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Continue under the bridge towards the
sea and follow the signs for Club Nautico.



MEET BOB THE EDITOR

WELCOME TO THE DECEMBER ISSUE

COVERING CATALUNYA. THIS IS NOW OUR 3RD CHRISTMAS ISSUE AND WE WOULD LIKE TO WISH ALL OUR READERS A MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR. ALSO TO THANK ALL OUR ADVERTISERS AND CONTRIBUTORS FOR THEIR SUPPORT OVER THE LAST AND PREVIOUS YEARS.

❧❧❧

What does Santa say when he falls down the chimney backwards?

Answer: Oh! Oh! Oh!

What did Adam say on the day before Christmas?

Answer: It's Christmas, Eve.

If I'm standing at the North Pole, facing the South Pole, and the East is on my left hand, what's on my right hand?

Answer: Fingers!

What do snowmen eat for breakfast?

Answer: Snow flakes

Which bird can write?

Answer: PENguin

What sort of insects love snow?

Answer: Mo-ski-toes!

❧❧❧

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 WITH LINKS TO THEIR OWN WEB SITES!

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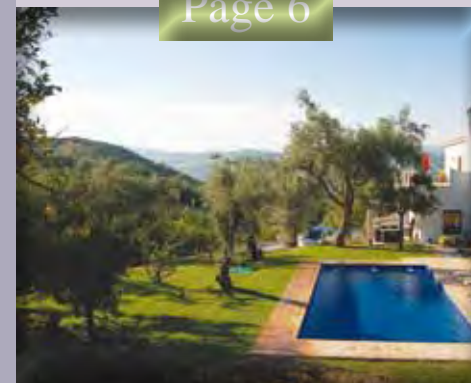
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Off-Grid Mains Power Solution The Saviour of the Spanish Holiday Villa

Owning or building a holiday home in Spain can be quite taxing when it comes to installing basic utilities says one of our several valued customers in the foothills of Sierra Nevada in Andalucia, southern Spain. What seems a quick and straight forward process to acquire a mains electricity supply, can quickly career into a long-winded, stressful affair with Spanish neighbours and authorities, ultimately resulting in money and time costs that make a mains connection impractical. Sandy Spink comments,

"It was going to cost €40,000 to install the mains to my new holiday home and it was going to take a very, very long time, it was simple – we needed another reliable solution".

The solution chosen to provide 24hrs of reliable electrical power was the Powerguard PS System which was installed by the Powerguard service team within 2 days. The PS System is fundamentally a small power station for the home providing a very stable and reliable 230V electrical supply. The integrated PS System comprises of an electrical diesel generator and the PS System including battery bank and an inverter. Unlike normal generators which would run all of 24hrs, the PS system only needs to turn on the generator during periods when the electrical demand is high e.g. for a power shower, cooker or heating. This high demand period usually equates to less than 8hrs per day and if these periods are regular, the PS System can be programmed to turn on the generator automatically. For all other times when the demand is low, the system feeds the home using its revolutionary battery pack & inverter concept. Sandy explains,

Further Information: Graham Chapman (Home Solutions Manager)

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Power Systems Warehouse Ltd is a leading electronics company specialising in the design and manufacture of innovative and durable power and power management solutions. Power Systems Warehouse is the largest OEM manufacturer of static inverter lighting systems in the UK, and designs and manufactures the market leading Powerguard power management solutions. Power Systems Warehouse Ltd is ISO9001 and ISO14001 registered, and is an accredited supplier on the Utilities Vendor Database (UVDB). *Powerguard is a registered Trademark of Power Systems Warehouse Ltd

"Our system typically operates the generator for less than six hours a day with two set periods; one period between 7am and 10am and the second between 5pm and 7pm. The morning run simply recharges the batteries from any overnight use but because we all get up at this time, any appliances can be turned on without any use of the batteries – we time it so this happens. In the evening, we time the generator so we can have dinner using the cooker and perhaps have showers – again without using the batteries."

The clever part of the PS System is that during periods when the demand is high, any unused power is used to recharge the batteries. This stored energy then provides AC mains power to the villa for the remainder of the day and night i.e. when the demand is low. During the day, if more power is required than what can be provided by the batteries, the PS Controller automatically turns on the generator and subsequently switches it off after the load has reduced. The payback on an integrated PS System over a stand-alone generator is usually around 3 years. For even more fuel savings, the system can also handle imports from renewable generation sources to recharge the batteries such as solar panels, and the CHP option (also installed in holiday homes in southern Spain) can provide free hot water for mains and heating - with over 80% efficiency. Sandy comments,

"The system is very economical and reliable, I have no issues with recommending this system to similar people like myself who require a mains electricity supply for their holiday home but are not able to secure a utility mains connection."



NEWS IN SPAIN

More than 300 abandoned horses have been rescued in Cataluña since 2002. More than 300 horses have been left to die in Cataluña since 2002, generally after the payment for their feed stopped. The animals which have been rescued range from newly born fowls to old horses which have spent their life working in the country. They have generally been left to starve after the owner has considered the costs of keeping them alive prohibitive. The numbers come from the Altarriba Foundation, The Association in Defence of Horses (EDA) and Animal Rescue. The EDA say they have rescued 308 horses since 2002, an average of 34 a year. During that time 50 have died. Their latest rescue example is Sammy, a pony found dying of hunger in a stables in Vallès, Barcelona. His owner could have sold him or put him up for adoption or paid 300 € to have him put down, but he was simply left in a small box. They say all the horses which have suffered ill-treatment are very docile and thankful.

Catalan Government introduces new legislation on tourist apartments. The Catalan Government has approved new regulations which say that owners of flats rented out to tourists will now have to apply for a municipal licence and pay a fee. It also means it will be far easier for the Spanish taxman to take his share. The Catalan Government says that it is taking action in the face of an estimated 480,000 illegal apartments in the region, and says it will impose fines of up to 90,000 €. Landlords have a year in which to comply with the new legislation. They consider the previous lack of control has resulted only in problems for the neighbours. A tourist apartment



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is considered to be any which is rented out for periods of less than three months. Not included are flats which are part of a block which has shared tourist services, such as a concierge – they will be considered as a hotel. Councillor for innovation and business, Josep Huguet, said that the new legislation is 'an incentive' to local Town Halls to gain more income, as they will be given the responsibility of making inspections. However the President of the Catalan Federation of Tourist Apartments, FEDERATUR, Lluís Torrent, has described the move as 'very negative' and said they will launch an appeal. He considers just making a register of such apartments would be enough and that the three-month rule would also hit students, executives and others.

Bank clerk dies in robbery in Cambrils. Their are conflicting reports as to how the 25 year old met her death. A woman was killed in October during a bank robbery in Cambrils, Tarragona. The two bank robbers attacked the branch of the Santander in Calle Roger de Lluria 6, in Cambrils at 0830am, demanding all the money available in the branch. The woman, Estela Calduch, a 25 year old employee of the bank, received a gunshot wound and died from loss of blood, according to the regional police, Los Mossos d'Esquadra. However municipal sources had said that the victim had her throat cut by one of the attackers. The two robbers managed to escape the police on foot, and a wide search has been established in the area.

LIVE PRESS

CORI party goes for the freaky vote in Cataluña. The CORI party in Cataluña, led by the Elvis Presley impersonator, Ariel Santamaría, and the transsexual, Carmen de Mairena, have been out canvassing for votes in the regional poll later this month. Ariel Santamaría, who is a town councillor in Reus, has once again stripped naked during a campaign meeting at Pompeu Fabra, and finally given details of their manifesto. With the (P.P.) party offering Lara Croft style video game removing illegal aliens and the Independent Party, and promising a vote for their candidate is as good as an orgasm. The CORI party may have a lot to do to obtain the 'Freki' vote, but these are some of their proposals...The Mossos d'Esquadra regional police would be given berets to wear, marihuana cultivations would be placed on the region's roundabouts, and the 'Barrio Chino' bohemian area of Barcelona, where Carmen de Mairena has herself been linked to prostitution activity, would be declared 'Heritage of Mankind'. They would try to send Catalan sausages 'Butifarra' to Mars, and public buildings would be made available for young people to go and have sex, called 'Follódromos'.

Hope for the families of the stolen children of Franco's Spain. An office could be set up to coordinate the cases of the niños robados. The Chief Prosecutor at the National Court has promised help for the families of the so-called 'stolen children', the 'niños robados' who were allegedly taken from their families during the Spanish Civil War and the years of General Franco. Chief Prosecutor Javier Zaragoza received representatives of a platform set up by some of the families affected, who informed him of the 300 cases that have been presented to them so far. The original investigation into the disappearances was first opened by Judge Baltasar Garzón, who then conceded jurisdiction to the provincial courts in the areas concerned. In Madrid, the case fell to Instruction Court No. 1, who, in turn, has passed it onto



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the National Court. Prosecution Service sources quoted by the EFE news agency have however indicated that such an investigation does not fall within the National Court's jurisdiction. It's understood also that the time limit for a criminal investigation may have elapsed. Javier Zaragoza has however offered to act as a channel for communication

with the Justice Ministry to work towards setting up an office to coordinate the cases and help them gain access to information currently protected by the Data Protection Law. The platform hopes that will include a DNA database to help them track down their relatives.

Women even, Men odd, in Spain's Christmas Lottery. As Spain gears up for 'El Gordo' the famous Christmas Lottery which

will be drawn as every year on December 22, it has been revealed that women prefer even numbers, while men prefer odd ones. Each Spaniard will spend an average of 68.68 € on the lottery this year, that's 10 € more than last year, and already one series number has sold out – 11710 is the date that Spain won the World Cup. Other popular endings this year are 13, 69 and 666, and oddly tickets which end in 5 are the favourite in Madrid, which end in 7 in Barcelona and which end in 9 in Valencia. Internet sales for El Gordo this year are expected to account for 7.5% of the total.



10 things British people of Working Age living in Spain should know:

1. As a resident in Spain, it is the Spanish authorities who are primarily responsible for providing you with assistance;
2. If you are resident in Spain and have ever worked here, you should apply for your pension and most benefits through the INSS – Spanish social security;
3. You may be entitled to a Spanish pension if you have worked just one year in Spain providing you have worked a total of at least 15 years in the EEA;
4. You can receive certain UK benefits such as Employment Support Allowance (depending on eligibility) and Bereavement Benefit in Spain but remember you may have eligibility for a similar benefit from Spain – Spanish benefits are not just for Spanish nationals;
5. Provided you are registered on the *padrón*, you may be able to access a wide range of services and assistance through social services at your local town hall, including disability benefits;
6. You could be entitled to Spanish unemployment benefit, even if you have only worked here for a short period of time. Be sure to make your application as soon as possible to obtain maximum entitlement and declare any work you have done in the UK;
7. If you reach State Pension Age on or after 6th April 2010, you will be affected by the UK Pension Reform Act (more information below);
8. If you are working and paying contributions in Spain, you and your dependants will be entitled to free healthcare from Spain;
9. If you are not working in Spain and have moved here recently, you may be able to access healthcare for a limited period on an E106 form;
10. If you are in receipt of a benefit or pension from the UK, you must inform the International Pension Centre of any change in circumstance, including change of address, within 28 days.

NEW ADVOCACY GROUP FOR PARENTS OF ENGLISH-SPEAKING CHILDREN ATTENDING CATALAN SCHOOLS



I am writing to you on behalf of a group of parents of English-speaking children in the Barcelona area. Our children attend Catalan schools, which public or independent, lack special programmes for native speakers of English. The group has an informal and online existence for the time being, on Facebook and as a Google group for networking purposes. (The Facebook group is at <http://www.facebook.com/group.php?gid=142160869160193>.) By the end of January, our group should be registered

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as an association. Once officers are in place and a membership roll formalised, we plan contact policy makers (at Educació and with political parties), the media, and academics to begin making our case.

We believe that publicly funded schools should stream children who are native or near-native speakers of English into enriched, content-based English classes. We believe that programmes tailored to the English skills these children already possess will better enable them to use written and spoken English with the same depth and breadth of skills and purposes for which they are being educated to use Catalan. We believe that fostering a dual-language, cosmopolitan identity in these children, both as learners and as future citizens, will be of incalculable benefit to Catalan society as it meets the challenges of a knowledge-based, globalized economy whose lingua franca is English.

In the long term, we would like to lobby for public funding of English-Catalan bilingual education. Dual-language schooling is a well-established option in publicly funded primary and secondary education in New York City, the Netherlands, Finland, Sweden, Denmark, and some German Länder. (In France, the sections internationales provide a lower percentage of classroom time in the second language of instruction.) It often involves quotas of native speakers to ensure the viability of both languages as languages of socialisation, and graduates fully bilingual individuals who academically out-perform students from other schools. As an added benefit, it creates a far more attractive environment for both foreign companies and foreign researchers.

Some fifty individuals have expressed interest in joining the group, among them a number of Catalan academics and scientists.

I hope this initiative will be of some interest to you and your Olive Press readers, and that we can count on your support as we move forward.

Best wishes,

Dr. John Stone
Departament de Filologia Anglesa
i Alemanya
Universitat de Barcelona
Gran Via 585
08007 Barcelona



The points contained in these articles do not constitute legal advice on the part of authors or The Olive Press, and owners of properties should seek legal, professional or tax advice if in doubt.



On some occasions I have dealt with the subject of the duty lawyer and free justice for those people with an economic level which does not go beyond the limits established by the regulations, seeing that in the article 119 of the Spanish Constitution it establishes free justice "in respect to those proven to have insufficient resources to go to law".

But there are occasions when what the citizen wants is not to enter into a judicial procedure but only to have simple legal advice on worrying matters and, in order to carry out this service, the Service of Legal Guidance has been created in Cataluña, (Servicio de Orientación Jurídica, SOJ) which is a public and free service with personal attention, financed by the Department of Justice and offered by the different bar associations by practicing lawyers.

The SOJ provides an initial guidance and advises on the possibility of going to court, or, if it is more convenient, to go an alternative route that may give a solution to the issue in question. In the case that the most recommendable is to go to court, the same lawyer will inform of the necessary procedures and the required documentation in order to obtain free legal assistance.

The advice given by this service is on legal matters in general, so consultations can cover all legal matters that have to do with social relations.



In some bar associations there are also services adapted to specific issues, such as that dealing with foreigners or labour situations, and is also recommended, for the solution of some conflicts, the mediation service, whose function we have already spoken about in an earlier article.

Lastly, I'd like to point out that for some years there has also existed the service of legal guidance in prisons, destined to give advice and guidance on specific matters to those serving sentences in Catalan prisons.

If any reader thinks this may be useful, I have added the telephone numbers of the different bar associations of our area where you can call to make an appointment in order to receive this service.

Colegio de Abogados de Reus y Falset: 977 34 08 50
Colegio de Abogados de Tarragona: 977 21 23 60
Colegio de Abogados de Tortosa, Gandesa y Amposta: 977 42 04 01

So, my dear readers, do not hesitate to call if there is some legal issue that worries you, and I wish you a Merry Christmas and a Happy New Year. **By David Piqué.** Any legal questions can be sent to davidpique@advocatsreus.org or The Olive Press direct.

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e-mail address davidpique@advocatsreus.org

A woman from the West Midlands, who became a national figure of hate for putting a cat in a bin, has been fined £250 by her local council. Coventry City Council say they took action when video footage taken by a neighbour showed Mary Bale putting the animal in the wrong type of bin. The council's communications officer, Tony Ballbag, explained the decision:

"It is quite clear: the woman in question was seen putting a cat in a green wheelie bin, and not the designated red bins that the council has provided for live pets.

"As a council, Coventry prides itself on increasing our domestic animal recycling rates from 0% in 1997 up to 68% this year. "The vast majority of those animals have been re-directed to local Chinese takeaways, apart from the rodents - which are shipped directly to Richard Gere's residence to be "re-homed"."

Miss Bale had earlier pleaded guilty to various offences brought by the RSPCA, but a judge had thrown out the case because "the cat did look a bit scruffy, so it seemed a fair enough course of action."

Former Really Wild Show presenter Terry Nutkins was present at the court, but seemed less than interested in the case of Miss Bale. He refused to be drawn on the matter, but was wearing a sandwich board bearing the slogan:

I HATE OTTERS.
DID YOU SEE WHAT THEY DID TO MY FINGERS?

Coventry 'Pet Bin'
prior to redirection to
Chinese takeaways
and
Richard Gere's home

Burglaries are set to
go through the roof

MP for Ealing Central, Angie Bray, has confirmed reports the borough are to import Igloos from Greenland in a bid to increase affordable housing in the area.

Ealing is currently in the midst of a housing crisis, likely to be impacted further by the recent changes to Housing benefit announced at the Budget.

Thousands of Inuits have been evicted from their homes to allow the excavation work to proceed.

Council worker Sheila Baste said, 'This is a very sensitive topic for those residing in the borough of Ealing, with some feeling the population is high enough without encouraging more to target a council deemed by many as a soft touch.'

Ealing Common is the proposed location for the igloos, with planning permission granted for some up to five stories high. Work on lift shafts is said to have commenced some

weeks ago with locals enraged at the lack of consultation. Commoner Charlie Buck said, 'We were lead to believe that this was Thames water conducting surveys of the area, only to find that was not the case. We are disgusted at the deceit of Ealing Borough council.'

Angie Bray denied reports that this was an immigration programme agreed between the two countries to re-house anti-social Inuits on British shores.

'There is simply no way we would agree to such a thing, we have enough social unrest in the borough as it is. Besides, they simply aren't aggressive enough to fit in.'



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CAPRICORN Dec. 22 - Jan. 20 -You're large and in charge this month, although something comes to your attention that prompts you to make changes to your image. Your manner this month, from the 7-10 forward, can be a little intimidating if you're not careful. You are assertive and friendly on one hand, but a little secretive, aloof, and hard to read on the other.



AQUARIUS Jan. 21 - Feb. 19 -A strong month for finesse and charm on the job is in store, dear Aquarius. Your reputation is likely to improve, perhaps in part due to the fact that you are feeling more directed in general. You are especially cooperative this month. The second half of the month can bring heightened emotions to your life, surrounding love and creative matters.



PISCES Feb. 20 - Mar. 20 -Your love nature this month is adventurous, open, and exploratory this month, dear Pisces. Your family and domestic affairs demand your strong attention in the second half of December. Changes are in store, and there can be pressure to make important decisions. Emotions are heightened.



ARIES Mar. 21 - Apr. 20 -Career matters are strong and in focus in December, dear Aries, despite some pressure to take charge and a few minor delays and mishaps. You are recognized, appreciated, and even admired. Some rethinking of work and health matters is required now.



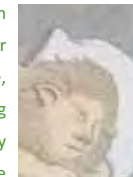
TAURUS Apr. 21 - May 21 -Improved "signals" in relationships and clearer personal goals contribute to a satisfying month, dear Taurus. Many of the differences you might have been experiencing in partnerships continue to iron themselves out. Overall, you feel back on track and better equipped to manage your life. Something from the past can be dredged up which changes your point of view.



GEMINI May 22 - Jun. 22 -Your ability to adapt to changing circumstances may be challenged this month, dear Gemini. Luckily, you are quite flexible by nature. Socially, December is very active. You can make important changes to your self-image now. Personal revelations surface around the 21st, and involve a partner.



CANCER Jun. 23 - Jul. 22 -Work and daily routines take up much of your time this month, dear Cancer. You are very smooth at handling others and you'll find that people who have been admiring you "from afar" are now finding you more approachable. Casual relationships fare very well this month. However, partnerships require extra care and attention.



LEO Jul. 23 - Aug. 23 -The general mood for you this month, dear Leo, is playful and happy. You're desirous of some extra special attention. Communications with family are healthier this month, and you're feeling back on track with them. There can be some pressures with work or health, however, and you might feel the need to rush decisions regarding these matters.



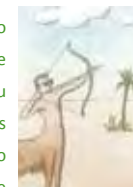
VIRGO Aug. 24 - Sep. 23 -December is strong for financial matters as well as work in communications. You're ready to move forward on a great idea you had in recent months, and it's received well, but it's better to do so before the 10th. It's a good time for money-making ideas, advertising, and generally spreading the word.



LIBRA Sept. 24 - Oct. 23 -There is considerable focus on your personal and emotional life these days, rather than public and professional goals. This is necessary for the time being, as you aim to become more emotionally centred. December is a busy month for learning, communications, and activities surrounding home and family.



SCORPIO Oct. 24 - Nov. 22 -Dear Scorpio, the message you're giving to others in December is finally very clear - and very attractive! You are coming across especially well, with few rough edges, and others are certainly taking note. You are more approachable, and a relationship is coming back on track.



SAGITTARIUS Nov. 23-Dec. 21 -You're likely to make some powerful decisions about money or personal possessions this month, dear Sagittarius, around the 12-14th. While launching a new project might not be the best idea right now with Mercury retrograde from the 10-30th, new strategies and ideas can be strong and should be duly noted.



When you are at lunch your tweet could be for example:

"You at lunch? Remember the two most beautiful words in the English language: DOGGIE BAG!"

PUPPY TWEETS



'TWITTER', ALSO FOR DOGS

In this year of 2010 we will at long last be able to know what our mascot thinks!. The popular phrase, "if only they could talk", used for decades referring to man's best friend, could become reality thanks to Twitter and Mattel.

The concept of Twitter is so simple that the idea is that anyone can use it. So much so that even the dogs may do so through a curious device that was designed the toy company Mattel.

'Puppy Tweets', Which is the name this new system, interprets the activities of the worlds' favourite pet and transfers this to Twitter by way of its sound and motion sensor. Owners who use this particular tool, need to connect a receiver to the PC, create an account for your best friend on Twitter and wait for the update.

If the animal is spinning like crazy around the house, in your Twitter appears: "Finally I reached that tail that I was chasing ", as reported on CNN. On the other hand, if the dog is sleeping, the message found in the social network will read: "Sometimes I feel my legs are permanently in

'siesta mode'!"

The 'Puppy Tweets' is the first in a line of Mattel toys designed for adults, and will become available in 2010. Cost US\$ 29 or UK £49

AN ITALIAN FELINE INHERITS 10 MILLION EUROS

A cat named Tomanso could be the richest pet in Italy, (or the world), since inheriting 10 million Euros from his owner. According to the Italian periodical "Corriere della Sera" a 92 year old woman, Sra. Asonta has no children and in her last will, witnessed by a lawyer and a notary, has left her pet all her belongings, including a luxurious Chalet in

Rome, 2 apartments- 1 in Rome and 1 in Milan, plus other holdings in Calabria and bank accounts, all of which are valued at 10 million Euros! She has asked that following her death a wildlife protection organization serve as administrators of the will and tend to abandoned animals as well as to guarantee a comfortable life for Tomanso!

RICHEST DOGS IN THE WORLD

Who is the richest dog in the world? How much could the richest dog possibly be worth? We've compiled a list of a few of the best known, wealthiest dogs from around the world. The saying, "A dog's life" takes on a whole new meaning once you've made the list of the richest dogs in the world!

REMEMBER A DOG IS FOR LIFE NOT JUST FOR CHRISTMAS!

Gunther IV

Countess Karlotta Libenstein of Germany left approximately \$106 million to her German Shepherd, Gunther III in 1992. Her trustees invested the money and tripled the fortune. When Gunther IV was born, he officially became the wealthiest dog alive. It has been reported that his fortune has grown to more than \$372 million.

Toby Rimes

The Poodle inherited \$80 million from New York owner Ella Wendel.

Trouble

Leona Helmsey left \$12 million to her dog Trouble.



'Trouble' one of the richest dogs!

Helmsley's brother Alvin Rosenthal has been appointed guardian of the white Maltese Terrier until it dies, when it will be buried beside Helmsley in a mausoleum in New York State.

Flossie

Drew Barrymore placed her Beverly Hills home, valued at \$3 million, in trust

with her Yellow Lab mutt "Flossie" as a reward for alerting her that her house was on fire in 2002.

Tina & Kate

Nora Hardwell left her Collie crosses the run of her home and five acres of land in Peasedown St John, near Bath, as well as \$1 million to be spent on their every whim.

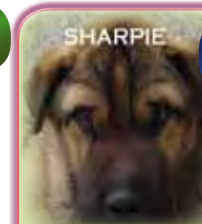
Jasper & Jason

Brewery heiress, Diana Myburgh, left \$50,000 trust funds each to Jasper, a Labrador-Doberman mix and Jason, a Whippet when she died in 1995. Their inheritance was invested and has now tripled in value.

Dr Ronald Rosenfeld. D.V.M.

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 Cinta 625 915 605, Carmen 655 040 359
 protectora.arca@wanadoo.es
 http://www.protectoraerca.org/



SHARPIE

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

URGENT ADOPTION REQUIRED

CALL ARCA TODAY. A.R.C.A.

(Association for Refuge and Taking care of the Animals)

it is a non-profit association operating since the summer of year 2001. At this moment they have 300 abandoned dogs. They are in Tortosa in the province of Tarragona (Spain). All the material aid comes from the much appreciated

donations but with each new arrival more donations are needed. If you want to donate to Arca if only by 5€ each month, minimum, please send an e-mail with your personal data and account number or call or write. Or just become

a volunteer to help with the dogs. email: protectora.arca@wanadoo.es. ARCA : Post office 496, Tortosa, (Tarragona) or contact: Cinta 625 915 605 Carmen 655 040 359 Mave (English) 678 975 816



Leo male 7 years, good character



Stop, male 4 years



Dolca, female 2 years old



Please Donate Today!

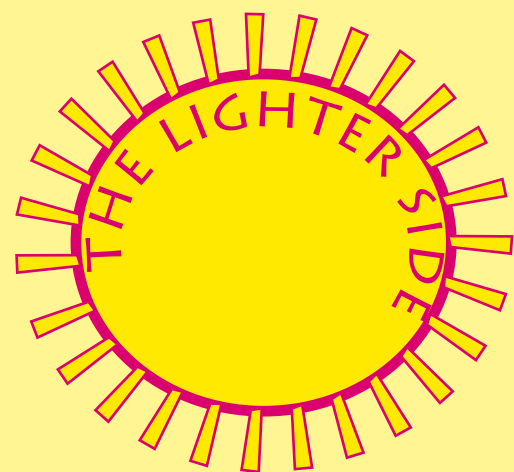
A.M.P.A.R.E.
PROTECTORA D'ANIMALS DE LA RIBERA D'EBRE
 Based in MORA LA NOVA
 CONTACT: Susan 689 468 752 English
 Isabel: 977 404 720 / 657 905 465 Spanish/ Catalan
 www.naturahumana.com/ampare

A. M. P. A. R. E. The society for the protection of animals Ebro region. Based in Mora La Nova. We desperately need to re-home dogs to make room for more! We have over 200 dogs for adoption. Susan 689 468752 English Isabel 977 404720 Spanish/ Catalan Donations always appreciated.

I have adopted an abandoned dog. Have you?
 657 18 14 37
 619 84 87 78
 www.alberggdanimals.com

Call Arca Today to Provide A Home To 1 Of 300 Dogs Needing A Loving Home Or If You Can Volunteer Any Assistance With The Dogs

www.progatortosa.com
 If you want to help abandoned Cats you can adopt or you can become a support member of Asociacion Progat of Asociacion Progat Tortosa. Thanks. Tel: 977 446 649, 600 225 749'. Aptdo de Correos 193, 43500 Tortosa



Christmas Cake Recipe

Ingredients

- 1 cup of water
- 1 tsp. baking soda
- 1 cup of sugar
- 1 tsp. salt
- 1 cup of brown sugar
- lemon juice
- 4 large eggs
- nuts

- 1 bottle Johnnie Walker
- 2 cups of dried fruit

Instructions

Sample the Johnnie Walker to check quality. Take a large bowl, check the whisky again. To be sure it is the highest quality, pour one level cup and drink.

Repeat.

Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl.

Add one teaspoon of sugar. Beat again.

Make sure the whisky is still OK. Try another cup.

Turn off the mixer.

Break 2 leggs and add to the bowl and chuck in the cup of dried fruit.

Mix on the turner.

If the fried fruit gets stuck in the beaters pry it loose with a drowscriver.

Sample the whisky to check for tonsisticity.

Next, sift two cups of salt. Or something. Check the whisky.

Now sift the lemon juice and strain your nuts.

Add one table.

Add a spoon of sugar, or something. Whatever you can find.

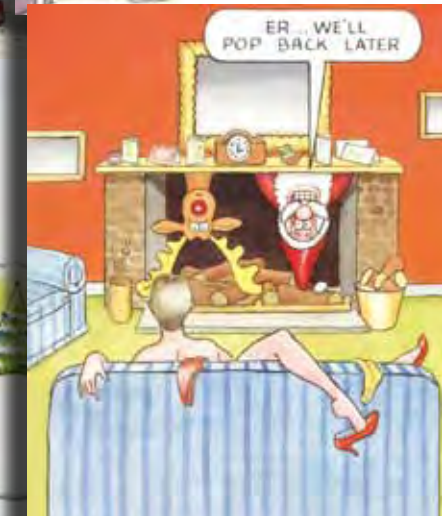
Greash the oven.

Turn the cake tin 350 defrees.

Don't forget to beat off the turner.

Throw the bowl through the window.

Check the whisky again and go to bed.



The Christmas Angel

One particular Christmas season a long time ago, Santa was getting ready for his annual trip ... but there were problems everywhere. Four of his elves got sick, and the trainee elves did not produce the toys as fast as the regular ones so Santa was beginning to feel the pressure of being behind schedule.

Then Mrs. Claus told Santa that her mother was coming to visit. This stressed Santa even more.

When he went to harness the reindeer, he found that three of them were about to give birth and two had jumped the fence and were out, heaven knows where. More stress. Then when he began to load the sleigh one of the boards cracked and the toy bag fell to the ground and scattered the toys.

So, frustrated, Santa went into the house for a cup of coffee and a shot of whiskey. When he went to the cupboard, he discovered that the elves had hidden the liquor and there was nothing to drink. In his frustration, he accidentally dropped the coffee pot and it broke into hundreds of little pieces all over the kitchen floor. He went to get the broom and found that mice had eaten the straw it was made from.

Just then the doorbell rang and Santa cursed on his way to the door. He opened the door and there was a little angel with a great big Christmas tree.

All radiant and smiling; the angel said, very cheerfully, "Merry Christmas Santa. Isn't it just a lovely day? I have a beautiful tree for you. Isn't it just a lovely tree? Where would you like me to stick it?" Thus began the tradition of the little angel on top of the Christmas tree.



As we enter 2011 I suppose you are expecting a few jolly quips of optimism at the dawn of another year. Let me warn you that if you are expecting the usual mix of humour and nostalgia then you are in for a disappointment. I'm writing this in early November looking out over Wroxham Broad in bright autumn sunshine. The shopping centres in the city are heaving with people doing their Christmas shopping as they have been for the last couple of months and, on the surface, all looks right with the world.

The prospects for the next year, or even several years have become suddenly bleak for a lot of us still hanging on in the UK. The key word of the moment is 'cuts' and this is what we are expecting. Our local Council is set to axe 3000 jobs in an effort to balance the books, although one could question why they got into such a mess in the first place. Services to young and old are already on the line and community schemes which have already been running on a shoestring and a lot of good will have already found their funding disappear. Retirement homes have been sold off to the private sector where they will charge fees beyond the reach of many people. Services for children are also being looked at with a view to selling them off or closing them altogether. An organisation helping the hundreds of young people in the County to find jobs has more than halved its resources with a result that the majority of the staff will soon find themselves in the dole queue. Nationally we can expect a rise in the amount of money that young people

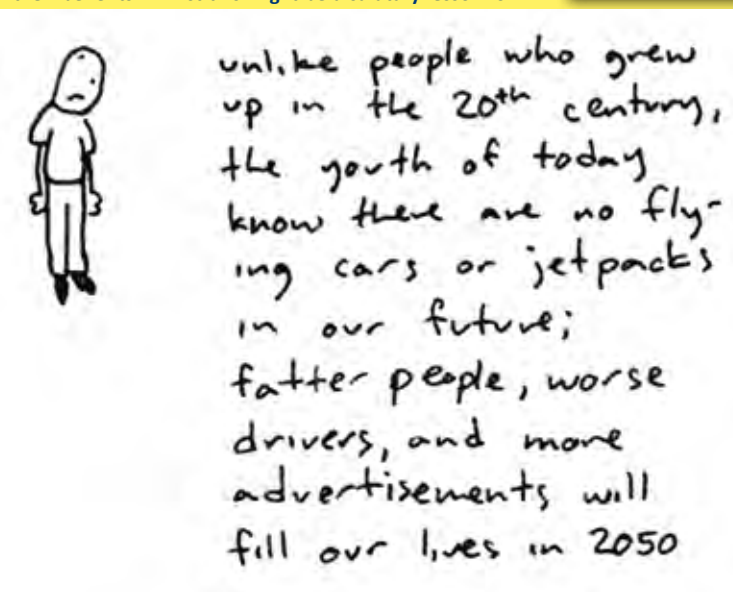
will require to go through university. Soon they will be leaving with a degree, often of little value, and a debt of something in excess of £30,000.

The police, court services and prisons are also being severely targeted for staff cuts. This would be no comfort to an elderly friend of mine. As a pensioner of 84 who lives alone and values her independence she maintains herself on a modest pension. Barely able to walk she relies on trips into town on her motorised scooter to do her weekly shop. Whilst sitting on the scooter at the check-out of her local branch of Iceland she was preparing to pay for the goods. She was distracted by a man with a strong foreign accent who she struggled to understand. As she did so his accomplice took off with her purse containing £80 and her bank cards. This was in a busy store where in spite of the attendance of the police the pair was not apprehended, nor are they ever likely to be. Romanian 'guests' to this country are usually the most likely cause of this kind of crime.

Hiving off public services has already got off to a bad start in the city. Not only did the firm appointed to collect our rubbish and maintain our streets and public housing, has gone bust, but we have since learned that the £1million they owe to their subcontractors is unlikely to be paid. Whatever your political leaning, a Party that seeks to balance the books, get the spongers into employment and generally try to put the Country back on its feet again should be commended. Alas a lot of impulsive



and short term fixes is not going to do the job. It's rather like being governed by the Daily Mail. People will no longer have a long term security if they live in Council accommodation. People on the dole after a year will have to do a week or two of community service or risk losing their benefits. Whilst this might be a salutary lesson for



some of them it is not a way of creating genuine careers for people with a reasonable enough income to make



it more worthwhile to be employed. As ever we Brits will grin and bear it as a bunch of amateurs in Westminster flounder around trying to create the illusion that they know what they are doing with what little of our money they have. Millions will be spent on hand-outs to foreign Countries and pointless military exercises. Meanwhile little will be done to try to re-vitalise industry and create jobs for our young people many of whom find it impossible now to leave the family home for some kind of independence.

Sorry to start the New Year on such a low note but we might still be able to take a hint from the theme song of the previous government and hope that 'Things can only get better'. At least we have inevitable farce of the overpriced 2012 Olympics to look forward to. © Mike Stevens 2010. If you need to contact Mike you can now do so at his blog, <http://mikeonline2.blogspot.com> or email: mikestevens09@hotmail.co.uk



IF SANTA ANSWERED HIS LETTERS...

Dear Santa,
I wud like a kool toy space
ranjur for Xmas. Iv ben
good boy all yeer.
YeR FREND, BILLY
Dear Billy,

Nice spelling. You're
on your way to being
a career lawncare
specialist. How 'bout I
send you a book so you
can learn to read and
write? I'm giving your
older brother the space
ranger, at least HE can
spell!

Santa

Dear Santa,
I have been a good girl all
year, and the only thing I
ask for is peace and joy in
the world for everybody!
Love, Sarah
Dear Sarah,
You're parents smoked
pot when they had you,
didn't they?

Santa

Dear Santa,

I don't know if you can
do this, but for Christmas,
I'd like for my mommy
and daddy to get back
together. Please see what
you can do.
Love, Teddy
Dear Teddy,

What, and ruin that
hot affair your dad's
still having with
the baby-sitter? He's
banging her like
a screen door in a
hurricane, son! Let me
get you some nice Legos
instead.

Santa

Dear Santa,

What do you do the other
364 days of the year? Are
you making toys?
Your friend, Thomas
Dear Thomas,

All the toys get made in
China. I have a condo
in Vegas, where I spend
most my time squeezing
cocktail waitresses'
asses, and losing all my
cash at the craps table.
Hey, YOU wanted to
know!

Santa

Dear Santa,

I left milk and cookies
for you under the tree,
and I left carrots for
your reindeer outside the
backdoor.
Love, Susan
Dear Susan,

Milk gives me the shits
and carrots make the
deer fart in my face.
You want to be a kiss-
ass? Leave me a glass
of Chivas Regal and
some Toblerone.

Santa

Dear Santa,

I've written you for three
years now asking for a fire
truck. Please, I really really
want a fire truck this year!
Love, Joey
Dear Joey,

Let me make it up to
you. While you sleep,
I'm gonna torch your
house. You'll have more
fire trucks than you'll
know what to do with.

Santa



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Glass of Cava on arrival

Homemade Parsnip & Ginger Soup

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Serrano Ham & Rocket

Traditional Roast Turkey
Prime Silverside of Beef

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Served With Roast Potatoes, Roast Parsnips, Mash Potatoes,
Lincolnshire Sausages Wrapped In Bacon, Selection of 6 Vegetables,
Christmas Stuffing & Bar Estacion Homemade Special Gravy

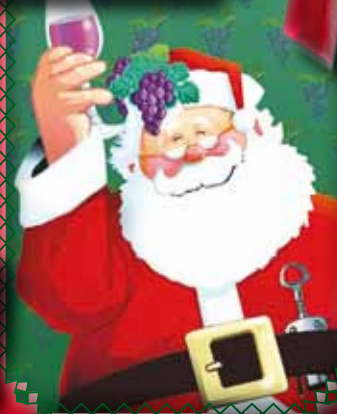
Christmas Pudding With Homemade Brandy Sauce
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Special Desserts Of The Day

Coffee With Mince Pie & After Eight Mint
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Per Person Including Glass Of House Wine

Book early to avoid disappointment.
Parties Welcome
Christmas Menus available 6th - 24th
December Lunchtimes & Evenings
Xmas Day Call For Details

New Years Eve
Karaoke Party
With "Amanda"
Cava & Grapes at
Midnight
Buffet
Tickets only 10€ in
advance
or 15€ on the night



YOGA FOR ALL- TREE POSE (VRKASANA)



Tree Pose (Vrkaasana)

Balancing postures are wonderful for beginners in that they develop our physical balance. In addition, they assist in developing concentration, poise and awareness. In the nature of a tree, the standing leg grounds itself into the earth like roots of a tree as the upper body lengthens upward like the branches. Ancient yogis of India were known to stand in this posture for many days on the banks of the Ganges River while meditating and chanting. The Yogi's say that if you can hold Tree Pose with comfort and ease, it mirrors your emotional and mental states.

Tree Pose

1. Stand tall on both feet for as long as it takes to gain a sense of balance and grounding through the legs. Find a place to focus your gaze upon, without straining the eyes. Keep your focus and breath steady as you continue.

2. Shift your weight onto the left leg. Slowly bend your right leg, and place the sole of the foot onto the inner side of the standing leg. You can place the foot on the inside of the ankle, calf or thigh. The important aspect of this pose is balance not where your foot rests. To reach the inner thigh, guide your foot upward with your hand. Press the foot into the thigh



to keep from slipping.

3. Press through the foot of the standing leg, and as you breath lengthen your torso up. Bring your hands together in front of your chest into Namaste (prayer position). Allow the breath to flow naturally, deep into the lower lungs. If you feel stable, slowly raise your hands into the air above your head and lengthen the spine upward.

4. Concentration is key; hold for as long as you feel comfortable. When you are ready to release, bring your foot back down to the ground in a smooth flowing movement. Alternate sides and repeat. Notice if you are more or less stable on one side or the other.

Benefits:

- Develops awareness, balance, concentration, and poise
- Revitalizes spine as well as the body and mind
- Strengthens entire leg, ankles and feet
- Increase flexibility in the thighs and hips

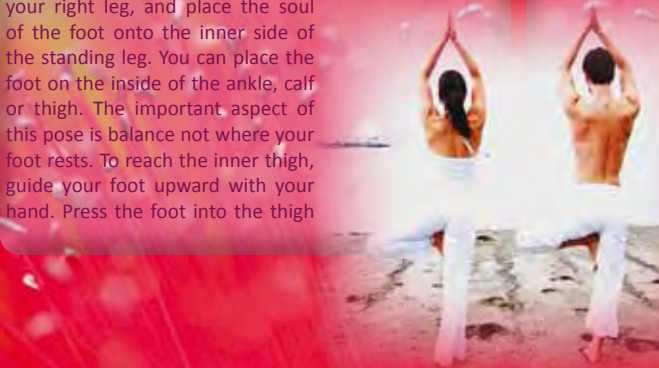
Cautionary Notes/Modifications

- If you find it difficult to balance, place your fingertips against a wall or on the back of a chair. Standing completely against the wall for support is another option.
- Call upon your breath as a source of strength for this grounding and quieting asana.
- Traditionally, we should begin with our less dominant leg to stand on
- Standing on one leg is very

challenging, and we must always remember to honor where we are in every moment. If you fall out of the posture, it's okay, smile and try again!

- If you feel very stable try closing your eyes while maintaining the pose.

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



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1ST JAN. 2011 OPEN IN THE EVENING
2ND JAN. FOR LUNCH



SINTERKLAAS IN HOLLAND

There is not a single family in Holland that does not in some way or another honour the old "Bishop" and his servant the Grampus with a party, a small get-together or by going to somebody's else's house to celebrate. There may be many presents, or just a few, tables laden with traditional candles and cookies, or just a pot of hot chocolate. The Sinterklaas spirit is everywhere.

On December 5th children leave clogs or shoes out to be filled with presents. They also believe that if they leave some hay and carrots in their shoes for Sinterklaas's horse, they will be left some sweets. Children are told that Zwarte Piet keeps a record of all the things they have done in the past year in a book and that good children will get presents from Sinterklaas, but bad children will get chased by Zwarte Piet with a stick!! Dutch tradition says that he lives in Madrid, and every year he chooses a different harbour to arrive in Holland, so as many children as possible get a chance to see him. He travels with his servant called Zwarte Piet (Black Peter). When Sinterklaas and Black Peter come ashore from the boat, all of the local church bells ring in celebration. Sinterklaas then leads a procession through the town, riding a white horse. Every town in Holland has a few Sinterklaas helpers, dressed the same as Sinter Klaas who help give the presents out. If children are really lucky they might receive all their presents during the evening. This is called 'Sinterklaasavond' or 'Pakjesavond' (present evening). There might be a knock at the door and you might find a sack full of presents!

How is Sinterklaas celebrated in the Netherlands?
On 5th December, the Dutch traditionally celebrate Sinterklaas. The children are told about a very old

Spanish bishop called Sinterklaas, who is fond of children. This Iberian prelate visits the Low Lands every year by the end of November and leaves quietly after December 5th. How this kindly 4th century bishop made his way from Asia Minor through Italy, Spain and all of Northern Europe by the 11th century where he is still honoured today is hard to say, but by that time he became the patron saint not only of children and unwed maidens, but of sailors and the City of Amsterdam as well.

Association with Amsterdam goes back to the time of the Inquisition, which had spread to Holland in the Middle Ages. Rumour had it that there was a Nicholas who was Bishop of the Cathedral in Amsterdam. When the swarthy Spaniards came from Spain to trade with the Dutch, they gave passage to adults and children alike whose lives were threatened by the Inquisition.

The name Sinterklaas comes from Sint Niklaas, which is a variation of Sint Nikolaas (Saint Nicholas).

Grown-ups sometimes celebrate Sinterklaas as well, but in a different way from the children: adults make rhymes for each other in which the other person is the subject or the victim. Often less favourable habits of the victim are dealt with in a humorous way.

There are some traditional things to eat and drink with Sinterklaas. Pepernoten (very small cookies, Figures of Speculaas, also a kind of cookie only bigger made with cinnamon and cloves).

For the grown-ups Bishops wine which is red wine with sugar, cinnamon and cloves and can be hot or cold. At many Dutch Sinterklaas Eve parties, chocolate initials, will be given to each person—the first given to the youngest child, then on up to the oldest person present. The tasty treats may be found in shoes, left by Sinterklaas as he makes his rounds checking on children. The letters, in brightly coloured boxes, are sold from around October 15th through to December 5th. The custom of edible letters goes back to Germanic times when, at birth, children were given a runic letter, made of bread—as a symbol of good fortune. Letters became associated with Sinterklaas in the 19th century,



when a sheet was used to cover St. Nicholas presents. A bread dough letter, placed on top of the sheet, identified where a child's gifts were located.

Dutch folklore

In the Netherlands Saint Nicolas (often called "De Goede Sint" — "The Friendly Saint") is now aided by helpers commonly known as Zwarte Piet ("Black Peter").

The folklore of Saint Nicolas has many parallels with the Germanic mythology. Saint Nicolas has many resemblances with Odin, like the beard, hat and spear (nowadays a staff) and the cloth bag held by the servants to capture naughty children. Both Saint Nicolas and Odin ride white horses that can fly. The white eight-legged steed of Odin is named Sleipnir.

A more modern story, is that Saint Nicolas liberated an Ethiopian boy slave called 'Piter' (from Saint Peter) from a Myra market, and the boy was so gracious he decided to stay with

Saint Nicolas as a helper. In Belgium Zwarte Piet is still called "Pieter baas", derived from 'Piter'. Nowadays Zwarte Piet has become a modern servant who has a black face because he climbs down chimneys and gets blackened by the soot from the fire.

Until the second world war Saint Nicolas was only helped by one servant. When the Canadians liberated the Netherlands in 1945, they reinstated the celebrations of Sinterklaas for the children. Unaware of the traditions, the Canadians thought that if one Zwarte Piet was fun, several Zwarte Pieten would be even more fun. Ever since Saint Nicolas is helped by a group of Zwarte Pieten. Since the giving of presents is Sinterklaas's job, presents are traditionally not given at Christmas in the Netherlands, but commercialism is starting to tap into this market.

Christmas Day itself is a much quieter day in Holland, with a Church Service and family meal. Sometimes there is a special Christmas Day 'Sunday School' in the



afternoon at the church, where the Christmas Story and other traditional stories are told. Oranges and biscuits are often the only presents children will get on Christmas Day because they have already received most of their presents on St. Nicholas Day.

On Christmas Eve night, Dutch Children believe that Santa Claus, (who is also call 'Christmas man' to avoid confusion with Sinterklaas!) comes from Lapland in Finland to deliver more presents!

In Dutch Happy/Merry Christmas is 'Prettige Kerstfeest'.

Dutch Treats!!

Did you know that "cookie" is a Dutch word? And that the first chocolate in America came from Holland? Not only did children in New Amsterdam (NYC) love the Dutch tradition of Sinterklaas, they also quickly came to love another tradition the Dutch brought to the New World: cookies!! The Dutch word was "koekje," and meant "little cake." The Dutch brought the "koekjes" to America in the 17th century and the word became "cookie." Much like Sinterklaas became Santa Claus. The first cookies were created by accident. Cooks used a small amount of cake batter to test their oven temperature before baking a large cake. Almost immediately the Dutch knew they had discovered something very, very good. With a little bit of sugar added, crackers became cookies! Before long, special cookies were being made for the Dutch' peoples favourite holiday~ -- Sinterklaas. These cookies are called Speculaas.

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TREAT YOUR TASTE BUDS.

Traditional Christmas recipes that my mother and nonna still make. Buon Natale!



Pappardelle ai porcini

This pasta is so popular that in Italy there are towns that have festivals honouring it. For example, a festival called the Sagra delle Pappardelle al cinghiale (Pappardelle with wild boar festival) in the city of Gemmano in the Emilia-Romagna Region is held every August.

Serves 4

Ingredients:

30g dried porcini mushrooms
400g pappardelle - or any broad egg pasta, like tagliolini or tagliatelle
fresh parsley
125g of cooking cream
Parmesan cheese
teaspoon of nutmeg

salt
butter
white wine

Preparation:

Soak porcini mushroom in water for at least 20 minutes, then strain mushrooms through a sieve and quickly rinse them off under cold running water to remove any remaining soil residue.

Chop mushrooms and set aside.

In a skillet, melt a little butter - make sure the skillet is large enough to hold cooked pasta. Add the porcini and sauté on medium heat for 5 minutes. Add white wine to taste.

Meanwhile cook pasta till al dente, and when the pasta is just about done add the cream to mushroom mixture then add the cheese, the nutmeg to taste, salt and freshly ground pepper, stirring with a wooden spoon.

Drain the pasta and add to mushroom-cream mixture. Toss well add seasoning and parsley to taste. Add more cream if pasta mixture seems



BUON NATALE

too dry. Serve hot with grated Parmesan.

Gamberi gratinati (Shrimp au gratin)

Serves 4

Ingredients:

1 pound cooked medium to large shrimp, cut up
8 to 12 ounces crabmeat
4 ounces sliced mushrooms
1/4 cup butter
1/4 cup flour
2 cups milk
salt and pepper, to taste
1/4 teaspoon paprika
2 teaspoons chopped chives
2 teaspoons finely chopped parsley
2 tablespoons dry white wine
Parmesan cheese, about 2 to 4 tablespoons

Preparation:

In a buttered 1 1/2-quart casserole, combine seafood.

In a medium saucepan, melt butter over medium-low heat; add mushrooms and cook until tender. Stir in flour until smooth and bubbly. Gradually add milk, stirring constantly. Continue to cook over low heat, stirring constantly, until thickened and bubbly. Stir in seasonings and wine. Gently stir sauce into seafood mixture. Sprinkle with Parmesan cheese. Bake at 350° for 20 minutes, then broil for a minute to brown top. Serve immediately.

Carciofi alla Giudea (Deep-fried artichokes)

This recipe originated in the old Jewish ghetto of Rome, but has long since been adopted by the Eternal City at large, served as an appetiser or a contorno (side dish). These artichokes are also presented as part of a platter (as a main dish) called Fritto alla romana, which consists of various batter-fried vegetables and cod fish.

Ingredients:

8 large fresh artichokes
2 1/2 cups of olive oil
3 lemons
Salt and pepper

Preparation:

Prepared artichokes as illustrated in the photo. Pour at least 2 inches of oil into a large frying pan and heat on a low-to-medium flame. Dry the artichokes well, add salt and pepper, and lay them in the pan, flat side down. Pressing each artichoke lightly with a pair of tongs, allow them to simmer (not fry) in the oil, gently stirring, for about 15 minutes, until tender. Check for tenderness by piercing one of the artichokes with a fork, if it's not tender, continue simmering in the oil. When the carciofi are tender, remove



them from the oil onto a plate lined with paper towels. Increase the flame to high and, using the tongs, place each artichoke with the stem pointing up in the hot oil. Now press the artichoke gently once again—it should open like a flower, brown, and crisp, 30-40 seconds. Remove the carciofi from the pan and place them stem up on paper towels to absorb the excess oil. Transfer to a platter and serve them very hot with lemon quarters.

Panettone

This traditional Christmas bread originated in Milan, but has become a world wide favorite. The stories of the origin of the light, fruity dough are as delightful as the bread itself. One story has a young baker giving credit to his love's father in order to win her hand. The father's name was Toni - so the bread became Toni's bread" or "pan ad Toni." Another version has Toni as a not very energetic baker whose sugar and raisins fell into the bread dough. Rather than starting again he just baked the dough with the spillage included and ended his lazy days when the crowds came back to get more of Toni's bread.

Ingredients

1/4 pound sweet (unsalted) butter,
2 eggs
3 egg yolks
3 1/2 cups flour
1/2 cup milk
1 cup sugar

1/2 cup currants, soaked 1 hour in warm water and drained

Zest of 2 oranges

2 teaspoons cream of tartar
1 1/2 teaspoons baking soda

Preparation:

Preheat oven to 220° degrees. Butter and flour an 8-inch tall round (panettone) cake pan. Many creative cooks use an empty large coffee can to get the roundness and height expected in a traditional panettone. Cream butter with eggs and yolks for about 3 to 4 minutes until the mixture is a pale yellow color. If you are using a mixer that has a dough hook, place it on the mixer and slowly mix in half of the flour. If you are going the traditional route, add the flour slowly while you hand mix the dough. The important thing is to mix the flour as you add it and not dump it at once into the mix. You won't get the right texture that way. Add half the milk and mix well. Add the remaining flour followed



by the remainder of the milk and all of the sugar and mix until the batter is elastic - it should be slightly stringy. Spread out on to floured surface and sprinkle with currants, orange zest, cream of tartar and baking soda and knead for about 5 to 10 minutes. Place into the prepared pan and bake for 35 to 45 minutes, or until a toothpick inserted comes out dry. Remove from oven, invert on to a rack and allow to cool.

Pasticcini di mandorle (Soft Almond biscuits)

Everlasting sweets for the lovers of true Sicilian tradition.

makes about 15 - 20
300g ground almonds

200g icing sugar (plus extra for dusting)
the zest of a large unwaxed lemon

2 medium-sized eggs gently beaten with a fork
Mix the ground almonds, icing sugar and lemon zest in a large bowl. Add the beaten egg and then using a fork or your fingers, bring the mixture together into a soft sticky dough.

Dust your hands with icing sugar and then scoop out walnut sized lump of dough, gently shape and then roll it between your palms into a ball. Dust the ball with more icing sugar and then put it on a baking tray lined with 2 layer of greaseproof paper. Continue making the rest of the balls. The balls should be well spaced as they swell as they cook.

Make an indentation into the centre of each ball so they cook evenly.

Bake at 180° for about 20 minutes or when they are golden brown underneath and cracked, crisp and very pale gold on top.

Allow to cool. They will keep in an airtight tin for up to a month.

Buon appetito!

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Our Articles On What's On From Previous Years Issues Can Be Found On Our Web Site www.theolivepress.eu

December 6th The constitutional history of Spain dates back to the constitution of 1812. After the death of dictator Francisco Franco in 1975, a general election in 1977 convened the Constituent Cortes (the Spanish Parliament, in its capacity as a constitutional assembly) for the purpose of drafting and approving the constitution.

December 8-Feast of the Immaculate Conception (Inmaculada Concepcion -National Holiday) This holiday in Spain is typically a day of additional church services in and around Madrid as well as in the rest of the country.

There is also the commemoration of the events of the Cambrils Siege in 1640. The livelihood of the township was put in serious jeopardy in December of 1640, when the people of Cambrils experienced one of the worse episodes of the Catalan Revolt (**Guerra dels Segadors /war of the Reapers**) in which Catalonia clashed with King Felipe IV.

The Tió de Nadal (roughly "Christmas Log"), also known as "Tió" (trunk or log, a big piece of cut wood) or "Tronca" ("log") and popularly called "Caga tió" (pooping log in English), is a character in Catalan mythology relating to a Christmas tradition widespread in Catalonia.

A Caganer is a little statue found in Catalonia, in neighbouring areas with Catalan culture such as Andorra, and in other parts of Spain, Portugal and Italy. Cap d'Any (New Year's Eve) / "L' Home dels Nassos"31

Wear red underwear for good luck! at midnight everyone stops swilling cava and starts stuffing 12 grapes into their mouths, one for every chime of the bell. If you are able to eat the grapes during the strokes it means that you will have a lucky year. At the end of the strokes they drink a toast with Cava.



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I'M NOT AFRAID TO DIE....

I'm not afraid to die.... I just don't want to be there when it happens!
Woody Allen

None of us will live forever, it's a fact, but making plans for your funeral can lessen the burden on your family or friends.

Although it may be a difficult chore, it is generally a good idea to pre-plan your funeral, not only does this ensure that you get the send-off that you want, but it also removes what could be a heavy financial strain on your loved ones.

It has been reported that the cost of funerals have nearly doubled in the last 10 years and many people are increasingly investing in plans at a fixed price.

Living in Spain

According to Spanish law, remains must either be (i) preserved or (ii) embalmed by an undertaker within 48 hours of the death. National undertakers usually embalm foreign nationals, as this is required should there being a need to transfer the body out of Spain.

Having the security of a funeral plan will cover the costs. A well thought out plan can easily be put together and surprisingly affordable. If you take into account the costs of ministers' fees, a coffin, cars and a plot, it's amazing how quickly it all adds up.

With all the problems of arranging a funeral, at the most stressful time and added to that the difficulty of language and the knowledge of the Spanish law, it is safe to say that a Funeral plan really is a "must have" product. A Beneficial funeral plan will take strain, with one telephone call to the 24 hour help line, it will be answered in English, your pre-planned instructions will be implemented, all the relevant parties will be contacted, including the doctor and funeral director. There will also be help, in any we can, for your friends and family.

The plan is dual country and once it has been paid in full or started on a payment plan, the price will be locked and there will be nothing more to pay.

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HEALTH SELF-HELP TOOLKIT: 'RIGHT RELATIONS (PART 1)'

I always enjoy learning about ways in which other cultures & social systems foster the health of members of their communities. The quality of our relationships deeply affects our health as we all know. Leslie Marmon Silko describes the ways that right relations were encouraged & manifest growing up in a traditional Pueblo Indian society in an article entitled "Yellow woman & a beauty of the spirit". An annotated version of her beautiful article is offered here where she talks about how, despite the massive social changes of the last century, the old-time views on healthy relationships with our world still persist.

"They looked at the world very differently; a person's appearance & possessions didn't matter nearly as much as a person's behaviour. For them a person's value lies in how that person interacts with other people, how that person behaves towards the animals & the earth. That is what matters most to the old-time people. The Pueblo Indians believed this long before the Puritans arrived with their notions of sin & damnation, & racism. The old-time beliefs persist today. Many worlds may co-exist."

I spent a great deal of time with my great-grandmother. Her house was next to our house, & I used to wake up at dawn & go & wait on the porch swing or on the back steps by her kitchen door. She got up at dawn but was more than eighty years old, so she needed a little while to get dressed and get the fire going. I had been carefully instructed by my parents not to bother her and to help her in any way I could. I always loved the early mornings when the air was so cool with a hint of rain smell in the breeze. In the dry New Mexico air, the least hint of dampness smells sweet. That's what I came to do every morning: to help Grandma water the plants before the heat of the day arrived.

I was allowed to listen quietly when Aunt Susie or Aunt Alice came to visit Grandma. They were usually busy chopping wood or cooking but never hesitated to answer my questions. Best of all they told me the *humma-hah* stories, about an earlier time when animals & humans shared a common language. Adults took time out to talk and teach young people. Everyone was a teacher, and every activity had the potential to teach a child.

In the view of the old-time people, we are all sisters & brothers because the Mother Creator made us all – all colours and all sizes. We are sisters & brothers, clanspeople of all the living beings around us. The plants, the birds, fish, clouds, even the clay – they are all related to us. The old-time people believed that all things, even rocks & water, have spirit and being. They understood that all things want only to continue being as they are, they need only to be left as they are. They used to tell us kids

not to disturb the earth unnecessarily. All things as they were created exist already in harmony with one another as long as we do not disturb them.

As the old story tells us, *Tse'itsi'nako*, Thought Woman, the Spider (in some myths she is identical with Spiderwoman), thought of her three sisters, & as she thought of them, they came into being. Together with Thought Woman, they thought of the sun & the stars & the moon. The Mother Creators imagined the earth and the oceans, and the animals and the people, and the *ka'tsina* spirits that reside in the mountains.....all the plants that flower and the trees that bear

fruit. As Thought Woman & her sisters thought of it, the whole universe came into being. In this universe there is no absolute good or absolute bad; there are only balances & harmonies that ebb and flow. Some years the desert receives abundant rain, other years there is too little rain, and sometimes there is so much rain that it causes destruction. But the rain itself is neither innocent nor guilty. The rain is simply itself.

My great-grandmother was dark & handsome. Her expression on photos is one of confidence & strength. To the Pueblo way of thinking, comparing one living being with another was silly, because each living thing is unique and therefore incomparably valuable because it is the only one of its kind. The old-time people thought it is crazy to attach such importance to a person's appearance.

It was bad manners to make comparisons that might hurt another person's feelings. The traditional Pueblo societies were communal and strictly egalitarian, which means that no matter how well or how poorly one might have dressed; there was no social ladder to fall from.

In the old time Pueblo world beauty was manifested in behaviour & one's relationships with other living beings. Beauty was as much a feeling of harmony as it was a visual, aural or sensual effect.

The whole person had to be beautiful, not just the face or body; faces or bodies could not be separated from hearts & souls. Health was foremost in achieving this sense of well-being and harmony. A person who did not look healthy inspired feelings of worry or anxiety, not feelings of well-being. A healthy person is of course in harmony with the world around her: she is at peace with herself too. Thus an unhappy person or a spiteful person would not be considered beautiful."

Pueblo communities were & still are highly interdependent but also highly tolerant of individual differences & eccentricities because survival of the group means everyone has to co-operate.

To be continued next month, part 2, "Further perspectives on right relations as a cornerstone of health."

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



Olives & popcorn

Welcome to Olives & Popcorn, your monthly guide to great Spanish based films that in my opinion should not be ignored. Any comments are welcome. Also if you want to know more about a particular film and how to get a copy again get in touch via my email below. This month I will present for your viewing pleasure what is currently becoming a common theme for many new films, a film about alien invasion and ancient prophecies from the mystic land of the Mayans.....Seres: Genesis (2010) *The year is 2010. A Mexican company, Owl Technologies, a leader in technology and its chief of operations, Mariel, are investigating the paranormal phenomena by means of their secret 'Section B'. Graco, leader of the group of archaeologists of the company, is looking for the codices given by King Pakal, one of the last kings of the Mayas and known to prophesied the end of their calendar with an exact date, day and hour. At the same time, the American government, also investigating the paranormal phenomena decides to split their research from the alliance they formed with the Owl Company. This and more recent events of extreme importance force the company to accelerate their investigations. Meanwhile Section B begins to tie the bows that unite to the paranormal phenomena with the old prophecies of their ancestors. This further investigation leads to the translation of the prophecies giving us "from the beginning of the times, they have been between us".*

Beings: Genesis (English Title) is a rare science fiction Mexican film, director Mario Angel Kitchen garden and produced by the Huma company Films. The ingredients of this film are: Mayan prophecies of King Pakal, mysticism, archaeologists, hunters of UFOs. With an investment of two million dollars and a distribution headed by Gonzalo Fertile valley, Manuel Balbi, Alejandra Mud, Thin Arthur, Striking Liz, Humberto Bust, among others, film was rolled in leases of Monterrey, with a unique technology in Hispano-America – a camera Network One with hi-res–, that as soon as it begins to be explored for the great productions of Hollywood.

As always if you want to check out the trailer, you can do so at - <http://www.imdb.com/video/wab/vi1457785113/> Jason.M.Berry 19/11/2010 Contact e-mail: gatchajay@hotmail.com



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Just a few weeks to go and perhaps your still not sure what to buy the gardener/s of the family or friends. Here are ten practical ideas.

1. A pair of warm socks for the cold winter days when doing the winter cutback.



2. A set of Fiscar ecological pruners to avoid some of the back, neck, shoulder and wrist sprains and pains that can occur. We find the extended pruner shown excellent for extra reach and cutting back prickly plants.

micro allotment.

4. A new kneeler for keeping knees dry, warm and unaffected by rocks and stones when doing weeding.

5. Disney gardening aids to stimulate children and grandchildren to start to take an interest in gardening.



6. A fruit tree or twenty strawberry plants.

7. A light weight garden barrow especially for the lady of the house. Wheel barrows coated in concrete from all the DIY building tasks can become uncomfortably heavy for lighter gardening tasks.

8. A light weight cosy green body warmer.

9. One of our gardening books to save time and avoid mistakes in laying out a new garden or revamping an inherited one.

10. Many male gardeners need a stimulating break away from gardening. So why not book him a days fishing on the Ebro with ace fishing coach and vegetable grower Nick Shattock – telephone 680820728.

There are two gardening benefits. The stimulus of catching a lifetime fish to afterwards dive enthusiastically into winter gardening projects and



the bagging up the rich river weed caught in the process to add to the compost heap. Dick has already persuaded Clodagh to pay for a second day as a Christmas present. If any group would like a gardening talk while he is up this way contact him on yourgardeninspain@hotmail.com. Whatever you buy we hope

the recipient and yourself have a happy Christmas. Our books 'Your Garden in Spain - Planning, planting and maintenance', 'Growing Healthy Fruit in Spain'. Buy by email from the publishers on www.santanabooks.com or call 952-485 -838.



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PC TIPS: INTERNET RELATED STUFF....



Internet security Programs...

The latest thing in protecting your pc is a process called sandboxing, which basically enables code to run in a protected area of your machine, without risking any damage to windows when you inadvertently land up on a dodgy website after too much sangria...

A very good complete internet security program can be downloaded from...

<http://www.comodo.com/home/internet-security/free-internet-security.php>

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Free music...

A popular music application in the UK is now available to download here; Spotify can now be downloaded here in Spain, with 20 hours of listening per month available on a free account. You can download and sign up from <https://www.spotify.com/uk/get-spotify/overview/>

www.spotify.com/uk/get-spotify/overview/

Another popular website for free music is <http://beemp3.com/> where you can download and store mp3s for free.

"A quick note on broadband..."

For those of you who live in the campo, and cannot get any form of broadband and cannot afford satellite, another option that is starting to happen in rural areas of the uk is broadband sharing, although Internet service providers may not like this solution, all that you need is a neighbour within 3 or 4 km willing to share their broadband connection. And with some long range wifi equipment, which can be purchased from ebay, at a reasonable cost (About 150 pounds) With a range of up to 5km..."

Alternatively Give Nigel Morton a ring to see if Euronet is available in your area...



For help or advice call Paul on 600 224 428
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Plans to build a mega-mosque in London West Ham have had to be put on hold for the time being after it was discovered that the land on which it is to be built, was once the site of a butchers shop.

A spokesman for the group who wants to build the mega-mosque, Ali-s bin-Wankin, told In Seine News today; "we bought this land in good faith and had plans to build a large community complex in time for the 2012 Olympics in London. We were led to believe that the ground had not been built on since the blitz, when a row of shops received a direct hit from a doodlebug [V1 flying bomb]. There had certainly been no development there for over 50 years and apart from the occasional house brick and piece of scrap metal, the ground was clear for development."

"An estate agent calling himself Mr Kipper [something fishy about that] approached us and asked us if we would like to buy a building plot for the very reasonable price of £100,000 for 55,000m² - that is under £1 per m2. We thought it was an offer that we could not refuse so we bought it from him. We thought that Allah was being most merciful to us and was giving us a base to operate from. We were even given planning permission from the local council to build a large community centre.

Once we got our hands on the deeds to the land, we looked at them and indeed discovered that there were indeed a row of shops there until the war. One of them happened to be a butchers shop with its own abattoir in the garden and it can be safely assumed that there are a huge quantity of pigs buried there!"

"With a name like West Ham, we should have known better!!!"

The group is now considering selling the land for a knockdown price of £99,000.



West Ham does not
face Mecca anyway

A LEADING circuit judge has today issued an arrest warrant for hungry cartoon predator Wile E Coyote. Jacqueline Davies said there was now clear evidence that Mr Coyote intended to commit murder and should be arrested and held on remand until a trial date can be set. Judge Davies said: "Mr Coyote's recent purchase of a giant crossbow is clear indication of menace."

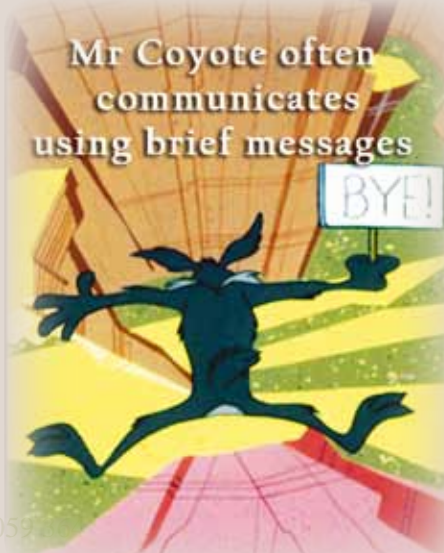
But lawyers for Mr Coyote said that not only had his early attempts to use the crossbow ended with him smashing head-first into a cliff, he was also just a cartoon. Stephen Malley QC said: "My client - and the alleged target of his aggression - are the result of thousands of individual drawings which have been photographed and then screened in rapid succession."

"We are sure that if the court watches all 48 of Mr Coyote's adventures in their entirety it will become apparent that not only is he unlikely to commit the murder, he was never supposed to.

"Additionally, the series of unsuccessful purchases Mr Coyote makes from the Acme Company underline not only his inability to commit the murder, but suggest that my client and his alleged target are merely the subjects of some short, animated films in which the normal rules of physics and biology are suspended."

But Judge Davies said: "The nature of Mr Coyote's existence and the efficacy of his methods are both irrelevant. It is his stated intentions that have brought him before this court."

"And if counsel insists on maintaining the position that a cartoon character is somehow physically and psychologically incapable of attempted murder, I would urge him to examine my summing up in the Crown versus Fudd."



Mr Coyote often
communicates
using brief messages



Members of FIFA determined that England should not stage the 2018 World Cup have been applauding the British media behind the scenes.

As the international football authority's Ethics Committee announced its decisions regarding the cases of corruption uncovered by the Sunday Times the anti-England camp were secretly toasting their success.

We were told by a source in the electoral committee: "This has finally put the mockers on the England bid - and if the planned Panorama programme on Fifa corruption goes ahead, you can throw a match on the funeral pyre."

"This has been a marvellous piece of work by the British media who were so pissed off that London got the 2012 Olympics.

"They have been so bitter over their failure to scupper that effort that they have been doing all they can to undermine the England World Cup bid.

"It's just brilliant. We now don't have to lift a finger to persuade people not to vote for England."

One football reporter on a national newspaper told us:

"Yup... can't say I'm sorry. I mean, it's the World Cup. Who wants to stay here and cover it, when we could be living it up in Spain and Portugal on expenses? "It's a no-brainer."

DREARY WOMEN GIVEN SOMETHING NEW TO TALK ABOUT ND FRIENDS TO DO IT WITH?

DREARY women across Britain finally have something new to talk about for the next six to nine months.

As Clarence House confirmed the engagement of Prince William and Kate Middleton, women with turgid, empty, pitiful lives set up Facebook pages dedicated to a dress that does not yet exist.

Jane Thompson and her friend Alice Maynard said in perfect unison: "Oh my God I'm so happy for them she's going to look so beautiful they are the most perfect couple you have ever ever seen the wedding is going to be the high point of my life I'm sleeping on a pavement."

Thompson added: "Oh look, I think I've pissed myself."

The wedding ceremony will be held at either Westminster Abbey or St Paul's Cathedral, followed by a reception filled with people who regard the likes of you as barely the same species.

Prime minister David Cameron led the congratulations



saying: "This is a great day for our country. Shut up, yes it is."

"Once again Britain will lead the world as we make the most enormous fuss imaginable over two incredibly wealthy young people who have been handed everything on a plate." But angry socialists condemned the wedding insisting it was 'bread and circuses' for a population already seething with anger over the government's budget cuts and the cynical hairstyles of X Factor's Katie Waissel. Martin Bishop, the left-wing Labour MP for Gateshead Toilet, started to say

something about an establishment con-trick and starving Africans before everyone wandered off or began talking over him.

Julian Cook, professor of Kate Middleton at Reading University, added: "I'm all for classical allusions, but the smart-arse 'bread and circuses' remark doesn't really work in a world full of fat people and satellite television."

But thousands of ordinary subjects across the country defied socialism, wished the couple well and said they were looking forward to Miss Middleton becoming the Princess of Wales and then devouring her like a suckling pig.

Helen Archer, a woman with a Princess Margaret teapot and a thousand yard stare from York, said: "She will become me and I will become her. Unless she gets too uppity or hangs about with poofsters."

Emma Bradford, from Stevenage, said: "I will take possession of her thoughts, they will become my currency and the Daily Mail will be my cash machine."

Meanwhile a spokesman for the Defence Manufacturers Association added: "Our best wishes to William and Kate and wouldn't it be refreshing to hear a Princess of Wales say something nice about landmines for a change?"



The X(mas)-Files

57 Elm Street, Bethlehem, PA

11:51 P.M., Dec. 24th

- We're too late! It's already been here.

- Mulder, I hope you know what you're doing.

- Look, Scully, just like the other homes: Douglas fir, truncated, mounted, transformed into a shrine; halls decked with boughs of holly; stockings hung by the chimney, with care.

- You really think someone's been here?

- Someone or some THING.

- Mulder, over here - it's a fruitcake.

- Don't touch it! Those things can be lethal.

- It's O.K. There's a note attached: "Gonna find out who's naughty and nice."

- It's judging them, Scully. It's making a list.

- Who? What are you talking about?

- Ancient mythology tells of an obese humanoid entity who could travel at great speed in a craft powered by antlered servants. Once each year, near the winter solstice, this creature is said to descend from the heavens to reward its followers and punish disbelievers with jagged chunks of anthracite.

- But that's legend, Mulder -- a story told by parents to frighten children. Surely you don't believe it?

- Something was here tonight, Scully. Check out the bite marks on this gingerbread man. Whatever tore through this plate of cookies was massive -- and in a hurry.

- It left crumbs everywhere. And look, Mulder, this milk glass has been completely drained.

- It gorged itself, Scully. It fed without remorse.

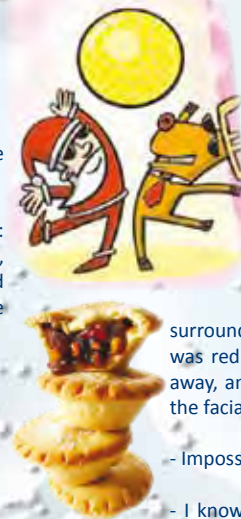
- But why would they leave it milk and cookies?

- Appeasement. Tonight is the Eve, and nothing can stop its wilding.

- But if this thing does exist, how did it get in? The doors and windows were locked. There's no sign of forced entry.

- Unless I miss my guess, it came through the fireplace.

- Wait a minute, Mulder. If you're saying some huge



creature landed on the roof and came down this chimney, you're crazy. The flue is barely six inches wide. Nothing could get down there.

- But what if it could alter its shape, move in all directions at once?

- You mean, like a bowl full of jelly?

- Exactly. Scully, I've never told anyone this, but when I was a child my home was visited. I saw the creature. It had long white strips of fur surrounding its ruddy, misshapen head. Its bloated torso was red and white. I'll never forget the horror. I turned away, and when I looked back it had somehow taken on the facial features of my father.

- Impossible.

- I know what I saw. And that night it read my mind. It brought me a Mr. Potato Head, Scully. IT KNEW THAT I WANTED A MR.POTATO HEAD!

- I'm sorry, Mulder, but you're asking me to disregard the laws of physics. You want me to believe in some supernatural being who soars across the skies and brings gifts to good little girls and boys. Listen to what you're saying. Do you understand the repercussions? If this gets out, they'll close the X-files.

- Scully, listen to me: It knows when you're sleeping. It knows when you're awake.

- But we have no proof.

- Last year, on this exact date, SETI radio telescopes detected bogeys in the airspace over twenty-seven states. The White House ordered a Condition Red.

- But that was a meteor shower.

- Officially. Two days ago, eight prized Scandinavian reindeer vanished from the National Zoo, in Washington, D.C. Nobody - not even the zookeeper - was told about it. The government doesn't want people to know about Project Krigle. They fear that if this thing is proved to exist the public will stop spending half its annual income in a holiday shopping frenzy. Retail markets will collapse. Scully, they cannot let the world believe this creature lives. There's too much at stake. They'll do whatever it takes to insure another silent night.

- Mulder, I --

- Sh-h-h. Do you hear what I hear?

- On the roof. It sounds like . . . a clatter.

- The truth is up there. Let's see what's the matter.

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

1. Fill the grid so that the numbers 1 through 9 appear in each row.
2. Fill the grid so that the numbers 1 through 9 appear in each column.
3. Fill the grid so that the numbers 1 through 9 appear in each 3x3 box.
4. A complete Sudoku puzzle contains the numbers 1 through 9 in every row, column, and 3x3 box.

This month, one with difficult classification as easy.

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

1. rain
3. fresh
7. cuadro (E)
8. seven
9. arco (E)
11. chair
12. iron
18. necesidad (E)
19. terrateniente (E)
20. letter
21. security
22. fridge

	1.		2.						3.			4.		5.
								6.						
7.										8.				
						9.								
				10.										
	11.							12.						
13.								14.						15.
			16.									17.		
				18.										
19.										20.				
21.									22.					

1. the bay
2. ubre /E/
4. escena (E)
5. sheep
6. clay
8. luminoso (E)
10. Holanda (E)
13. streets
14. game
15. camera
16. picadura (E)
17. curva (E)

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

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Saturday at 2pm uk time 3pm uk time 11 and repeated on Sunday
at 10 am UK time 11 EU time.**





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

THE READING CLUB where an English spoken person reads a short English story- members consist of Spanish, Irish and English. We will meet the 13th December, 19:30 pm, Marcel.li Domingo Public Library, Tortosa. We will read a short story by Salley Vickers. **LOOKING FOR SOMETHING TO DO AND FRIENDS TO DO IT WITH?** NEW English-speaking Womens Club for Flix and Riba Roja seeks like-minded women. Meetings 2nd Wednesday each month. Come and join us! For information contact: Alice 671 681 515 **"Yoga Day Out with a difference"** Fed up with the daily routine? Want to meet new people or visit somewhere different? Once a month, why not join a very lively bunch of people for 2 hours of yoga with a difference, followed by a fabulous menu of the day at a local restaurant. Pamela Sharp, Yoga Teacher & Reiki Master, who has lived and practised in Spain for 35 years is an excellent teacher and always does something different. In December we are going to be taught how to cure ailments by "Tapping". (No previous experience necessary!). The yoga is held at the Town Hall in La Galera from 11am to 1pm and afterwards we go to somewhere different for lunch, where the food is always excellent and good value for money. The whole day usually costs about €20 and will definitely be no more than €25.00. Usually the day out is on the first Friday of the month, but in December it will be held on Friday 10th. For further information please ring Jeanette Lane at least one week before on 977 477042 or 686292823 (mobile).

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

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

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

• **EL PERELLO FREESIA GROUP** (working for cancer charities)
The next **El Perello Bookstall** (now with DVD's for rent!!) will be held at the Homogenic bar on: Saturday 11th, 18th December. If the weather is bad, the bookstall will be inside the Homogenic bar. Further information please phone Liz on 977 059 783

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

-Cof E CHURCH SERVICES | The services are on the 2nd Sunday St Christopher's Anglican Church in L'Ampolla at 12:30 and the 4th Wednesday in the Catholic Church in el Perello at 11:30, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The Anglican Congregation of St Christopher's, Costa Azahar -5, Plaza Primero De Mayo,Vinaros-Services 10am. every Sunday. Also other activities i.e. Thursdays, a "Drop. In" morning from 11 a.m.-1.00 p.m. to meet for a coffee.



& a chat. Informal meetings at 11:00am on Wednesdays in the l'Ampolla parish rooms. These overlook the fishing port and the entrance is among the market stalls. Paul Needle can be contacted on 964 761 641 or mobile 662 482 944 or e-mail paulneedle@aol.com for pastoral needs. **LINE DANCING** | we will be meeting in the Escola de Musica (Music School) in El Perelló as usual 3-5 pm Thursday. The fees will be only 1€ per person per week. little bit of exercise for the legs and the jaws! All welcome

IESG-INTERNATIONAL ENGLISH SPEAKING GROUP Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at:- Edificio Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar. More information? Either tel: 977267418 or e-mail: iesglametlla@gmail.com - SEE PAGE 36 FOR MORE DETAILS

ARCA would like to thanks all who helped with the neutering and spaying , providing the vet's accommodation, transportation, the delicious food and the care of the dogs after the operations which were all successful. THANKS. MAVE

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NEW STAINLESS STEEL COOKER BACK(splash guard) | to fit range type €30. Call 977 059 364. **SKI BOOTS LADIES** | Tecnica size 38 good condition 15€ & **SKIS SALAMON XFREE9** | 180CM with bindings 40€. Tel: 977 059 364

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Taru Burstall is an agent d'acollida for the El Perelló Ajuntament whose role is to help facilitate integration options between the members of the European & English-speaking communities who have moved here & the local community. She is at your service to help with any queries or problems you may have or ideas you are interested in developing in this regard.
At the Sala de Exposició, Casa de Cultura, C/ Colom, 48 (under the library)
To contact her please:
• leave a message with your name & number at the Casa de Cultura (977 49 08 14) for an appointment to meet, she will phone you back
• or contact her via email: taruyes@hotmail.co.uk

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IESG INTERNATIONAL ENGLISH SPEAKING GROUP

International English-Speaking Group

The iESG is a bunch of friendly people of a variety of nationalities and ages who speak English and enjoy each other's company. The iESG isn't a Brit-ex-pats'-club; members have included American, Catalan, Dutch, English, German, Norwegian & Swiss.

The group provides a social networking facility for English-speaking people living in the vicinity of L'Ametlla de Mar; it was started over three years ago as the 'English-Speaking Network'. The name was changed to avoid the impression that we are solely a computer-based network; we're not.

Our social activities enable people to meet and, when possible, encourage good-will between the local community and newcomers to the area (we have members who live in El Perelló, L'Ampolla and further).

Our various activities are based on members' wishes. Further suggestions are always welcome, but may require volunteers to organise them!

Currently the group meets at 6.30 pm on the second Thursday of each month (except for August) at: - Edificio Bahía Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar.

The meetings are informal (without minutes and stuff). The prime object of the get-together is to produce or amend our programme of events and chat about any events which may affect our community.

Further information? Call Geoff on 977 267 418 or email iesglametlla@gmail.com

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All entries are also listed on our directory online at www.theolivepress.eu. The Olive Press does not accept responsibility for the contents of the articles supplied by contributors nor for the claims made by advertisers

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Why Filter or Treat Your Water?

All tap water within your home, not otherwise filtered or treated, contains millions of impurities - many that you can see, taste and/or smell, but NOT ALL.

Your tap water can be contaminated with harmful impurities such as bacteria or cysts (e-coli, giardia, cryptosporidium), that can make you seriously ill.

With the increase of water pollution and water-borne contaminants, the importance of having clean, safe drinking water at home is greater than ever.

IF YOU DON'T HAVE MAINS WATER THEN YOU NEED ONE OF THESE!

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M1199 –Tortosa

Restored Farmhouse with Fantastic Delta Views! 3 beds – 3 baths – 90m² Parcela 27000m²

Price 130.000€



M1196 – Tivenys

170 m² Restored Farmhouse – Mountain Views 3 Beds, 3 Shower rooms 2235 m² plot size Water & electricity 5min walk to Village or River.

Price: 229.000€



M1212 – Roquetes

80 m² Country house – Mountain Views 2 Beds. Shower room 5800 m² plot size Water - Automatic System & Wind generator. 1 bed & shower room guest accom.
Price: 135.000€



M1198 – Tortosa

Restored Farmhouse – Fantastic Delta views! Elegant 2/3 bed house with two living areas on two floors. Connected by internal spiral staircase & own separate external entrances.
Price: 190.000 euros



M1095 – El Perelló with "Cedula de Habitabilitat"

120m² House in 14.200m² of land, 2 bedrooms 2 bathrooms, large lounge with wood burner & patio doors leading to sun terrace. Outbuildings. Water & Automatic power system.

Price 180.000€



M1200 – 20mins Tortosa - Fantastic Opportunity!

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