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OLIVE PRESS

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for all English speakers

Nov 2009 issue 19



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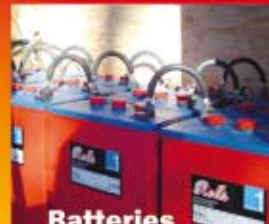


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MEET BOB THE EDITOR

WELCOME TO THE

NOVEMBER ISSUE COVERING
CATALUNYA & COSTA AZAHAR.

November's birthstone is the yellow topaz. Its birth flower is the chrysanthemum. November retained its name (from the Latin novem meaning "nine") when January and February were added to the Roman calendar. November starts on the same day of the week as February in common years, and March every year.



Remember, remember, the 5th of November

The Gunpowder Treason and plot ; I know of no reason why Gunpowder Treason. Should ever be forgot. Guy Fawkes, Guy Fawkes, 'Twas his intent. To blow up the King and the Parliament. Three score barrels of powder below. Poor old England to overthrow. By God's providence he was catch'd, With a dark lantern and burning match Holloa boys, Holloa boys, let the bells ring. Holloa boys, Holloa boys, God save the King! Hip hip Hoorah ! Hip hip Hoorah ! A penny loaf to feed ol'Pope, A farthing cheese to choke him. A pint of beer to rinse it down, A faggot of sticks to burn him. Burn him in a tub of tar, Burn him like a blazing star. Burn his body from his head, Then we'll say: ol'Pope is dead.



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Contributors: | Clodagh & Dick Handscombe
| Dr. Ronald Rosenfeld D.V.M. | Jeff
Greensmith | Jason M. Berry | Mike Stevens
| Sarah Good | | Taru Burstall | Ian Whitby,
Blacktower Financial Management | Valerie
Collins & Theresa O'Shea | David Piqué

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**COVER PICTURE: GUY FAWKES & THE
HOUSES OF PARLIAMENT - REMEMBER THE
GUNPOWDER PLOT OF 5 NOVEMBER 1605**



**JOB VACANCY | anyone want to tickle
my tummy/payment in toffee apples?!!**

Please contact us by:

E-mail: info@theolivepress.euWeb : www.theolivepress.eu

Telephone: 977 059 364

By post: Aptdo de Correos,147
43895 L'Ampolla
Tarragona

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Buy a 10 Euro raffle ticket and win a flat in Cataluña. The owners of a flat in Terrassa, Barcelona province, have decided to raffle their home as they are unable to pay their mortgage. They have also been unable to find

a buyer or even to rent it out, and are hoping to sell 65,000 raffle tickets at 10 € each. Europa Press reports the flat as a six year old 110 square metre duplex right in the centre of Terrassa and the lucky winner will not have to meet any of the legal costs for the change of ownership – that's all included in the price of the ticket. The owners explained that legislation on raffles is rather complex in Spain and so have decided to hold the draw abroad. It takes place on 31st July next year in the town of Gürk, in Austria. The tickets are on sale online from www.teregalomipiso.com

Cataluña judge tells Murcia lawyer he must pay up for court documents written in Spanish. A Murcia lawyer has appealed a ruling from a Barcelona judge after being informed that he must pay for documents from the court if he wants them written in the Spanish language. José Luis Mazón's client is from Vic, in Barcelona province, and told EFE that the

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ruling from court No. 4 in the town informed him that he must meet the cost of translation if he wants the documents he needs sent to him in any other language than their original Catalan. He was told he would be sent a quote for the work to be carried out. The lawyer has not only appealed the ruling to the Vic court itself, but has placed a complaint with the General Council for Judicial Power, the body which oversees the judiciary in Spain. He sees the Catalan court's decision as an infringement of the law which governs the judiciary, of the right to justice and as discrimination against Spanish-speakers with no knowledge of the Catalan language.

Up to 100 Euro to check in two bags with Iberia. Iberia airlines are to charge from 15€ for checking in luggage on their routes from the 20th of this month and if a second suitcase is checked in the charge could be as much as 100 €. Following the lead of some of the low-cost airlines, Iberia says the new charges for luggage will be imposed on national and European routes and on flights to Israel, and they make the change under new EU legislation. Passengers will be able to take carry-on luggage weighing no more than 10 kilos. A checked-in bag will cost 15 € if booked on the internet, but if done at the airport 25 € will be

charged. A second piece of luggage will cost 70 € on the web, and 100 € at the airport. An additional 15 € will be charged on bags over 23 kilos upto 32 kilos maximum. El Mundo prints the details of the charges, which they say come from an internal document and will be administered to all tickets sold after October 20th. If you purchased a ticket before that date, for a flight after, your payment will be respected, but



the new rates for excess baggage will be charged. The 'puente aéreo' between Madrid and Barcelona, and those using the Iberia Plus Platino, Oro and Plata, Club Fiesta and Class Y will not face the new luggage charges. On the airline's other routes, including those to Latin America and Africa, the first suitcase of upto 23 kilos is included in the ticket as before.

Murcia scientists produce Spain's first pig clone. Scientists at Murcia University have produced Spain's first pig clone, using the same method used to create Dolly the sheep, the

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first mammal ever to have been cloned from an adult cell. The team at the university's Faculty of Veterinary Science applied the technique to three sows and the piglet christened 'Kaká' was the result. There were originally four in the litter: one was born dead and the remaining two both fell victim to an inflammation of the small intestine, 20 minutos reports. Kaká is now two and a half months old and, as Professor Emilio A. Martínez, the team's leading researcher, told Europa Press, opens the door to future research in Spain into using pig organs for human transplants to combat genetic diseases. The first successful cloning in Spain was this June, just a month before Kaká was born, when scientists at the Autonomous University of Barcelona created three cloned mice.

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Quiz "Nite" 2nd Thursday in the month
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Barajas and Barcelona El Prat airports, where leaflets explaining the situation are being handed out to passengers. The pilots say that the working day for a pilot and co-pilot is an average of 15 hours here and claim they have figures from a European Commission report which show that 25% of accidents are caused by the lack of rest or tiredness of the crew. The report shows research indicates that if flying time is over 13 hours in a day the risk of an accident is increased by 5.5 times. El Mundo reports today that pilots' union SEPLA has confirmed the excess working hours in Spain, and only in Iberia is the average flying time lower than in other airlines, but still above the recommended 10 hours.



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STUFFED OLIVES

Small Claims Court - Monitorio by David Piqué



It's not news to anyone that we are going through a bad crisis period, companies, and above all families are suffering severely from this recession. Spending decreases because people in general do not have sufficient disposable income to acquire the goods or services they wish and that previously in not-so-distant prosperous times they were able to obtain without batting an eyelid.

The procedure in itself is extremely simple, once the claim has been lodged before the magistrate's court in the area of the debtor's residence, the debtor will, in no more than 20 days, pay the creditor or present a written document before the court explaining why the debt cannot be paid. If the amount to be claimed exceeds 900€, the written document must be presented by a lawyer or solicitor. If the debtor does not pay the debt or present a written document of opposition once the 20 days have passed, he/she could have their possessions seized up to the value of the debt; on the other hand, if a document of opposition to the debt is presented, then the corresponding action will have to be considered.

In short, it is a mechanism that in practice has proved itself to be quick, easy and effective, but let's hope we don't have to put it to use and that we can all pay our bills without any problems.

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

Fortunately, the law has come up with a novel solution that I personally consider to be effective, it is the Small Claims Procedure. This procedure allows the creditor to lodge, without the necessity of a lawyer or solicitor, a simple claim before the magistrate's court which should

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CAN IT BE TRUE???

CHILDREN SHOULD BE RAISED IN THE 1950s, SAY EXPERTS

BRITISH children will be much healthier as soon as they start being raised in the 1950s, according to a new study.

The Institute for Child Health said modern child rearing had failed and called for all British children under the age of 16 to be sent back to 1953 where they could spend their days eating ripe Dorset peaches and running alongside steam trains.

The study found children are healthier if they are brought up by a mother who wears a starched white pinafore, knows how to bake a pie and organises tasty food parcels for our brave boys in Aden.

A spokesman said: "The early 1950s is now the optimum environment for successful child rearing thanks to an abundance of skipping ropes and fresh cabbage and the welcome absence of a certain Mr Cliff Richard.

"And of course, children can enjoy a healthy diet and a rigorous exercise programme secure in the knowledge that their mother will not be going out to work everyday like a common prostitute."

He added: "If we hurry we can send them back just in time for the Coronation."

Mrs Margaret Gerving, a mother of two speaking from 1953, backed the study, adding: "While I do not agree with the having of opinions I must admit to being puzzled as to how these women find the time to be typists and telephonists and what have you.

"After a full day of baking, roasting and boiling I have barely enough energy left to be taken roughly from behind by my darling Trevor.

"Now, enough of politics, who would like a nice piece of my raspberry tinkle?"



THE

LIVE PRESS HOROSCOPES

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CAPRICORN Dec. 22 - Jan. 20

Much of the pressure you were feeling last month is easing in November, dear Capricorn, as the spotlight moves away from your performance. Group activities, friendships, and networking come into focus now. More altruistic goals are occupying your thoughts.

AQUARIUS Jan. 21 - Feb. 19 -A big focus on career is in store for you in the first 3 weeks, after which professional pressures ease. While the spotlight is on your performance, it's not altogether uncomfortable. In fact, others are bound to find you especially attractive, personable, and approachable on the job, particularly after the 8th.

PISCES Feb. 20 - Mar. 20 -You have a pleasant feeling that matters are moving forward in your life this month. Pressures are easing, your confidence is building, and the important people in your life are supportive. Work is especially dynamic, busy, and possibly demanding of your time and energy.

ARIES Mar. 21 - Apr. 20

You are dealing with many emotions that have previously been buried this month, dear Aries. It's a time for ridding yourself of excess baggage, whether it's physical or emotional (or both). Reaching inside of yourself and pulling out your strength is necessary now.

TAURUS Apr. 21 - May 21

Others are noticing you, and you're certainly in a partnering mood this month, dear Taurus. November is busy with negotiations, adjustments, and socializing, especially after the 8th. Charm comes naturally, and you want nothing more than to find peace with a special someone.

GEMINI May 22 - Jun. 22

It's time to roll up your sleeves and get to work this month, dear Gemini. You'll find that life is busy and perhaps hectic at times, but the work you tackle now will certainly allow you more freedom to enjoy yourself later. Vacation plans move forward in November.

CANCER Jun. 23 - Jul. 22

November is a playful, romantic, and self-expressive month for you overall, dear Cancer. You might not have the necessary focus for effectiveness at work until after the 23rd, but your creativity is strong. Romantic feelings run high, although you are likely to feel somewhat entangled emotionally.

LEO Jul. 23 - Aug. 23 -You are feeling especially energetic and assertive this month, dear Leo. A sense that you can tackle any project or problem that comes your way is with you. Pressures in partnership are easing this month. The first few days of the month bring career matters to a peak.

VIRGO Aug. 24 - Sep. 23

A busy month is in store for you. There are a lot of errands to run and general "catching up" work to do. While reorganizing your finances is something that you'll be focusing on for some time, November brings less pressure in that area, & more interest in building your skills, learning, & reaching out to others.

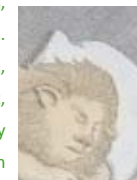
LIBRA Sept. 24 - Oct. 23 -You are focusing on comfort, financial security, and pleasure for the most part in November. You are becoming increasingly aware of your responsibilities and limitations, and this is a trend that will last for a couple of years.

SCORPIO Oct. 24 - Nov. 22 -

November is a power month for you, dear Scorpio. The spotlight is on you, and you are feeling especially confident, focused, and ambitious. This is not to say that things are being handed to you by any means. In fact, a feeling of being blocked by others or by circumstances is likely with you now.

SAGITTARIUS Nov. 23-Dec. 21

While you are confident and assertive, you are also maintaining some distance from others as you get the rest you so deserve this month. From the 16th, career opportunities arise, and a partner has your best interests at heart.



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16 years in Spain.
References available.

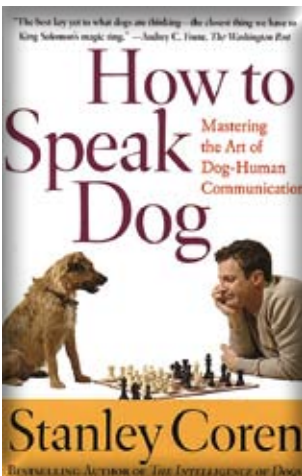
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Anyone who has shared their life with a dog will have stories to tell about how smart their dog is and how they understand what is being said to them. Recent investigations by Stanley Coren, a psychologist and researcher in animal behaviour at the University of British Columbia, has led him to conclude that some of our pets can count up to five, understand up to one hundred and fifty words and may try to trick their master for their own benefit! These are conclusions he reached and explained at the last annual meeting of the American Psychologic Association, when he gave a talk, "On How Dog's Think."



S. Coren is the author of books on dogs and their behaviour as well as having revised other studies on the subject which led him to conclude that man's best friend has the capacity to resolve complex problems bringing these canines closer to man and other primates than is traditionally believed. He postulated that the mental capacity of a dog may be comparable to that of a child of about two to two and a half years of age! "Their impressive moments of brilliance and creativity may not make them Einsteins' but they are certainly closer to humans than we think", Coren points out.



He further postulates that this intelligence varies according to the type of dog and that breed is also an influential factor. That there are three types of canine intelligence: instinct, adaptive (the ability to learn from the environment they are in and to resolve problems confronted with), and that of work and obedience (schooling). He states that in the case of work and obedience learning the Border Collie is number one followed by the Poodle and in third the German Shepard, basing these conclusions on work done both in the USA and Canada with 208 dogs. The list of the most intelligent dogs is completed by the Golden Retriever, Doberman, Shetland Sheep Dogs and Collies, and the Labrador Retriever. Coren assures that a normal dog could learn 165 words and the most intelligent ones can understand about 250! The idea of such a large number of word understanding is based on work done with a dog named RICO who distinguished 200 words with a great capacity to learn quickly. If that's not enough some of our four legged friends have an understanding of numbers and maths, although this may not be sufficient to let them manage the household budget, they can count to four

or five, being able to detect errors like $1+1=1$ or $1+1=3$. While playing they try to play tricks deliberately or like their human counterparts to get prizes/rewards, with almost the same success tricking us as we have tricking them!

The top Ten dogs ranked: Border Collie: No. 1
Poodle: ranked No. 2
German Shepherd: ranked No. 3
Golden Retriever: ranked No. 4
Doberman Pinscher: ranked No. 5.
Shetland Sheepdog (also known as a Sheltie): ranked No. 6.
Labrador Retriever's, Black and Yellow: ranked No. 7.
Papillion: ranked No. 8.
Rottweiler: ranked No. 9.
Australian Cattle Dog: ranked No. 10.
These next 10 dogs were ranked by judges as having the hardest time learning and responding to commands and instructions.
Basset Hound: ranked No. 70
Mastiff: ranked No. 71.
Beagle: ranked No. 72.
Pekingese: ranked No. 73.
Bloodhound: ranked No. 74.
Borzoi: ranked No. 75.
Chow Chow: ranked No. 76.
Bulldog: ranked No. 77.
Basenji: ranked No. 78.
Afghan: ranked No. 79.
Stanley Coren owns a Cavalier King Charles Spaniel. They rank as No. 44.



Ronald Rosenfeld D.V.M.

CHARITY SALE

ARCA. NOV 7th charity event. TABLE TOP SALE . BAR ESTACION LAMPOLLA. Sellers 9.30am buyers 10.00am this is to raise much needed money for arca dogs home. PLEASE COME AND SUPPORT US. Many thanks. Call Maeve 678 975 816

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

SHARPIE
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:
Maeve (English) 678 975 816
Cinta 625 915 605
Carmen 655 040 359



Bob 1 year old



Jacky 2 years old



Scott 5 years old

A. M. P. A. R. E. The society for the protection of animals Ebro region. Based

A.M.P.A.R.E.
PROTECTORA D'ANIMALS DE LA RIBERA D'EBRE
Based in MORA LA NOVA
CONTACT | Lynn: 638 731434 English
Isabel: 977 404 720 / 657 905 465 Spanish/ Catalan
www.naturahumana.com/ampare

in Mora La Nova. We desperately need to re-home dogs to make room for more! We have over 200 dogs for adoption. Lynn 638 731434 English Isabel 977 404720 Spanish/ Catalan Donations always appreciated.

I have adopted an abandoned dog. Have you?
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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
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protectora.arca@wanadoo.es
<http://www.protectoraarca.org/>

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

THE LIGHTER SIDE

Philosophical Differences

I asked my friend's little girl what she wanted to be when she grows up. She said she wanted to be Prime Minister of the UK some day. Both of her parents, Labour supporters, were standing there, so I asked her, "If you were Prime Minister what would be the first thing you would do?" She replied, "I'd give food and houses to all the homeless people." Her parents beamed, and said, "Welcome to the Labour Party!"

"Wow...what a worthy goal!" I told her. I continued, "But you don't have to wait until you're Prime Minister to do that. You can come over to my house, mow the lawn, pull weeds, and sweep my yard, and I'll pay you £50. Then I'll take you over to the grocery store where the homeless guy hangs out. You can give him the £50 to use toward food and a new house."

She thought that over for a few seconds, then she looked me straight in the eye and asked, "Why doesn't the homeless guy come over and do the work, and you can just pay him the £50?"

I smiled and said, "Welcome to the Conservative Party."

Her parents still aren't speaking to me.



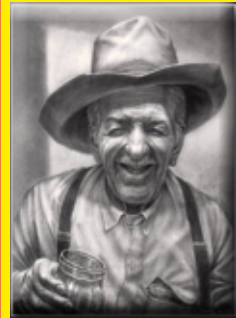
BOOBIES
Do you has them?!!



Another bright idea from health and safety



Ya think you have lived to be 72 and know who you are, then along comes someone and blows it all to hell.....



An old cowboy sat down at Starbucks and ordered a cup of coffee. As he sat sipping his coffee, a young woman sat down next to him.

She turned to the cowboy and asked, 'Are you a real cowboy?'

He replied, 'Well, I've spent my whole life breaking colts, working cows, going to rodeos, fixing fences, pulling calves, bailing hay, doctoring calves, cleaning barns, driving herds, working on tractors, and feeding my dogs, so I guess I am a cowboy.'

She said, 'I'm a lesbian. I spend my whole day thinking about naked women. As soon as I get up in the morning, I think about naked women. When I shower, I think about naked women. When I watch TV, I think about naked women. It seems everything makes me think of naked women.'

The two sat sipping in silence.

A little while later, a man sat down on the other side of the old cowboy and asked, 'Are you a real cowboy?'

He replied, 'I always thought I was, but I just found out I'm a lesbian.'

LIVE PRESS



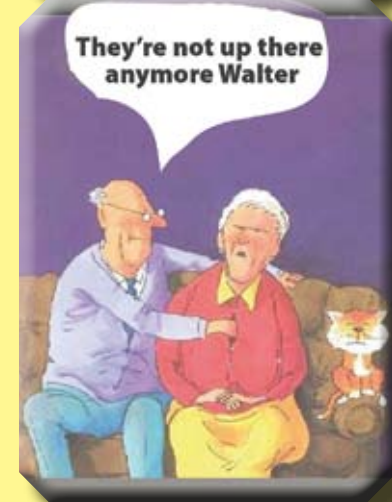
What a chair!!



Shark surfer



111111



Pets' Diaries

Dog's Diary

- 8:00 am - Dog food! My favourite thing!
- 9:30 am - A car ride! My favourite thing!
- 9:40 am - A walk in the park! My favourite thing!
- 10:30 am - Got rubbed and petted! My favourite thing!
- 12:00 pm - Lunch! My favourite thing!
- 1:00 pm - Played in the yard! My favourite thing!
- 3:00 pm - Wagged my tail! My favourite thing!
- 5:00 pm - Milk bones! My favourite thing!
- 7:00 pm - Got to play ball! My favourite thing!
- 8:00 pm - Wow! Watched TV with the people! My favourite thing!
- 11:00 pm - Sleeping on the bed! My favourite thing!

Excerpts from a Cat's Daily Diary. ...

Day 983 of my captivity.

My captors continue to taunt me with bizarre little dangling objects.

They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet.

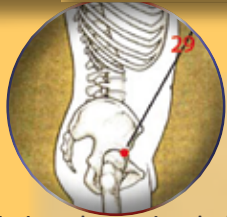
Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates what I am capable of. However, they merely made condescending comments about what a "good little hunter" I am. Bastards.

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow -- but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released - and seems to be more than willing to return. He is obviously retarded. The bird has got to be an informant. I observe him communicating with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now.....

HEALTH SELF-HELP TOOLKIT: UNDERSTANDING OUR MAJOR ORGAN SYSTEMS: THE GALLBLADDER



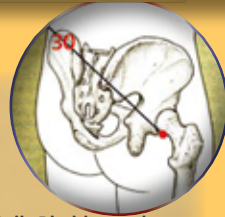
Continuing the series looking at what our major organ systems do for us & what we can do for them.

In chinese medicine the Gall Bladder is all to do with

- decision making
- flexibility

The gall bladder, the working partner of our Liver, has a pathway through the body that begins at the outer edge of the eye, zig zags round the head (that's why you get a headache if you abuse the Liver) and proceeds down the side of the trunk and leg to end at the 4th toe.

So the Gall Bladder's meridian pathway starts with the eyes & vision, giving us the ability to see where we need to go and helping its partner the Liver to choose the strategies we need to get there. A weak & challenged gallbladder energy in the body often shows up as indecision & timidity, apologising whilst others stand on our toes & camouflaging ourselves, whilst an overflowing gallbladder energy can lead to behaviour characterised by anger & rash decisions, bullying others as we rush to get to our aims. Life of course involves a balance of being decisive enough to manifest and execute but without being rigid, so that our path ahead is clear & we can reach it through flexible & co-operative means. The Gall Bladder helps supply the sensitive courage needed to continue our journey effectively.

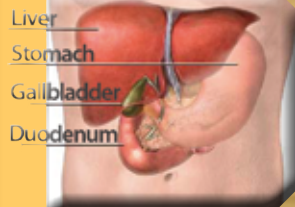


The Gall Bladder also stores Bile made by the Liver, which stored well avoids the nausea and indigestion which can occur if the Gall Bladder is weak in performing its digestive

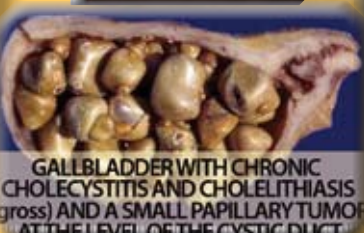
role. In TCM Bile also is said to have a pure & fluid aspect which nourishes all our tendons and ligaments so that they flow in an elastic, ready way, both relaxed & taut enough to allow us to reach our purposes. Ligaments wrap around joints to hold them in place, whilst tendons attach muscles to bone. Both need to be hydrated, stretched and exercised, & need us to avoid holding rigid positions in our lives, emotionally or physically.

2 useful points are Gall Bladder 29 & 30, which can help release rigidity and immobility of the hips & pelvic girdle, straighten a twisted lower torso and reduce one-sided sciatic pain. Imagining a Kung-fu style kick by Bruce Lee, for example, we can see an image of the readiness & generosity of being willing to be ourselves, clear in our boundaries and generously extending them through our legs, so we can flexibly adjust our position to ride the ever-changing realities of our lives. In the East they call practising the flexible stability this requires 'riding windhorse' – you ride phenomena, they are not allowed to ride you. It's certainly more fun that way!

Taru Burstall is a family systems therapist, licensed acupuncturist and massage therapist. Any queries are welcomed, please phone 629 301 509.



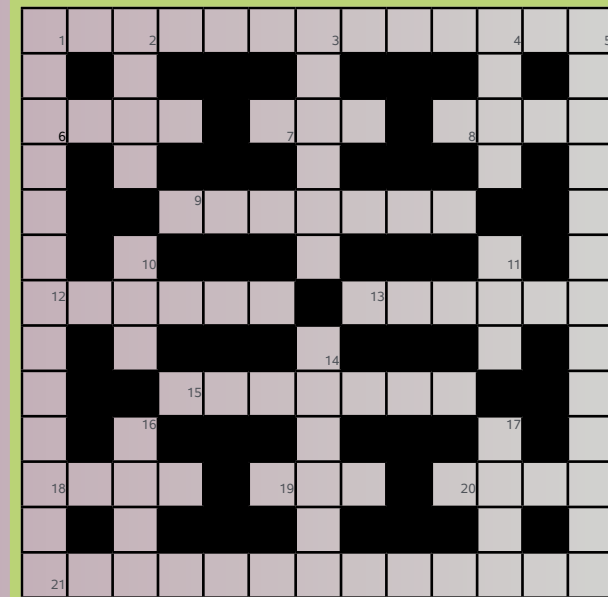
Anatomic comparison of the locations of the gluteus minimus referred-pain pattern (left) and the upper gallbladder (GB 29) acupuncture meridian (right).



SPANGLISH?-ANSWERS NEXT MONTH

ACROSS

- put sewers in
- ringworm
- edad (E)
- zinc
- agency
- opals
- gorilla
- to draw level (in sport)
- cerca (E)
- pocilga (E)
- abajo (E)
- determinedly



DOWN

- previously
- grey hair
- angina
- guarida (E)
- rationaly
- to fall within
- uncle
- blankets
- campamento (E)
- ciudad (E)

BY SARAH (E=translate to english otherwise to spanish)

ACROSS:

- | | | | | | | | | | |
|-----------|-----------|-------------|-----------|------------|-----------|-----------|-------------|------------|----------|
| 1. cruces | 9. rama | 17. air | 23. olivo | 29. tia | DOWN: | 4. gas | 11. atrofia | 19. harina | 25. oval |
| 4. grande | 12. disc | 18. escocer | 24. reto | 30. anillo | 1. cabras | 5. avid | 13. ida | 20. mat | 26. rain |
| 7. jam | 14. patan | 19. hum | 26. rana | 31. dentro | 2. ceja | 6. educar | 14. pasto | 21. sea | 28. eso |
| 8. ski | 16. sol | 21. sad | 27. vie | | 3. sum | 10. mal | 15. nieto | 22. diaro | 29. tad |



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LA FESTA DE L'OLI NOU, REUS

THE LANDSCAPES AND CULTURE OF OLIVE OIL

- Olive trees have been in Catalonia

for thousands of years, and their fruit has been, and is still, the fundamental essence of our traditional cuisine. What would pa amb tomàquet (bread smeared with tomato) or a salad be without a dash of olive oil? Not to mention escalivada (baked vegetables in olive oil), graellades (charcoal-grilled meat or seafood), romesco (a Catalan pepper sauce) and allioli (a mayonnaise-like sauce made of garlic and olive oil). This golden liquid enriches our dishes every day, but it also enriches the landscapes, the villages and towns and the festivals of the areas where it is made.

• Nowadays in Catalonia there are four protected DOs for olive oil: Les Garrigues (the counties of Les Garrigues, El Segrià and L'Urgell), which uses Arbequina (90%) and Verdiell varieties of olives; Siurana (Baix Camp, El Baix Penedès, El Priorat, L'Alt Camp, La Ribera d'Ebre, La Conca de Barberà and El Tarragonès), where the Arbequina (90%), Rojal and Morruda varieties are used; Terra Alta, where oil is made mainly from the Empeltre variety but with small additions from other varieties such as Arbequina, Morruda, and Farga; and the Baix Ebre-Montsià area, where the Farga, Morruda and Sevil·lenc varieties are mostly used. Olive oil production is also important in L'Alt and El Baix Empordà.

• It has been shown that extra virgin olive oil decreases levels of harmful cholesterol and thus reduces the danger of arterial sclerosis. The experts say that oil improves the functioning of the



pancreas and stomach, protects the epidermis and stimulates bone growth. In addition, because of its high vitamin E content and the anti-toxin effect that this vitamin has, olive oil is especially recommended for infants and the elderly.

• There are many festivals associated with olive oil that are held in Catalonia during the months of November, December and January, during the time of harvesting, pressing and finally bottling the first oils of the year, known as l'oli novell or new oil. Some of the most popular events are the l'Oli Nou Festival in Reus, the Castellans Olive Oil Fair, the l'Oli Novell Fair in Santa Bàrbara, the Belianes Olive Oil Festival, the Garrigues Olive Oil Fair in Les Borges Blanques, the Olive Oil Fair in Espolla and the Terres de l'Ebre Olive Oil Fair.

On 20th and 21th of November there is an olive oil fair in Reus: 13a MOSTRA DE L'OLI SIURANA. LA FESTA DE L'OLI NOU Plaça de la Llibertat. Reus.

Timetable:

Friday 20th from 17.00 to 21.00

Saturday 21th from 10.00 to 14.00 and 17.00 to 21.00

Free entrance

The most important cooperatives of the Siurana DOP participate every year in this fair, where they present the new olive oil of the year. On Saturday morning, from 10.00 to 12.30 hrs aprox. there is a popular "breakfast" where all the people can try the new olive oil.

If you need more information about this event, please don't hesitate to contact: Dominique Ruiz Pierrard, Reus Turisme Promoció i Comunicació Tel. 977 010 667 www.reus.cat/turisme/ or www.gaudicentre.cat

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

www.theolivepress.eu

SANTA BARBARA FIRA DE L'OLI Santa Bàrbara is an agricultural village that combines the harvesting of the olive tree with the farming of other crops requiring irrigated land. Every year during the third weekend of November there is a celebration that pays homage to all these local products, marked by the moment when traditionally the first olive oil comes out of the presses.



Throughout Catalunya there is a network of agents d'acollida, workers who speak the language of the main groups of foreigners moving here ('novingudes', or newcomers). Their role is to help make the process of arriving here & adjusting easier, and facilitate access to opportunities for integration & participating. This network has been broadened with the addition of an English speaker, Taru Burstall, working part-time to assist the English speaking community of the El Perelló area. She will work through the local Ajuntament office with an office in the village's Casa de Cultura. There are existing welcome agents, speaking Arabic and Romanian, for the Camarles, Roquetes and L'Aldea areas, and the regional team will also work together to help welcome English speakers in the broader Comarca area.

This service is part of the Catalan Government's 2005 Plan on Citizenship and Immigration, which defines as catalan citizens all those of us who live in Catalunya. It contains strategies to improve equality of access to basic services and human rights in areas such as work, health, education, housing, etc. Many of us find that when we move here we can feel disempowered due to the language challenges and difficulties in finding out basic information. This can range across many key areas, such as knowing how to get

EXPANDED REGIONAL WELCOME SERVICE FOR THE BAIX EBRE COMARCA : AGENTS D'ACOLLIDA (WELCOMING AGENTS) REUS

the health card and medical services here; understanding what the school is saying about our kids or help for school book/travel costs; knowing what is on offer in the local community, where and when classes are; or finding out how to navigate the employment system to get work or take up training opportunities - all kinds of things that directly affect our quality of life, sense of independence and ability to participate & integrate if we want to.



The agent d'acollida's role is also to facilitate cross-cultural activities and opportunities to learn more about each other's cultures. Catalunya has historically been a culturally diverse society, benefitting from newcomers' input. Young catalan people particularly, for example, are keen to get to know the English language & culture, often with a view to spending time there later, & a network of language practice/exchange, including castelliano, could help many of us.

When: This facilitation & information service will be available on Wednesday & Friday evenings from 5-7 pm

Where: Sala de exposició, Casa de Cultura, Carrer Colom, El Perelló (the first floor, underneath the library)

How: Please phone the Perello Ajuntament on **977 490 007** & ask for an appointment to meet with Taru. People from other townships can ring their local Ajuntament to find out about the available agent d'acollida service for their area.



Beach at the
end of the summer



portable air con.



home made air con!



This week it rained. This may not seem like a momentous event but, in our part of the world at least, we have seen nothing more than a slight dampening since the beginning of July. That's nearly 3 months without rain. What we didn't get was the promised scorching hot 'barbeque' summer. The forecasters got that wrong; as usual. Not being a lover of anything over 70°, in old money, I went out and bought an air conditioner in readiness. This was not one of those wall mounted jobs which I'm sure you all have, but it was a box on wheels somewhat akin to the Teletubbies Hoover. The problem with these devices is where to stick the long flexible hose. No suggestions please! Opening the window rather defeats the objective. I compromised by threading it into my redundant hot air system heating vents. Whilst the temperature in the main bedroom plunged to a tolerable level the back room warmed up like a crematorium furnace. Still, mission accomplished, but as the machine makes a noise like Concorde taking off it did rather defeat the object of getting a decent night's sleep.

Water was, of course, at a premium although we were not subject to hosepipe bans. Being on a water meter makes you wary of using a hosepipe because of the cost. For some reason our water is owned by a French Company and nobody likes giving in to the French. As a result of this the garden became a solid block of earth, and the upside was that I only used the lawn mower twice all summer.

The threat of swine flu hung over us. Heavy advertising about what to do, and where to go, was everywhere. Convenient notices appeared outside doctors surgeries, chemists and hospitals which said, in so many words, 'If you have Swine flu please go somewhere else'. Apparently you had to self diagnose from the internet, email the surgery and a man in a space suit would come round and push drugs under the door. Anyway I escaped and it is reckoned that many of the people who took time off work to get over swine flu didn't actually have it anyway, but who was to know?

Another threat of the summer which was totally unexpected was the plague of bishybarneybees on a biblical scale. Now those of you who are not natives



The Secret of Bishy Barnabee
 You may be wondering just how Bishy Barnabee got it's name... well, 'Bishy Barnabee' is an old Norfolk name for a ladybird! Some say it's named after a bishop (although quite why a bishop was ever associated with a ladybird isn't clear!).
 Here's a little rhyme about it:
 "Bishy-bishy-barnabee,
 Tell me when your wedding be:
 If it be tomorrow day,
 Take your wings and fly away."



of Norfolk will not know that this is local name for the common ladybird. For some reason, apparently attributable to a surplus of aphids, they descended on us in huge clouds, covering car windscreens, pavements and, presumably, aphids. It was not a pretty sight. Now we seem to have a surfeit of huge spiders. Apparently the hot weather has encouraged them to grow to twice their normal size. All of this is beginning to sound like a second rate horror movie. 'Curse of the Killer Ladybirds'!

Another plague, brought on by the credit crunch, was the 'Curse of the British Tourist'. People were forced by economic stringencies to give up their holidays abroad and stay at home. This was at least a welcome plague for the British holiday industry, such as it is. They were

everywhere. Hotels and guest houses were full for once and the Norfolk Broads had a record season as boat hirers put-putted their way round the waterways, occasionally falling in and having to be rescued.

Whether we put this all down to global warming or holes in the ozone layer is anybody's guess. My money is on next year being exactly the opposite and all the holidaymakers will be heading back to Spain and giving us natives a chance to moan in peace.

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

email: mikestevens09@hotmail.co.uk

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Pre-coated carbon	NO	NO	YES	?	YES	YES	YES
Carbon block	NO	NO	?	YES	YES	YES	YES
Ultraviolet radiation	?	YES	NO	NO	NO	NO	NO
Distillation	?	YES	YES	?	YES	NO	NO
Reverse Osmosis	NO	NO	YES	?	NO	YES	NO

* ABOVE COMPARISONS (ONLY) FOR THE CONTAMINANT REMOVAL WITH VARIOUS SYSTEMS

? Comparisons are from general information Performance varies widely within categories.
 + Usually not effective against organic contaminants ordinarily found in drinking water.
 Check manufacturer's claims and test results for specific information.

YOGA FOR ALL

As we head into the winter months we may feel the natural vibrancy that we felt in summer begin to slip away. Yet

regularly bringing our bodies back into balance with Ayurveda can help us to retain a healthy body and a happy mind.

What is Ayurveda?

Ayurveda simply means “science of life” (a Sanskrit word, ayur meaning life, veda meaning science or knowledge). It’s an ancient philosophy based on a deep understanding of the human body, mind and spirit. Unlike orthodox medicine, it’s not based on the frequently changing findings of specific research projects, but rather on permanent eternal principles of living which can be applicable to modern day life.

Although it originated in the East several thousands of years ago, Ayurveda is particularly relevant to present-day Western society. The logical, common sense approach to health and living is combined with philosophy, psychology and spiritual guidance.

How does Ayurveda work?

It's a system of healing that examines our physical constitution, emotional nature, and spiritual outlook. According to Ayurvedic philosophy, we predominately manifest as one of three different energies, or doshas, known as vata, pitta, and kapha.

Ayurvedic practitioners believe we're all made up of a unique combination of these three forces. Although everyone has some of each, most people tend to have an abundance of one or two of the doshas. This unique combination is said to be determined at the moment of conception, and is your

own personal blueprint, or *prakriti* (nature).

As you move through life, the proportion of each of the three doshas constantly fluctuates according to your environment, your diet, the seasons, the climate, your age, and many other factors. As they move into and out of balance, the doshas can affect your health, energy level, and general mood.



Which dosha are you?

	VATA	PITTA	KAPHA
ELEMENT	Air and Ether	Fire	Earth and Water
QUALITIES	Dry, rough, cool mobile	Hot, light	Heavy, moist, cool, stable
OUT OF BALANCE	Flighty, worried, fearful	Irritable, judgemental	Lethargic, stubborn, prone to overeating
IN BALANCE	Creative, lively	Motivated, purposeful	Stable, thoughtful, compassionate
PRONE TO	Constipation, lower back pain, anxiety, joint problems	Acne, diarrhoea	Sinus problems, respiratory diseases, inflammation

Next month we'll take a look at simple ways to bring each dosha back into balance using a combination of easily found herbs and yoga techniques.

Sarah Good is a Sivananda trained Yoga teacher offering local weekly drop-in classes and private tuition within the comfort of your own home. **Please contact Sarah on**

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GREAT BENEFITS OF CAROB

Carob, or "Ceratonia Siliqua", is cultivated in the Mediterranean region. It is mostly

cultivated in the eastern and southern area of Spain. It's natural habitat is Cyprus, Syria, Greece, Spain, Morocco, Tunisia, Algeria, Israel and Libya. It is an evergreen tree with large and shiny leaves. It grows in warm climates and may live to be 120 years old. Carob contains carbohydrates, tannins, proteins, minerals and dietary fibers. It is included in dairy products, baked goods, snacks and cereal as dietary fiber. It favours arid conditions which are naturally alien to fungus and pests so little or no chemical sprays are needed in its cultivation. It is a large tree and grows to 15m in 50 years. It produces no fruit for the first 15 years of its life, but will fruit well into its old age. A large tree can produce one ton of beans in one harvest.



glossy brown with maturity. They are between 4" and 10" long and weigh 0.75 to 1.5 oz. The pods contain four series of oval holes, each bearing a seed like a watermelon seed. Each pod can contain up to 15 seeds. Carob seeds and pods are edible. The ground seeds are used as a substitute for cocoa and as a food (also known as algarroba, St. John's bread, and locust bean gum). The pods are commonly used as cattle feed. Carob powder is also used as a food stabilizer and as a darkening agent.

Carob was consumed in ancient times. It's name is referenced in the New Testament. According to the legend, St. John survived on carob beans mixed with honey during his crossing of the desert. Hence, it is also known as Saint John's Bread. The seeds of carob were used to weigh gold. It is eaten on the Jewish holidays and it's

juice is consumed by Muslims during the Islamic month of Ramadan.

Many know the carob tree (or locust tree) but they don't know of the health benefits. This article covers the benefits of carob for health. Here is a great list of benefits of the locust tree.



1. Improves digestion.
2. Lowers cholesterol level in the blood. Carob seeds don't have a cholesterol agent.
3. It acts as an antioxidant.

4. It can be used to treat diarrhoea in children and adults.
5. It contains an active substance that is effective against asthma. Carob is also used for asthma problems caused by allergies.
6. It is a good expectorant. If smokers use it for a few days, they will soon feel the benefits.
7. It doesn't contain caffeine. It works well for patients that have high blood pressure.
8. It can help to prevent lung cancer, if used regularly.
9. It contains vitamins E and is used for the treatment of cough, flu, anemia and osteoclasia.
10. Carob tannins have Gallic acid. Gallic acid is analgesic, anti allergic and antibacterial. It is also antioxidant, antiviral and antiseptic.
11. It is used for the treatment of polio in children, as the Gallic acid in carob tannins helps to prevent polio.
12. It is rich in phosphorus and calcium. For this reason, it is used in the fight against osteoporosis.

I want to remind you, that you should apply the cure in the way that is described here. Do not take an over dose to get a faster result. Follow the times and amounts that are given.

Application: In the case of general shortness of breath and allergic shortness of breath. First wash 6-7 medium size Carob in water and then break them into pieces (each 3-4 cm), put them into the half liter boiling water. Bring to the boil cover and simmer for 7-8 minutes. After it cools down, pour the juice into a glass bottle. Its shelf life in the fridge is 3 days. Drink a glass of it every morning, during breakfast, and before dinner. You should prepare a new cure every three days. Apply the cure for twenty days without a break. After twenty days, keep applying the cure

for fifteen days but add a spoon full of honey into the glass of juice and drink it during breakfast and before dinner. Don't consume additional honey at breakfast while you are applying the

cure. *Attention: If the patient is a child who is between 5-12 years of age and having shortness of breath or allergic shortness of breath, you should apply the cure only during breakfast. Attention: Don't eat honey at breakfast while you are applying this cure. Don't add more than one tea spoon full of honey to have a stronger effect.*

Alternative to chocolate

Carob has rightly been coined the healthy alternative to chocolate. As most of us are now aware, carob is free from the stimulants caffeine and theobromine found in chocolate. It is also naturally sweet, so carob products will generally contain substantially less sugar than their chocolate counterparts. Carob powder can be substituted for cocoa powder in any recipe.

Advantages of Carob over Chocolate

Carob is free from caffeine and theobromine which can be addictive and can cause allergies. Caffeine and theobromine are stimulants. Caffeine is the most active and works directly on the brain stimulating the senses, inspiration and alertness. It can be transmitted through breast milk and pregnant women are advised to restrict their caffeine intake. Caffeine has analgesic properties but also has side-effects such as anxiety, nervousness, nausea, and palpitations. Caffeine not only stimulates the brain and other organs but also increases the heart rate. It can provoke emotional reactions. It stimulates the gastric juices and acts as a diuretic and so can cause excess loss of the water soluble vitamins B & C. Caffeine stimulates release of the body's stored energy reserves, meaning that sugars are released into the blood. This can increase the risk of diabetes and possibly obesity and can cause mood swings.








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Festival of the Wine and of the Clotxa, the first weekend of November. You are invited to taste all the wines from DO Terra Alta and you can eat the clotxa (a typical food from this area).

Held the 1st weekend of November. The Wine Festival began as a celebration amongst a group of friends to celebrate the end of the harvest. It has now become the showcase of wines from the Appellation d' Source Terra Alta. Around the Cooperative Waldo you can find stalls from different cooperatives and private cellars of the region where you can taste the different wines for free. On Saturday the cooperative offers a complimentary appetizer to all who visit the stalls. During the festival there are many events organized related to the wine world, such as various conferences on the growing of grapes and the production of wine as well as agricultural courses on wine tasting. You can listen to the concert from a symphony orchestra, as well as other manifestations of a more traditional acts like the Giants etc. The festival ends on Saturday with the popular dance, where all from the young to



old celebrate to the early hours of the morning. Next comes the most awaited event, the popular meal with the traditional "clotxa" lunch for harvesters, where one side of bread is hollowed and filled with escalivats (sardine) or sausage with garlic and tomato.

Wine and gastronomy of Gadesa.

You can not leave Gadesa without tasting their famous wines neither their delicious pastries. Gadesa is famous for the excellent quality of its wines from DO Terra Alta. The white wines are strong and they stand out for their intense aroma of fruits. The red wines have less alcohol content and they have an intense colour. They are both equally appreciated. There are also other kinds of important wine, one being noted for its sweetness and is called "mistela" and the other is a rancid wine and it is called "vi ranci". The local bakeries are full of the typical regional cookies: "ametllats, casquetes, carquinyolis, coc de sagi", etc. They are all made with natural products including almonds and honey.






Olives & popcorn

Welcome to Olives & Popcorn, your monthly guide to great Spanish based films that in my opinion should not be ignored.

Any comments are welcome. Also if you want to know more about a particular film and how to get a copy again get in touch via my email below. This month I present another double bill, but this time highlighting the work of one of Spain's finest actresses Penelope Cruz.....

Although many of you now know her as the ex-Mrs Tom Cruise she has excelled in both Spanish and English films. And along with her latest film Almodóvar's 'Broken Embraces' I wish to highlight on of Penelope's first films going way back to 1992. Belle Époque "The Beautiful Era" (1992) *This first film is set in 1931, and yes, another Spanish Civil War film and as we know at this time Spain is torn between the republicans and royalists and on the edge of civil war. Fernando, a young deserter from the army escapes the chaos around him to discover another when he befriends Manolo, an old man with a large house in the country. Fernando meets and is enchanted by Manolo's four daughters. As he meets each of the first three one by one, he falls in love and has sex with each of them which makes the youngest naive daughter, Luz jealous. Initially this comes across as a somewhat more saucy Shakespeare comedy of errors but it does grow beyond that feel and grows it's own style that both amuses and ponders the life's of the common man during this turbulent time.*

Broken Embraces
'Los abrazos rotos' (2009)
This second film by Pedro Almodóvar is set in the 1990s and present day. The film is four small stories that elope into one more larger tale of dangerous love, and was shot in the style of classic 50's American film noir. The cast includes many Almodóvar regulars such as Ángela Molina, Lola Dueñas and of course Penélope Cruz (her fourth film with the director). Many themes include noir references such as posters in sets, the lighting and the characters themselves. "Harry Caine" (Lluís Homar) is a blind writer who shares his life with his personal assistant Judit (Blanca Portillo) and her adult son Diego (Tamar Novas). Slowly, events in the present begin to bring back memories of the past. He hears that millionaire Ernesto Martel (José Luis Gómez) has died; a young film-maker, Ray X, appears and turns out to be Martel's son, Ernesto Martel Junior (Rubén Ochandiano). Diego is hospitalized after an accidental drug overdose in a Madrid nightclub. "Harry" collects Diego from the hospital and looks after him to avoid worrying his mother. Part of the main storyline is told in flashback as "Harry" narrates a tragic tale of fate, again in classic noir style that includes jealousy, abuse of power, betrayal and guilt.

In conclusion another emotional powerhouse of a film that we now come to expect from Almodóvar, but in my personal opinion still not as strong as 'Talk to Her'.

Jason.M.Berry 17/10/2009
Contact e-mail: gatchajay@hotmail.com







HEALTHY HORSERADISH GROWS WELL IN SPAIN By Clodagh and Dick Handscombe practical gardeners authors* and broadcasters living in Spain for almost twenty five years.



Horseradish

We are always looking around for inexpensive plants that offer health benefits, are easy to grow and are more tasty than commercial alternatives. We mentioned stevia and kalanchoes a couple of months ago. We now look at horseradish.

If you have a terrace, patio or garden horse radish can be grown by anyone. All you need to do is ask a friend for a cutting or bring rooted cuttings from northern and central Europe, plant it in rich soil in the ground or in a large pot and keep it damp.

Within a couple of years you will be able to dig the plant up, cut off a sizeable root and replant the entire plant or the tops of a number of offshoots. They will soon re-shoot to produce new roots and leaves. In frost areas the plant will lose its leaves in the winter.



As well as having an appetising taste when grated and diluted with extra virgin olive oil to taste, for eating as an accompaniment to meat or with cider vinegar or lemon juice for eating with fish dishes, it has several useful health benefits when freshly harvested. Horse radish roots contain (according to many internet reports) useful levels of vitamin C, potassium, calcium and sulphur; have antibiotic anti-inflammatory, anti-water retention properties as well as being an enhancer of one's metabolic rate. The latter a traditional way of reducing the heaviness of a roast beef and Yorkshire pudding Sunday lunch and controlling one's weight.

You may well say but is it not easier just to buy an imported jar at the local British product shop. It may be easier but will it be as healthy? We read the label on an imported jar the other day. We put it straight back on the shelf. It's contents read 'Horse radish 30%, water, spirit vinegar, vegetable oil, turnip, glucose syrup, sugar, pasteurised egg yolk powder, salt, stabiliser gum, mustard flour, flavouring, sodium meta-bisulphite as a preservative'. Why disguise the true taste of a basic traditional plant in this way?

Unfortunately the plant is rarely in garden centres so ask around amongst friends in Spain central Europe as well as in the UK. If anyone already has a large plant or two that can be split there is a ready market for you in small plants.

**Clodagh and Dick's books 'Growing Healthy Vegetables in Spain', 'Growing Healthy Fruit in Spain' and 'Your Garden in Spain' can be most conveniently obtained from the publishers on www.santanabooks.com or 952-485838 if you do not live near a book shop. © Clodagh and Dick Handscombe www.gardeningspain.com September 2009.*



Horseradish root



Roast Beef/Horseradish

TREAT YOUR TASTE BUDS.



Chilled Bloody Mary soup with horseradish cream

Ingredients

- 1 shallot, peeled and chopped
 - 2 tbsp freshly grated horseradish or grated horseradish in vinegar
 - 2 sticks celery, roughly chopped
 - 1 x 400g/14oz tin chopped tomatoes
 - 2g/½ tsp celery salt
 - 45-60ml/3-4tbsp worcestershire sauce
 - 5-10g/1-2tsp Tabasco sauce
 - 2g/½ tsp freshly ground black pepper
 - juice of 1 lemon
 - 1L/1¼pt fresh tomato juice
 - 125ml/4fl oz chilli vodka
 - 2 tbsp fino dry sherry
- For the Horseradish Cream:
- 1 tbsp freshly grated horseradish
 - 4 tbsp of crème fraîche
 - salt and pepper
 - juice of half a lemon

To Serve:

- 2 sticks of celery, finely diced
- 4 tomatoes, deseeded and finely diced
- 1 red onion, finely chopped
- celery leaves

Method

1. Place the horseradish, shallot, two sticks of celery, chopped tomatoes, celery salt, worcestershire sauce, Tabasco, black pepper and lemon juice into a liquidiser and blend thoroughly until smooth. If time allows place this base mixture in the fridge for 2-3 hours to chill and for the flavours to develop. Strain through a sieve with a metal spoon. Stir in the tomato juice, vodka and sherry.
2. Just before serving the soup make the horseradish cream. Place the crème fraîche into a bowl and stir in the horseradish and

HORSERADISH

lemon juice. Season to taste.

3. Divide the red onions, diced celery and tomatoes between four chilled glass serving bowls.
4. Pour the soup into the bowls, top each with a spoonful of the horseradish cream and garnish with celery leaves

Horseradish mash

Ingredients

- potatoes
- salt
- butter
- milk

2 tbsp freshly grated horseradish root

Method

1. Boil the potatoes in their skins in very well-salted water. (Choose roughly similar-sized potatoes so they cook at the same rate.)
2. Add the milk and butter to a saucepan and heat. Add 2 tbsp of freshly grated horseradish root to the hot milk and butter then infuse with a lid on for about half an hour. Do this in a separate pan just after the potatoes have gone on, and by the time they are cooked the horseradish flavour will be fully infused.
3. When the potatoes are thoroughly cooked, drain them in a colander and leave them to steam until just cooked enough to handle. Then the skins are easily peeled off with your fingers.
4. Break up the potatoes roughly with a fork to allow more moisture to steam off.
5. After a couple of minutes more steaming, the potatoes can then be sieved into the pan of bubbling hot milk and butter, or evaporated cream and butter and whisk until smooth.
6. Taste and carefully adjust the seasoning again before serving.



Salmon and horseradish mash

HALF A MILLION BENEFIT CHEATS THROW THEMSELVES DOWN THE STAIRS

JOHNSON AND WINDSOR IN WIG SHARING DEAL

JJB DROPS 'SPORTS' FROM TITLE AFTER ADMITTING IT WAS FOOLING NOBODY

A CONSERVATIVE plan to cut the number of people on incapacity benefit was in tatters today as 500,000 people threw themselves down a staircase.

Across Britain council houses and tower blocks echoed to the tell-tale thump of work-shy layabouts hurling themselves towards a guaranteed £25 a week.

Under the Tory plan all those who are deemed fit for work will have their benefits cut and be forced to look for jobs that currently exist only in the mind of Norman Tebbit.

Private training firms will assess all 2.6 million people on incapacity benefit to see what work they might be able to do, which experts say will most likely be assessing people on incapacity benefit to see what work they might be able to do.

Tom Logan, of the London School of Economics said: "By 2014 we should be in a situation where half the country will be assessing the employment capabilities of the other half until they get bored and throw themselves down some stairs.

"They will then join the queue for assessment and will eventually be employed assessing people who have recently thrown themselves down some stairs. And so on."

Tory leader David Cameron denied the move was a return to the harsh Thatcherite policies of the 1980s, adding: "I will personally ram a knitting needle into the thighs of all those who claim they are unfit for honest labour.

"Any scoundrel that lets out a shriek will have the gin bottle snatched from his

grasp before being manhandled into the back of a cart and dumped outside the gates of his local cotton mill, bobbin factory or call centre.

"The wretch will then be forced into an upright position where he will learn the virtues of toil and the base immorality of screen breaks.

"If they apply themselves and refrain from griping, then perhaps they will rise to the rank of tradesman and one day may even be in a position to ask me how much money I have."



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TORFX

LONDON mayor Boris Johnson has entered into an historic wig-sharing agreement with Eastenders actress Barbara Windsor. Under the deal the pair will share wigs in the event of fire, flooding or theft in a bid to ensure that at least one of London's two most unbearable icons is always available for public viewing.

The move follows Johnson's incredibly tedious appearance on the popular soap opera, during which he ordered a pint of bitter without trying to have sex with anyone.

A spokesman for the mayor said: "Boris really wanted to do a story line where he had sex in a cupboard with one of the young, blond actresses, preferably the one with the plastic nose.

"But we eventually agreed a compromise where he did a scene with Barbara Windsor while imagining he was having sex in a cupboard with the Barbara Windsor from Carry On Doctor."

Meanwhile the BBC has rejected accusations of political bias from former mayor Ken Livingstone, reminding the Labour politician that the election was two years ago and he was soundly beaten by his worst nightmare. Livingstone said: "When I was mayor I wanted them to do a story about how the US government should drop its economic sanctions against Cuba in exchange for Castro repealing laws which discriminate against homosexuals.

"But they said it would not have rung true as Ricky and Bianca both felt Castro had betrayed the founding principles of the people's revolution and would therefore have dismissed the idea out of hand."

A corporation spokesman insisted: "Allowing Ken Livingstone to appear on Eastenders would have breached the BBC's guidelines on allowing Ken Livingstone to appear in Eastenders.



JJB Sports, the troubled high street vendor of television watching apparel, has finally dropped the 'Sports' from its name.

The company admitted the word simply led to confusion and would only be reinstated if collecting incapacity benefit is included in the 2012 London Olympics.

Brand consultant Tom Logan, backed the move, adding: "Athletic achievement has never been a top priority for their customer base. The most gruelling exercise they get is a round trip from the sofa and back via Greggs and Cash Convertors.

The store's new title has yet to be finalised, although the favourites include 'JJB Sits', 'JJB Clothes with Writing On' and the more direct 'Free Cakes Here'.

Logan said: "The store appeals to a diverse demographic including people who do minor cheque book fraud and

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teenage boys who masturbate over Nuts magazine while fantasising about owning a Vectra with the word 'Turbo' written on the door in marker pen, as well as the congenitally wide and/or hefty."

He added: "You'll notice that I didn't include Linford Christie or Daley Thompson in that list."

Wayne Hayes, a JJB customer who is currently off work with a bad back, said: "I go there once a month to buy jogging trousers. I think jogging is a type of console game where you shoot zombie crabs.

"They have an excellent selection of casual and smart tracksuits. I got a cracking bespoke shell suit with stripes down the side and a logo of two naked birds holding each other by the tits that I wore for my uncle Pete's wedding."

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THE UNSTOPPABLE VIRUS

I thought you would want to know about this e-mail virus. Even the most advanced programs from Norton or McAfee cannot take care of this one. It appears to affect those who were born prior to 1960.

Symptoms:
1. Causes you to send the same e-mail twice. done that!

2. Causes you to send a blank e-mail! that too!

3. Causes you to send e-mail to the wrong person. yep!

4. Causes you to send it back to the person who sent it to you. Aha!

5. Causes you to forget to attach the attachment. well darn!

6. Causes you to hit "SEND" before you've finished. Oh, no - not again!

7. Causes you to hit "DELETE" instead of "SEND." and I just hate that!

8. Causes you to hit "SEND" when you should "DELETE." Oh No!

IT IS CALLED THE "C-NILE VIRUS."

Hmmm...Have I already sent this to you?

With the Cost of Computers here in Spain now almost on a par with the UK, it now makes more sense to buy a PC Over here rather than go back to England to get one. My advice is to buy a Spanish PC and simply obtain the English language pack instead of getting hold of an English copy of Microsoft Vista as what Microsoft doesn't make widely available is that you can download and install free of charge Language packs direct from Microsoft's website. However Microsoft have tried to make it so that it isn't that straightforward by locking the operating system to one Parent language, however some bright spark has now found a way to unlock

the language barrier without breaking any copyright laws. If you follow the steps below you should have your shiny new vista pc talking to you in English, Spanish, Catalan or Welsh in no time! What you will need to do first is to download the following Software.



The Software is called **Vistalizador** Freely Downloadable from <http://www.ebrovalley-computers.info/Vistalizador.exe> this is a very simple program to use, simply download and save it to your downloads folder on your pc (**or descargas folder in spanish**). Once you have downloaded it simply double click the executable Vistalizador.exe, upon clicking the application a warning window will appear prompting you to allow permission to run it, click ok, then on the first window that appears look at the version of windows that you are running listed as system e.g. **Vista Home Basic 32-bit RTM** Once you have found which version of windows that you are running visit www.ebro-valleycomputers.info/tips&tricks.html and download the corresponding language pack to match your version. Once you have downloaded the language pack to your downloads folder **or descargas folder** (Which takes a while so a good time to get a beer or something!)

Once the language pack has downloaded which should be named something like this **lp-en-us_c38cb05f3146b642c95743633998808fa5229875.exe** simply open Vistalizador again and click add language And point it to your newly downloaded language in your downloads folder (**or descargas folder**) Once the English language appears in the list highlight it and click change language. You will then be asked to reboot your machine after the reboot your default language should then be in English.

Please note that you attempt this language conversion at your own risk and should not be attempted if you're not

confident in your IT Skills! For help or advice call Paul on 653 408 962 or email: ebropc@gmail.com web: www.ebrovalley-computers.info



Damas y Caballeros. Ladies and gentlemen, the correct way to welcome audiences. And signpost public toilets.

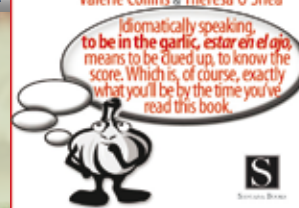
Don, doña. Title showing respect, similar to señor and señora, but used only with first names, as in Don Juan and Don Quijote. The correct, ultra-formal way to address someone (say on an envelope) is as follows: Señor Don Juan Tenorio or Señora Doña Isabel Pantoja.

Excelentísimo. Evidently the Spanish just love long-winded titles for their own sake, which is why many Ayuntamientos (town councils) like to call themselves Excelentísimo - and not necessarily big cities, either.

Ilustre. Honourable, sort of, used for certain professional societies. The Ilustre Colegio de Abogados de Madrid or the Ilustre Colegio Oficial de Ingenieros Industriales de Galicia hark back, ever so slightly wistfully, to the lofty esteem in which doctors, lawyers and others who had obtained a professional qualification were held in days less egalitarian than our own.

Señor, Señora, Señorita. Mr, Mrs and Miss. There's no such thing as Ms in Spanish. Theoretically, you're either young and unmarried (señorita) or older and married (señora). What happens in practice is that as long as you are deemed young enough and / or good-looking enough you remain a don't-worry-your-pretty-little-head señorita. Go on, protest at the chauvinism of it all, but when all you ever hear is señora, you start hoping for the odd fluffy miss.

Señorito. Master. A word that conjures up times, thankfully past, of arrogant young



"You talkin' to me?"



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Señorito. Master. A word that conjures up times, thankfully past, of arrogant young



aristocrats maltreating and abusing menservants and maids.

Señor Presidente. You never know, one day your might be chosen to sing Prime Minister José Luis Rodríguez Zapatero a birthday song to la Marilyn Munroe. In which case, you'll want to get it right: "Cumpleaños feliz, Señor Presidente, cumpleaños feliz". The correct form of address for a government minister is Señor Ministro or Señora Ministra, and

for your local mayor its Señor or Señora Alcalde.

Usted. The formal, polite word for 'you' (in writing abbreviated to Vd and Ud) as opposed to the informal, familiar 'tú'. *Usted* is used to show respect, when you first meet someone, to the elderly, and those in positions of authority. *Tú* is used for relatives, friends, children, pets, pests, vehicles, computers and other unruly appliances, so uttered inappropriately it could give offence or the wrong impression (if you're a male talking to a female you don't know, for example). But the gaffes of the obviously foreign are usually treated with tolerance. The tú/ Vd distinction is now breaking down in colloquial speech, but your best bet is still to follow the classic rules. When relations are relaxed, you can always ask if it's okay to 'tutear'. To address more than one person formally, use the plural *ustedes* (Vds, Uds).

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WHAT'S ON NOV 7th charity event for ARCA. TABLE

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THE READING CLUB where an English spoken person reads a short English story- members consist of Spanish, Irish and English. Reading Club will meet on 9th November, 19,30 at Marcel.li Domingo Public Library, Tortosa. Our reader will be Brid Ni Riordain. She will read a short story by an Irish writer: Colm Toibin. **CAR BOOT** | 1st Sunday of every month 10am. stalls 5€. Refreshments, Camping St Jordi, Platje Ayellanes, L'Ampolla Tel 679 115 247 •**CAR BOOT SALE** | 2nd Sunday of very month. Situated Hipaca Escornalbou, Vilanova D'Escornalbou. Arrive 9am starts 10am. Bar & restaurant- **no fresh produce allowed!** Contacts: Cosme on 620215772 or Silvia 665159781 •**CLASSIC CAR MEETING** 1st FRIDAY of every month 6PM Call for more details and new location: 678 718 446 •**EL PERELLO FREESIA GROUP (working for cancer charities)** Book Sale 10th October at the Homogenik. Boot Sale 25th October Proxims Car Park Sellers 9.30. Pitches 5 euros. Christmas Fair at the School of Music on the 14th November. Phone Liz 619905609 •**FRIENDSHIP CLUB** | for all nationalities meeting 2nd, Sunday of each month near Tortosa free stalls for those that have wares to sell, food & drinks available.Call Brian Parkin at 660990422 or 977059911•**CAR BOOT SALE** | first sunday every month C/Garcia Restaurant Braseria Can Palomo MORA LA NOVA. •**FLIX CAR BOOT SALE** | Sunday Nov 22. Arrive 9.30 start 10.am. At Bar La Freixa Bonarea Info. Wendy 653282848. •**MASONIC GROUP MEETING MONTHLY** | Are you or have you been a free mason, if so you and your partner are invited are to join us for our monthly social gatherings. with a view to forming an english speaking lodge. for more information please phone Les Beech on 678 357 713 or email: lesbeech@hotmail.co.uk. •**C of E CHURCH SERVICE** | 4th Wednesday of every month at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The Anglican Congregation of St Christopher's, 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. Paul Needle can be contacted on 964761641 or mobile 662482944 or e-mail paulneedle@aol.com for pastoral needs.

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IBERBANDA PROBLEMS? It appears that Iberbanda have either made a change or have a problem in the El Perello and Deltebre repeaters - I don't know if the same applies to the Tortosa one or any others, but possibly..

Sorry if the following is a bit technical but it may help someone trying to sort out a problem..

Up until now the Iberbanda DHCP server has been providing multiple IP addresses on the single links that people have - this would allow you to connect a basic ethernet hub or wireless access point that does not provide NAT or DHCP and then each connected device would get a public IP address.

It seems that this has now been stopped and they are restricting each link to a single public IP address.

This means if you connect 2 computers or devices (VOIP SIP or whatever) then only one will work, the second will report an IP conflict with another device on the network and won't get internet connectivity.

The solution to this is a router/access point that provides NAT and a DHCP server. Ensure the DHCP server is enabled and that each device you connect picks up a local IP address (typically by default in the 192.168.xx.xx range), the NAT should not need anything to configure it as it is not a configurable 'thing', just a function of the router. If your device doesn't pick up an IP from the DHCP server then you may need to pre-assign an IP address using the MAC address of the network adaptor. This shouldn't affect anything you do/use on the pc unless you are running a web server/mail server/ ftp server etc. in which case you may need to set up port forwarding on the router. **Contact Nigel Morton on 620 353 138 if you need any assistance.**

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guest apartment
Villa - 2 beds, 2 bath
Swimming Pool
10.000m² plot
Price: 267.000 euros



M1129 - Tivenys
5 mins River Ebre
100m² Chalet with 4
double bedrooms, full
bathroom, large lounge
diner, 2 garages.
Mains electric & water
6500m² plot
Price: 189.000 euros

Av. Generalitat 70, 43500, Tortosa,
Tarragona, Spain
email: info@myspanishhome.com

+34 977 446 655
+34 639 041 277
+34 679 499 316

office
mobile Stephanie
mobile Steve