it's all flat along the northern coast, they'll pass through Cangas de Onís and its Roman bridge before the almost 13 kilometers climb to summit at 1110 meters above sea level, cheered by thousands of people. If Lagos de Covadonga doesn't inflict enough pain, the Queen Stage on Monday will complete the job. 180 kilometers from the biggest city in Asturias, Gijón, to the third straight mountaintop finish. Three first category climbs are included: Alto de San Lorenzo, Puerto de la Cobertoria and the brand new climb Cotobello. Recently discovered for cycling, but a popular place for paragliding, Cotobello has an average gradient of 8%. When these three days of suffering end, we will clearly see who has the legs to win this years Vuelta España and who chooses to withdraw during the rest day.

Leaving the North of Spain for the flat lands of Castile, the only individual time trial takes place in Peñafiel, in the heart of Ribera del Duero wine land. Two more or less flat stages in Salamanca and Toledo (beautiful old towns!) then the peloton will ride the last mountain stage, with an interesting innovation at the end. Then they climb to Navacerrada twice, but when the riders summit Navacerrada for the second time, they will continue climbing a few more kilometers to reach a point called La Bola del Mundo. Three kilometers at an average gradient of 12.4% and 21% in some sections is the perfect dessert for an exciting Vuelta.

The summit finish at La Bola del Mundo will welcome the last man to wear the leader's jersey of this edition. After that, he will only have to ride a hundred kilometers through Madrid where the remaining sprinters will fight the last battle and the winners in all classifications get their trophies. The 2010 route has received really positive reviews and comments because it offers tough climbs in all three weeks of race with some new and unpredictable stage ends. Undoubtedly an interesting route for the 75th anniversary.

<http://www.lavuelta.com/>



## TORY TAX CUT FUNDED BY LOW INCOME CHILD AUCTION

THE Conservatives have pledged to reverse Labour's national insurance hike by selling no more than 1.5m of Britain's least important children.

The tax cut-child auction will form part of the Tories' campaign to reduce the budget deficit and will also be imaginatively cruel.

Under the bold plans children from households with an income of less than £22,500 a year will be offered for sale via a series of online auctions, email newsletters and live events at some of Britain's biggest race courses.

Labour immediately attacked the policy, but leading economists stressed it will be difficult for any party to cut the deficit over the next four years without some sort of massive child sale.

Mr Osborne said: "Many of these children are pointless, dirty and rude. Nevertheless they do possess an underlying asset value that any responsible chancellor faced with historic levels of debt would be duty bound to exploit.

"And bear in mind, an increasing number of them are unbelievably fat, making them particularly attractive to foreign circus owners and Cambodian sweatshops keen to control their food-related overheads.

"We can say to these entrepreneurs 'look, it has good hands, sturdy legs and you won't need to give it a chocolate biscuit until Christmas'."

The policy is designed to appeal to middle income parents who are short of cash and have children that may one day be able to work for John Lewis or the customer services department of a UK-based telecommunications company. Meanwhile, early bidders for Britain's army of underperforming youngsters are expected to include the Roman Catholic Church, the Nanjing Iron Ore Refinery and Kentucky Fried Children.

## NEW SUPERBUG IS FOREIGN AS WELL

THE deadly new superbug that is going to kill you by Friday is not even British, it emerged last night.

It even looks foreign Experts say NDM-1 is from Pakistan or India or one of those hot places where people live piled on



top each other and share the same piece of lavatory paper for a month.

According to medical journal The Lancet the bug found its way into British hospitals via UK residents who had gone to India for medical treatment as part of a growing trend.

In a report that is already being photocopied by skinheads in Deptford, researchers said the foreign bug 'invades' host bacteria shortly after getting off a plane from Delhi or Islamabad.

Professor Julian Cook said: "There have only been 50 cases so far in the UK which means the country will be nothing more than a giant pile of

rapidly decomposing flesh by two o'clock this afternoon."

Meanwhile Daily Mail editor Paul Dacre, frustrated by the total indifference to his cloned cow horseshit avalanche, is said to be running round the office like a toddler who has just been given a puppy that shits Milky Ways and ice cream.

Helen Archer, some bloody woman from Doncaster, said: "I'm so relieved it's from Pakistan. My theory that they were all terrorists was starting to wear a bit thin, but now a scientist says they're going to kill me with their bugs. I'm bullet proof."

Tom Logan, a dick and two arms from Peterborough, said: "Can I just ask - who in their right mind is going to India for an operation? Is there really that many people who would actively prefer to have their chest cut open in a country that still has typhoid?"

And Nikki Hollis, an empty space from Grantham, said: "Apparently India is a big centre for cosmetic surgery. Instead of a tummy tuck they inject some of the local cholera straight into your lower intestine and then you just shit yourself thin by the weekend. I'm very interested."

Logan added: "I also heard on the radio that NDM-1 can only be treated with one or two types of antibiotics. "So maybe those are the ones they should use."

## PREMIER LEAGUE WILL LAUNCH A LINE OF FOOD PRODUCTS AHEAD OF THE NEW SEASON

The English FA and the Premier League have got together in a new merchandising deal worth twenty million pounds, releasing a line of food products.

First in the freezer cabinets of local supermarkets will be Aston Vanilla ice-cream, said by food critic Hugh Blinkinshop to be almost the perfect dessert, but not quite fulfilling one's ultimate desires. A new move will see a fresh product after this, with Black-cherry-pool, a yoghurt based frozen dessert that melts quickly in the heat.

Full-of-ham is a sandwich filling that is chocked full of expensive pig meat, but will leave the consumer feeling decidedly unsatisfied. Wigan Wheels are a relaunch of a similar chocolate covered biscuit snack that many said in the taste test, tasted of meat pie.

Liver-and-onions-pool is a main course dish that will be launched a few months after the other cuisine dishes. It will cost a lot, but experts predict that it will gain ground on the more popular dishes Cheeselea and Manchester Unfried. Cheeselea is a spreadable toast topping made only of the most expensive, mouth watering cheeses, whilst Manchester Unfried is a vegetarian alternative to bacon, that is expected to do quite well. Also expected to do quite well is the oil-soaked Manchester McVities, expensive biscuits that melt away into nothing when you eat them.

Blackberry-burn is inspired by the dishes of Heston Blumenthal, and crosses blackberries with chillies for an eye-watering dish that will make you sick to your stomach if you have too much. Bi-rimming Ham is ham that has been coated in both BBQ sauce and breadcrumbs, before being sliced to thickly to be edible, whilst West Ham is not expected to sell at all.

"We are pretty sure that these new products are going to fly off the shelves," said Premier League spokesman Harry Tilshaven. "Each of the products will have the corresponding logo of their corresponding team. Although it will probably sell well, Arse Nail is probably best avoided, if you can."

A fresh portion of Stokey, probably best not ask what's in it.



## KERRY KATONA GIVES BIRTH TO GIANT McNUGGET

An odd scene met the Warrington community yesterday, as one Kerry Katona of Atomic Kitten and 'inebriated mother of the year' fame gave birth to a humungous Chicken McNugget in a Juicy Couture store in the town's high street.

One resident, a Mr Speck of local haberdashery fame, was heard saying: "I can't say I'm particularly surprised, it is a famous old wives tale that if one consumes nothing but happy meals and Cocaine, one will give birth to a giant McNugget."

Dr Simpson, who was on hand to help deliver the savoury surprise, described Mr Speck's diagnosis as "bollocks" and instead stated the incident was a likely caused by "sex with the Hamburglar and/or Ronald McDonald".

Both the Hamburglar and Ronald McDonald have been connected with Ms Katona in the past, but neither were available for comment.

A source stated Ms Katona was "over the moon" with the hearty bundle of poultry joy, however refused to comment on the snacks' father.



## NOTICE

THIS DEPARTMENT REQUIRES NO PHYSICAL FITNESS PROGRAM.

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## NATURAL HEALTH TIPS

### Healthy Life NEXT EXIT →

Many years ago, iodine was added to ordinary table salt so that just about everyone could easily get enough. With so many people cutting salt out of their diets and their kids' diets, goiters have made a big comeback due to lack of iodine. A goiter is a very large lump in the neck. The main source of iodine is seaweed, which is not in everyone's "backyard." Most people can handle a little table salt every day, and iodine is included in most multi-vitamins. One-A-Day does not include iodine, so read labels before you buy.

Acid reflux or GERD is more than occasional heartburn or indigestion. In fact, some people with acid reflux never even experience heartburn. Some symptoms of acid reflux include:

- Hoarseness.
  - Bitter stomach fluid coming into the mouth, especially during sleep.
  - Repeatedly feeling a need to clear your throat.
  - Difficulty swallowing food or liquid.
  - Wheezing or coughing at night.
  - Worsening of symptoms after eating, or when bending over or lying down.
- Obviously, you should avoid spicy foods and any food that bothers you. Below are a few more things that will help tremendously.
- Don't lie down until at least 3 hours after eating.
  - Sleep with your head at least 8" higher than your stomach to let gravity help keep stomach acids from coming up into your esophagus. Using a Comfort Wedge Pillow makes this very easy.
  - Don't bend over or do exercises until long after eating.
  - Eat 6 small meals instead of 3 large meals.
  - Don't drink fizzy drinks.
  - Cut out fatty foods (they increase the time food remains in the stomach).
  - Quit smoking (nicotine relaxes the lower esophageal sphincter (LES)).
  - Cut out chocolate (it relaxes the LES).
  - Don't drink alcoholic beverages (alcohol relaxes the LES).
  - Eliminate caffeine (it relaxes the LES).
  - Eat properly so you don't develop constipation - that



pushing will also push food or stomach acids upward.

- Lying on your left side can help relieve heartburn by keeping the stomach below the esophagus and acid-free.
- Avoid stress and anger.
- Mix 1 tablespoon of natural apple

cider vinegar in a glass of water, and sip this during your meal.

• Yogurt contains beneficial digestive bacteria, as do Probiotic Acidophilus Capsules, Adult Chewable Acidophilus Tablets, Acidophilus Strawberry Liquid, and L'il Critters Probiotic Acidophilus Chewable Tablets.

- Eat dried figs, fresh pineapple\*, and dried or fresh papaya. These foods are loaded with digestive enzymes. Or you could take Digestive Enzymes in capsule form. \*Pineapple will help most people, but it bothers some - if it bothers you, eliminate it from your diet.

Note: Peppermint candy, tea, or essential oil will soothe an upset stomach, relax the body and so aid in digestion, and relax muscles to allow the body to get rid of gas. But, peppermint should not be taken if you have acid reflux or GERD because it relaxes and weakens the LES.

When the LES is relaxed, food and liquid are allowed to come back up.

### EMERGENCY HELP FOR ASTHMA

If you have asthma and are caught without your inhaler, you can get emergency help from drinking a few cups of coffee, a can of coke, a few cups of tea, or a cup of cocoa. You could even eat a few chocolate chocolate bars (dark chocolate being stronger than milk chocolate, and semi-sweet being stronger than dark chocolate).

These contain either caffeine or theobromine, or both, which help stop bronchospasms and open constricted bronchial passages. Cocoa has much less caffeine than coffee but much more theobromine.

The theobromine in chocolate can also be used as a cough medicine, and also lowers blood pressure.

Don't drink things directly from the can that are purchased from a grocery store. They may spray pesticides regularly to keep bugs away, and there may be residue on the cans.

## A PEER INTO THE PAST - YOUR HISTORY LESSON FOR THE DAY



There is an old Hotel/Pub in Marble Arch, London, which used to have a gallows adjacent to it. Prisoners were taken to the gallows, (after a fair trial of course) to be hung. The horse drawn dray, carting the prisoner, was accompanied by an armed guard, who would stop the dray outside the pub and ask the prisoner if he would like "ONE LAST DRINK".

If he said YES, it was referred to as "ONE FOR THE ROAD"

If he declined, that prisoner was "ON THE WAGON"

They used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & sold to the tannery. If you had to do this to survive you were, "Piss Poor", but worse than that, were the really poor folk, who couldn't even afford to buy a pot, they "Didn't have a pot to Piss in" & were the lowest of the low.

The next time you are washing your hands and complain, because the water temperature isn't just how you like it, think about how things used to be.

### Here are some facts about the 1500's:

Most people got married in June, because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers, to hide the body odour. Hence the custom today, of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the Bath water!"

Houses had thatched roofs, thick straw piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top, afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt Poor." The wealthy had slate floors, that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh, until,



when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold. (Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle, that always hung over the fire. Every day, they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight, then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old".

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon, to show off. It was a sign of wealth that a man could, "Bring home the Bacon." They would cut off a little, to share with guests and would all sit around talking and "Chew the fat".

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning & death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided, according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "The Upper Crust".

Lead cups were used to drink ale or whisky. The combination, would sometimes knock the imbibers out for a couple of days. Someone walking along the road, would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of "Holding a Wake".

England is old and small and the local folks started running out of places to bury people. So, they would dig up coffins and would take the bones to a bone-house and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, thread it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night, (the graveyard shift) to listen for the bell; thus, someone could be, "Saved by the Bell" or was considered a "Dead Ringer"

And that's the truth. Now, whoever said history was boring !!! So ... get out there and educate someone! Share these facts with a friend, like wot I just did !!!





## How to Solve Sudoku Puzzles

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

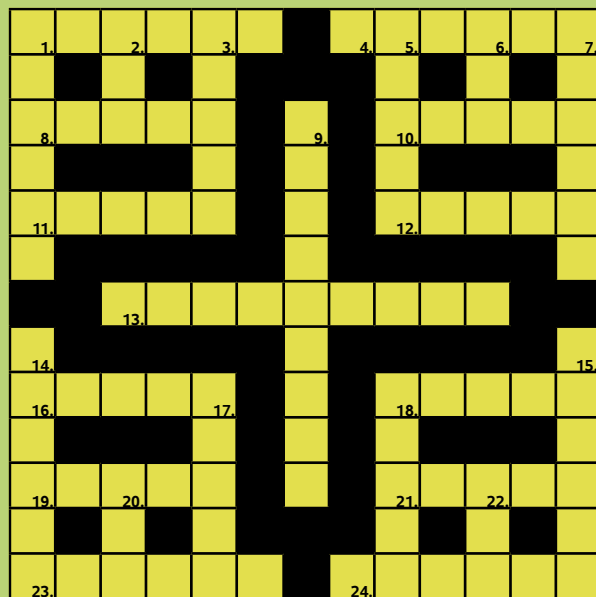
1. Fill the grid so that the numbers 1 through 9 appear in each row.
  2. Fill the grid so that the numbers 1 through 9 appear in each column.
  3. Fill the grid so that the numbers 1 through 9 appear in each 3x3 box.
  4. A complete Sudoku puzzle contains the numbers 1 through 9 in every row, column,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



ACROSS

1. summer
4. ice cream
8. alquiler (E)
10. ready
11. elect
12. picadura (E)
13. sailors
16. goodbye
18. marquee
19. call
21. big copper frying pan
23. break
24. party

## SPANGLISH?-ANSWERS NEXT MONTH



ACROSS:

2. terraza
6. roer

7. liar
8. playa
9. steep
11. costas

## ANSWERS TO THE AUGUST ISSUE OF SPANGLISH

12. mosaic
16. obvio
18. gorda
22. sangria

DOWN:

1. boil
2. trays

3. ribera
4. aleta
5. hare
13. baking

8. pescado
10. piscina
17. brio
19. diez

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DOWN

1. to come back
  2. estuary
  3. nine
  5. they
  6. asno (E)
  7. naranja (E)
  9. guarda/encargado (E)
  14. dance
  15. bitchy woman
  17. smooth
  18. capri
  20. brazo(E)
  22. sus (E)
- by Sarah*  
*(E=translate to english otherwise to spanish)*

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•**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: **ONLY** Saturday 18th September. If the weather is bad, the bookstall will be inside the Homogenic bar. The El Perelló Freesia Group AGM and lunch will be at the Restaurant Casa Llabrich in l'Ampolla on Wednesday 29th September. For details please phone Pam on 977 475 000.  
 •**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** | The services are on the 2nd



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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. Our congregation comes from Tortosa to l'Ametlla and beyond. - Drop-in at the Catholic hall - all welcome for a cup of tea, cakes and books, jams, olive oil, eggs etc to buy. There will be a short Bible study afterwards. The Anglican Congregation of St Christopher's, Costa Azahar -5, Plaza Primero De Mayo, 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 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** | from 15 September we will be meeting in the Escola de Musica (Music School) in El Perelló with a resultant reduction in the contribution but as usual 3-5 pm Thursday.

## WHAT'S ON

## IESG INTERNATIONAL ENGLISH

**SPEAKING GROUP** Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at:- Edificio Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977 267 418 or e-mail: [enetaametlla@yahoo.com](mailto:enetaametlla@yahoo.com)  
**BADMINTON CLUB** - EL PERELLÓ SPORTS HALL All welcome! Level 2 (beginners) Thursday 11.30-1pm Level 1 (intermediate) Tuesday 11.30-1pm Phone Marian for details 697 353 914 / 671 127 629



## PARTY WITH A PURPOSE!!!

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**WANTED OUTSIDE SLIDING GATE** | approx 4 metres wide. L'Ametlla area CALL 660 823 423 or 977 059 420

**WANTED GAS BUTANO - FRIDGE/FREEZER** | in good condition. Will collect. Contact Mike on 629 470 975

**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 must appreciated. PLEASE HELP

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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 thier 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](mailto:protectora.arca@wanadoo.es). ARCA : Post office 496, Tortosa, (Tarragona) or contact: Cinta 625 915 605  
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**M1145 - Tres Cales / Ametlla de Mar**

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**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  
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**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.  
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**M1190 - L'Ampolla with Sea Views! With "Cedula d'Habitabilitat"** SUPERB VILLA sale of 180m<sup>2</sup>, 3 bedrooms, 2 bathrooms, kitchen, dining room, terrace, garden, water, electricity. Heating, fenced area 8000 m<sup>2</sup>, double garage, pool,  
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**M1062 - L'Ampolla** 90m<sup>2</sup> Country House 3 beds, 2 baths, Sea Views! 5.600m<sup>2</sup> parcela with "Cedula de Habitabilitat"  
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**M1188 - Les Tres Cales -L'Ametlla de Mar**

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**M1154 - Les Tres Cales-L'Ametlla de Mar**

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



**M0096 - L'Ampolla**

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



**M1193 - Bitem**

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