

THE

 **LIVE PRESS**

CATALUNYA

for all English speakers

Nov 2008 monthly



FREE COPY

a little serious a little humorous



[www.theolivepress.eu](http://www.theolivepress.eu)

# ADVERTISING RATES TEL 977 059 364

FULL COLOUR PAGE 300 EUROS | BACK COVER PAGE 385 EUROS

PRIME POSITION PAGE 350 EUROS (INSIDE FRONT, INSIDE BACK, PAGE 3 & MIDDLE PAGES)

DOUBLE PAGE SPREAD PRIME PAGES 600 EUROS INSIDE PAGES 510 EUROS

**\*SPECIAL DISCOUNTS FOR 1/8 TO FULL PAGE ADVERTS**

**10% FOR 3 MONTHS; 15% FOR 6 MONTHS & 20% FOR 12 MONTHS**

**1/2 FULL COLOUR PAGE 175 EUROS-130X87MM**

**1/4 FULL COLOUR PAGE 90 EUROS-63X87MM OR 130X41MM**

**1/8 FULL COLOUR PAGE 50 EUROS-63X41MM**

**BUSINESS CARD DIRECTORY IN FULL COLOUR 36€ SINGLE OR 65€ DOUBLE**

**\*SPECIAL 6 MONTHS ONLY 180€ PAID IN ADVANCE OR PAY FOR 5 + 1 FREE!**

**I.E. PAY 36€ PER MONTH FOR 5 MONTHS AND GET MONTH 6 FREE! (\*36€ FOR SINGLE OR 65€ FOR DOUBLE BUSINESS CARD) 62X34MM SINGLE 62X70MM DOUBLE**

PRICES ARE IN EUROS PER MONTH UNLESS OTHERWISE STATED AND EXCLUDE IVA PAYMENT IS DUE WITH PRESENTATION OF ADVERTISEMENT BY CASH, DIRECT DEBIT, BANK TRANSFER OR PAY PAL. NOTE DISCOUNTS ONLY APPLY TO ADVANCED FULL PAYMENT. The olive press reserves the right to publish the names of any default in payment.

## DISTRIBUTION POINTS

IF THERE IS NOT ONE NEAR YOU PLEASE CONTACT US

- **TORTOSA**
- MURRAY'S Cent. Comercial Sabeco
- TABACOS / NEWSAGENTS- Carrer Tarragona 13
- RIERES ESTATE AGENTS Pl. Paolet 2 Tortosa, 977 445 497
- MYSANISHOME Av. Generalitat 70, 977 446 655
- Ferreteria RODRIGUEZ by Carrefour
- CLIBEGAS Carretera Gandesa, 35, 43590 Jesús 977 504 747
- NEXO OFTEVET, Ctra. Tortosa-L'Aldea, 977 510 405
- **L'AMPOLLA**
- BAR ESTACIÓN Plaza Francesc Macià (near the train Station) 977 460 387
- GOLF COURSE
- RESTAURANT FATA MORGANA NEAR CLUB NAUTIC
- HOTEL FLAMINGO C/Ronda d' Mar58
- BAHIA MAR ESTATE AGENTS - Pza. González 12 - 658 934 146
- EL MOLA GARDEN CENTER-Ctra. Platges, El Perelló-Ampolla km5,5
- **EL PERELLÓ**
- PERELLÓ PROPERTIES C/ Francesc Macià 5, 977490 804
- HOMOGÈNIK C/ Sant Antoni 19
- ALAS Petrol Station
- SUMO SUPERMARKET
- PUNTAIRE TAPAS BAR C/ Lluís Co.
- **L'AMETLLA DE MAR**
- A TASTE OF HOME English Superm. Calle Benidorm 15 - 977 456 158
- DEPASO CEPSA Petrol Station
- NEW ZIDALI'S- Cocktail Bar & Restaurante, LLibertat 19 Tel:977493 744
- CATALUNYA INSURANCE, carrer M.Cervantes 12 Tel 977 445 017
- CLÍNICA VETERINÀRIA-C/ Pou 4
- **TRES CALAS URBANISATION**
- LA CALA PROPERTY SERVICES -

- Centro Comercial 13. \*
- SUPERMERCADO HAIPY - Centro Comercial. 977 456 908
- **CALAFAT**
- Supermarket on the urbanisation
- **L'HOSPITALET DE L'INFANT**
- TOURIST INFORMATION OFFICE
- JAMES SCHOOL OF ENGLISH - Carretera de Móra, 7 Bajos
- **MIAMI PLAYA**
- HOTEL CARPE DIEM restaurant - hotel C/Montblanc
- Restaurant VIOLETA, Plaza Violeta
- SOL-LUZ-IONS Av. Barcelona, 49 - 977 170 301
- CLÍNICA VETERINÀRIA - Av. Barcelona 14 Local 11. 977 811 192
- SUPERMARKET/BAKERS/CAFE MaGloria-opposite El Rancho
- CHINESE Kota Radja, Av. Barcelona 156
- KERN GERMAN DENTAL SURGERY - Av. Barcelona 64.
- CASA PINO RESTAURANTE- Av. Barcelona 92, tel:977 170 642
- **CAMBRILS**
- CASA SHANGHAI-CHINESE RESTAURANT Avda Juan XXIII
- HARLEYS BAR, Calle pau casals 49
- **SALOU**
- RUGBY TAVERN - Avda de la Diputación 138
- THE MUCKY DUCK - Avda de la Diputación
- CHILL OUT BAR, Plaza Europa
- **RASQUERA**
- REPSOL PETROL STATION
- MARTI'S BAR
- **FLIX**
- BAR LA FREIXA- Gissona garage
- BAR DUO
- BAR V50 - Pol.Ind. La Devesa
- RESTAURANT BON PROFIT - Carrer St Roc, 7 tel 977 412 165

- **RIBA ROJA D'EBRE**
- RIVERSIDE LODGE, Pla La Barca 977 265 384
- EBRO VALLEY PROPERTIES SCP - Carrer Esglesia 5
- POTA BAR NEAR CHURCH
- **MORA LA NOVA**
- DOBOS BAR, 55 opposite. Ajuntament Offices
- BILL IN SPAIN- Calle Mayor, 16- 977 402 647
- **MORA D'EBRE**
- BAR COSMOS - Av. de Comarques Catanes, 9
- ONE STOP SHOP
- BAR AVINGUDA - Av. de Los Comarques Catalanes
- **GINESTAR**
- BAR RESTAURANT
- BAR MARGALEF
- CATALAN-CONNECTION -28 C. Ample
- **GANDESA**
- CAFE de CATALUNYA - Av. Catalunya
- BAR BARNERIA - Av. de Catalunya
- Tourist Info in the Museum
- **BENIFALLET**
- BAR CASAL - Lluís Companys, 15 977 462 136
- **TIVENYS**
- BAR ROSI - Av. Generalitat, 3 977 496 030
- **XERTA**
- REPSOL PETROL STATION
- SUPERMARKET SUMA
- **BITEM**
- NEW CHAPLIN - c/Hereus d'en Gasol (near football ground)
- **ULLDECONA AREA**
- MOLI'S OASE CAFE- on the road TV3319 KM8 Ulldecona to Senia- Urbanisation Moli D'Lom El Castel
- **ULLDECONA**
- CATALUNYA FINCAS - Calle Adell 18 -Carole Palmer 627 740 044

# AYERBE



# ISUZU



**You only want to buy one Genset so buy the best**

Maintenance contracts available  
spares and filters in stock



**INDEPENDENT POWER SYSTEMS**

**Tel. 977 490 370 - Mob. 645 381 665**

[www.independentpowersystems.com](http://www.independentpowersystems.com)

e-mail: [info@independentpowersystems.com](mailto:info@independentpowersystems.com)

**OutBack Power Systems**



**Inverters**



**Solar Panels**

**\*SPECIAL PROMOTION\***

**ON SOLAR PANELS**

**180w only 800€ +120w only 660€**

**including I.V.A.**

**ONLY WHILE STOCKS LAST!**



**HOPPECKE**  
POWER FROM INNOVATION



**Batteries**



**Wind Turbines**

**Fully automated systems fitted - also upgrading of old systems - call for a free quote**  
**Agents for the repair and servicing of Outback and Studer systems**

**Showroom - C/ Francesc Macià, 15 - El Perelló**

**Tel. 977 490 370 - Mob. 645 381 665**

## PERELLÓ PROPERTIES DIRECT S.L.



Ref: R075 145,000€



Ref: R069 305,000€



Ref: R072 125,000€



PPDSL specialise in Rustic Properties on the Costa Daurada- Fincas - Country Houses - Villas - Townhouses  
C/ Francesc Macià, 5 - 43519 El Perelló - Tel: 977 490 804 - [www.ppdsi.com](http://www.ppdsi.com) - e-mail: [ppdsi@ppdsi.com](mailto:ppdsi@ppdsi.com)



# EDITORIAL

## MEET BOB THE EDITOR

WELCOME TO THE  
NOVEMBER ISSUE.

"An editor knocked at the  
Pearly Gates,  
Her face was scarred and  
cold;  
She stood before the man of  
fate  
for admission to the Fold.  
"What have you done?" St. Peter  
asked,  
To gain admission here?"  
"I've been an editor, sir," she said  
As she shed a tear.  
The Pearly Gates swung open wide,  
St. Peter touched the bell --  
"Come in," he said, "and choose your  
harp,  
You've had your share of hell."

PLEASE NOTE THE DEADLINE FOR ADVERTS  
FOR THE NEXT 2 MONTHS IS EARLIER  
BECAUSE OF THE SHORTER MONTH OF  
NOVEMBER AND CHRISTMAS. **NEW**  
**DEADLINE 18TH.** 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 AND WITH LINKS  
TO THEIR OWN WEB SITES!**

Contributors: Nigel Morton | Vicky Palmer,  
Olive Tree Co. | Xavier Milián Call | Clodagh  
& Dick Handscombe | Dr. Ronald Rosenfeld  
D.V.M. | Jeff Greensmith | Jason M. Berry |  
Mike Stevens | Sarah Good | Chris Dann  
Printing: Solprint

Deposito Legal: MA-1565-2008  
**COVER PICTURE:**

**DRAWING OF AN OLIVE TREE BY  
VICKY PALMER PLACED ON A BED  
OF OLIVES.**

# THE



# LIVE PRESS

VISIT OUR WEB SITE & VIEW  
THE MAGAZINE ONLINE  
[WWW.THEOLIVEPRESS.EU](http://WWW.THEOLIVEPRESS.EU)

## What's News

In Spain	6
Can it be True?	10 & 30

## I Spy

News from California	26
Your Horoscope	11

## Leisure & Entertainment

The Lighter Side	14
Wot No Internet...?	16

## 012 helpline

## Nature & Animals

News Hounds and more	12
----------------------	----

## Home & Garden

API & your right to a dwelling	16
Challenges of gardening in Spain	18
Do you have a casita to reform?	23

## What's On

Santa Barbara Fira de L'Oli	24
-----------------------------	----

## Olives & Popcorn

## B & B Benissanet

## Motoring

## Crossword- Spanglish

## Health & Well Being

Yoga for all	33
The Olive Doctor	20

## Sports Life

Darling to Guarantee all Bets...	31
----------------------------------	----

## Property for Sale by Owner

## Distribution Points

## Useful info

## Classifieds

## Business Card Directory

# CONTENTS

Page 9

I spy  
with my little eye...  
something  
beginning  
with



Page 20

EAT  
YOUR  
NUTS!



Page 25



**Disclaimer:** No part of this publication may be reproduced by any means without prior permission in writing from the publisher. The Olive Press does not accept responsibility for the contents of the articles supplied by contributors nor for the claims made by advertisers

# NEWS IN SPAIN

**New Vehicle Daytime Lighting Rules** from 2011. New EU rules demand that all new cars and small vans will have to be fitted with special daytime headlights from February 2011. The requirement is designed to reduce accidents and is expected to add around 150 to the cost of a new vehicle. The rules will be applied to buses and trucks eighteen months later.

**Spanish Banks Safe.** The Spanish finance minister Pedro Solbes has said that he is convinced that Spanish banks are in no danger of facing the kind of turmoil that British and American banks have recently suffered. His comments came after Banco Santander purchased the best parts of Bradford and Bingley on its nationalisation by the British government.

**Ryanair Ordered to Respect Bookings.** The long running story where Ryanair threatened to cancel bookings made through other travel websites seems to have ended with a Madrid court ordering the airline to respect bookings made through the Spanish travel portal Rumbo and to remove the offending clause from its own website.



**Turtles in Cabo de Gata.** A controlled programme of turtle rearing with a view to controlling the

number of jellyfish in the Mediterranean has seen 247 young turtles born recently in the Cabo de Gata national park near Almeria. The plan to reintroduce the species into their natural habitat follows a similar successful project carried out in the Canaries.

**Two Spanish Cities in Top 10 for Business.** Barcelona and Madrid remain in the top ten cities where it is best to have a business, according to the latest annual report from the consulting firm Cushman & Wakefield who asked the opinions of more than 500 company directors. London comes top, followed by Paris and Frankfurt, and then it is Brussels, Barcelona, Amsterdam and Madrid. Once again Barcelona headed the list of the quality of life in the city, but also noted a lower ranking for the perception of its infrastructures. The survey also showed that the reason to choose a city to set up a business were – qualified workforce, access to the markets, quality of



telecommunications, international transport and labour costs in that order.

**Savings Guaranteed in Spain.** To combat the world financial crisis Spanish PM Zapatero has announced savings bank guarantees of €100,000 top limit. This is double the limit so far set by most other European countries.

**AVE Drivers Save Fuel.** A group of train drivers on the AVE line between Malaga and Madrid have come up with an economical driving technique which could generate energy savings of at least 10%. The method, which uses the train's inertia, could mean that between 35% and 54% of the journey could be made without using any power. Studies are to be made to see if the technique can be applied successfully on other high speed lines.

## WANTED €

Cash waiting for tractors, cars, generators, all types of machinery, working or non working. Most things considered

Call 977 267 704, 699 336 006

**Change to Car Insurance Rule in Spain.** From Monday October 13th, it is no longer obligatory to produce the insurance payment receipt for your motor insurance on request by police. The revised law of Obligatory Car Insurance approved recently by the Council of Ministers makes it the responsibility of the insurer to prove the existence and validity of your insurance.

**Spanish and Portuguese Companies Against Illegal Logging.** Around 20 Spanish and Portuguese companies are to join forces in efforts to stop imports of wood from illegal logging operations across the world. A WWF initiative, the Iberian Forest and Trade Network has been formed and pledges to buy only wood products from sustainable and properly managed plantations in order to combat environmental destruction of the world's rain forests.

## MURRAY'S CAFE

THIS IS SPECIALLY FOR ALL OF OUR CUSTOMERS,

IT HAS COME TO OUR ATTENTION THAT AN ARTICLE WAS PRINTED IN "THE EBRO VALLEY NEWS"

IT WAS REGARDING OUR CAFE, IT WAS STATED THAT DUE TO LACK OF BUSINESS WE WERE SELLING UP, THIS IS A SLANDEROUS COMMENT MADE BY THE EDITOR OF THE AFORE MENTIONED PUBLICATION WHO TOOK IT UPON HIMSELF TO TRY AND DESTROY THE REPUTATION WHICH WE HAVE BUILT WITHIN THE COMMUNITY.

WE WOULD LIKE TO MAKE ALL OUR CUSTOMERS AWARE THAT THIS IS NOT THE CASE, WE ARE STILL OPEN BUT ARE CONTEMPLATING SELLING ONLY TO EXPAND AND NOT FOR ANY OTHER REASON.

AS WE VALUE OUR CUSTOMERS WHO MAY WE ADD HAVE ALSO BECOME FRIENDS IT IS ONLY FITTING FOR US TO LET YOU KNOW THAT LEGAL ADVICE IS BEING SOUGHT AND THAT THIS MATTER WILL NOT BE TREATED LIKELY.

SO FOR NOW, WE WOULD LIKE TO THANK YOU FOR YOUR ONGOING CUSTOM AND KEEP WATCHING THIS SPACE FOR NEWS OF OUR NEW PREMISES.

TOM & KYMM MURRAY

Centro Comercial, SABECO TORTOSA | Tel: 977 503 484

**sky digital**

**UK TV in Catalunya**  
**All Equipment Supplied**  
**Installed and Fully Guaranteed**  
**by a Qualified British Electrician**  
**For Friendly helpful Advice**  
**And Excellent After Sales Service**

five sky itv

Call Now 639 007 055  
**FOR A PROFESSIONAL SERVICE**  
**www.catsat.tv**

BBC

## Moving, Anything, Anywhere Unbeatable Low Cost

Far Less than a Removal Co.  
 You pack your belongings into one of our 20ft/40ft steel, safe, secure, containers.  
 Vehicles, boats, bikes, tractors, furniture.

Container is dropped at your location, you have two weeks to pack, then picked up, and shipped to your destination-Easy as that.

No hassle in driving back and forth No buying old trucks to haul stuff in, getting it plated, try to resell or deal with road tax & costs of ferry and fuel.

Have friends who need something shipped? Split the costs of a container, or charge a fee. Or purchase your own container and keep it for storage

**UK – SPAIN**

But we can organize your move anywhere in the world.

**Details: Garry – g.goodfellow@btinternet.com**

**Tel: 001 585 507 4876 / 616 213 884**

**mobile Uk: 07775 748009**





**Coach Driver had Moped Licence Only.** Rafael López Prados, a coach driver from Cambados in Pontevedra in Spain has said he can't believe that he has been taken to court and fined after it was established that he only has a driving licence for a moped. 'I've been driving coaches all my life', he said, 'and there has never been a complaint'. He was arrested as he was taking 53 passengers on an excursion from the Levante to Galicia and was stopped at a routine control. He was fined 12 € a day for a year, a total of 4,320 €, and ordered to do 40 days community service.



**B**arcelona feminists print a guide to where women can urinate in the street. The woman ask why men can urinate with pride while for them it is a subject of shame. A women's collective in Barcelona, Subcity, has published a map of where you can, as a woman, urinate in the street. The map indicates 14 places in the city centre in the Plaza Real and Eixample areas among others. La

Vanguardia reports the women are calling their campaign 'Pixing', and say it is a 'feminist fight to protest at the lack of public conveniences in the city'. What's more they complain that the few public conveniences in service are always filthy because of the actions of the 'ruling macho'. 'Why do men have to do it so proudly, while for us it is a symbol of shame?', they complain on their Internet blog. Each location where there is 'a certain security to urinate discretely' is marked with a red star on the map which is being handed out to the public at night. The campaign also has a series of photos on YouTube. The Guardia Urbana in Barcelona warn that urinating in the street in Barcelona, whatever your sex, carries a 180 € fine.

**B**arcelona bar offers menu for one Euro. The owner of the Morryssom bar says he wants to help those affected by the credit crunch. The owner of the Morryssom bar in Barcelona, Pedro Sausor, says he wants to help his clients during the time of the credit crunch and so has started to serve a midday menu for just 1 €. For that you get two dishes, bread, drink and pudding, and yesterday he served 500 menus, four times the normal number. It's not the first time that he has helped his clients and got great publicity. When the Euro was introduced he served menus at the price of one peseta.



## SOLARPOWER SYSTEMS

for electricity, hot water/heating  
Wind turbines

deep cycle batteries

Sine wave inverters

Regulators

solar bore hole and pool pumps

Generators

Gas Fridge/Freezers

Technical service

Repair service for STUDER and OUTBACK

Tel/Fax 977 170 301

Mobile 619 500 202

www.sol-luz-ion.com

e-mail: info@sol-luz-ion.com

Avda. Barcelona 49 (Edificio Huesca) MIAMI PLATJA



16 years in Spain.  
References available.

# I SPY

"I really wanted to catch my nasty neighbour trespassing on my land. But I got everything that walked through, including a fisher cat that I never knew I had. Really amazing product. Rabbits,

coyote, deer, but my neighbour hasn't come through yet. It WILL catch him eventually

tearing down the No

Trespassing signs. Proof! "

The discreet nature of surveillance gadgets just gets more discreet by the year. This birdhouse is one of the more discreet tools when it comes to covert surveillance cameras



as it looks like a real birdhouse that someone is unlikely to take it for anything else. Its an innovative way to protect the home or some other property. With this gadget, you will be in constant contact with what is happening at home.



Infrared security cameras for example, may be used in any house, business office, or even by police or military forces. The problem with regular security cameras is that they simply can't capture a quality view at night. Burglars may easily intrude into your house or office and steal your most important information or valuable items. Infrared cameras are able to capture a heat that people produce. So even if intruders are trying to rob your house at night, these infrared cams will capture the image. Some infrared cameras may work only when they're triggered. For example, if their sensors catch some heat around, they'll automatically turn on and start capturing the view. There are additional systems that make your life even more secure. Wireless infrared cameras should be your priority when considering your house or office security. With wireless cameras you don't need to worry about cables and all the hassles installing the system. Such infrared cameras may be used indoor or outdoor. Of course, if you're planning to use them outdoor, you should make sure they are hidden from view & discreet.

One of the most important and sophisticated security devices that are in use today is the wireless home security camera. Most wireless security cameras are quite small in size so that they can be hidden easily. Some wireless security cameras come pre-hidden in show-pieces and other things e.g. you could have a camera hidden (or pre-build) into a flower vase or a pot. They could also be camouflaged into the surroundings e.g. outdoor wireless security cameras might be coloured or shaped in such a way so as to blend with the surroundings.

Therefore what ever your needs inside or out let Spy Cameras capture any intruder or car on your property, friend or foe!

Also ideal for filming wildlife  
24/7 .



**SPY CAMERAS**

Worried about people on your land? Photograph that car or intruder on your drive Day and night time images with infra red motion activated captures many frames per second excellent quality as used for wildlife filming

Has it own power supply Fully concealed and hidden from sight. Full weather and dust proof. Easily connects to PC for download Also available "Away from Home Service"

For more info call John on 616 135 036



### BANKS TO LEND YOU YOUR OWN MONEY

THE government is to invest £500bn of your money in British banks so they can lend it back to you with interest.

The historic move is being hailed as a lifeline for the financial system as long as nobody asks too many questions.

Julian Cook, chief economist at Corbett and Barker, said: "The government will give your money to the banks so the banks can start lending you that money, probably at around 7% APR.

"Thanks to all the interest you're paying on your own money, the banks will make billions of pounds again and normality will be restored.

"After a few years of this the government will cash in the bank shares it bought with your money and use the profits to build a huge

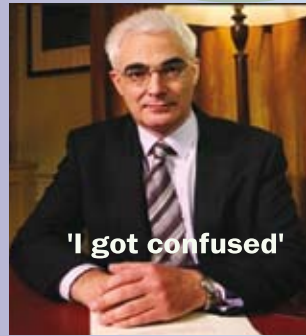
dome somewhere."

He added: "In case you hadn't already worked it out - the entire global financial system is predicated on the assumption that you're an idiot."

Chancellor Alistair Darling said the decision had been taken in tandem with the banking industry, adding: "They used a lot of dirty words I'd never heard before and one of them had an angry looking dog."

Meanwhile, Emma Bradford, a sales manager from Bath, said: "Why doesn't the government just give my money to me so I can buy stuff from businesses who will then make a profit and put it in a bank?"

But Mr Darling insisted: "Shut up."



**REMOVALS AND STORAGE**  
MIAMI PLATJA

COMPETITIVE RATES  
ANYWHERE IN EUROPE

PACKING MATERIALS AND SERVICE AVAILABLE  
TRANSPORTATION OF CARS, 4X4, BOATS,  
CARAVANS, MOTORBIKES AND QUADS  
INDIVIDUAL ITEMS, PART LOADS NO PROBLEM i.e.  
PIECES OF FURNITURE  
ALL WORKS FULLY INSURED  
FREE QUOTATIONS

Tel: 977 170 973 • Mob: 677 661 360 • e-mail: tolate\_550@hotmail.com  
www.storageandhouseremovals.com

**expandastore** THE UK'S NO.1 FLAT PACK STORE...

3 SIZES AVAILABLE  
2M / 3M / 4M  
X 2.1M

**BUY OR RENT** The best selling Expandastore is a unique man portable building, which arrives flat packed. The components are light and slim, making it ideal for assembly in locations with restricted access or space.

#### CAPRICORN Dec. 22 - Jan. 20

Expansion, confidence, and hopefulness are keywords for November, dear Capricorn. You are feeling good about yourself and confident about your future. A romantic revelation occurs around the Full Moon on the 13th. This is also the time when Venus, the planet of love and attraction, enters your sign.

#### AQUARIUS Jan. 21 - Feb. 19

Business and public affairs continue to play a big role in your life in November, dear Aquarius, but the pressures and over-activity in these areas you encountered last month begin to dissipate. Friends and group activities are strong in the last week.

#### PISCES Feb. 20 - Mar. 20

Your sense of adventure runs high this month, dear Pisces, and you are itching for a change of pace. Any partnership conflicts that have been brewing are magnified in November, however. The last week of the month is outstanding for work, money, and career.

#### ARIES Mar. 21 - Apr. 20

Finances, taxes, and intimacy are main themes for the first few weeks of the month, dear Aries. A love relationship reaches new depths of understanding. You are also very busy with research and investigations of all kinds.

#### TAURUS Apr. 21 - May 21

Close personal relationships are in focus this month, dear Taurus. You find yourself making concessions more than usual. A conflict between time spent with lovers or children, and time spent with friends or group activities, is likely to capture your attention.

#### GEMINI May 22 - Jun. 22

Work continues to be in the spotlight for you this month, dear Gemini. However, responsibilities on the home front are likely to conflict with career matters. Work is busy for you in November, and you take especial pride in what you do.

#### CANCER Jun. 23 - Jul. 22

Romance, play time, and creativity continue to take center stage in the first few weeks of November, dear Cancer. Still, there will be times when you feel bogged down by learning, projects, paperwork, and errands. You do find time for indulging in hobbies and other pleasurable activities.

#### LEO Jul. 23 - Aug. 23

Domestic and family matters continue to take center stage for you this month. At first glance, the month may not seem to be as productive as most, but in fact you are "building your nest" and preparing for busier months ahead.

#### VIRGO Aug. 24 - Sep. 23

A busy month that involves plenty of errand-running, tending to paperwork, and attending appointments is in store for you. When Venus enters fellow earth sign, Capricorn, on the 12th, your charm increases and you easily attract what (and who) you want!

#### LIBRA Sept. 24 - Oct. 23

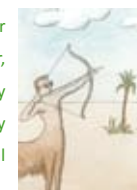
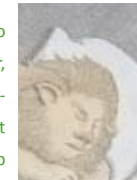
It's time to organize your personal finances this month, dear Libra, after perhaps some over-spending. November is an excellent month for budget-making, asking for a raise, and discovering new ways to boost your income. The 10-12 is a strong time for money matters.

#### SCORPIO Oct. 24 - Nov. 22

November is a month of increased confidence and initiative for you, dear Scorpio. Others are following your lead now. It's an excellent month in which to present your ideas, state your case, or simply get up to date with your emails, phone calls, and paperwork.

#### SAGITTARIUS Nov. 23-Dec. 21

November is an especially strong month for you in terms of career and family matters, dear Sagittarius. It's also excellent for personal finances. The first few weeks of the month could involve some sacrifices and rethinking of your plans.





## IS THE PETS PASSPORT VALID?

This is a bit of a reminder to all those of you who have pets and may want to or in

these times of economic crisis have to return to the U.K. with them. Some recent cases have arisen of discrepancies in the DEFRA (formerly MAFF) regulations and what measures some private veterinarians are employing in an attempt to comply. It is important to remember some important points which will be summarized below, the best thing to do is to discuss this with your veterinarian who should be able to clarify those doubts or explain the use of non approved vaccines or passports not properly validated by official state veterinary officers. You may also find out the latest information on the program by going to the DEFRA website:

[www.defra.gov.uk/animalh/quarantine/pets](http://www.defra.gov.uk/animalh/quarantine/pets).

This will tell you the names of the approved vaccines and the latest air and ferry routes into the U.K.

In Summary:

- 1 Microchip.
- 2 Vaccinate against rabies and wait 1 month.\*
- 3 Blood is taken, if results are acceptable, travel is possible 6 months from the date of the blood test.\*\*
- 4 Veterinary pre-travel

certification from anywhere in the E.U. not less than 24 or more than 48 hours prior to embarking to the U.K.

\*There are only 4 approved vaccines; these are **Canigen, Nobivac Rabies, Quantum Rabies, and Rabisyn/Imrab**. Check your pets' passport and verify that the rabies inoculations that have been given are one of these approved ones or you may encounter problems at the point of attempted entry.

\*\*The blood test has gone to a laboratory approved by DEFRA and that the page in the passport for the results of the Rabies Serological Test has been signed by an official state veterinarian and includes an official state stamp.

There are examples of inspectors spotting these discrepancies and rejecting your pet for entry. There are cases where pets have been smuggled in. Where either incomplete or improper passports get through because of inexperienced, uninformed inspectors not spotting these lapses, only to arrive in the U.K. to have to subject your pet to forced quarantine at your added expense, after having gone to the trouble and expense of this 6-7 month process before heading to the U.K. only to find that somebody you entrusted and paid did not follow the instructions.

**Remember and this can't be overstated, check that the rabies vaccinations are from one of the 4 approved vaccines, that the blood test has been done by an approved laboratory, and that the page of the passport that corresponds to the rabies serological test is signed by an official veterinarian and has the accompanying official state stamp, otherwise you could be in for a very unpleasant surprise! Sods Law – What can go wrong will go wrong, and if you have been experiencing a run of misfortune this could be the last thing you need to happen to you!**

If you have any doubts about the legitimacy of the process or any of its steps check with your veterinarian. Remember you are paying them to do this properly for import into the U.K. The requirements

for travel

into most other European countries are not as strict. There are special requirements for travel into Sweden and Norway. It is the responsibility of your veterinarian to be informed and to comply with the regulations.

As an alternative to the lengthy quarantine in the U.K., you may wish to investigate long term boarding at a local kennel that may offer a discount for an extended stay as well as helping to arrange transport back to the U. K. for you. There are overland agencies

that also help with the final certification health check and anti tick and worming procedures. They go door to door, are often less traumatic than air transport on your pet and less costly for you. This will certainly be less expensive and traumatic than quarantine in the U.K. and many of the boarding facilities here allow visiting, or at best are more accommodating and cater more to your pets comfort. Look into your local facilities and the people who run them, what kind of attention do they offer?

Once again to avoid any problems or unnecessary surprises make sure all the T's are crossed and I's dotted look over the passport, if you can check out the DEFRA website and/or question your veterinarian, that's what they are there for!



Association for the refuge and Care of Animals

**Arca**

Hundreds of lovely dogs need homes  
Donations and Volunteers needed  
Maeve (English) 678 975 816, Cinta 625 915 605  
Anna 649 507 427, Carmen 655 040 359  
[protectora.arca@wanadoo.es](mailto:protectora.arca@wanadoo.es)  
<http://www.protectoraarca.org/>

**GOOD NEWS Blacky from last months issue has been homed!**

AMIC: Pretty sheepdog of 5 years. He is calm and very pleasant and was left tied to the door. He has been neutered



PILI: Precious dog, type podenco. They left her as a puppy. She is very docile and likes to play. We have sterilized her and she is 2 years old.

BLANCA: She was locked up in a house. Dog farm type. She is a labrador and 3 years old. She is very good and intelligent. Plus we sterilized her



CALL ARCA TODAY TO PROVIDE A HOME TO ONE OF 200 DOGS NEEDING A LOVING HOME or IF YOU CAN VOLUNTEER ANY ASSISTANCE WITH THE DOGS

I have adopted an abandoned dog. Have you?

Alberg d'Animals  
a les Torres de l'Ebre

657 18 14 37  
619 84 87 78

[www.albergdanimals.com](http://www.albergdanimals.com)

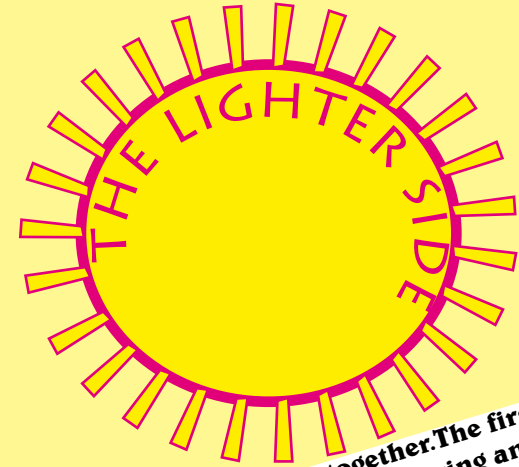
**FLEA MARKET SATURDAY 22 NOV BETWEEN 10h TO 16h O'CLOCK for the benefit of abandonned animals, including breakfast. Location: take the N-340 from L'Ampolla towards Amposta. Just before L'Aldea at Km 1089 turn left just before the Damm brewery warehouse, keep to the left track until you cross an unused railway track & about 200 meters on the left you will find the finca with the animal shelter.**

**FUN EVENT AND FUND RAISING AT THE SAME TIME IN FLIX!**

A local group of dog lovers would like to organise an outdoor Sprintime 2009 event to raise money for the dogs' home in Mora la Nova. We would like to include a raffle, stalls, games etc., and would love to hear from anyone interested in donating prizes, Items for sale, time or support. Please contact 977 057 070 or [perrosenpeligro@gmail.com](mailto:perrosenpeligro@gmail.com)

Calling all dog lovers





Three women are out together. The first one says, "I know my husband is having an affair. I found some stockings in the car."  
The second one says, "My husband is too - I found a condom in his wallet, but I poked holes in it with a needle."  
The third woman fainted!

Why are men like parking spots?

...All the good ones are taken and the free ones are usually too small.



Subject: Ahhh, this explains it!



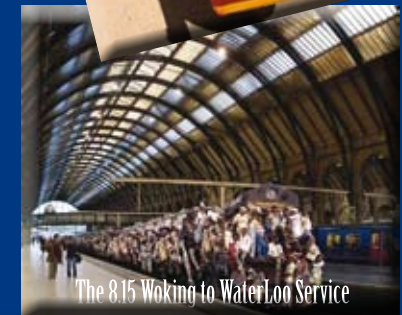
AN ELDERLY COUPLE DIE IN AN ACCIDENT AND GO TO HEAVEN TOGETHER. WHEN THEY ARRIVE, ST PETER GIVES THEM A TOUR AND SHOWS THEM THEIR CONDO, WITH A POOL, OCEAN VIEW, TENNIS COURT, GOLF COURSE, AND BAR. "JUST THINK," HISSES THE HUSBAND, "WE'D HAVE BEEN HERE TEN YEARS EARLIER IF YOU HADN'T INSISTED ON STUPID OATBRAN, LOW-FAT FOOD AND EXERCISE!"



HOW THE CREDIT CRUNCH WILL AFFECT BRITAIN



BECAUSE





You've bought your dream finca, you've moved in and found the corkscrew. The pc is switched and you're longing to email your friends all about your move.. but wait... 'Where do I plug in to the internet...?'

This is a common question and the right answer can be difficult to find.

For internet outside of any of the villages or towns the choice depend on various factors and the price you pay for your internet can vary incredibly, as can its reliability.

There are several options available, but depending where you live the options may be limited.

**Telefonica** have a phone for use in rural locations called a 'TRAC' phone. If you manage to get one of these (some

people have waited 3 or more years for one) it operates on their mobile network and provides you with a Spanish landline number and a dial up internet connection. It is, in many cases, pretty unreliable and is very sensitive to the type of modem you have. It is dial up so has a limited speed and many people find it incredibly frustrating as it has a habit of dropping the connection and having many connection problems.

**GPRS (General Packet Radio Services )** via a G3 mobile phone or plug in USB adaptor. Various mobile phone companies (Movistar, Orange, Vodafone) have an internet package that operates over their mobile phone network. Availability depends on the strength of the mobile signal you have in

your area (Burga valley, forget it!) Data volume tends to be limited and connection rate can be quite variable.

**One way satellite.** Both the Telefonica and GPRS systems can be improved by using a 'hybrid' system, such as the one from a company called SkyDSL (not affiliated with SKY TV!). As most users of the internet send small amounts of data but receive large amounts (such as web pages, pictures and so on) it is possible to use a system that uses satellite for receive only. Using this system the connection is made to the internet via the telephone and all outgoing data is sent via the phone, received data comes back via satellite. This improves the receiving data speed but still relies on, and is subject to, the difficulties of the Telefonica or GPRS connection.

**Iberbanda** is the best and lowest cost for a decent internet solution. They have various packages; the most common comprises an internet connection plus telephone with a Spanish phone number (300 minutes of free calls to Spanish landline numbers are included in the package). The internet speed is in the process of being upgraded in Cataluña and their basic entry package now has a speed of 1Mb and costs 45 euros a month. Data volume (the amount you can send/receive) is unlimited. Iberbanda works on microwave frequencies so relies on line-of-site to the closest aerial. You

need a small 'dish', about the size of a dinner plate, pointing towards their aerial. If you can't see one of their aerials (sorry people in the Burga valley and Benifallet) it won't work.

**2 way satellite systems** can provide internet almost anywhere (as long as you have clear sight of the satellite). There are numerous providers of 2 way satellite in Spain and prices have, in the past, been extremely expensive, costing 3000 euros or more. Systems have now come down in price with the advent of lower cost communications satellites, and a SatDSL system from AstraCom can be installed and connected for as little as 690 euros. The newer systems are now able to handle both internet and voice calls and, for many locations, this is the only possible solution. A system comprises of a special satellite dish with a transmitter/receiver and one or two boxes to talk to the satellite. The system needs to be professionally installed and aligned to the satellite to ensure reliable connection. Data speeds and volumes can be selected from a number of possible options and monthly charges start from as low as 10 euros.

**If you would like an internet connection or want more information then please contact me, Nigel Morton, on 620 353 138 – I am an agent for SkyDSL, Iberbanda and AstraCom**

For Sale  
Luxury Home  
one careful owner



with a minimum standard of living:

- It demands that the habitability condition of a dwelling is acceptable covering areas like dampness, facilities, amenities and that the living area is sufficient for the number of people in the household etc. .

- It identifies and corrects any situation that does not comply with the social function of dwelling .

- It pays special attention to the protection of the consumers and users of the dwellings in the property market.

- It has 136 articles and additional dispositions that defines the different types of properties involved and regulates the process of buying, selling, notaries, land registry, etc. . The articles 53, 54 to 55 are referring to the Agents legally recognised by law that can give real estate services, in another words that can mediate in the process of selling/buying of properties . These are mainly the land administrators( *Administradors de Finques*) and property estate agents ( *API - Agents Propietat Immobiliaria*) and lawyers. Note, many lawyers are also estate agents

- It states that it will only be possible to give real estate services when you comply with the following:

- A place open to the public such as a shop, office or an address of the professional agent.
- To be in possession of the professional qualifications,

## API & THE LAW FOR THE RIGHT OF A DWELLING ...

The Right of a dwelling is a recent Catalan law (18/2007, 28th December, *Lei del dret a l'habitatge*) related to the right for everybody to have access to a house and/or property

normally you comply when you belong to a related professional college.

- Maintain an economical guarantee to respond to any monetary amounts given during the exercise of the real estate services.( to guarantee the return of any deposit paid in the event of non-sale)
- To have an individual or collective insurance with a college representing professional bodies.
- To be listed in the official registry of agents.

### So, what is an API ?

The "Agent de la Propietat Immobiliaria" is a registered legal professional with the necessary qualifications to sell real estate and arrange property transactions .

### What are the functions of an API ?

- The mediation in the buying, selling, renting, leasing, etc. of properties.
- The mediation in the loan and mortgage concession .
- Valuation and certification of values of properties .

### How would an API help you ?

The API agent will put at your service his knowledge of the property market and the legality of properties, making sure that the transaction is exact and correct between the parties, and that all complies to the "letter of the law".

On the other hand this law will never make the typical "Corredor" of a village disappear. Local people still enjoy asking the "old man" what he knows about what land, house, finca is up for grabs . Please remember to use an estate agent that complies with the law for your security and peace of mind. **By : Xavier Milián Call API no: 746 www.catalunyafincas.com**

**SATdsl-Connect**  
Two Way Satellite Internet Access Anytime, Anywhere

Service Plan	Uplink Kbps	Downlink Kbps	Basic C	Home C	Office C	Profi C
SATdsl Connect 250	64	256	25	35	55	95
SATdsl Connect 500	128	512	35	55	95	175
SATdsl Connect 1000	256	1024	50	85	155	295
SATdsl Connect 2000	512	2048	75	135	255	495

**No internet? No Iberbanda coverage? No GSM? No Problem!**  
**2 way satellite systems now available from €690 installed!**  
**for information call Nigel 620 353 138 or e-mail satdsl@ntpworld.co.uk**  
**Avanti (SatDSL) certified installer. Prices include equipment rental, excluding IVA.**



GLADIOLUS ILLYRICS



DAPHNE GNIDIUM



BUXUS SEMPERVIRENS

CISTUS CRISPUS



## CHALLENGES OF GARDENING IN CATALUNYA

**P**LANTING UP INDIGENOUS NATIVE PLANTS By  
Clodagh and Dick Handscombe, Gardeners and authors  
living in Spain for over twenty years.

During our twenty years of gardening in Spain we have seen many changes ranging from the establishment of new airports, the motorway system, widened and hard surfaces for rural roads, an increase in forest fires, hundreds of new garden centres often with major stocks of imported plants, a ten fold increase in the number of non Spaniards living in Spain from 400,000 to 4 million and the number of holiday visitors from 4 to 40 million. The latter of course has led to the increase in urbanisations and golf courses and the clearing of areas of naturally growing indigenous plants but of course it has also led to an increase in the number of people willing to purchase and renovate old rural properties in depopulated areas. Many of these properties are surrounded by areas of native plants and for others planting them instead of struggling to establish the new imported subtropical plants that require richer soil and more water is a sensible alternative. And also of course for anyone on an urbanisation interested in re-establishing native species lost by fires, new roads and construction.

Luckily there are now nurseries stocking locally grown native plants and by chance Cultidelta one of the best is based in Delta del Ebro just on the doorstep for readers of The Olive Press. We visited them last month and were amazed at their large and diverse stocks – some 350 species in the current stocking list that we were given . Cultidelta ([www.cultidelta.com](http://www.cultidelta.com) ,tels 977053013 and 699906456) was established to supply trees, shrubs and smaller plants primarily to regional and local councils replanting hillsides and coastal dunes to prevent erosion but they do sell to the expatriate gardener. By the way if you spend 30 euros on a subscription (30 euros for those over 65 and 50 euros for those not yet retired) to the organisation Fundem [www.fundem.org](http://www.fundem.org) you can obtain a 20% reduction on the already reasonable prices. Fundem is a private foundation established to purchase and replant and manage historically important rural land and properties with members subscriptions. The time to plant native plants is from now to late spring but the demand for their plants will mean that if you leave it late to order plants many species will be sold out. By March their field and greenhouses of trays and containers of plants looks empty And they start to grow for the next season from seeds and cuttings.

The only constraint is that not all plants are in individual containers. Many are in trays of 30 or 40 plants but native plants are often best planted in blocks for effect and in any case if you have 5000 or more square metres of land you will need such numbers of plants to make an impact. One alternative is to place an order with friends and perhaps through a local gardening or social club. Any expat working as a landscape gardener will find Celtidelta an invaluable source of plants.

So consider the use of a wider collection of native plants than we were able to include in the list of the 400 most popular native, naturalised and imported plants listed in our



APHYLLANTES MONSPELIENSIS



CORONILLA-VALENTINA



IRIS-PSEUDACORUS  
HYPARRHENIA HIRTA



book 'Your Garden in Spain- Planning planting and maintenance' when making your next plantings.

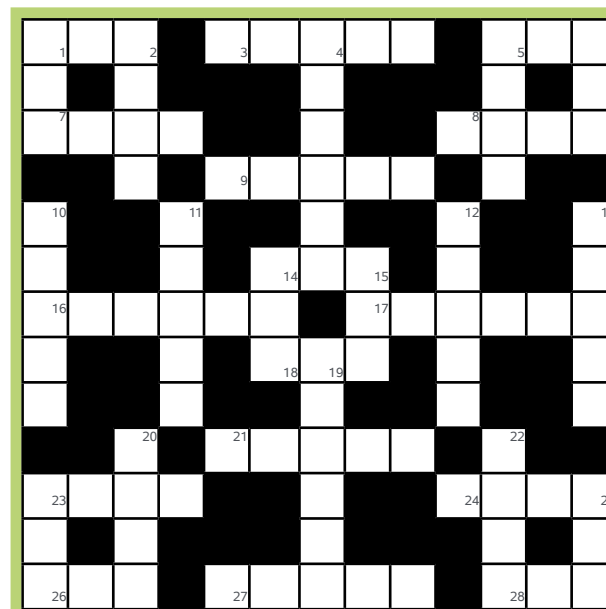
It is not only native trees, shrubs and plants that are being lost but also the local cultivation of vegetables and fruit. Our other two books were therefore written to help you grow your own here in Spain. The growing of over a hundred types of vegetable and 70 types of fruit are described so there are plenty to chose from whether living on the coastal strip or in a frosty inland location. The titles of these two books are '*Growing healthy fruit in Spain*' and '*Growing healthy vegetables in Spain*'. *For convenience if not living near a bookshop they can be ordered on [www.santanabooks.com](http://www.santanabooks.com). You will find they also publish many other books re living in Spain.*

© Clodagh and Dick Handscombe October 2008.

## SPANGLISH?-ANSWERS NEXT MONTH

### ACROSS

1. hombre (E)
3. nose
5. pierna (E)
7. broken
8. entre (E)
9. plate
14. abeja (E)
16. separately
17. large
18. perro (E)
21. oferta (E)
23. plano (E)
24. honey
26. comer (E)
27. leather
28. dia (E)



### DOWN

1. sea
2. cream
4. finish
5. loin
6. dios (E)
10. beach
11. edge
12. plot
13. fire
14. cama (E)
15. huevo (E)
19. oficina (E)
20. sal (E)
22. amable (E)
23. foot
25. law

**BYSARAH (E=translate  
to english otherwise to  
spanish)**

### ACROSS:

2. crear
6. letre
7. inane
8. tapia
9. age

### ANSWERS TO THE SEPTEMBER ISSUE OF SPANGLISH

#### DOWN:

- |            |           |           |           |
|------------|-----------|-----------|-----------|
| 11. punto  | 20. ocase | 5. sniff  | 13. usher |
| 13. UFO    | 21. rue   | 1. begin  | 9. atras  |
| 15. regalo | 23. found | 2. cat    | 10. eagle |
| 16. mechon | 25. rinse | 3. espana | 11. pulpo |
| 18. see    | 27. opaco | 4. ria    | 12. obeso |





## THE OLIVE DOCTOR

"Inflation..... oil prices rise again". Is there nothing else in the news at the moment?

Hang on a minute, I'm talking about

vegetable oil prices here, not crude oil and one of the most expensive....olive oil. Read on, however, before you remove it from your shopping list, I'm hoping to persuade you that there are some things worth paying extra for and that olive oil is definitely one of them.

### 'Good' fats v 'Bad' fats

The majority of vegetable oils are classed as either polyunsaturated ( e.g. Sunflower, maize), saturated ( most animal derived fats, coconut and palm oils.) or mono saturated e.g. rapeseed .Olive oil is a mono saturated fat and this, along with other qualities makes all the difference.

The 'amazing health benefits' of polyunsaturated margarines have been pushed on us through advertising for years. What a con! They were processing the oils in such a way that the health benefits were reversed. This is because the oils were altered by hydrogenating to make them more solid,( e.g. many oils used in margarines.) This process is now known to increase the risk of cancer and heart disease and there has been pressure upon the food industry to either cease the process or make customers aware of it through better labelling of food.

Palm oil is another contentious issue. It is a saturated fat and is used in many manufactured foods. In addition to this it is causing

massive habitat loss within the rainforests as land is cleared for it to be grown. Butter is a saturated fat and should be used in moderation, however due to the effects of hydrogenation many health experts would recommend that we use this on our bread, spread thinly, rather than a margarine containing hydrogenated fat. Better still use olive oil!

I don't want to be accused of scaremongering but looking more closely at what manufactured food contains and its cost to the environment would seem to be a good idea.

### Using olive oil instead of other fats can:

- Reduce blood pressure by lowering cholesterol and preventing the build up of plaque within the wall of the artery.
- Inhibit the growth of some cancers including breast and colon cancer due to its high level of beneficial antioxidants.
- benefit people at risk of, or with diabetes by helping to stabilise blood sugar.
- Lessen the severity of asthma or arthritis due to its anti-inflammatory properties.
- help your body maintain a lower weight.

### Feeling the benefits. Simple steps you can take now.

- Buy good quality virgin or extra virgin olive oil. Support your local co-operative and buy locally produced oil or perhaps harvest your own olives if you haven't considered this yet!
- Drizzle olive oil over salads or cooked vegetable. (oils help with the absorption of vitamins and minerals.)
- Use olive oil for shallow frying instead of sunflower oil, etc.



- Baste meats and fish with olive oil when roasting.
- Resurrect the traditional Mediterranean habit. Ditch the margarine and drizzle olive oil over bread instead. ( OK, maybe not so great with toast and marmalade.) Try 'Pa amb tomata.' The locals will be very impressed!
- Consider making your own flavoured olive oils by adding herbs such as wild rosemary, thyme or oregano. ( all available in the wild for free.) Pack a punch with some garlic or a zing with some lemon.
- If you are organised enough to bake your own bread you can use olive oil instead of butter of margarine. In Italy they call it ciabatta.

**Question:** " This is all very well but I've been out all day 'olive bashing' and I'm aching all over-surely that can't be

healthy?

**Answer:** congratulations, you have had a great workout! Now gently warm some olive oil and ask your partner to massage it into those aching joints and muscles. I guarantee this will revive your flagging spirits!

### A source of good fortune....The olive branch.

Olive leaf extract has recently had a huge amount of attention and is being hailed as " nature's antibiotic" due to it's powerful antioxidant properties and ability to treat a range of bacterial and viral illnesses.

In fact it is not a new discovery and was held in high esteem by the Ancient Egyptians. Olive leaf was the first botanical cited in the Bible ( Ezekiel 47:12) as a natural healer." The fruit thereof shall be for meat and the leaf thereof for medicine".

Before you rush off and buy expensive extracts or capsules here is a recipe I have found. If you have access to fresh olive leaves why not try it?

### Olive leaf tea.

Use approximately 5grammes of dried, crushed olive leaf, place in a tea ball or herb sack and drop into half a litre of boiling water. Immediately reduce the heat to a medium simmer for 20 seconds and then turn off heat. Allow to brew for 3 to 10 minutes depending on desired strength, occasionally stirring. Tea should be a medium amber colour. Can be served with honey, sugar or lemon. You can also experiment by mixing with black or green tea. ( olive leaves should be air dried for one month before crushing. Spring is recommended as the best picking time for leaves as the beneficial properties are at their height.)

\* Caution: not recommended for pregnant or breastfeeding women, diabetics or those on medicine to lower blood pressure. If uncertain consult your G.P.

It does seem ironic that we are burning all that olive brash when there are companies selling packets of dried olive leaves at five pounds for a 100g bag. Food for thought perhaps?

Vicky Palmer. (The Olive Maintenance Company)







## The Generalitat's 012 helpline, a useful resource

One of the more frustrating things about settling in Spain must surely be trying to get clear and reliable information. Whether it's finding out how to get healthcare or start up a business, somehow everyone seems to give you a slightly different story.

Catalans and Spaniards traditionally accepted this as a fact of life. But for the rest of us—even though things have improved a lot in recent years—this apparent bureaucratic confusion is hard to understand, no matter how long we live here.

So if you need information or have a problem, don't speak much Spanish and don't quite know where to begin, a good way to start is by calling **012**, the Generalitat's 24 hour phone helpline, and asking for an English-speaking operator.

Things you can ask about include:

- How to go about getting healthcare
- Help available for senior citizens
- Education, how to enrol children in school, child benefits
- Births, weddings and deaths
- Work, unemployment, rights and benefits
- Consumer complaints, health and safety
- Housing grants and issues
- Public transport
- Agriculture

I regularly use it for all kinds of queries, particularly when I need numbers of government departments. Even when they can't help directly, they can usually point you in the right direction.

You may already know the Generalitat's huge website ([www.gencat.cat](http://www.gencat.cat)), an absolute mine of information with more English content every day. But it's so big it's not always easy to find what you want—it's often quicker to call **012** than to try and locate the information yourself.

Note that while the service is 24 hours, some queries are transferred to another Generalitat department, that opens in office hours. Most usually have someone that can help you in English.

Outside Catalonia, you can contact the helpline on **902 400 012**, from abroad on **0034 902 400 012**.

And on the subject of useful numbers, here are a few more:

**112**: single emergency number. 24h, free call.

Health emergencies, fire fighting and rescue, police and civil protection.

**088**: Mossos d'Esquadra (Catalan Police). Free call.

**900 900 120**: helpline for women suffering from violence.



## DO YOU HAVE A CASITA DE CAMPO TO REFORM?

### ADVERTORIAL

Maybe you bought a little 'casita' (for anyone that doesn't live here, that's a small cheese-wedge shaped barn or shed!) with a view to doing it up some day. Or perhaps you are looking for a little two-storey farm building to renovate as a weekend cottage.

You can nearly always renovate any existing building in the country, but you may have to respect its existing footprint, height and volume. For small country casitas that were clearly not multi-room dwellings in the past, the use of the building cannot be changed, so basically, a small barn cannot become a full-time home.

But that still leaves plenty of scope for some interesting renovation projects.

We can find out the local planning regulations and prepare a report, in Catalan, outlining what you'd like to do, and submit it to the local council or planning authority for you. The aim is to get a written reply so you can decide how to proceed.

The price of this preliminary report for Olive Press readers is 160 euros.

From there on we can provide a range of services on an

hourly fee basis:

- Contact an 'aparejador' (technical architect) to draft any plans and documentation needed.

- Make your planning application to the council, contacting other authorities as required.

- Organise and oversee building work. We use a young team of Catalan craftsmen that work to a high standard and specialise in casita renovation and stonework.

**For a free consultation give me a call on**

**977 08 40 40,**

**or email me at [jeff@fincasdirect.com](mailto:jeff@fincasdirect.com)**

Pic 1: One of our reform projects, now nearing completion



Pic 2: Detail shows high quality finish



# Purewater Spain

## water purification systems

whole of house, boats and mobile homes

Make well, river & irrigation water pure & safe to drink

Removes bacteria, e-coli, chlorine pesticides, foul tastes & odour.

Great Tasting Water free of chlorine & chemicals from your tap

Unique system for pure drinking water without electric without chemicals or wasting water

**333 litres for only 1 Euro !!**

**977 059 364**

[sales@purewaterspain.com](mailto:sales@purewaterspain.com)

[www.purewaterspain.com](http://www.purewaterspain.com)

# FINCAS direct

**5 min EL PERELLÓ 28k€**

1ha+ flat land, small casita, water to connect gd access. EP010

**BENIFALLET 48.000€**

Ref. BE053

2 floor country house, total reform project, 76m2, set in 100m2+ livestock enclosure, +/- 2 hec land, track access, great views!

**PAÜLS-XERTA 35.000€**

2 floor barn total reform., 80m2+, 5 min village, good access, 1.3 ha. land. PLOMS

**MORA D'EBRE 74.000€**

V. central townhouse to reform. 3 floors. terrace, new roof, bment. garage. MOD03

Tel. 977 08 40 40 · [www.fincasdirect.com](http://www.fincasdirect.com) · [info@fincasdirect.com](mailto:info@fincasdirect.com)





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

Known also as "La Plana de l'Oli" or "big sea of olive trees", Santa Bàrbara is a traditionally agricultural village, devoted mostly to the production of olive oil. The crop of the olive trees had its best period in the thirties of the previous century, when this crop occupied 92% of the cultivated area. After the Civil War, for different reasons it has reduced but it continues to be the most widespread crop in the area. However in the last few years, the farming of the olive tree has been complemented with the farming of irrigated land with the citrus family (oranges and tangerines), of other fruit trees, cereals and vineyards.



In 1997, the "Fira de l'oli novell, els cítrics i el comerç", an event promoted by the town council to promote the town through olive oil began. With time, and with the transformation of the economic structure of the village the fair has developed to include all products and services that are made in the village area. In this way, the fair is a festival paying homage to the world of the countryman and the local trade.



For two days many events are held where you can learn more about olive oil. Including tastings of different types of oil from the cooperatives so that you can learn to appreciate the differences and pleasure in local recipes. The olive oil of Santa Bàrbara, unlike that of the Garrigues or the Siurana, which is made from olives from Arbeca, has a different quality, with a fruitier flavour. Demonstrations of how the lands were farmed long ago and special displays of machinery, ancient & modern tools, and a recipe competition for garlic mayonnaise (from 1997), etc. From 1998 under a marquee the Gastronomic Fair of Olive Oil was started where the restaurants of the village offer menus incorporating the oil and the local citrus fruits. Other cultural activities are included with exhibitions of local arts and crafts.



This is a new section for those ex-pats out there who may or may not know what Spain can offer to challenge Hollywood in great films.

Every month I will highlight a film that is in essence of Spanish origin. Its' role will be to get you the reader to want to see the film without spoiling the plot.

If any of our readers disagree with my views I will welcome your comments. Also if you want to know more about a particular film and how to get a copy again get in touch.

In my first offering to coincide with Halloween I will bring to your attention a classic double bill of scary films both filmed in Spain and both directed by Mexican born Guillermo del Toro who you may know better for recent blockbusters 'HELLBOY' and 'Pan's Labyrinth' Get that pillow ready to hide behind.....

#### The Devils Backbone - 2001 (Horror)



*The Devil's Backbone (Spanish: El espinazo del diablo, literally The Backbone of the Devil) is a 2001 Mexican/Spanish gothic horror film written by Guillermo del Toro, Antonio Trashorras and David Muñoz, and directed by Guillermo del Toro. It was independently produced by Pedro Almodóvar.*

*Set in Spain, 1939 during the Spanish Civil War a young boy Carlos is abandoned in a orphanage where he is confronted by horrors beyond that of the war that surrounds him. In essence this is a powerful ghost story that is told with absolute passion by the Mexican director Guillermo del Toro with a incredible cast that draws into not only the ghost story but also the grim situation of war torn Spain. It should be noted that similar themes are explored in another of Del Toro's more well known films 'Pan's Labyrinth' which again set during the Spanish Civil war but this time features the theme of Fairies rather than Ghosts. The filming location was shot in Madrid after the original idea of filming in Mexico was abandoned and Del Toro added the War as a new backdrop to the story. The producer Almodóvar is famous as one of Spain's most celebrated directors worldwide and I will take time to discuss his films at a later stage.*

*To summarize this is one great little film not too be missed especially over Halloween and not to be seen alone.*

#### The Orphanage (Horror)



*The Orphanage (Spanish: El orfanato) is a 2007 Mexican-Spanish horror/suspense/drama film. The film is directed by Juan Antonio Bayona, produced by the Spanish production company Rodar y Rodar, co-produced by Telecinco and presented by Mexican director Guillermo del Toro. The film opened at the Cannes Film Festival on May 20, 2007. It opened Spain's Sitges Film Festival on October 4, 2007. The Orphanage was chosen by the Spanish Academy of Films as Spain's nominee for the 2007 Academy Award for Best Foreign Film, but ultimately did not end up as one of the five final nominees in that category.*

*This second offering by Del Toro again is a ghost story but one that covers the painful subject of the loss of a young families only child. History literally comes back to haunt the main character Laura after their beloved son Simón goes missing soon after moving to their new home and business on the coast which was long ago where Laura lived as a child. What follows is a dramatic rollercoaster of fear and suspense that will leave you feeling both afraid and happy in a very bittersweet ending and you will why mainstream Hollywood struggles to create anything half as original as this modern classic.*

**J a s o n . M . B e r r y**  
**14 / 10 / 08 - Contact**  
**gatchajay@hotmail.com**





## CORRESPONDENT (NORFOLK)

DING DONG MERRILY  
-IT'S NEARLY

CHRISTMAS AGAIN...

YOUR CELEBRITY DJ MIKE  
STEVENS & YOU CAN  
LISTEN TO HIM LIVE ON  
www.futureradio.co.uk  
Wednesday mornings  
10.00-13.00

Let me be amongst the first

to wish offer you the Season's Greetings. You may feel this is a bit premature, after all I am writing this in early October, but here in the UK the build-up to Christmas is well under way and has been for some time. I'm not exactly anti-Christmas. As a religious celebration I've got no argument with it. What I do get uncomfortable about is that preparations for the event are starting earlier than ever each year. The first cards appeared in the shops in late August along with garish decorations and similar junk. A few weeks later and the whole malarkey is well on track. Before we have got through

Halloween and never even heard the first fireworks the shops are stocking up with Christmas clutter in the hope of being the first to screw money out of innocent punters.

Even earlier in the year the Shopping Channel merchants were selling kits of 'do it yourself' Christmas

card material. In spite of their optimistic presentations many of these cards end up looking like something that has been created in a special needs clinic, and the cat usually suffers from being covered in little silver stars. This hobby is best avoided in my opinion.

Supermarkets are displaying cakes, mince pies, Christmas puddings and Christmas decorated boxes of biscuits, sweets and booze. Packaging seems to be the name of the game. Semi-useless articles are wrapped in packaging which probably costs more than their contents. These are deemed to be ideal presents as 'stocking fillers'. Now I have never worn stockings and if I ever possess a pair I would want something warm and living to be filling them. Somehow a tankard, a miniature whisky and a bag of nuts doesn't do it for me.

The symbolism of Christmas is something I find a bit confusing. History tells us that the birth of a saviour probably happened in the middle of summer, but the festival has been conveniently moved to December in order to take over from a well established pagan shindig cooked up by the Romans. Quite where Father Christmas comes into it all I have never understood. As a tourist in central Turkey I visited a tomb that was apparently the original resting place of Saint Nicholas. He no longer rests there as the Vatican



obviously likes to keep its dead saints on the move. Some enterprising organisation, as I recall a Dutch one, has seen fit to mark this sacred place with a statue of a 'bog standard' Father Christmas complete with cloak and a sack of toys. How tasteless

is that! And another thing, check out a picture of Santa pre 1930. He'll almost certainly be wearing a black or green cloak. In the early part of the last century Coca Cola decided to use him in a Christmas advertising campaign and his cloak had to be a corporate red colour. Since that time this has stuck so that decision has to be the most successful bit of promotion ever devised.

**The Christmas Spectacular  
At Thursford from 8th  
November-23rd December 2008**

Saint Nicholas  
in Myra Turkey



C h r i s t m a s

entertainment takes a curious turn in our neck of the woods. An emporium displaying fairground equipment and steam engines throughout the year suddenly turns into the most bizarre Christmas entertainment centre ever witnessed. From early in November punters flock from every corner of the UK to a tiny village in North Norfolk to witness a spectacle that brings a whole new meaning to the word 'kitsch'. Lines of dancing girls in skimpy costumes cavort on stage in weird and wonderful Christmassy tableau. Added to this are end-



of-  
the-pier  
comedyperformers  
and novelty acts. The  
climax of the proceedings is when

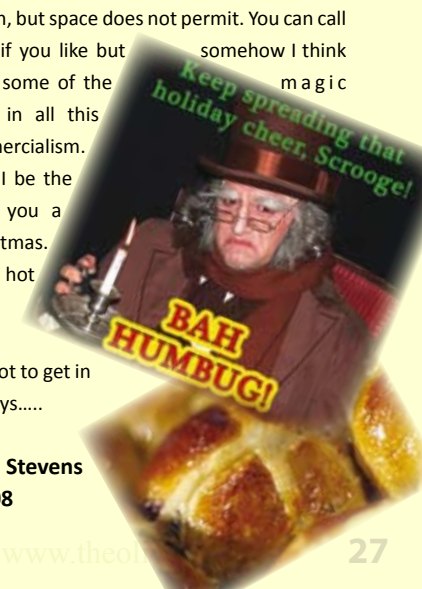
a large organ covered in fairy lights rises up in the midst of the proceedings. The cast of a 100 or so lead the punters in 'Ding Dong Merrily on High' and other items from 'Christmas Hits Volume 2'. People pay good money to witness this spectacle!

And so it goes on...all the way through from October to December. In spite of global warming the outside of homes will be lit up like Blackpool Illuminations, every house trying to outdo the neighbours. There was a fashion for inflated, illuminated snowmen which wobbled and swayed drunkenly on rooftops. These soon became ideal targets for youths with air rifles and in the morning they resembled giant deflated novelty condoms. Not an ideal focal point for your Christmas decorations.

I could go on, but space does not permit. You can call me Scrooge if you like but somehow I think we have lost some of the magic of Christmas in all this brash commercialism. Anyway, may I be the first to wish you a Merry Christmas. Anyone for a hot cross bun?

Well, you've got to get in early these days.....

© Mike Stevens  
October 2008





# B & B BENISSANET



Elaine and Mark bought a 3 storey town house when it was a run down derelict property in 2004 in the small agricultural town of Benissanet situated in the picturesque Ebro Valley between Mora La Nova and Miravet.

Initially, they wanted to turn it into a comfortable, homely b&b for fishermen, but after living and working in the area during the last few years, they have realised that the Ebro Valley offers so much more than that.

The area is famous for its fishing on the river Ebro with its giant catfish. It also hosts carp, zander, big roach and chubb plus many more.

Activities in the area include:



- Golf can be found only 20 minute drive away set in the stunning scenery at La Figuerola with its 18 hole course and club house.

- Historic sites including the caves at Les Coves de L'Esplugu see [www.covesdelesplugu.info](http://www.covesdelesplugu.info). And the Caves at Maravillas in Benifallet

see <http://www.showcaves.com/english/es/showcaves/Benifallet.html>

- The castle of Miravet built in the 11th century with its' breathtaking views.
- Castle of Monsonis built in 1024 at Noguera, Lleida.
- Miravet traditional wooden ferry over the River Ebro where cars are transported using only the rivers current as its driving force.
- Roman Ruins in Tarragona and of course Barcelona with the Gaudi Architecture and too many other sights to mention .
- Plus don't forget Falset and Gandesa famed for their wine production where you can visit the local bodegas and sample the regions finest wines.

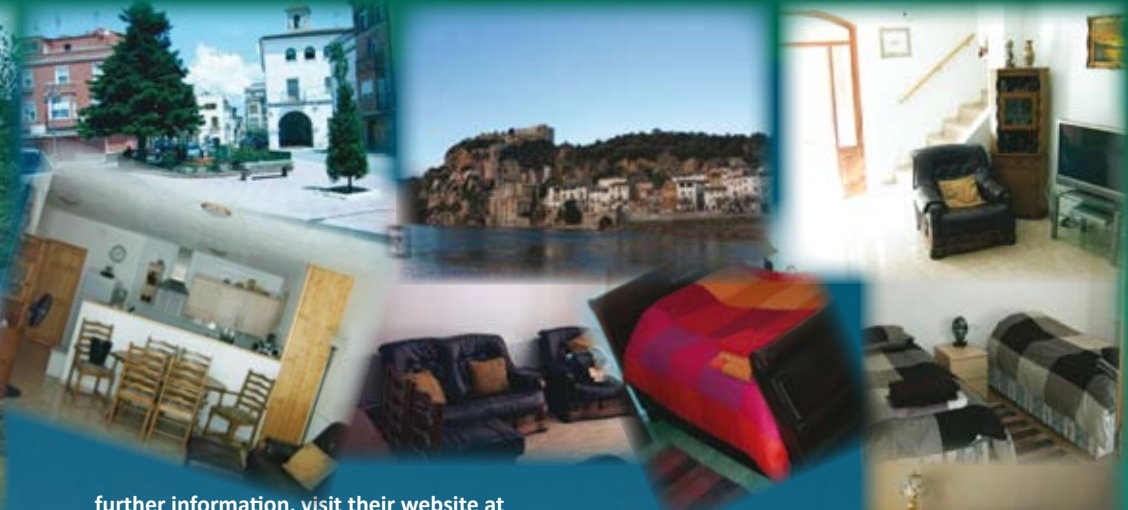
- Bird watching from



Eagles to Egrets and Kingfishers to Kites.

- Numerous beaches and small fishing villages to delight you with their cuisine.
- Cycling along quiet country lanes with traditional villages and unspoilt countryside. Walking and nature trails on the delta and the national park of the Serra del Montsant in El Priorat county.

For the more adventurous there's Go Karting and the adventure & water parks at PortAventura. For



further information, visit their website at [www.ebrobandb.co.uk](http://www.ebrobandb.co.uk)

Elaine and Mark will welcome you to their friendly traditional town house where you can stay in one of their clean, comfortable rooms. They offer 1 double, 3 twin and a single room, all with en suite bathrooms. Towels, tea & coffee, washing machine & tumble dryer, equipped kitchen & dining area and home to home comfort are all included in your stay.

They offer a choice of breakfast, including a full English or you can stay as room only. You have use of the kitchen to prepare your own meals if required. If you fancy a night in you can relax in the lounge area and chat with other guests or put your feet up in front of English TV. The house is ideal for the larger families to rent as a whole if required with discounts given on this basis.

They will also help organise your activities or give you valuable help and advice if you are here for house hunting. Remember your hosts are here to make your stay a pleasant one whether here visiting relations, house hunting or

just enjoying what the Ebro Valley has to offer.

Please contact Elaine or Mark on 977 401 236 or email at [ebrobandb@gmail.com](mailto:ebrobandb@gmail.com) plus see all their contact details in the business card section at the back of this magazine

Prices per night	2 People sharing twin/double room	1 Person in twin/double room	1 Person in single room
Bed only	€40 room	€30 room	€25 room
Bed & Breakfast	€50 room	€35 room	€30 room
Prices per week			
Bed only	€250 room	€190 room	€145 room
Bed & Breakfast	€320 room	€225 room	€175 room
Whole house rental	Up to 10 people <u>max</u>	for full week	€800 room only

Packed lunch: Compromise sandwiches, fruit, crisps & drinks	€5 per person
Evening Meal : Compromise starter, fruit/prawn cocktail/soup Main meal, lasagna, paella etc and sweet	variable daily
Reus Airport or *Reus/Tarragona train station pick up/drop off (max 4 people/vehicle)	€ 25 each way/vehicle



## COUNCILS INVESTED £1BN IN TINY VOLCANO SURROUNDED BY FISH

LOCAL authorities across the UK were yesterday stunned to discover that Iceland is nothing more than a volcano surrounded by two million haddock.

As the volcano's banks refused to pay out, councils said they were convinced Iceland was a small, landlocked country next to Belgium with a long history of expert financial management.

But after 15 minutes on the internet they confirmed it was nothing more than a slab of stinking lava populated by a handful of wilfully eccentric musicians and half a dozen heavily bearded trawler captains.



**'Iceland - If you're really into lava'**

"I suppose the haddock-shaped piece of lava with every new account was probably a clue."

Mr Cook is now demanding £1bn of taxpayers' money in compensation for losing £1bn of taxpayers' money.

He added: "When the taxpayer is exposed in this way it is only right that

central government should step in with its own funds, wherever they come from."

But the Treasury has so far refused, criticising the councils for investing huge amounts of public money in badly run banks.

### Catalunya Insurance Services

**Carrer M. Cervantes 12, L'Ametlla de Mar**

**INSURANCE AGENT MORTGAGE BROKER**  
**WITH OVER 25 YEARS EXPERIENCE**

**ENGLISH INSURANCE SERVICES – including all types of MOTOR, HOME, TRAVEL, MARINE, FUNERAL, HEALTH, PET and COMMERCIAL INSURANCE**  
**All policies written in English, same day cover.**

**Need a MORTGAGE, RE-MORTGAGE or to RAISE FINANCE?**  
**We are able to offer a comprehensive range of mortgage products from UK and Spanish lenders.**  
**24hr decision in principal.**

**Lifetime Mortgage -no repayments - for the over 60's**

**Call us now on 977 493 607/ 637 111 994**  
**www.catalunyainsuranceservices.com**  
**Email: sales@catalunyainsuranceservices.com**

## DARLING TO GUARANTEE ALL BETS ON THE 3.50 AT LINGFIELD

CHANCELLOR Alistair Darling has agreed to cover all bets at this afternoon's EBF Maiden Stakes and is tipping the Irish two year-old, General Ting.

Trained by Sir Mark Prescott, General Ting is one of 14 runners on their first outing at Lingfield today.

The bay colt is ridden by Seb Sanders, currently locked in a battle for the Jockey's Championship with Jamie Spencer.

Meanwhile the Chancellor is also extending the government's Fucknut Compensation Scheme to ensure that people can do whatever they want with their money without the slightest consequence.

Mr Darling said: "Maiden stakes are always so fascinating. The runners are out there for the first time and, who knows, one of these young horses may be a legend-in-waiting.

"What's more the jockey's title is going right down to the wire. Terrific stuff."

Personal finance expert Bill McKay said: "Previously the Fucknut scheme covered only the first £32,000 you decided to give to salaried loan sharks.

"Now the government will refund every penny you spend, even if you invest your life savings in the return of Betamax video recorders."

Mr Darling added: "If you see a brand new Ferrari advertised on eBay for a Buy-it-Now price of £3000, my advice is 'go for it'.

"When you turn up to collect it and discover you've been shafted, worry not - I'll send you a cheque."

Tom Logan, markets analyst with ABF McMartin and Dillcott, said: "Northern Rock investors tend to be respectable types who vote, unlike the horrid poor people who are left high and dry when their Christmas Club goes down the shitter."



**"It's only money," insists the Chancellor of the Exchequer**

**Specialist Suppliers & Installers of International Satellite TV & Communication Systems.**

**SKY HD & FREESAT HD AVAILABLE NOW**

**NEW**

**SKY & FREE TO AIR High Definition in Stock**

**NEW & Secondhand SKY BOXES**

**sky+ sky**

**SKY SUBSCRIPTION CARDS, SKY FREESAT CARDS, FREESAT & HD DIGITAL SYSTEMS, High Definition HD Sky Boxes, Standard Sky Digital Boxes + SKY PLUS, SATELLITE DISHES & CONSUMABLES, ALL AVAILABLE FROM STOCK. PROFESSIONALLY INSTALLED or Supply Only.**

**Mob : 616 369 913**  
**Tel / Fax : 977 486 387**  
**www.britsat.tv**  
**All Equipment & Work FULLY GUARANTEED. Established 1998.**



## DRIVING IN SPAIN

### The Roundabout



No doubt we've all been confused with the antics we witness on a daily basis when we attempt to circumnavigate a roundabout.

The confusion arises, once again, from the two different methods used by driving schools in the UK and Spain. In the UK we are taught to use the

inside lane until we arrive at the exit we want and then indicate our intention to exit.

Spanish driving schools teach their pupils to use the outside lane with their left indicator on. They will then go straight over two or three exits until they arrive at their chosen exit.

If you are still using the UK method you will find yourself

on the inside lane, trying frantically to exit, alongside someone on the outside lane who is heading for the next exit directly across your path.

My advice, when in Rome.....!

**Safe driving Chris Dann**  
[www.carimportinspain.com](http://www.carimportinspain.com)

**car import in spain.com**



**Car re-registering / import service**  
**visit the web site:**  
[www.carimportinspain.com](http://www.carimportinspain.com)  
**or call +34 689 178 319**



## USEFUL TELEPHONE NUMBERS

### EMERGENCIES

- FIRE DEPARTMENT **085**
- CAMBRILS FIRE DEPARTMENT **977 795 080**
- REUS FIRE DEPARTMENT **977 770 080**
- TARRAGONA FIRE DEPARTMENT **977 549 959**
- GENERAL EMERGENCIES **112**
- CIVIL GUARD **977 380 106**  
(GUARDIA URBANA) **062**
- CATALAN AUTONOMOUS POLICE **088(24hr)**
- MOSSOS D'ESQUADRA (MUNICIPAL GUARD)  
TARRAGONA **977 635 300 OR 088**
- CITY POLICE **977 309 212 OR 092**
- NATIONAL POLICE **091**
- SEA RESCUE **900 202 202**
- LIFEGUARDS & WATER RESCUE **657818023-657818021**
- WATER RESCUE, TARRAGONA **977216203-977216215**
- AMBULANCE SERVICE **092 OR 977 381 717**
- MEDICAL EMERGENCIES **061**
- HOSPITAL JOAN XXIII, TARRAGONA **977 295 800**
- HOSPITAL SANT JOAN, REUS **977 310 300**
- Citizens advice bureau: **012**
- Traffic emergencies: **088**
- Consumer information: **012**

### Lost credit cards in Spain

VISA and Mastercard: **915 196000**  
American Express: **915 720 320**  
Other cards: **902 114 400**  
Lost credit cards / international  
VISA: **900 974 445**  
Mastercard: **900 971 231**

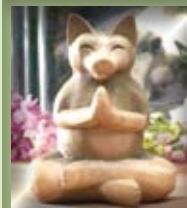
## EMBASSIES & CONSULATES

Barcelona British Consulate-  
Avenida Diagonal, 477, 13<sup>o</sup>  
08036 Barcelona  
Tel.: 933 666 200  
Fax: 933 666 221  
British Embassy Spain  
C/ Fernando el Santo, 16  
28010 Madrid  
Tel.: 91 700 82 00 - 91 319 0200  
Fax: 91 700 82 72  
The Embassy of Ireland:  
Ireland House  
Paseo de la Castellana 46-4  
28046 Madrid  
Telephone: 00 34 91 436 4093  
Fax: +34-91-435-1677  
Email: [embajada@irlanda.es](mailto:embajada@irlanda.es)  
Irish Honorary Consul General  
Gran Via Carlos III, 94  
08028 Barcelona  
Telephone: 00 34 93 491 5021

Fax: 00 34 93 490 09 86  
Email: [cons.irl@webcat.es](mailto:cons.irl@webcat.es)  
Generalkonsulat Deutschland  
Passeig de Garcia, 111  
08008 Barcelona  
Telephone: 932 921 000  
Fax: 932 921 002  
Generalkonsulat Schweiz  
Gran Via de Carlos III, 94  
08028 Barcelona  
Telephone: 933 309 211  
Generalkonsulat Osterreich  
Calle Mallorca, 214  
08008 Barcelona  
Telephone: 934 537 294  
Fax: 934 534 980  
Nederlandse Ambassade  
Avenida Comandante Franco, 32  
28016 Madrid  
Telephone: 913 537 500  
Fax: 913 537 565

**HOLIDAYS** Public holidays in Catalonia: 1 January: New Year's Day; 6 January / Epiphany (Feast of the Three Kings); March-april: Good Friday; March-april: Easter Monday; 1 May: Labour Day; 24 June: Saint John (midsummer); 15 August: Assumption of Mary; 11 September: Catalan National Day; 12 October: Feast of the Hispanic Peoples; 1 November: All Saints' Day; 6 December: Constitution Day; 8 December: Immaculate Conception of Mary; 25 December: Christmas; 26

December: Saint Stephen (Boxing Day).



## YOGA FOR ALL

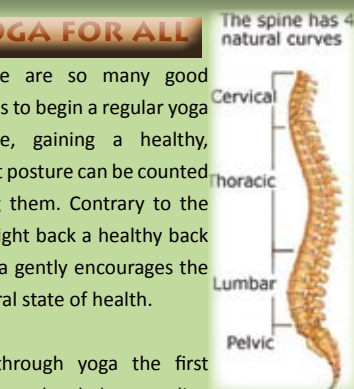
There are so many good reasons to begin a regular yoga practice, gaining a healthy, correct posture can be counted among them. Contrary to the

Victorian idea of a rod straight back a healthy back has natural curves and yoga gently encourages the spine to return to this natural state of health.

To correct the posture through yoga the first emphasis should be on poses that help to realign the spine and promote healthy postural habits. The full sequence of postures experienced in a yoga class will enable us to achieve our goals. In a normal adult who is standing erect, the spinal column curves slightly in four parts. Beginning at the head, it curves slightly forward (cervical curvature), then in a sweeping curve backward under the shoulders (thoracic curvature), forward over the haunches (lumbar curvature), and backward at the end of the spine (pelvic curvature).

All four spinal curves lend resilience and spring to the vertebral column. This 'spring' is essential for shock absorption while walking, jogging and other physical exercise. We all slump from time to time (you at the back, sit up straight...) but long term bad postural habits formed through years of sitting at an office desk for example can produce rounded shoulders and a slightly hunched effect (Kyphosis). Symptoms may be experienced as neck pain.

Those of us who have worked for many years on our feet may find we have a different problem. Our lower backs have an exaggerated curve (Lordosis). Symptoms regularly manifest as lower back pain.



Tension between the shoulder blades and headaches may be experienced.

If you recognise any of these symptoms there is no need to suffer in silence. Yoga has been proven by chiropractors and back care specialists to realign the spine and restore health to this area. While practising yoga

for realignment emphasis should be placed on keeping the head aligned with the upper body and trunk. The standing poses also help us to become more aware of postural alignment. A regular practice which includes

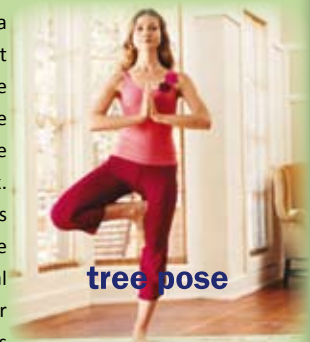
Mountain pose, Tree pose and Triangle pose will really be beneficial here.

Strengthening the back muscles, particularly the muscle which runs vertically along the length of the spine, is also important when improving postural alignment. The increased strength in the muscles will prevent scoliosis from progressing further to one side. The Cobra pose works this muscle and helps us bring the spine into natural alignment.

With greater spinal flexibility comes grace and fluidity of movement. Where the body goes the mind flows – greater flexibility in all areas of our lives soon follows a regular yoga practice.

Sarah Good is a Sivananda trained yoga teacher offering relaxing, friendly weekly classes and private tuition in the area.

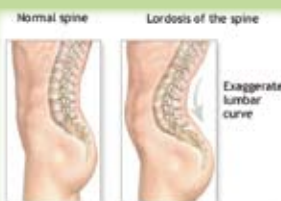
**For further info or to discuss your goals Sarah can be contacted on 663 140 297.**



**tree pose**



**cobra pose**







Do you have a drinking problem?  
Alcoholics Anonymous  
may be able to help  
Please call 686 885 913

**HOUSE SITTER AVAILABLE** | animal lover with  
experience of all animals inc. fish reptiles and parrots  
Also garden maintenance work undertaken REFERENCE  
if required. Ring RYAN 680 371 352

PROPERTY  
see for sale by owner  
FREEBIES & PROMOTIONS  
(terms & conditions may apply)

•PICK UP YOUR FREE COPY OF THE OLIVE PRESS CATALUNYA  
| at Bar Estación Restaurante, L'Ampolla and get a free  
cake with your coffee!

WHAT'S ON

QUIZ NIGHTS | KARAOKE every Friday at Bar Estación  
Restaurante, L'Ampolla TEL: 977 460 387 **NOW SKY SPORTS!**  
•CLASSIC CAR MEETING 1st FRIDAY of every month 6PM  
AT LA BARRACA, Passeig de L'Arenal L'AMPOLLA (on the  
sea front) Call for more details: 678 718 446

•EL PERELLO FREESIA GROUP (working for cancer  
charities in Spain) Book Stall every other Saturday,(4th  
Oct) 10am outside Bar Homogenic, El Perello | Christmas  
Dinner Dance 28th Nov, Delta Park phone Pam to book  
977059783

•CAR BOOT SALE to be held on the 2nd November | at the  
Can Palomo restaurant car park on the C12/ Garcia road.  
From 10.00am onwards. All sellers 6€ from which 1€ will  
be donated to the Mora dog rescue centre.

More info from Onestopshop-977-41-43-16  
•FRIENDSHIP CLUB for all nationalities meeting 1st,  
sunday of each month near Tortosa free stalls for those  
that have wares to sell, food & drinks available. contact  
Brian Parkin at 660-990-422 or 977-059-911 for more info

FREE PERSONAL ITEMS ADVERTS SUBJECT TO 25  
WORDS PER ENTRY AND 750 EUROS IN VALUE. LINED  
ADVERTS & NON PERSONAL ITEMS FROM 10€ +I.V.A.  
ENHANCED BOXED ADVERTS FROM 20€. DEADLINE  
20TH OF THE MONTH

GENERAL FOR SALE

**Jeep roof rack** | Genuine Grand Cherokee Jeep roof rack,  
used once only cost 190€ accept only 90€ Tel: 977 059 364  
**2 sets of Ikea bunk beds** | both brand new still in boxes  
each cost 275 euros will accept 225 euros each or nearest  
offer contact 629010529 or e mail: lesvalblf @fsmail.net  
**PEDIGREE PUGS** | puppies will be ready mid Sept ( born July  
6th ). All black ( father black, mother fawn ) 800€  
Tel: 678 675 723 / 977 490 605

**OVAL WOODEN DINING TABLE** | 90X150cm, fair condition  
30€ Tel: 977 059 364

**MUSCOVY DUCKS** | 1 pair (very beautiful) white lavender  
black 1 ½years 30€ o.n.o. plus 4 young 4 months old 8€ each  
o.n.o tel: 691 865 385

**EXTENSIVE SET OF GOLF CLUBS** | with state of the art  
trolley plus extras. Price 500Euro O.N.O. Tel: 977 593 066

**XBOX CRYSTAL GREEN** | (chipped) with 2 controllers VGC,  
complete with 180 games, most backup disks. 280 euros  
mobile 664693450 or 977059869

**LIMITED EDITION DAVID SHEPPARD WILDLIFE PLATES** |  
10 euros each or 75euros for full set worth 25pounds each  
new TEL 651726082.

**GENERATOR 2.5** | nearly new €300 Tel: 977 403 532

**BATTERY CHARGER** | 12v 24v €150 Tel: 977 403 532

**STRIMMER** | €150 Tel: 977 403 532

**NEW 16FT POLE FOR WIND GENY** | complete with base  
plate, wires, screws, clamps, stakes-bolts together in 2 metre  
sections 150€ O.N.O. Tel: 650 318 700

**500watt 24v INVERTER** | new still in box 50€  
tel: 650 318 700

15.2 HANDS BAY GELDING for sale ||

A Calm & Safe Ride, Hot & Cold Shoe  
Easy to Load. Snaffle mouth,  
Rides English & Vacquero  
1,000 Euros Tel: 618 468 264

FOR SALE ||

**INVERTER CHARGER -OUTBACK VFX3024  
PLUS GENERATOR 5KW AUTO START-NEW  
€3200 o.n.o. - may split  
Tel: 679 221 758**

**WANTED** Double bed clean mattress | 2 or 3 seater sofa |  
large dog kennel. Call 636 687 698 or 977 409 325

**Wanted Boys/Teenagers Mountain Bike or BMX** | in  
Reasonable to good condition ring 977059254

**Wanted Vespa Scooter** | 125cc or larger, with manual  
gears, must be Spanish registered and have all paperwork  
plus current ITV don't mind shabby Stuart 977059254

**WANTED VOLUNTEERS** | help needed to look after the  
abandon dogs at ARCA near Tortosa. Please call Maeve  
678 975 816 if you can offer any assistance. Plus anyone  
interested in organising some fund raising for the dogs  
would be must appreciated. There are presently over 160  
homeless dogs of all sizes and ages. PLEASE HELP .

VEHICLES / MOBILE HOMES/BOATS

**SPARES FOR MITSUBISHI (PAJERO)** | wheels + 5 tyres one  
new + lamps etc.

phone TRICIA 977 265 183 Mob: 676 801 890

**TO SWAP** | Yamaha 50cc sport bike for a small quad or  
lightweight moped. Call 650 052 208

**OPEL KADETT ESTATE** | lhd, diesel on UK plates excellent  
runner, clean interior ex army requires only a little cosmetic  
attention i.e. in matt olive green paintwork, ideal campo car ,  
400euro Tel 620151956 or 977059035 .

30 X 10FT CARAVAN

**END BEDROOM | GINESTAR | BUYER COLLECTS.  
€2500 Contact 660 220 702**

CITROEN BERLINGO | 1.9 DIESEL 2005

L.H.D SPANISH 7500EUROS  
TEL 676927175

**Eldis EX20 Whirlwind, 2 Berth caravan** Complete with  
new awning, heating, bathroom and 3 way fridge. All  
accessories, very good condition. Euros 1695  
Contact Dave on 679 889 639.

**TRAILER** | twin axle hydraulic tipper, built by Gandia  
with cover 8' 6" x 4' 6" carries 1500 kg in good  
condition, tyres like new, cost 2400€ new accept 1000€  
Tel mob 620151956 or 977059035

RENTALS

APARTMENT IN MOUNTAINS ADJOINING MAIN HOUSE

| 5 mins from n340 Camarles, own garden and pool,2  
bedrooms, bathroom, kitchen, lounge diner, well  
equipped, possible sky and internet links.To let for 6  
month 140 euro p.w. Tel 620151956 or 977059035

**2 BED VILLAGE HOUSE FOR RENT** | sleeps 4, avail  
for long or short term stays. Ideal for those wanting to  
test the water before buying or for a relaxing holiday in  
this typical Spanish, riverside village of Benifallet. Call  
977462114 for further information.

SERVICES

**FEMALE ELECTRIAN | PLUMBER | PAINTING &  
DECORATING | POOL MAINTENANCE  
ENGLISH & DUTCH SPOKEN  
CALL WINNIE ON 650 276 474**

TAKE AWAY HOME COOKED INDIAN FOOD |

Collect Mora d'Ebre | freshly prepared |  
24 hrs notice required  
CALL INDIRA 696 703 631

**DRIVER WITH VAN** | Making regular trips between  
Spain & England via France. Willing to transport goods  
to & from Spain. Tel: 977 477 367

**SEWING SERVICES** | Soft furnishings including curtains  
& cushions etc., made to measure or remade from  
your own fabrics. Other sewing jobs undertaken. Own  
transport. Call Yvonne - ecobears 617 836 923 or  
675 444 338 e-mail: ecobears@hotmail. web Site: com  
www.ecobears.com



**PROPERTY FOR SALE OR RENT BY OWNER** Property for sale by owner advert with photo plus up to 5 photos and details on the web site from 50€ with text advert and photos only on web site 30€. The Olive Press does not accept responsibility for the contents of the articles supplied by contributors nor for the claims made by advertisers! **PLEASE USE A LAWYER!** PLEASE MENTION THE OLIVE PRESS WHEN CONTACTING ADVERTISERS

**COSTA DEL SOL ABSOLUTE BARGAIN**  
A DREAM VILLA WITH PRIVATE POOL FOR THE PRICE OF AN APARTMENT!!  
must be seen and offers accepted. REDUCED BY 100,000 €  
Very spacious well appointed 4 double bedrooms, 3 bathroom villa in the quiet popular Las Haldas area beside Duquesa golf course & beaches. Also close to golf courses at Sotogrande, Almenara and Valderrama.



Viewing highly recommended. **399,000€ (negotiable)**  
Call Tel: 952 936 306 or 660 823 423

HOUSE FOR SALE 245 000€ O.N.O.  
DETAILS AT [www.casaddraiga.com](http://www.casaddraiga.com)  
Tel: 639 007 055  
**\*PLUS 10.000€ PAID TO ANYONE WHO INTRODUCES THE BUYER**

**YOUR OLIVE BUSINESS DIRECTORY FOR ENGLISH SPEAKERS**

PLUS AVAILABLE  
24/7 ON OUR WEB  
SITE CALL TO ADD  
YOUR BUSINESS  
HERE TODAY ON  
977 059 364 AND  
LET PEOPLE KNOW  
YOU ARE STILL IN  
BUSINESS.



**CAN YOU AFFORD NOT TO ADVERTISE!**

## BUSINESS CARD DIRECTORY

**Purewater Spain**  
Always there Always fresh  
water purification systems



977 059 364  
[sales@purewaterspain.com](mailto:sales@purewaterspain.com)  
[www.purewaterspain.com](http://www.purewaterspain.com)

## B & B BENISSANET

Holiday Accommodation for Rent  
Traditional Spanish townhouse with 5 rooms for rent on B&B or room only.  
Double, twin and single rooms, all en-suite with W/C, shower and hand basin.  
Communal lounge SKY TV, dining room and equipped kitchen for guest use.  
Rent a room daily, weekly or rent the whole house to suit your needs.  
Competitive rates!  
More information on [www.ebrenandb.co.uk](http://www.ebrenandb.co.uk) or call Mark/Elaine on 977 401236 or 638185376



## HARLEY'S

CAFE • CAMBRILS • BAR

**Harley's**  
An International bar with English, Irish and Spanish staff.  
Why not try a day or night out in Cambrils & experience the great atmosphere we have to offer.

**WHAT WE OFFER**  
Satellite T.V. for all the Sport  
Pool table | Darts board  
Music from every era  
- 60's, 70's, 80's, 90's & now  
Daily drinks promotions  
Fully comprehensive English Menu  
Full English Breakfast  
Homemade Burgers | Wraps  
Sandwiches | Ribs | Nachos  
Curries | Variety of Salads  
Daily Specials



**CALLE PAU CASALS - 49 CAMBRILS**  
**OPEN ALL YEAR ROUND FROM 8AM TILL LATE**

All entries are also listed on our directory online at [www.theolivepress.eu](http://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  
**PLEASE MENTION THE OLIVE PRESS WHEN CONTACTING ADVERTISERS**

## P&S PROPERTY MAINTENANCE

All aspects of building work undertaken from reforms to new builds.  
22 years experience in Spain.  
Registered Builder.  
Call for a free quotation  
Tel: 618 588 679 ENGLISH  
649 659 254 SPANISH



NEW BUILDS REFORMS EXTENSIONS

**John Williams Construction**

REGISTERED SPANISH BUILDER - NIE PROVIDED

Tel: (+34) 616 135 036 APDO 274, L'Ametlla de Mar

## Affordable Building Solutions

Fully qualified tradesmen for all your building needs.  
Ground works ♦ Complete builds ♦ Reforms ♦ Extensions, etc.



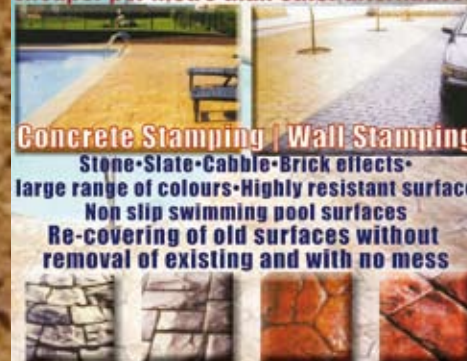
References provided ♦ Previous work viewable.

**Tel: + 34 679 888 204 Nick**  
**or + 34 686 069 923 Mark**

## B.S.G

Simon: 699 035 817 Billy: 635 121 349

Design your own driveway, patio or terrace  
**cheaper per metre than other alternatives**



## Concrete Stamping / Wall Stamping

Stone-Slate-Cobble-Brick effects  
large range of colours-Highly resistant surface  
Non slip swimming pool surfaces  
Re-covering of old surfaces without removal of existing and with no mess

**EURO AIRCON**



**MOBILE CAR AIRCON · REGAS SERVICE**  
**CAR REPAIRS ALSO UNDERTAKEN**  
**TEL: 638 266 152**

## QUALIFIED CARPENTER / JOINER

FITTED KITCHENS WARDROBES SHELVEING FLAT PACKS DOORS WINDOWS

ANYTHING WOOD! 45 YEARS EXPERIENCED

**RING DAVE ON 652 380 937**

**Paul Darbishire**  
**Counsellor & Therapist**  
**977 407 797**

Are you experiencing relationship problems, problems with gambling, overeating, other people or sex, problems adjusting to your life here in Spain, problems with alcohol or drugs.  
Would you like to speak in confidence to someone who will listen and offer impartial and balanced suggestions.

**C F D CATALUNYA**  
**API FINCAS DIRECT**  
Colingon-786

We offer a wide selection of properties

C/ Adell 18. <http://www.catalunyafincas.com>  
43550 Uldecona. SPAIN [catalunyafincas@telefonica.net](mailto:catalunyafincas@telefonica.net)  
Tel + 34 627 74 00 44 Fax: + 34 977 72 07 99

**FISHING**  
**CAT AND CARP**  
**BANK OR BOAT**  
ALL TACKLE SUPPLIED  
LICENCES ARRANGED  
ACCOMMODATION  
AVAILABLE - B & B OR S/C  
**RIVERSIDE LODGE - RIBA ROJA D'EBRE**  
TEL: 966 697 406 or 605 422 890  
e-mail [riverside-lodge@hotmail.com](mailto:riverside-lodge@hotmail.com)





## BUSINESS CARD DIRECTORY

### The Olive Maintenance Company



Trees of all types pruned or removed. Finca maintenance. Logs delivered. Qualified Tree Surgeon, 15 years experience.  
0034 664 333 250  
0034 977 055 039

olivemaintenance@hotmail.co.uk

### EURO-REMOVALS

House removals & general haulage

Competitive rates - Anywhere in Europe  
Owner driver - All work fully insured  
Based in Tortosa- TEL:(0034) 663645015  
samuel.graham@yahoo.com

### MINI DIGGER & DUMPER HIRE WITH DRIVER



HONEST, RELIABLE  
& COMPETITIVE PRICES  
CALL CALEB 663 623 074  
NO JOB TOO SMALL



**LES DIGGER**  
Foundations\*Groundworks  
Site works\*Landscaping & tree pruning  
For fast reliable service at competitive prices  
Tel. for free quotations  
629 010 529 / 626 876 738

### San Juan Experience

Trail rides in beautiful rural South Catalonia.

Small groups, max 4 riders,  
1 hour 20 euros/35 for 2 hours

Daily rides out from our finca,  
ride duration 1-2hrs.



Fully inclusive riding holidays.  
En-suite accommodation.

Use of our large patio and pool area to relax  
and enjoy refreshments.

For more details contact

Alice 0034 671 681 515 or

visit our web site [www.sanjuanexperience.eu](http://www.sanjuanexperience.eu)  
or e-mail: [aliceshorses@hotmail.com](mailto:aliceshorses@hotmail.com)

### HOME SECURITY ALARMS

Professional Systems with remote monitoring  
via mobile 'phone at very affordable prices



For more information or for a demonstration

call: 670 544 116 or  
e-mail: [catalarms@gmail.com](mailto:catalarms@gmail.com)



### Los Planos Riding School

Riding days & holidays  
in El Perelló  
We have the horses and  
staff to accommodate  
absolute beginners, as  
well as the more  
experienced rider.  
We are open all year round  
[www.spanishriding.com](http://www.spanishriding.com)

WE ATTEND ALL LOCAL  
HORSE EVENTS-FIESTAS  
and if you wish to partake  
it is an experience never  
to be forgotten!

Contact Kelly Snow by  
Tel: +34 659 808 788  
or +34 977 267 969

### ENGLISH MOBILE HAIRDRESSER

Qualified Assessor & Tutor

AVAILABLE FOR:

Colouring & Cutting services

CALL SARAH:

646 935 770



**Natural Horsemanship Trainer**  
Learn to create a harmonious  
relationship with your horse,  
through developing good  
ground/foundation techniques.  
Long lasting and gentle solutions to  
everyday problems.  
(leading, loading, catching, spooking)  
Horses don't care how much you  
know-only how much you care!  
Barefoot Trimming Service- € 25

Garry Goodfellow- 616213884 / 616183056 (near El Pinell de Brat)

All entries are also listed on our directory online at [www.theolivepress.eu](http://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  
**PLEASE MENTION THE OLIVE PRESS WHEN CONTACTING ADVERTISERS**



### David Piqué - Lawyers

High quality legal services



Corporate law, real estate, criminal law,  
civil law, labour law, contracts, immigration,  
family, negotiation and litigation

Avda. Barcelona 67, Local 1, Miami Platja (access off C/Tortosa)

Tel: 977 172 939 fax: 977 172 940

E-mail: [davidpique@advocatsreus.org](mailto:davidpique@advocatsreus.org)

### SPIRAL STAIRCASES

& BALUSTRADES | HIGH QUALITY

EXTERIOR | INTERIOR

VICTORIAN | SPANISH STYLES

SUPPLIED & FITTED

CALL JOHN 616 135 036



### MASSAGE

ACUPUNCTURE



TARU BURSTALL  
Lic. Ac., C. Ac. (China),  
M.A. Psych.

Ctra. Rasquera, Km 1 • El Perelló  
Tel. 629 301 509 • email: [taruyes@gmail.com](mailto:taruyes@gmail.com)



You don't need sign language just ask Delia!

We offer: -An Independent Translation Service

-We Can Act As An Intermediary

-We Offer One 2 One Or Group

Spanish/English Tutition

Don't get bogged down with all that red tape!

For More Info: 679 219 715

[deliaispain@yahoo.co.uk](mailto:deliaispain@yahoo.co.uk)

PLUMBING • ELECTRICS • HEATING  
AIR CONDITIONING • SATELLITE TV

### Nigel Morton

English and Spanish Spoken  
N.I.E. Supplied

Tel: 620 353 138

Tortosa and  
surrounding areas

### KERREN STEPHENS

BA HONS (UNIVERSITY OF SOUTHAMPTON) CertTEFLA

English - Català - Castellano - Français

teacher translator interpreter teacher translator interpreter  
professora traductora intèrpret professora traductora intèrpr  
profesora traductora intérprete profesora traductora intérpre  
professeur traductrice interprète professeur traductrice interprète

Apartat 1241, Correus

43590 Jesús - Tortosa

Tarragona, Catalunya

+34 618 571 233

### Andy Mann - the Handyman.

Plumbing

Electrical

Tiling

Carpentry

Rendering

Plastering

Painting &

Decorating

Repair of domestic appliances

Building of IKEA flatpaks

Complete Bathroom and Kitchen makeovers  
our speciality.

CALL: Andy on 663 074 773

### LINGO TEACH Spanish classes

Simple, easy to understand classes

given one to one or in small groups

no more than three. Native English speaker

With more than 12 years experience

In teaching Spanish from

beginners Spanish to advanced and dialogue

From just 60 euros per month for 8 hours

Ring Annelisa for information 634 829 936

### Purewater water purification systems

Spain

whole-of-house, boats and mobile homes

Make well, river & irrigation water pure and safe to drink

Don't take risks with your health!

Make your water pure and safe to drink today!

Don't wait until it is too late!

977 059 364

[sales@purewaterspain.com](mailto:sales@purewaterspain.com)

[www.purewaterspain.com](http://www.purewaterspain.com)



# MOBILE HOME SALE!

**LIMITED STOCK!**  
OFFER ONLY WHILE STOCKS LAST!



**2000/1 Verona 2 Bed**  
8.5m x 3m (28ft x 10ft)

• €6500



**2001 Cezanne 2 Bed**  
8m x 3m (26ft x 10ft)

• €5500



**2000 Monet 2 Bed**  
9m x 3m (28ft x 10ft)  
Pitched roof, air con

INC. AIR CON

• €6500



**2000 Supernova end lounge**  
9m x 3m (29ft x 10ft)

• €6500



**2003 Siena 3 Bed**  
Pitched and tiled roof  
8.5m x 3.7m (28ft x 10ft)

• €9200

ORDER NOW!  
FREE DELIVERY\*



**2000 Siena 3 Bed**  
8.5m x 3.7m (28ft x 10ft)

INC. AIR CON

• €6500

**ICA**



ICA Modulos

Contact Shaun on 629 743 327 or  
info@icasl.net | www.icasl.net

\* Prices include delivery to any region in Tarragona/Barcelona/Gerona provinces. (Transporter access restrictions apply.) All mobiles are fully equipped with a minimum of cooker, hob, fridge, shower, toilet and heating.