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EDITORIAL

MEET BOB THE EDITOR

WELCOME TO THE APRIL ISSUE COVERING CATALUNYA & COSTA AZAHAR. WE WISH ALL OUR READERS HAPPY EASTER & HOPE YOU HAVE YOUR NEW EASTER BONNET!

 $\Diamond\Diamond\Diamond\Diamond$

The birthstone of April is the diamond which symbolizes innocence, and the birth flower is typically listed as either the Daisy or the Sweet Pea

80808

Easter morning, Easter morning, Easter morning dawning fine

Have to find the Easter eggs now, I've already picked up nine.

Fill the basket, fill the basket, fill the basket every time

Candy eggs and jelly beans are tucked behind each growing pine.

Bend and scramble, bend and scramble, bend and scramble, reach and climb.

Find each hidden Easter treat now, pick them up and they'll be mine.

See them glow and see them glisten, see them glow and see them shine.

Join me with my Easter candy and together we will dine.

80808

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

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

ER PICTURE: "OLD GREETING CARD WITH AN EASTER LADY AND HER EASTER BONNET, WITH LONG, WHITE EARS UPON IT ON A BACKGROUND OF EASTER FLOWERS AND EASTER EGGS.



hunt - come and join me.

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NEWS IN SPAIN

panish Government wants to save 1.5 billion Euro on health. The Ministry of Health has said it wants to see savings of 1.5 billion € in pharmaceutical costs, and at a meeting with the health regions on Thursday, Minister Trinidad Jiménez, said she only wanted the health service to pay for the cheapest generic version of any drug, and the use of the cheapest medication provided its efficiency had been proved. Such savings are likely to be enforced by royal decree, and were revealed after the meeting by Mercedes Roldós, the health delegate for the Canaries. Other reports speak of plans to bring all spending on medicines across the regional health services into one central place. In addition the Minister has proposed a global wage freeze from now and in the future other proposals on a cohesion health fund. Indications are that the regions are prepared to cut costs in this way. The text of the measure could be approved as early as tomorrow in the regular Friday cabinet meeting. Last year the health service in Spain spent 12,506,217,283 € and 92 cents on prescriptions alone.

pain gets 'last warning' from EU on air pollution. The European Union has given what it describes as its last warning to Spain because of high pollution levels in the air. The European Commission has written to Spain. Cyprus, Portugal, Bulgaria, Slovenia and Sweden, saying that they fail to meet the limits on dangerous particles in the air, and that it faces being brought before the European Court of Justice. Of particular concern in Spain are the PM10 particles which can be dust, ash, metallic particles, cement or pollen, that have a diameter between 2.5 and 10 micrometres. They are released by industry, traffic and





home heating systems. Also mentioned by the Commission are the high levels of Sulphur Dioxide.

irst distancing order for homophobia in Spain. The order goes against a group of 16-18 year olds who attacked a young man in the local district of Sabadell, Barcelona in 2004, and comes as the victim has returned to live in the area six years on. The youths are also banned from going any closer than 300m from the victim's home and from making any communication with him, and also have to pay a fine, although the amount has not been confirmed. It's the first time that homophobia has been equated with domestic violence in a Spanish court. It comes as part of a plea deal package after the case had been suspended on several previous occasions. Catalan gay group, FAGC, has welcomed the ruling.

0,000 without power a week after the Catalan snow storms - Mar 15, 2010. A new electricity failure left thousands without power again in Girona, some of whom were without a supply for a week following the heavy snow storms which hit the area. It was caused by another high tension line failing and it affected Tossa de Mar, Lloret de Mar, Platja d'Aro, Santa Cristina d'Aro and Sant Feliu de Guíxols. Initially 100,000 lost power, but that number reduced to 40,000. Local residents and hoteliers 059 364



showed great anger at the situation, while the President

of Cataluña, José Montilla, thanked the residents for their 'relentless' behaviour. However, local Mayors in Girona province issued a statement attacking the power companies, complaining too of a lack of clear information from them on the restoration of power. They say that the power companies should accept responsibility and that such a situation should never happen again. Thousands trapped after historic snowfall in Barcelona- Mar 9, 2010. An historic snowfall brought chaos to Cataluña and a state of emergency was declared in the region as snow accompanied by high winds continued. Civil Protection was on an emergency phase one alert following the heaviest snowfall in the region since 1986. Thousands of people were trapped in trains by the blizzard, with most of them

evacuated to local sports halls to spend the night. Some

oject (phase 1) July to September 2010. To give classes in Engli for children from Asian and North European countries, also to look after children on various trips, sports activities, babysitting, looking after teenagers' security in the evenings and at night. All responsibilities involved in an exchange visit of 300 students to the Costa Dorada will be included in the many tasks. The candidates must be English Mother tongue with other languages a bonus. A complete police check will be made on all candidates. Qualifications and experience essential, plus a love of working with children. All candidates must attend a three day training course in Salou in April/May before being accepted by the various ambassadors involved. Interested candidates must send c.v, cover letter and references to gharward72@aol.com. There will soon be an International School in Salou. Teaching all ubjects in English, Spanish and a third major language. The land has ready been assigned by the council. Phase 1 will begin this summer

Parents and interested investors or professionals, please send your contact information, your children's ages and any other enquires to Gillian Harward

Gestram, Autovia Salou-Reus Nº4 43840 Salou. Or e.mail gharward72@aol.com.

local rail services were halted by fallen trees as well as the snow d. The Germans Trias I Pujol hospital in Badalona was cut off and there are an estimated 200,000 people without power in the Girona region according to Fecsa-Endesa. More than 150 roads were initially closed including the AP-7 and the N-II, and 4,000 lorries were trapped at the border crossing into France at La Jonquera. Chains were needed on a further 105 roads. All bus services in Barcelona were suspended, and Barcelona University was evacuated and schools were closed.



NEWS IN SPAIN



he Dalai Lama and Doris Day against bullfighting in Cataluña. The Dalai Lama has called on the

Catalan Parliament to ban bullfighting. The Tibetan leader said that the 'National Fiesta' is a 'cruel practice' which inflicts atrocious pain in a pubic way on innocent and sensitive animals. He made the call as part of the popular initiative in Cataluña to make the region the first to ban the practice,

writing a letter to the Association for the Defence of Animal Rights. They have passed on his missive to the Catalan Parliament. The Association has been looking for some 'big names' to support their cause, and among other recent supporters is Doris Day. Oddly the Catalan



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Parliament, while admitting the popular initiative for debate has also recently passed a law to protect local

fiestas in which bulls are used – the socalled 'correbous'.

alf price condoms in Cataluña.
600 pharmacies in Cataluña
are taking part in an initiative
to promote the use of the condom.
An advertising campaign is directed at
14 to 29 year olds, and sees half price

condoms at 1€50 a box of three. The campaign slogan will be 'Don't play with your future!' and 60,000 boxes are available at the discounted price. There is concern in the region at an increasing number of teenage pregnancies.





Another of the consequences, perhaps the most serious, of the recession is the loss of employment. We all know of cases in the family or of friends who have been dismissed and there is no doubt that a lot of distress is caused to the family by loss of monthly income making them depend on unemployment benefit, which in Spain, unlike other European countries, has a limited duration and during which, the amount paid decreases slowly.

But we don't always have to resign ourselves to being sacked, in many cases the dismissal will be unfair and we will have the right to claim in order to be readmitted or to be compensated according to the law. The dismissal will be unfair when the breach of contract alleged by the employer has not been proved or when the required formalities have not been carried out. We always have to remember that verbal dismissal does not exist and that the employer has the obligation to present the dismissal in writing explaining the exact cause on which it is based and determining the day on which it will come into effect. From the day mentioned, the employee will have 20 days, supposing that he/she is not in agreement with the cause of the dismissal, to submit a claim. The law demands that before submitting a claim to the

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e-mail address davidpique@advocatsreus.org

Social Court, a conciliation statement is submitted to the Service of Mediation and Arbitration to try to reach an agreement between both parties.

When the dismissal has been declared unfair, the employer, in 5 days from the date of notification of the sentence, will be able to choose between the readmittance of the employee, with payment of salary for the time taken for the process even though the employee hasn't worked during this time, or the following redundancy pay to be determined in the sentence:

- a) Redundancy pay of 45 days' salary for each year worked with a maximum of 42 monthly payments.
- b) An amount equal to the salary no longer earned from the date of the dismissal up to the notification of the sentence for unfair dismissal or until the employee finds another job, if that were to be before the sentence is pronounced.

If the employer does not choose to pay redundancy pay or to readmit the employee, it is understood that the former will apply, unless the dismissed employee is a union representative of other workers and in this case, the employee has the option to decide.

The readmittance must be produced with the same conditions (salary, timetable, job position...) that the employee had before the dismissal.

It is important to remember that at a first instance trial there are no judicial costs, so that in the supposition that the employee doesn't win the lawsuit, he/she will not have to pay the fees of the employer's lawyer.

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

Olive Press direct

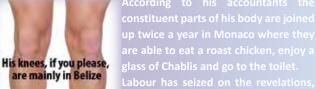
VOTERS across Britain have expressed outrage at Lord Ashcroft's ability to avoid more tax than them.

The billionaire Tory donor has used his non-domiciled status to lower his tax bill by an estimated £127 million leading to demands he conduct a mass tutorial at Wembley Stadium using short, simple words and an easy-to follow Powerpoint presentation.

Julian Cook, an economist at Madeley Finnegan, said: "Lord Ashcroft is one of around 60 million people in Britain who want to pay less tax.

"He does this by hiring an accountant who reduces his tax bill by as much as is legally possible, sends him an invoice and then everyone goes about their day. As you can see it's all incredibly evil."

Based on current UK tax law, Ashcroft has structured his financial arrangements so that his thighs, knees, eyebrows and chin spend at least half the year on a 4000 acre satsuma plantation in Belize while his arms, his torso and the remainder of his face live in a luxurious three bedroom duplex overlooking Hyde Park.



Labour has seized on the revelations.

to go on and on and on about all the

non-domiciled Labour donors who have done exactly the same thing, David Cameron has shown

they can be." Julian Cook added: "As an economist



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CAPRICORN Dec. 22 - Jan. 20

Your charm is easy this month, dear Capricorn. particularly in the first two weeks of the month. You have a winning smile and you easily impress others with a more easygoing and playful approach to life. April's energy is strong for romance.



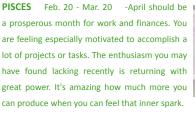
AQUARIUS Jan. 21 - Feb. 19

Relationships become much clearer for you in



April. Communication is refreshingly direct in the first two weeks of the month, and although relationships are not without their challenges, you benefit from increased clarity and the feeling that you know what you, and a partner, want from your partnership.







ARIES Mar. 21 - Apr. 20

An energetic month is in store for you as you get back on your feet. You want to have fun, and you might find you're pouring a lot of energy into your hobbies, children, and recreation. Romance moves forward, and you're ready to take the initiative when it comes to matters of the heart.



TAURUS Apr. 21 - May 21

This month, you are coming across as quite



charming, but introspective nevertheless, dear Taurus. Work matters go especially well. Job seekers will find good prospects. Romance finds you, but after the 18th, hesitancy is likely. Around the Full Moon on the 28th, a partnership needs attention.



GEMINI May 22 - Jun. 22 - You are more in touch with friends and dreaming up new goals in April. Take advantage of the cooperative mood around you. After the 18th, however, you may be a little introspective as you review your plans. There can be frustrating delays, particularly on the job now, and especially around the 28th.



CANCER Jun. 23 - Jul. 22

Your career is certainly picking up pace in April, dear Cancer. You are clearer about your goals and work matters are straightforward. Others are recognizing your talents and abilities, so it's a good time to get yourself noticed. Your drive to improve your finances is great this month.

April is an especially strong month for personal energy, confidence, and motivation for you, dear

Leo. Others are naturally letting you take the lead now, and you're gladly taking on the role. You are setting your sights high this month, not afraid to go after what you want.

VIRGO Aug. 24 - Sep. 23

Your inner world is especially active and rich this month, dear Virgo, as you find much motivation to work behind the scenes or to work on projects in relative solitude. Your mood in love is mostly adventurous, and your charm is quite natural now. A more positive and forward-looking attitude wins you many admirers now..

LIBRA Sept. 24 - Oct. 23

This is a very strong month for close relationships, dear Libra, even if it's not the most energetic of periods on a personal level. A partner may need extra attention, but is happily very straightforward and your relationship is certainly clearer than it has been in recent months.

SCORPIO Oct. 24 - Nov. 22

Your career is receiving strong energy this month. It's picking up pace, and professional matters become clearer and more straightforward. You are feeling re-motivated after some confusion and lack of enthusiasm in recent months. Keeping your nose to the grindstone is a good idea now, although you tend to want to take the lead.

SAGITTARIUS Nov. 23-Dec. 21

The first few weeks of April are strong for taking a break from the rigors of daily life, dear Sagittarius. You are feeling especially playful, energetic, and expressive this month, and it's time to have some fun. Freedom to do as you please is a driving factor in all that you do now.

10 email: info@theolivepress.eu Tel: 977 059 364



A handful of chocolate drops should kill a small dog like a chihuahua, as it is often said.

But many owners offer chocolate to their canine pets, so: Is chocolate truly poisonous to dogs?

Dogs have similar tastes to humans, and like us, they have a sweet tooth.

But while humans can ingest safely large quantities of chocolate, dogs metabolize theobromine more slowly, that's why chocolate triggers the obromine poisoning.

The theobromine will remain in the dog's bloodstream for up to 20 hours.

"The hazard, however, is probably overblown," says Tim Hackett, a veterinarian at Colorado State University.

Chocolate's effects are linked to its quantity and quality and the dog's size.

The chocolate's poison is the alkaloid called theobromine, whose molecules bind to receptors on the surfaces of cells and block the natural compounds that normally attach there.

In humans, theobromine provokes the release of the euphoria hormone, serotonin but in dogs low doses trigger Charlet Innis 1951 vomiting, nausea, increased urination or diarrhoea.

If a large amount of theobromine or caffeine is ingested, some dogs will show symptoms such as muscle tremors, cardiac arrhythmias, epileptic seizures, internal bleeding, heart attacks and can even die.

Theobromine can make a dog's heart race up to twice its normal rate, and some dogs may run around as if they have drunk a gallon of espresso, according to Hackett.

Less than 100gms (a small bar of chocolate) of milk

ulnerable to chocolate's effect.

Poisoned dogs are generally treated by inducing vomiting within two

to absorb any theobromine remaining in the gut or that

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only 30 cents for each kW should read 3 € per day (or cycle)..."

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Bitter chocolate contains six times more theobromine than milk chocolate, but theobromine's levels also varies with cocoa beans strain as well as different brands of chocolate.

chocolate is potentially deadly for small dogs. A 20 kg dog will normally present intestinal distress after eating less than 240 g of dark chocolate, but won't necessarily present heart impairments unless it consumes at least half a kilogram of milk chocolate.

Just 1.3 g of bitter chocolate per kilogram of a dog's body weight is enough to trigger poisoning (so just 25 grams of unsweetened chocolate will poison a 20 kg dog).

In 16 years, as an emergency and critical care veterinarian,

Hackett has witnessed just one dog death from chocolate poisoning. and he suspects it may have had an underlying disease rendering it more

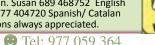
hours after ingestion and administering activated charcoal may be circulating through the dog's digestive system.

Charcoal should always be in your pet emergency kit because it also is effective in adsorbing other poisonous substances eaten or drunk by dogs or cats.

Remember to take to your veterinarian as soon as possible if there are any signs of poisoning!

PROTECTORA D'ANIMALS DE LA RIBERA D'EBRE **Based in MORA LA NOVA** CONTACT | Susan: 689 468 752 English I: 977 404 720 / 657 905 465 Spanish/Cat

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.







YOU ALL LOVE EASTER BUNNIES!



A group of 40 year old buddies discuss and discuss where they should meet for dinner. Finally it is agreed upon that they should meet at the Gasthof zum Lowen restaurant because the waitresses there have low cut blouses and nice breasts.

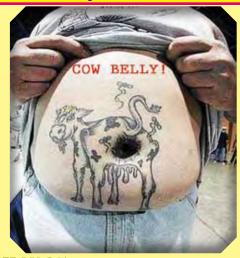
10 years later, at 50 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed that they should meet at the Gasthof zum Lowen because the food there is very good and the wine selection is good also.

10 years later at 60 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed that they should meet at the Gasthof zum Lowen because they can eat there in peace and quiet and the restaurant is smoke free.

10 years later, at 70 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed that they should meet at the Gasthof zum Lowen because the restaurant is wheelchair accessible and they even have an elevator.

10 years later, at 80 years of age, the group meets again and once again they discuss and discuss where they should meet. Finally it is agreed that they should meet at the Gasthof zum Lowen because that would be a great idea because they have never been there before.

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Pinot Noir in one hand - strawberries & chocolate in the other - body thoroughly used up, totally worn out and screaming 'WOO HOO, What a Ride!'!







LIFE LESSONS

Lesson 2:

A priest offered a Nun a lift. She got in and crossed her legs, forcing her gown to reveal a leg. The priest nearly had an accident. After controlling the car, he stealthily slid his hand up her leg.

The nun said, 'Father, remember Psalm 129?'

The priest removed his hand But changing gears, he let his hand slide up her leg again.

The nun once again said, 'Father, remember Psalm 129?'

The priest apologized 'Sorry sister but the flesh is weak.'

Arriving at the convent, the nun sighed heavily and went on her way. On his arrival at the church, the priest rushed to look up Psalm 129. It said, 'Go forth and seek,

further up, you will find glory.' Moral of the story:

If you are not well informed in your job, you might miss a great opportunity.

Ear Infection.

This is so true! They always ask at the doctor's office why you are there, and you have to answer in front of others what's wrong and sometimes it is embarrassing.

There's nothing worse than a Doctor's Receptionist who insists you tell her what is wrong with you in a room full of other patients. I know most of us have experienced this, and I love the way this old guy handled it.

A 65-year-old man walked into a crowded waiting room and approached the desk.

The Receptionist said, 'Yes sir, what are you seeing the Doctor for today?'

'There's something wrong with my dick', he replied. The receptionist became irritated and said, 'You shouldn't come into a crowded waiting room and say things like that. ' 'Why not, you asked me what was wrong and I told you,' he said.

The Receptionist replied; 'Now you've caused some embarrassment in this room full of people. You should have said there is something wrong with your ear or something and discussed the problem further with the Doctor in private.'

The man replied, 'You shouldn't ask people questions in a oomful of strangers, if the answer could embarrass anyone. The man walked out, waited several minutes, and then re-entered.

The Receptionist smiled smugly and asked, 'Yes??' 'There's something wrong with my ear,' he stated. The Receptionist nodded approvingly and smiled, knowing he had taken her advice. 'And what is wrong with your ear, Sir?' 'I can't piss out of it,' he replied.

> The waiting room erupted in laughter. Mess with seniors and you're going to Lose!



OUR POOR LITTLE RUNT

Mary and Michael would like to welcome you to the newly decorated Riverside Lodge. They have recently moved from Alicante here to bring new life to the lodge and welcome you as your hosts. Mary has previous experience as a chef and Michael recently ran a bar so they



are both well experienced in Spanish life with Mary living here for 15 years and Michael 5 years.

Advertorial

They would like to emphasize it is not just a fishing lodge with comfortable rooms and chalets but a purpose built complex with a relaxing cafe bar with sky TV, dining room with English menus and pool table. They will be organising regular social events including a regular disco night starting on 9th April *aiming for every 2nd Friday of the month. Also a summer fete, BBQ'S and many activities for all the family with fun things to do in spacious tranquil surroundings. Plus you will be glad to hear Sunday Roasts are back with all the trimmings so remember to book early to avoid disappointment.

Riverside Lodge is situated on the banks of the famous River Ebro amongst some of Spain's most stunning scenery in an area of outstanding natural beauty. Overlooking the Ebro between the dam upstream and the Flix dam downstream this section of river is just alive with fish.

Directions: Junction 38 from the AP7 is the one you require. Follow the C44 and then the C12 to Flix. Take the left turn to Riba Roja in Flix and follow the road to the second roundabout. Take the first exit of the roundabout over the river bridge and first left at the other side of the bridge down the narrow tarmac road until you see the sign for Riverside Lodge entrance.





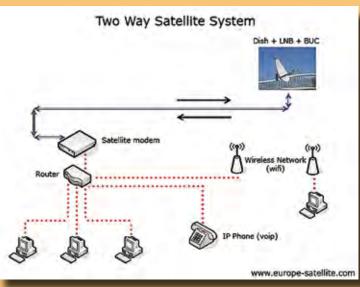


BROADBAND INTERNET AND TELEPHONE VIA SATELLITE

In recent years, satellite communication technology has been used increasingly as a way to connect to the Internet. This can be very useful for users who are located in very remote areas and cannot access a landline broadband or a wireless connection.

A two-way satellite Internet service sends data from remote sites via satellite to a hub, which then sends the data to the Internet.

Satellite systems can be used almost anywhere and we offer the widest coverage of any Satellite Broadband service available.



Satellite service can be used not only where ADSL is unavailable, but even where telephone lines can't reach!



Beside surfing the web and using email you can use your Satellite system to make and receive phone calls. You can call normal landline and mobile phone numbers all over the world and you can have your own phone number.



El Molino Systems S.L. has been successfully providing and installing satellite systems since 2004 to Home users, Large and small Enterprises, Military and Offshore in the





last few years - in Africa, Middle East and Europe: this includes war zones, remote jungle locations and idyllic holiday resorts.

Our wide experience in the satellite market means we are able to undertake projects regardless of the size and

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standing in front of a pile of flexible piping. The words underneath this picture are "I've never voted Tory before, but we need to sort out the economy". I don't know about the chap's voting history, but I'll not argue with the second part. But is this the way to do it? It would appear that our monetary problems can be solved by a sort of Dynarod solution. Just a quick flush through the system and everything will be OK again. Of course this is just the sort of

potty stuff we can expect as we face the run up to the elections in May.

The lunatic fringe, or 'Politicians' as they like to call themselves have torn themselves away from filling in their expense claims, cleaning their moats and taking out mortgages on non-existent property and are once again appealing to the populace to come out and vote for them to join the most exclusive club in London.

The current crew have not only managed to land us in a catastrophic debt but also into unwinnable conflicts largely, one suspects, to provide their former leader, and his charming wife, with American

holiday and shopping opportunities and consultative appointments in his 'retirement'. One cannot help but feel that the current, unelected, leader's policy of hand-outs of our money to failing financial institutions will open doors to similarly lucrative posts in the banking sector for him one day.

Stormin' Gordon is seemingly a hard

taskmaster and the school bully. The political 'fix-its' have done their work in order to try to remedy his public image. However, I'd much prefer to see Gordon throw

Shit Creek

the odd punch than, as we do now, see a sickly lop-sided grin instantly appear every time the cameras point in his direction. He looks as though he has just bitten the head off a, rather tasty, baby.

IS ALWAYS A DISASTER!!!

Consider the alternatives. There is the Conservative Party

offering policies that are not a million miles from the stuff we got from 'New Labour' and we are not going to fall for that one again. Then there is UKIP who seem to think we are spending £40million a day in Europe, presumably to keep you lot in free swimming pools. Following behind are the Lib-Dems and assorted nutter brigades who, even if we vote for them would never know what to do if they were, by some miracle, elected.

Most of British public will stay in their homes on polling day as they so often do. Many young

people who are entitled to vote just simply won't be able to because they have not bothered to register.

> Just in case you are thinking of returning to this green and pleasant land in order to join in the fun I can now inform you that there is now a Santander Bank on every High Street just to make you feel at home. Please don't tell me they are failing as well as they have some of my money!

> > © Mike Stevens 2010

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

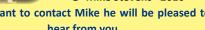
email: mikestevens09@hotmail.co.uk **18**° email: info@theolivepress.eu 🙂 Tel: 977 059 364



Right! I've got the canoe.

Who'll sell me a paddle for half our gold reserves?"









THE PEOPLE'S BUDGET! FLEE TLADE ENGLISH RACTION Hard times (left): But is it really so different today? Telling Porkies (right): Nothing new about dirty tactics

ters range from the overtly triumphant
s the one which proclaims the Conservativ
un-Ray Treatment of peace, pensions
e food - to the feroclously politically incorre

PEACE ABROAD

INCORRECT) ELECTION POSTERS FROM A CENTURY AGO

A "Chinaman" poster from 1909 - featuring a character who has an uncanny resemblance to Tony Blair - was designed as an attack on Liberal prime minister Herbert Asquith's Free Trade policy.

It implies the policy will result in a flood of substandard, cheap Chinese pork replacing English bacon.

Here is proof, should any be needed, that there's nothing new about

dirty tactics in the battle for

And while many of th oosters seem outdated there are some which seem strangely pertinent to British politics today.









YOUR OWN









Yintang

Bitong

Large Intestine 20

GV 24.5

QIUHOU

Prevention can play an important part in Large Intestine 4 making the wearying symptoms of the allergy seasons easier to cope with for those who suffer from allergic rhinitis, or hay fever. This condition is characterised by a highly sensitive immune response including symptoms such as sneezing, watery nasal discharge &/or blocked nose, eye redness & irritation, headaches, irritation & depression. It can be seasonal or throughout the year. Spring allergy reactions tend to be to tree pollens; summer ones to grass pollens; & autumn ones to weed pollens. Drugs such as antihistamines can help control symptoms but may produce undesirable side-effects such as severe drowsiness.

About 1 in 10 people in the western world are affected by this condition, and there is a link to a history of repeat antibiotic treatment as children, as well as to a diet high in sugars, fruit juices, dairy products & yeasted grain products. Reducing intake of these products in the months prior to the allergy season is therefore an important step in reducing the severity of symptoms, and by creating a build-up effect using any or all of the following selfhelp tools in the 2 -3 month period before your allergy usually kicks in.

Horseradish is a powerful herb which can clear out your sinuses immediately, but take care when using it as it is so strong it can burn sensitive tissues. Quercetin is an extract from oak & onions and is sold with

vitamin C as capsules which help reduce histamine (an immune reaction chemical) formation and release.

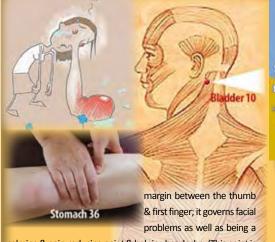
A traditional folk remedy is a teaspoonful of honey daily, a sort of homeopathic treatment to prepare your immune system pollen-wise. Bee pollen itself works similarly: the bee's collection of plant pollens in the product helps prepare the body for the coming peak pollen periods. Start off slowly and build up gently towards the peak season.

Homeopathic treatments can be very helpful. I find I have to experiment with homeopathic remedies; one tends to work for a few years, then stops, and I have to find a new one by asking in the chemist about available remedies, or in a homeopathic shop identifying my specific collection of symptoms/ constitution & choosing accordingly.

Likewise using self-acupressure points ahead of time can help soothe an overreactive immune response. Use of the points also helps reduce symptoms during the allergy season, a quick treatment 2 or 3 times a day can make a real difference, as well as for an emergency treatment like on extra high pollen days when you find yourself picnicking in a meadow.

To treat, press some or all points listed below firmly for a minute or two.

• A key point is Large Intestine 4, at the web



calming & pain-reducing point & helping headache. (This point is too strong for use by pregnant women, however, please note.)

- Yintang between the 2 eyebrows helps clear nasal congestion & calms the mind.
- Bitong, on either side of the nose above the nostril (where the finger can't move any higher) helps dry up mucus in the nose. Similarly helpful is Large Intestine 20, in the groove at the outer flare of the nostril.
- Bladder 2, in the slight groove at the inner edge of each

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eyebrow helps soothe eyes.

- Stomach 36, four finger widths below the kneecap on the outside of the leg, strengthens the immune system so prevents & treats over-allergic response.
- And Bladder 10, half an inch below the base of the back of the skull, & a half-inch out on either side from the spine, helps headaches, eye problems & the exhaustion caused by the over-

Good luck with your preparation so you can enjoy the spring and summer to its full potential.

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



20 email: info@theolivepress.eu Tel: 977 059 364

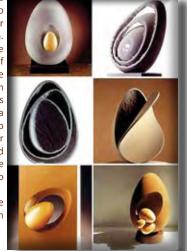
² Compalsons are from general information Performance value widely

within categories.

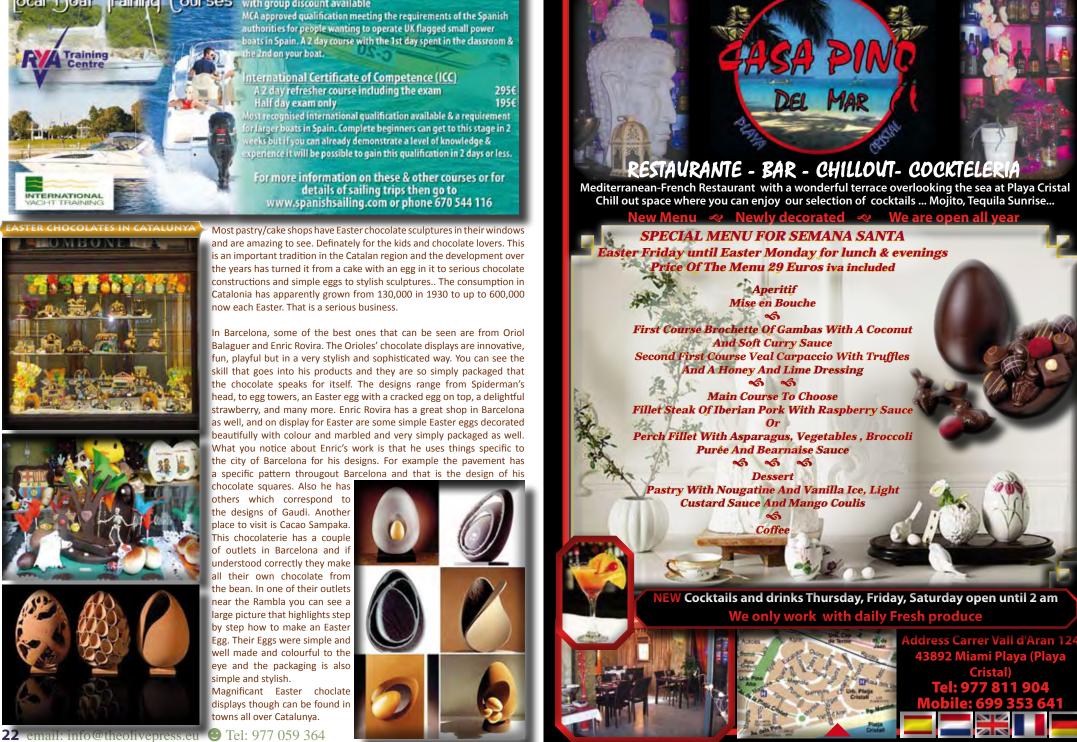
- Usually not effective against organic contaminants ordinally found in













Easter Eaas

The Hen Egg (The First Imper Egg): A Fabergé Imperial Easter Egg Presented By Emperor Alexander Iii To His Wife The Empress Maria Feodorovna At Easter 1885

The white enameled egg simulating eggshell, opening by means of three bayonet fittings to reveal a matted gold "yolk" which in turn opens by similar means to reveal a varicolor gold hen in a suede-lined nest with stippled gold edge simulating straw, the hen's yellow and white gold feathers, yellow gold head and red gold comb and wattle all meticulously chased, the eyes set with cabochon rubies, the body of the hen opening by means of a concealed hinge at the tail, the underside of the body finely chased with yellow gold feet, unmarked.

The Hen Egg: The First Imperial Egg

Peter Carl Fabergé original name Carl Gustavovich Fabergé [1846 - 1920] was a Russian jeweller, best known for the famous Fabergé eggs, made in the style of genuine Easter eggs, but using precious metals and gemstones rather than more mundane materials, each egg is about 5 inches tall and depicts a different event or theme in Russia's history. He was commissioned to create the first egg for the twentieth wedding anniversary of Tsar Alexander III and his wife Maria Feodorovna, of Russia, in 1885. Every subsequent Easter, another egg was made for Maria as a gift from her husband. After the passing of Alexander III, his son took up the tradition presenting his wife and his mother with their own custom Fabergé egg every Easter. In all, 50 eggs were commissioned; to this day eight are still missing.





Catalan Chocolate Veal Stew Serves 4 cooking time:115 minutes

Ingredients
60ml/2fl.oz. Olive Oil
900g/2 lb Stewing Veal, cubed
1 tbsp Plain Flour
240ml/8fl.oz. Red Wine
4 Garlic Cloves, thinly sliced
2 Onions, chopped
2 Tomatoes, chopped
1 Carrot, sliced
1 Stick of Celery, chopped
360ml/12fl.oz. Fresh Stock
25g/1oz Dark Chocolate, grated
¼ teasp Ground Cinnamon
Salt and Pepper

Instructions

- 1. Heat the olive oil in a large saucepan then add the meat and brown on all sides.
- 2. Sprinkle the flour evenly over the meat and cook, stirring for 1 minute.
- 3. Add the wine, stir then add the garlic, onions, tomatoes, carrot and celery and mix well before stirring in the stock, grated chocolate, cinnamon, salt and pepper.
- 4. Turn the heat to low, cover the pan and simmer for about 1½ hours until the meat is very tender stirring from time to time.



Chocolate simple cake

-This Easter cake was enriched with marzipan

and decorated with 11 marzipan balls representing the 12 apostles minus Judas, who betrayed Christ.

Preparation time 30 mins to 1 hour
Cooking time 30 mins to 1 hour

Ingredients Return o

Return o

Tel: 977 059 364

ATOSCHOCOLATE!O

100g/4oz dark chocolate, broken in pieces
100g/4oz caster sugar
100g/4oz softened butter, plus extra
3 eggs, separated
50g/2oz ground almonds
50g/2oz self-raising flour

4 tbsp apricot jam
For the Almond Paste or Marzipan:

1 tsp baking powder

50g/2oz caster sugar 100g/4oz ground almonds

50g/2oz icing sugar

1-2 drops of almond extract

1 egg yolk or 1/2 egg, lightly beaten

For the Icing:

175g/6oz dark chocolate, broken in pieces

142ml carton double cream

For the Decoration:

1 large orange

100g/4oz white chocolate

25g/1oz dark chocolate

Method

- 1. Preheat oven to 180C/350F/Gas 4/fan oven 160C. Butter an 18cm/7in deep round cake tin; line the base. Melt the chocolate in a bowl over a pan of simmering water.
- 2. Beat the sugar and butter until light and fluffy. Beat in the yolks, one at a time. Stir in the almonds and chocolate.
- 3. Whisk the egg whites in a bowl until stiff peaks form. Fold a quarter of the egg white into the chocolate mixture, then sift in a quarter of the flour and baking powder. Repeat three more times until the egg white and flour is evenly mixed in.
- 4. Pour the mixture into the tin. Bake for 35-40 minutes until risen and firm. Cool for five minutes, turn out on to a wire rack, peel off the paper and cool completely.
- 5. Make the almond paste: put the caster sugar and almonds in a bowl and sift in the icing sugar. Mix well, add the extract and egg; mix to form a stiff paste. Knead briefly on a surface dusted with icing sugar, then cut off a quarter of the paste and divide into 12. Return one piece to the main lump of paste



and shape the other 11 into balls. Leave on a plate to dry slightly. Roll out the remaining paste to the size of the cake, trimming to a neat round using the tin as a template.

6. Warm the jam and two tbsp of water in a pan, then press through a sieve into a bowl. Split the cake in half, putting one on a serving plate. Brush with jam. Cover with the paste round and brush with jam. Top with the other cake half. Brush the cake top and sides with jam.

7. Make the icing: put the chocolate and cream in a bowl. Microwave on Medium for one to two minutes to melt the chocolate; stir. Cool, then chill for 40 minutes, stirring occasionally, until thick enough to spread.



Spread over the cake top and sides with a palette knife. Leave to set.

8. Wedge the orange into a tumbler. Melt the white chocolate in a bowl, as before. Spear a ball of paste with a cocktail stick and dip into the chocolate, turning it to coat, then hold it over the bowl for a few seconds until a point forms. Flip the ball and stick into the orange. Repeat with the remaining balls; leave to set.

9. Melt the dark chocolate. Using the tip of a tsp, drizzle lines back and forth over the chocolate balls. Leave to set. Re-melt a little leftover chocolate and use to attach the balls to the cake.



CÉDULA DE HABITABILIDAD UPDATE - WHAT YOU NEED TO KNOW

Unless you've been living in a cave for the last few months, you'll probably be aware that in the Terres de l'Ebre area —that's the Baix Ebre, Montsià, Terra Alta and Ribera d'Ebre comarcas- many country house owners can no longer get a habitation certificate, the cédula de habitabilidad. Here is the situation as I understand it.

Why is the cédula important?

Since April 2008 the law in Catalonia dictates that all properties registered as dwellings (viviendas, casas or 'casas de campo') at the Registro de la Propiedad (Land Registry) must have a cédula de habitabilidad, issued by the Habitatge department of the Generalitat. Without it the notary cannot conduct the sale and a buyer cannot get a mortgage.

Until late 2009 it was fairly simple to get this certificate, even for a rural dwelling.

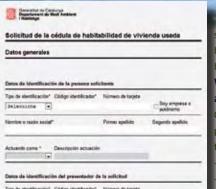
However, a strict application of Generalitat decree 55/2009 now means that, at least in the Terres de l'Ebre area, NO habitation certificates are being issued for RURAL dwellings unless the local town council certifies that the house was built with a licence for a viviendai.e. a dwelling— or legalised as one with architect's plans and a retrospective licence.

As country houses are often 30 or 40 years old and may have had several owners, this is not always possible to certify — and local councils may be unwilling or unable to do so. In many cases, any possible action for planningrelated offences expired years ago.

The result is that many rural homeowners are now finding that they cannot sell or mortgage their properties. I hear that local notaries and land registrars have instructions from the Habitatge department not to sell or register them.

Previously, a buyer could freely renounce his or her right to the certificate. This is now only possible in very specific circumstances, such as when the house is to be rehabilitated or demolished.

The result is that lots of sellers and would-be buyers —and not just Brits— are seriously affected. Many are retired;



some desperately need to sell for nealth reasons or face financial nardship.

Which properties are affected?

Cédulas are required to sell properties that are registered at he Registro de la Propiedad as: viviendas

casas

casas de campo and casitas

(if these are not habitable you can sell with a technical architect's certificate)

If a building is not registered in this way or not indeed registered at all, no cédula should be needed to sell.

According to a local notary, it doesn't matter if the building is registered as residential at the Catastro —the Spanish Treasury's property tax register— and paying residential IBI rates (usually via the BASE collection agency). What counts is the way the property is described at the Registro de la Propiedad.

And in theory it shouldn't affect almacenes, whether they are registered as such at the Registro de la Propiedad or not. You don't need a cédula to sell them.





Townhouse in villages and house on residential estates should qualify for a cédula. The application process has become longer and more complicated though, so allow plenty of time if you are planning to sell.

Cédulas are not needed to inherit a country dwelling.

Why is this happening?

My suspicion is that a law aimed at rightly protecting homebuyers may also be intended to stop people living in the countryside altogether. Although it has to be said that local councils have turned a blind eye to illegal building in the campo for years, and that this problem is finally 'coming home to roost'...

Rural homeowners, lawyers, notaries, bank managers, architects, estate agents... many are now aware of the situation and its grave implications. Perhaps we will see some pressure bought to bear on the Habitatge department.

Opinion seems to be that the Generalitat will have to do something to remedy this situation. Failing that, some believe the policy will be overturned by a higher-level Spanish court decision in the future. Spain being Spain though, no-one wants to guess how long it could take...

What can you do?

If you are affected or feel you might be, take your property paperwork to a notary —the one you used when you purchased for example— and ask them if you need a cédula in order to sell. Find out if your finca is located in a protected wildlife area like the PEIN, Xarxa natura 2000 or a natural park, as this could be an added problem. Find out if you are likely to get the cédula before you apply.

You can call 012 to find out if your property has ever had a cédula.

If you have been refused a cédula you have a month to appeal from the date you receive the letter: seek legal

Complain to the 'Síndic de Greuges' —the Catalan Ombudsman, tel. 933 018 075, http://www.sindic.cat/en/ page.asp?id=65. You can do this in English.

Let your your bank in Spain know about the problem, especially if you have a mortgage on your property.

Contact the British Consulate in Barcelona, or euro MPs like Marta Andreasen.

Greg at GoCatalunya.com has kindly set up a blog at http:// ceduladehabitabilidad.wordpress.com to share info about this problem.

And last but not least, pressure groups have played a key role in fighting unjust Spanish property legislation like the Valencian land grab laws. Any volunteers out there?

Jeff Greensmith runs www.fincasdirect.com and is a registered estate agent and experienced Spanish/Catalan translator and interpreter. He has lived in Catalonia since 1986. While the points contained in this article are true to best of our knowledge, they do not constitute legal advice on the part of Fincas Direct or The Olive Press. Please use this information responsibly and seek professional legal advice if in doubt.



YOGA FOR ALL

Finally, after what seemed like a long cold winter, spring has arrived!

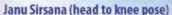
Yoga can be the ideal form of exercise to give our bodies a spring clean at this time of year. You can use your yoga practice to bring your body back to life, just as the earth is awakening from its slumber.

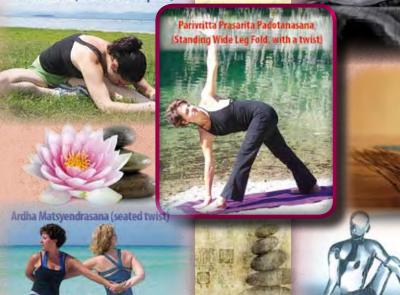
The abdominal region, including the gastrointestinal system, is a great place to focus, as it can be in need of some cleansing and rejuvenation. To purify your insides as part of a personal spring cleaning nothing is better than a good healthy twist. Twisting poses are often the best way to untie both physical and emotional knots. Try incorporating a few of these twists into your life this month, allowing the breath to move deeply into your centre, and let the rejuvenation begin.

As you move through these postures pay particular attention to lifting the entire spine, long and tall, up and away from the hips. When you feel the length in your entire spine, then it's time to take a deep inhale and twist on the exhalation. Maintain steady. deep breathing as you hold the twist. Always examine the pose, scan the body and only hold the position for five to ten breathes if beginning a yoga practice for the first time.

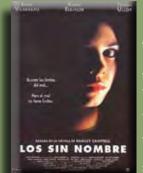
Sarah Good is a Sivananda trained Yoga teacher offering fun weekly drop in classes and private tuition within the comfort of your own home

> For more details please call 663 140 297 www.yogaretreatsinspain.com









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

Any comments are welcome. Also if you want to know more about

This month I present to you once again another film in the style Spain has now become famed for, the spooky kid film! Put the kettle on and get the space behind the sofa ready.



Los sin nombre (1999) Based of a James Herbert novel, this story takes place five years after a young girl was murdered when her mother seemed to have started to recover, a phone call once again shatters her life: "Mummy, it's me... come and get me". Helped by an ex-policeman and a reporter who is expert in the supernatural, she sets out on a desperate search for a terrifying truth that lay dormant until now: a group of the occult that rejects its own name, the empirical science of evil, uninhabited desolate houses that conceal things, secrets... An abominable trap. This truth spreads its tentacles through time and space, from the horror of the Holocaust to the occult fever in sixties London up to the present day. After years of lethargy, the nameless are about to be revealed. A number: 106, an abandoned motel.

They might manage to find the child. Perhaps she's alive and can be saved, but the horror is only just beginning...

What happens next will leave you asking yourself why the Spanish love this style of horror. Also to be noted is a member of the cast who some of you may remember from many UK TV programmes such a Emmerdale Farm and Doctor Who, Brendan Price. This great character actor has since starred in many other Spanish films and currently resides in Eastern Spain.

Brendan Price (far right) in seventies classic 'Space 1999'

As mentioned last month I will add a link to help you get a better idea of the

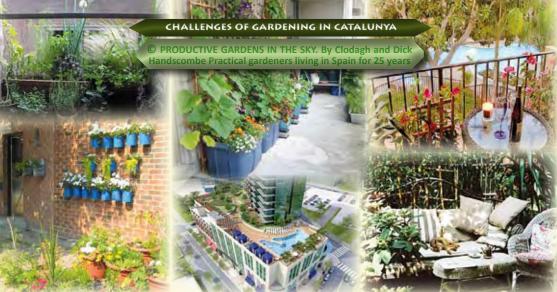
films I review from our chums at you tube - http://www.youtube.com/watch?v=-m9Xt6mMbSU





Jason.M.Berry 17/03/2010 ontact e-mail: gatchajay@hotmail.com





While living in Spain we have had an inland villa with a large covered terrace and a small beach apartment so have had scope for experimenting with what is possible on a large and small scale and in recent years have had much fun and success with the latter. And one day age will catch up with us so it will only be small scale gardening that we do.

What we will do then is to have a main living terrace planted up with drought resistant flowering plants and herbs. Things that withstand the summer sun and cold winter winds. Then a small terrace will be planted up with fruit trees. Correctly pruned and potted up ten fruit trees can be accommodated in only six square metres of space as illustrated in our new book 'Mediterranean Apartment Gardening' dedicated to small scale gardening on apartment terraces, balconies and window boxes. Likewise a dozen vegetables can be grown in pots in only one square metre and four square metres using window boxes on walls and large pots and grow bags on the floor. Combined with a growing table in a corner an amazing diversity of healthy organic vegetables can be grown. If you want to go even smaller go for A4 vegetable gardening as described in the book - growing micro vegetables and

sprouting seeds. For instance 150 grams of one of twenty possible veggies can yield a kilo of finished sprouted seeds each week for adding to salads and making delicious spring rolls.

Yes living in an apartment or small town/village house does nor stop you having an attractive and productive living space. And in many ways it's easier than constructing and caring for a villa garden or 12,000 square metres of abandoned olive or almond trees. The space is small so the time required will be minutes versus hours a day. If you have covered terraces you can still work when it rains and of course on open and covered terrace one can work at all times of the day and night as they are lit.

So do try and brighten up the apartment blocks of often bare and untidy terraces so that the coast line is again as green as it was before we helped cover the millenniums of greenery with concrete. The book includes our plan for a 'Dream penthouse terrace' should we win the national

MEDITERRANEAN APARTMENT GARDENING

By Clodagh and Dick Handscombe is published by Santana Books as are their earlier books 'Your garden in Spain', 'Growing Healthy Fruit in Spain' and 'Growing Healthy Vegetables in Spain'. Each is packed with their wealth of ideas and experience from having gardened in Spain for 25 years. © Clodagh and Dick Handscombe March 2010. www.gardeninginspain.com.

COMPETITION: Next month we will be sending The Olive Press a

copy of the book as a prize. It will go to the person who sends The Olive Press the nearest guess of the number of pages in the book. At present we don't know as final mods are being made before it goes to the printer in 10 days time.





GATES

RAILING

DUOTE C STEVE IN L'AMPOLLA 659 225 068 e-mail max.snaith@yahoo.com **N.I.E. APPROVED** Ironworks by Stephen Snaith

stablished 18 months in Spain. Large workshop so able to abricate large orders as well as simple items like welding a inge on a gate. 24 hour call out for breakages and damage to metal doors, wreckers and gates.

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Ine high point of the liturgical calendar is not, as might be supposed, the birth of Jesus, but the Easter resurrection signifying Jesus's triumph over death and the promise of eternal life. The actual date for this celebration varies. At he Nicea Council in 325 it was decided that it should take

place on the Sunday following the first full moon after the Spring equinox (21st March). Because of this, the time difference involved may be as great as a month, Easter being celebrated between 22nd March and 25th April. Thus the dates for Shrovetide, Lent, Holy Week, the Ascension, Whit Sunday, Holy Trinity and Corpus Christi are fixed accordingly.

There are many icons for which Spain is known around the world: bullfighting, flamenco, Franco, the running of the bulls, Las Fallas, the Inquisition,...and this brings us to the religion for which Spain is known is predominantly Catholic. Being Spaniard almost equals Catholic.... Of all of the Catholic traditions which are celebrated throughout the year, none is most important than the Passion of Christ or Easter Week, which in Spanish is called Semana Santa o Pascua (Holy Week). There are only three countries which are recognized for their ritual celebration of Easter; these being Israel, meaning Jerusalem, Italy, with special attention to Rome, and Spain with special note to the southern region of Andalusia, but it is also true that many other parts of Spain celebrate it as fervently as well.

Beginning with the Domingo de Ramos (Palm Sunday) and ending with Lunes de Pascua (Easter or Paschal Monday), Spain is filled with laughter and tears celebrating friends, colour, and life itself.

To the solemn, persistent beat of a single drum, hundreds of men wearing pointed hoods that cover their faces parade through narrow streets bearing huge crucifixes, whilst women dressed in black stand silently and watch. This is the Deep South, not of America but of Spain, where unique Easter processions will soon get underway. To be in Spain at Easter is to witness a series of ancient rituals that go to the heart of a country with a fiercely religious history.

Whilst it is claimed that Spain is sliding into secularism and its youngsters are largely ignoring their Roman Catholic backgrounds, in Holy Week or Semana Santa, there is not a village or city that is untouched by some form of public display to mark the predominant church's most important feast: the death and resurrection of Jesus Christ.

And the further south you go the more elaborate and passionate are the parades. Pointed hoods, reminiscent of those worn by the Klu Klux Klan are used by members of the parades and are said to represent penitents too shamed by the crucifixion to show their faces. From these hooded penitents who march to the solemn beat of a single drum on Good Friday, to the joyous celebrations and church services of Easter Sunday a week later, the streets resound to the sounds of historic ceremonies that have marked this holy time for centuries.

Almost every town and city in Spain will have their own Easter celebrations and almost every resident will be involved in some way. In the major cities the processions are of huge proportions, often stretching for miles. Each





area, city and town has its own accent on its celebrations. They all differ but in common they all portray life, colour, culture, music and dance, all with a very religious meaning. Here are some of the highlights to visit.

On Easter Sunday in Castile-La Mancha as in Castile-Leon, and in other parts of Madrid, Andalusia and the Basque Country, a rag or straw effigy representing Judas is burnt. In some places it is filled with fireworks, producing a most spectacular effect at the moment of truth --normally on a bonfire or even under a hail of gunfire.

Cuenca (Cuenca): One of the most beautiful cities of Southeastern Spain in the early hours of the morning of Holy Friday, begins by portraying several scenes of the Passion of the Christ, which take on a vibrant realism. Mobs forms, like the ones that must have formed that fateful day, and yell out various insults and mocking remarks; this is known as the "Procession of the Drunkards" and it is normal to drink ample amounts of "resolí", a sort of moonshine. This is in complete contrast to the procession which takes place the following day, called the "Silent Procession", in which utter silence portrays the despair sensed for the death of the Savior. Meanwhile in the cathedral and churches you can hear Bach or Hendel being played, as well as other tunes which are considered of a sacred nature.

La Bajada del Ángel (The Descent of the Angel) is celebrated in a fashion common to Aranda de Duero (Burgos), Peñafiel (Valladolid) and Tudela (Navarre). A child dressed in white and crowned, representing an angel on Resurrection Sunday is lowered through pulleys to the image of the Virgin, then by removing the veil that covers her face reveals to the Virgin the resurrection of Jesus Christ. Doves are then set free followed by a deafening outcry by the city folk who witness the event.

Of note in Catalonia are the caramelles, traditional Easter

hymns usually sung in the street, while all sorts of food is collected in a basket. During this period the Fiesta del Bollu (Cake Festival) is held in Avilés (Asturias), the vueltas rocieras (open-air festival) in Castilleja de la Cuesta (Sevilla), Lord's Day in Finisterre with the performance of a sacramental play (La Coruña), Firewater Day in Portomarín (Lugo), the Trujillo Passover in Trujillo (Cáceres) and the Toro embolao in Vejer de la Frontera (Cádiz).

Easter Monday and Tuesday (and even Easter Sunday in some places) are notable for the amount of outdoor festivals, where it is typical to eat chocolate buns or cakes in specific regions. In Murcia there is the Spring Festival, with the Orchard Proclamation, and the Burial of the Sardine, in Pola de Siero (Asturias) the Festival of Painted Eggs can be seen, and in Talavera de la Reina (Toledo) the Mondas ceremony takes place on the Saturday. On the Sunday following Easter (known as Low Sunday or Quasimodo Sunday) San Vicente de la Barquera (Cantabria) stages the Folía ceremony accompanied by the local Picayos group and the Charles V dancers. On the Monday the Miracle Plays by San Vicente Ferrer are performed in Valencia.

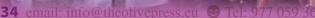
Elche (Alicante): At the procession of the Hallelujahs, the residents throw multiple coloured confetti to the paso of the Resurrected Christ, and to the Virgin of the Asunción.

Gandía (Valencia): On the Eve of Holy Friday, or Viernes Santo or Pascua, people from all over Spain, come to see the procession of the paso of the "Christ of the Flagellation" (or flogging). There are diverse other acts that are worth experiencing, all of them culminating on Easter or Resurrection Sunday with the procession of the "Glorious Encounter."

There are many other processions and customs that are celebrated all over our geography, but it would be almost inhumanely possible to list every single one. But as we said at the beginning of this page, Andalusia is the best known region of Spain, Seville being the predominant site of celebration. For its sites, scenes and the fervent ad-lib flamenco songs and cante hondo. Sevillians feel Semana Santa as few other places in the world can compare. With more than 100 pasos (differing images), it is impossible to be in the midst of these celebrations and not be caught in the pain and sheer extolling outcries of people all over the city. Incense, song, feasting and fasting, all bombard

your senses purifying the soul, and leaving you both tired and rested, towards sheer turmoil and in complete peace.

Therefore, Semana Santa in Spain is an experience that will move you and push your senses to their limit and suck the life out of you, and then replenish you back to sheer happiness in a glorious experience that is only repeated once a year.



Experts say that with dealers and producers working together to drive down prices, a line of gak is now cheaper than a Starbucks Coffee, and several million times more likely to help you meet cool people.

Tom Logan, street drug analyst at Porter, Pinkney and Turner, said: "Of course the cheaper, low-end, cocaine is more likely to be cut with

products, the quality's often better than you'd expect. "On a moral note, there is still concern about the welfare of drug mules and coca farm labourers, but it's only fleeting concern of the type commonly felt for people living in

brick dust or feline erection pills but, like Tesco Basics

hot places you'll never visit. Certainly it's not worrying enough to spoil a good night out on the nosebag."

Cocaine dealer Stephen Malley said: "At the end of the day people like coke because it's less fattening than lager and incredibly addictive.

"Plus, unlike the people who sell fruit smoothies, most cocaine dealers have the integrity to treat their customers with little more than thinly-veiled contempt, rather than pretending they're their bestest mates in the world ever and want to cuddle them, just because they've exchanged some money for a thing."

Margaret Gerving, a retired headmistress from Guildford, recently switched from sloe gin to cocaine as her drug of choice.

She said: "I'd always thought of cocaine as only really affordable for special occasions. But its surprising cheapness has allowed me to buy in bulk, dealing directly with a cartel to ensure the best value.

"It is addictive and probably quite bad for you if you have too much. But the same applies to Battenburg cake, and no one seems to freak out about that, do they?"

She added: "Although it is rare that an overindulgence of Battenburg will make me all paranoid and fidgety while jibbering like a muppet."



Ponder these questions when you don't want to think about important stuff!

If you choke a Smurf, what colour does it turn?

Is it OK to use the AM radio after noon?

What do chickens think we taste like?

What do you call a male ladybug?

What hair colour do they put on the driver's license of a bald

When dog food is new and improved tasting, who tests it? Why do they sterilize the needle for lethal injections? Why doesn't glue stick to the inside of the bottle? Why is it called tourist season if we can't shoot at them? Why do you need a driver's license to buy liquor when you can't drink and drive?

Why isn't phonetic spelled the way it sounds?

Why are there flotation devices in the seats of planes instead of parachutes?

Why are cigarettes sold at gas stations where smoking is

Have you ever imagined a world without hypothetical

How does the guy who drives the snowplow get to work? If the 7-11 is open 24 hours a day, 365 days a year, why does it have locks on the door?

Why is a bra singular and panties plural?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that

If you are driving at the speed of light and you turn your headlights on, what happens?

Why do they put Braille dots on the keypad of a drive-up

Why is it that when you transport something by car it is called shipment, but when you transport something by ship it's called cargo?

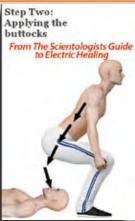
Why don't sheep shrink when it rains?

What would Geronimo say if he jumped out of an airplane? Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of

If flying is so safe, why do they call the airport the terminal? If you throw a cat out of the house, does it become kitty

If aspirins are always "Take Two," why not increase the size





ENGLAND'S World Cup hopes were back on track last night after Tom Cruise said he could heal his friend David Beckham using nothing more than a simple Dianetic mind poultice.

The Hollywood superstar said he had treated more than 10 million injuries exactly like Beckham's and that the midfielder would soon achieve the physical perfection of the mighty Thetan overlords who invented football more than 15 trillion years ago.

Dr Julian Cook, director of the L Ron Hubbard Sports Injury Clinic, said: "If you were to examine David you would see that he has in fact pulled the tendons inside his brain and they can only be unpulled with the timely application of a grade-four mind poultice."

According to Cook the treatment will involve Cruise putting on a skin-tight silver jumpsuit, a pair of protective goggles and the Electric Gloves of Arkammon before sitting very carefully on Beckham's face.

He added: "David must lie perfectly still while Tom slowly rubs his bottom against the nose and forehead using small circular motions and humming very gently.

"The super-intelligent healing electricity from Tom's armpits will pass down his spinal column before being fired at high speed out of his anus and into David's nostrils where it will then make its way to the injured brain tendons.

An FA source said: "This has to work. Defensively we're strong and Rooney's on fire but we are short of options when it comes to whiny-voiced clothes horses with comprehensively unbearable wives."

Meanwhile the Beckham injury brings the number of potential England excuses to four including altitude, car-jacking and a fresh wave of John Terry skank explosions.

A spokesman for Cruise said last night: "This is an act of friendship and no money or favours are expected in return, though if David did want to get a tattoo on his back which depicts Tom sitting on his face that would be a lovely gesture."



AS spending on the World Cup spirals out of control, South Africa has decided to cancel the tournament and write every supporter a cheque instead.

Project planners have estimated the overspend on squad accommodation alone could have kept 320 Nelson Mandelas incarcerated for an extra 500

A spokesman said: "We'll send everyone a DVD of highlights of World Cup '90 because that was quite a good one.

"And what with flights, accommodation and carjacking I'm sure they'd rather stay at home and avoid all the hassle."

All ticket holders will be contacted shortly to arrange their £200 payment and will be offered a mini World Cup experience featuring the chance for fans to get violently drunk in the comfort of

The spokesman added: "We can get half a dozen blokes to blow those irritating little trumpets outside your house for a couple of hours, have somebody pinch your passport and lay on a load of garden furniture for you to vomit over and then throw through your own patio doors."

Meanwhile organisers of the London 2012 Olympics are flying to South Africa to discuss methods of wasting vast amounts of money more efficiently.

Initial ideas include building a 40,000 seater stadium where 10,000 people can watch eight people ride their bikes, as well as a giant onyx statue of Sebastian Coe doing judo with William Hague.





For those of you who run on solar systems one way to save Energy around the home is to reduce your PC running costs. It is quite common for some people to leave their computer running 24 hours a day, along with the connecting peripherals. If for example you have a high end PC and LCD monitor, you could be using up to 350W under heavy load and 200W when idle. If you have an old CRT monitor these figures could be even higher. Assuming that the average load is 275W and you leave your PC on 24/7, the cost per year would be around £250 (at £0.10/kWH) if you're running from the national grid. This figure doesn't even include optional extras that may be left on permanently, such as routers.

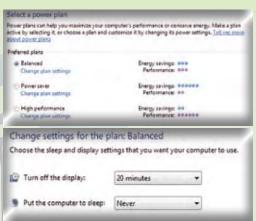
There are plenty of tips for reducing your PC power consumption, some obvious and others you might not know about. The power management tools on modern hardware and operating systems make it quite easy to reduce the cost of running your PC.

Reduce power consumption when not in use. Many people will leave their PC on overnight, just to keep a few documents open till the next morning. Fortunately, there are two simple methods you can use to get round this.

- Hibernation mode creates a backup of your current memory contents (i.e. your computer state at a moment in time) and saves them to the hard disk. Once the backup is complete, your PC will power off exactly as it would if you shut down normally. However, when you turn your computer back on it will resume the previous state, allowing you to continue working on documents where you left off.
- Sleep mode is a way of temporarily putting your computer into a low power state sometimes called "stand-by". This will still consume some power, but all non essential components are powered down (excluding the RAM). This is an ideal alternative to a screen saver, as the system state is preserved and normal operation can resume within a few seconds.

If you need to leave your PC on because you download files, then you can try using a download manager such as File Download Manager Downloadable from http://www.freedownloadmanage.org/ or UTorrent Downloadable from http://www.utorrent.com/ (for BitTorrent files). Both of these have an automatic shutdown option so you can leave your PC downloading overnight, but once this is complete your computer will automatically power off.

Use the Windows XP Vista Or Windows 7 Power Options. Most desktop users would be best suited by the "balanced"



plan, perhaps with some additional customisation. To do this, click on "change plan settings":

You can then configure when the monitor is put into standby mode, and when the PC goes into sleep mode. If you often leave the PC for long periods of time it may be worth automatically putting the computer in to sleep mode after 30 minutes, as this will save a large amount of power and allow you to resume working from where you left off upon returning.

There are power saving operations going on behind the scenes, as some CPUs support throttling.

This means that if you are doing a non CPU intensive task (such as playing FreeCell), then you don't need the full power of the processor. The speed will be automatically adjusted in the background to switch between different speeds depending on the power required at any particular time. The power savings from this do add up, especially when it comes to longevity of laptop batteries.

Be selective when buying hardware. Each piece of hardware comes with a different power requirement. Just looking at the PSU rating will not give a clear picture of the overall power usage, but you can make smart purchases to make sure you have the most efficient devices. Monitors are one component where there can be a huge variation in power consumption, as older style CRT monitors use far more power than an LCD alternative. It might even be cost effective (over period of several years) to swap frequently used CRTs for a modern LCD monitor.

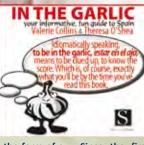
Consider peripheral items. Most computers will have plenty of external hardware devices, such as routers, printers and speakers. Although they are only used at the same time as a computer, they are frequently left switched on permanently. The combined power consumption of all these devices in standby mode may only come to around 20W, not a very big saving, but it is "free" money just for the flick of a switch. Also here in Spain dust in your pcs especially fans being a big factor, causing them to overheat and fail, so to save yourself time and money, switch it off when you're not using it!

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



Bollycao If your kids go to school with Spanish children, sooner or later they're

going to be asking for empty calories in the form of a bollycao – a synthetic chocolate-in-white-bread affair. But then, bizarrely, if you look young and lovely you may well find yourself being described as one. It's not a back-handed compliment, honest. Other more spring-chicken-type compliments include *yogur* and *petit suisse*. When it's a Spanish friend's birthday and he / she moans about the advancing years, do say: "But, *eres un bollycao / yogur / petit suisse*!" What you don't want to say is: "Eres un cuajado" (a pot of curdled milk).



Since the first Chupa Chup

was made in 1958, his firm has grown into a world lollipop empire with industrial plants in Spain, France, Russia, China and Mexico, a whole range of candy products, and whopping sales in 170 countries. Sticks are now plastic, and flavours have increased from the original seven (boring old strawberry, lemon, mint, etc) to 40, including cappuccino, jasmine tea and sugarfree watermelon. The daisy logo, by the way, was designed by Salvador Dalí.

SWEET THINGS



Bollería The world of sweet things is complicated in Spanish. *Bollos* are bun-like cakes and include donuts, croissants, curranty buns, apple slices and pastries, but not fancy cakes with cream and chocolate and other gooey fillings, which are *pasteles*.

Chucherías (chuches) Teeth-rotting Iollipops and rubbery worms and horrible pink squashy things and sickly things in funny shapes, and all the stuff that children whine for and fight over and are given in bags after parties. And are gorged on by all ages.

Chupa Chups. In the mid 1950s, when Spain was a languishing backwater under Franco's dictatorship, a sweet manufacturer in Asturias called Enric Bernat had a brilliant idea that would change the face of sweet eating for ever. In those days, candy came in large chunks which kids would push in and out of their mouths, getting sticky hands and in general making a mess. Bernat hit on putting a kid's-mouth-sized chunk on the end of a wooden stick. And never looked back.

Membrillo Quince jelly and something we had only previously read about in Victorian novels. You always see great slabs of the orangey-brown stuff on top of the meat counter, and for ages we presumed it was some kind of dripping, and wanted nothing to do with it. Now, we're hooked, though. It's especially yummy with queso fresco (soft white cheese) or with slices of super-cured Manchego. You can buy it pre-packaged, but the 'dripping' at the meat counter, or your Spanish neighbour's mother's homemade, is far better. Oh, and it's a great bunger-upper when you've got the runs.

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

For lots more 'garlic-style' info and articles please visit our new blog and website at www.inthegarlic.com.

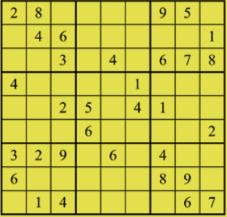
©Theresa O'Shea and Valerie Collins 2010.

How to Solve Sudoku Puzzles

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

1. Fill the grid so that the numbers 1 through 9 appear in each row. 2. Fill the grid so that the numbers 1 through 9 appear in each column, 3. Fill the grid so that the numbers 1 through 9 appear in each 3x3 box.

4. A complete Sudoku puzzle contains the numbers 1 through 9 in every row, column, and 3x3 box. Here is a medium difficulty one this month.



OUR ARTICLES ON WHAT'S ON FROM PREVIOUS YEARS ISSUES CAN BE FOUND ON OUR WEB SITE - www.theolivepress.eu



SANT JORDI 23 APRIL

St. George is the patron saint of Aragon, Catalonia. England, Ethiopia, Georgia, Greece, Lithuania, Palestine, Portugal, and Russia, as well as many cities. INTERNATIONAL DAY OF THE BOOK - to

mark the nearly simultaneous deaths of Miguel de Cervantes and William Shakespeare, the two giants of literary history, on April 23, 1616. (the rose as a symbol of love and the book as a symbol of culture)

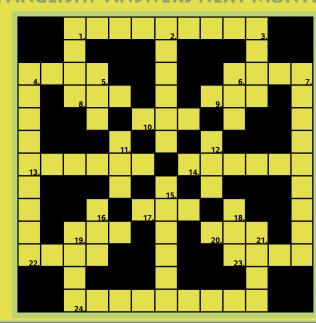


Fira de la mel i l'oli del Perelló 17 & 18 April-(honey and oil fair) is held every year in April and it shows the importance of the village in Baix Ebre as a main producer of honey in Catalunva. Alongside the fair, a honey competition is organised, and beekeepers

from all over Spain take part. There are 4 categories: orange tree honey, rosemary honey, a thousand flowers honey and high mountain honey. More info www.elperello.cat

ACROSS SPANGLISH?-ANSWERS NEXT MONTH

- 1. butterflies
- 4. pain
- 6. caja (E)
- 8. raro (E)
- 9. two
- 10. gold
- 13. insult /offence
- 14. graceful
- 17. gato (E)
- 19. sun
- 20. sorber (E)
- 22. healthy 23. tube
- 24. chicks



DOWN

- 1. hand
- 2. bad woman /
- bitch 3. six
- 4. narcisos (E)
- 5. ode
- 6. cough
- 7. bearable
- 11. bear
- 12. cabbage
- 15. gateaux (E)
- 16. zoológico (E)
- 18. pedazo (E)
- 19. tijeratazo (E)
- 21. well / as
- by Sarah

(E=translate to

english otherwise to

spanish)

ANSWERS TO THE MARCH ISSUE OF SPANGLISH									
ACROSS:	8. toro	15. recent	23. mapa	DOWN:	3. pomelo	11. entrega	21. sala		
	9. paja	16. inflar	25. slip		4. ladrar	12. arras	22. rope		
2. papeles	10. pide	18. indole	26. maíz	1. papá	5. parar	13. reino	23. mama		
7. maja	12. alear	19. sueno	27. escuela	2. pana	6. arid	17. rustic	24. país		
	14. resero	20. osar			9. perrito	18. insole			

This facilitation & information service for people moving to the aea is available with two drop-in sessions, from 12am-1pm on Mondays and 6-7pm on Wednesdays. Where: Sala de exposició, Casa de Cultura, at the corner of C/ Colom & Cami de les Comes, El Perelló (the first floor, underneath the library) How: To meet at other times leave a message for Taru Burstall at the Perelló Ajuntament on

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

THE READING CLUB where an English spoken person reads a short English story- members consist of Spanish, Irish and English. The Reading Club will be meeting the 12th of April, at 19:30 at Marcel.li Domingo Public Library in Tortosa. We will read a short story by Maggie Doyle. CAR BOOT | last Sunday of every month 10am, stalls 5€. Refreshments, Camping St. Jordi, Platie Avellanes, L'Ampolla Tel 679 115 247 •CAR BOOT SALE | 2nd Sunday of every month. Situated Hipaca Escornalbou, Vilanova D'Escornalbou, Arrive 9am starts 10am. Bar & restaurant- no fresh produce allowed! Contacts: Cosme on 620215772 or Silvia 665159781 •FRIENDSHIP CLUB | for all nationalities meeting 2nd, Sunday of each month near Tortosa free stalls for those that have wares to sell, food & drinks available. Call Brian Parkin at 660 990 422 or 977 059 911. •CAR BOOT SALE | first and third Sunday every month C/ Garcia Restaurant Braseria Can Palomo MORA LA NOVA. Tel Jackie 679741254 •FLIX CAR BOOT SALE | Sunday April 25. from 9.00. At Bar La Freixa Bonarea Info. Denise 977 057 073 •DELTA CLASSICS-CLASSIC CAR MEETING 1st FRIDAY of every month 6PM Bar "Casals" Avda San Jordi, El Perelló. Call for more details and events: 678 718 446 •EL PERELLO FREESIA GROUP (working for cancer charities) Visit us at the El Perelló Honey Fair Saturday 17th and Sunday 18th April for Homemade Produce and a Tombola with many prizes! The next El Perello Bookstall will be held at the Homogenic bar on: Saturday 3rd & 24th April. If the weather is bad, the bookstall will be inside the Homogenic bar. The next El Perelló Freesia Group lunch will be on Wednesday 28th April at Casals restaurant in El Perello at 1pm. •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 •Cof E CHURCH SERVICES | 2nd Sunday and 4th Wednesday of every month at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. Our congregation comes from Tortosa to l'Ametlla and beyond. Join us for a friendly and welcoming service. The Anglican Congregation of St Christopher's, Costa Azahar -5. Plaza Primero De Mayo, Vinaros-Services 10 a.m. every Sunday. During the week, also other activities i.e. Thursdays, a "Drop. In" morning from 11.a.m.- 1.00 p.m. to meet for a coffee & a chat. Easter Service on Easter Saturday. Because our

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vicar, Paul, has to cover three locations, our Easter service is on Saturday evening at 7.00pm in the Catholic church in El Perello. This will be a 'Service of Light' where candles are carried into the church. As always, younger worshippers are very welcome. 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 for pastoral needs. LINE DANCING | We contribute 3 Euros per person to cover costs. 3-5 pm Thursdays at Casals, El Perelló. IESG INTERNATIONAL ENGLISH SPEAKING GROUP Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at:- Edificio Bahia Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977 267 418 or e-mail: enetlametlla@yahoo.com "BADMINTON/ GET FIT" Want to learn how to play

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FLEA MARKET - Progat in support of homeless cats charity event at La Ermita Mig cami, Tortosa on 9th May 11am to 15pm Tel 977 446 649 www.progattortosa.com

The Mora Collaboration Radio w "STILL ROCKIN" ON 107.3 FM

An Englishman on Radio Mora la nova.

Every Wednesday 8 to 9 pm. The audience grows, via the Internet. www.radiomoralanova. com. We have a handful of listeners from South coast of the U.S.A, not just any listeners, Benny Troy, Bobby Huttor and Frances Nero. They were all involved with Mowtown and Nothern/Soul music, all 3 are recording artists. I play their music along with others- a very wide spectram. A new feature is Get it played on Radio mora la Nova We are giving singer song writers a chance to get there songs played. Hear something new on Radio Mora Nova with me Norman Jay, every Wednesday 8 till 9 pm Tune in on 107.3 fm or on line.www.radiomoralanova com. or call me Norman on 617 162 264.... Email please info@radiomoralanova.com

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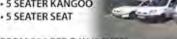


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M1153 – Calafat-Ametila de Mar linked

villa Beautifully renovated single storey house: 2 double & 2 single bedrooms, Bathroom, open plan kitchen & living area & utility room, Small enclosed gardens. Fully furnished!-2 mins walk from beaches & Marina

Price: 210.000€



M1154 – Les Tres Cales-L'Ametila de Mar

Lovely Villa with 3 double Beds with fitted wardrobe, Large bathroom, kitchen, lounge/diner with patio doors, Sun terrace & swimming pool. Furnished! 327m² plot-5 mins from beach! Price: 220.000€



M1155 -Les Tres Cales-Ametila de Mar Beautiful Villa with 3 beds

(on en-suite bath room) Shower room & Aseo Large Iounge & sep kitchen. Garage, Roof terrace Swimming Pool 1,000m² plot - 5 mins from beach!

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