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**OLIVE PRESS**

**CATALUNYA**

**for all English speakers**

June 2008 monthly



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# EDITORIAL MEET BOB THE EDITOR

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## Best Restaurant Again

The Spanish restaurant El Bulli, situated near Girona in Catalunya and owned and run by Ferran Adria was for the third year running voted best restaurant in the world in the gala organised in London last week by the gastronomic magazine Restaurant. Two other Spanish restaurants finished in the top ten.



## AVE Times to be Further Reduced

Trials are being carried out by the train company RENFE and the infrastructure administrator ADIF in order to further reduce the journey times on AVE trains. An advanced safety and signalling system is being trialled so that the trains can reach speeds of up to 350 kph on certain stretches of track. The trials will continue gradually over many months but the final results may be limited by the lack of platforms at Madrid Atocha station. Already, times are frequently down to two and a quarter hours for the non stop Malaga to Madrid run, fifteen minutes less than scheduled.

## Non-Resident Sellers May Be Entitled to Tax Rebate

Non-residents of Spain who sold a property in this country between 2004 and the end of 2006 may be entitled to a 20% tax rebate from the Spanish Government. According to a Spanish law firm, foreigners who sold their Spanish properties before 2007 paid a Non Residents Income Tax rate of 35% on their capital gains, compared to a rate of 15% paid by Spanish residents. The law firm pointed out that this contravenes EU rules on discrimination and

was therefore improperly charged by the Spanish Government. A change in the law at the start of 2007 saw the standard Capital Gains Tax for non residents brought in line with residents at 15%. As a result, sellers who had previously sold property in Spain may be entitled to a 20% rebate.

## Spanish Wealth Tax Abolished

The Spanish wealth tax, known in Spain as patrimonio (Impuesto sobre el Patrimonio), has been abolished by Spains socialist government, fulfilling an electoral promise made 4 years ago before the Socialists took power. The wealth tax has been abolished as of 01/01/2008, so the change does not affect tax declarations for the tax year 2007. For most non-resident property owners the tax bill for the wealth tax was never very big but for most owners will nevertheless be welcome at a time when municipal taxes, mortgage rates, and other overheads for property owners are on the rise.

## 1968

### Eurovision Song Contest Result in Doubt

In a documentary aired on Spanish TV this week, it was claimed Spain's win in the 1968 Eurovision Song Contest was won with 'bought' votes ordered by the dictator Francisco Franco. The song 'La La La' sung by Massiel beat Cliff Richard singing 'Congratulations' into second place.



## Sir Terry Wogan is questioning his Eurovision future after bloc voting handed the prize to the Russian entry.

With the British entry, Andy Abraham, finishing in joint

last place, Sir Terry expressed doubt that he would want to cover the event again, saying that it was "no longer a music contest".

No western European country has won the competition for eight years and the results of the 53rd contest, in Belgrade, Serbia, followed the same trend. Sir Terry said: "It's a disappointment, considering that Andy Abraham gave, I think, the performance of his life with a song that certainly deserved more marks than it got."

Referring to other songs in the competition, he added: "You have to say that this is no longer a music contest."

Perhaps most significantly, at least to fans of Sir Terry's trademark ironic commentary - to many people the only reason for watching the Eurovision farrago - he expressed uncertainty over whether he would be willing to get behind the microphone for next year's contest.

"I have to decide whether I want to do this again," he said.

"Western European participants have to decide whether they want to take part from here on in, because their prospects are poor."

## DSL Speed to Double

Telefonica have announced that they are to progressively double the speed of their ADSL internet service from 3 to 6 megas from June while keeping the same price.

## Nappies for Horses

Tourist horse and carriage owners in Seville are currently testing a new design of nappies on their horses in an attempt to keep the city streets clean. So far, the owners are unimpressed as they say it will attract flies and the design does not recognise the differences between the sexes of the animals

but it seems likely that the use of them will become mandatory in the summer.

## Man kills his ex wife the day after signing the divorce papers - May 21, 2008 - 12:48 AM

Jose Luis Barrera - Photo EFE

José Luis Barrera also considered that the general public did not understand expressions such as 'servicios comunes'.



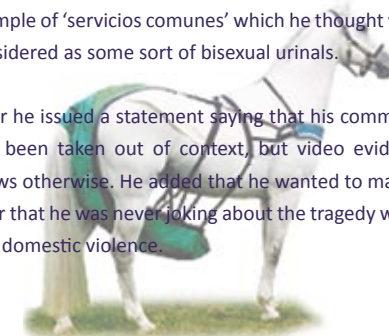
A row has broken out over the comments made by the President of the Barcelona Court, José Luis Barrera, who tried to joke about domestic violence during his presentation of a report to some 30 journalists.

When asked about the recent privacy ruling against the wishes of the Princess of Asturias' sister, Telma Ortiz, he came out with the line:

'This is like the man who kills his wife, and they ask him why he did it and he says, Aha! have you never wanted to do it?'

It was not the only unfortunate comment from Barrera who also considered that judicial language was not understood by the majority of the public, giving the example of 'servicios comunes' which he thought were considered as some sort of bisexual urinals.

Later he issued a statement saying that his comments had been taken out of context, but video evidence shows otherwise. He added that he wanted to make it clear that he was never joking about the tragedy which was domestic violence.







## Spain to change banking practices

By h.b. - May 24, 2008 - 9:29 AM

The Bank of Spain - Photo EFE

The Bank of Spain is to join the Basel II agreement this year.

then send boxes filled of sand to the purchasers.

The victims thought they had paid for a top of the range N-95 Nokia second hand phone for between

290 and 400 €, until their package arrived. So far a total of nine different victims of the fraud have been identified, but the Guardia Civil think that as many as 18 other packages were also sent.

The Civil Guard say the two men detained are a German man aged 22 and a Spanish girl aged 21, and had been selling the fake phones on the website segundamano.es

## Spain arrests ten rip deal money launderers

By h.b. - May 15, 2008 - 4:28 PM

Ten arrests have been made, five in Madrid and five in Barcelona.

The National Police in Spain has arrested ten people, five in Madrid and five in Barcelona, in two swoops against 'rip deal' swindlers. The gang pretended to be foreign investors with a great deal of money to spend, but used the ploy to defraud their victims.

The group swindled 450,000 € from one victim in Barcelona, and were arrested when they were trying to con another victim in Alicante.

Police investigations started when a property was for sale in Calpe, valued at a million €, and two men, who called themselves Cristofel and Patrick, called the seller claiming to be foreign investors interested in making a purchase. The seller was suspicious and police then observed the later stages of the scam when he was offered



a high commission from the group for accepting different currencies and cash in small denomination notes.

Meetings to finalise the deal took place in both Madrid and Amsterdam with the final offer to the seller of the property for him to receive 700,000€ in 500€ notes and in return provide a reduced sum in 50 & 200€ notes. The deal was set for a Madrid hotel and police arrested a total of three men and two women from the gang. The 700,000€ turned out to be all in false 500€ notes.

## Remains of 13th century boat found in Barcelona

By h.b. - May 10, 2008 - 6:14 PM

The remains of the 13th century vessel found in Barcelona - Photo EFE

The boat has been found in a building site for a new car park in the Barceloneta area of the city.

The remains of a 13th century boat have been found in the building site for a new car park and luxury flats in the Barceloneta area of Barcelona. Archaeologists consider

that the boat sank in the area in the 13th or 14th century when the area concerned was still sea.

Mayor of Barcelona, Jordi Hereu, has visited the site with the Director of the Barcelona City Museum, Joan Roca.

Experts consider the remains are of an Atlantic origin, given the style of the construction, and have been found at some seven metres below the current sea level.



The banking system in Spain will this year adopt an international practice, known as the Basel II agreement, which will allow it to free up more assets, but will also see it penalised when it carried out high risk operations. It means that the banks will have to take greater care when granting a mortgage, and those of more than 95% of the value are expected to vanish from the market.

Each bank will now be obliged to offer greater transparency in a yearly report which explains the profile of their business and their exposition to risk.

Initially only a group of eight of Spain's largest banks will be approved by the Bank of Spain to take part in the scheme – Santander, BBVA, Banco Popular, Banco Sabadell, Bankinter, La Caixa, Caja Madrid and the Caixa Catalunya.


## Boxes of sand sent out for mobile phones

By h.b. - May 23, 2008 - 6:23 PM

The owners of a computer store in Almuñecar have been arrested and charged with fraud.

The two owners of a computer store in Almuñecar have been arrested and accused of fraud after allegations that they were selling Mobile phones on the Internet, but









## SOLARPOWER SYSTEMS

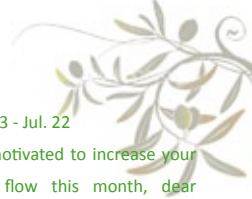
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16 years in Spain.  
References available.



## NEW BUILDING

Guess what this is???????

Find the answer on page 33

**CAPRICORN** Dec. 22 - Jan. 20

Getting down to business, handling the details of daily existence, & focusing on improvement figure strongly in June. Your attitudes towards what makes you feel secure are changing, and there is an intensity to your nature that is not necessarily apparent to others this month

**AQUARIUS** Jan. 21 - Feb. 19

A strong need for recreation and pleasure takes hold this month, dear Aquarius. Taking in plays, movies, dinner, and romantic activities are featured. Your energy levels are on the low side, so when work becomes a more pressing concern after the 20th, you might feel a little out of focus

**PISCES** Feb. 20 - Mar. 20

Work is busy and challenging in June, dear Pisces, while your heart is with your home and family. You are more able to increase your income by performing tasks that others dislike doing this month..

**ARIES** Mar. 21 - Apr. 20

You are especially chatty & very busy with errands & appointments for the first three weeks of the month, before life calms down a tad. The 3-8 is an excellent period for personal relationships, learning, and communications.

**TAURUS** Apr. 21 - May 21

Increased energy for tackling major projects around the home figures strongly in June, dear Taurus. So do finances, which can be a little tricky until after the 19th. If you are sitting on the fence about a purchase or investment, stay there until the last week of the month when financial thinking is clearer.

**GEMINI** May 22 - Jun. 22

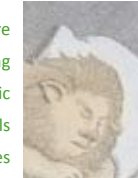
You are making big impressions this month, dear Gemini. It's a strong month for personal plans and feeling quite energized. While you're giving off mixed signals and creating some misunderstandings until the 19th, you'll be communicating with special ease and appeal for the remainder of the month.

**CANCER** Jun. 23 - Jul. 22

You are strongly motivated to increase your personal income flow this month, dear Cancer, and that extra effort is likely to meet with success. Your powers of attraction are especially strong from the 18th forward. Partnerships are absorbing and rewarding from the 21-25.

**LEO** Jul. 23 - Aug. 23

Plenty of energy is at your disposal this month, dear Leo, but the question will be where to direct it. Friendships, group activities, and personal aspirations take center stage for you in June. Don't let misunderstandings get in the way of pleasure.

**VIRGO** Aug. 24 - Sept. 23

Much of your time and attention is devoted to career initiatives and involvement this month, dear Virgo. Going over past mistakes professionally, and dealing with a few misunderstandings personally, figures until after the 19th, when delays lift.

**LIBRA** Sept. 24 - Oct. 23

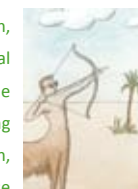
You are working hard to achieve your goals this month, not only material but also spiritual goals. Your spirit is especially adventurous and you are more philosophical than usual in June. A partner could be expressing more independence as well.

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

June continues to be a strong period for work and career, dear Scorpio. You could receive public recognition for the work you do now. If you aren't your own boss, you would very much love to be, and this attitude could cause some friction with superiors.

**SAGITTARIUS** Nov. 23-Dec. 21

June is an expressive month for you, dear Sagittarius. Satisfying your itch for change and adventure seems like a good idea. Tricky matters with finances and partnerships need to be handled. Relationships become easier to manage after the 19th.





# WASHING AWAY DISEASES

THE



LIVE PRESS

By Henrylito D. Tacio

Health 101

“THE water and sanitation crisis does not grab headlines, but far more people suffer from it than what you would think,” said Eveline Herfkens, UN general-secretary’s

executive coordinator for the Millennium Development Goals campaign.

“While water-related diseases vary substantially in their nature, transmission, effects and management,

adverse health effects related to water are organized into four categories: water-borne, water-based, water-related vector, and water-scarce,” explains Hinrichsen.

Water-borne diseases are “dirty water” diseases—those caused by water that has been contaminated by human, animal, or chemical wastes.

Worldwide, the lack of sanitary waste disposal and of clean water for drinking, cooking, and washing is to blame for over 12 million deaths a year.

Water-borne diseases include cholera, diarrhoea, typhoid, shigella, polio, meningitis, and hepatitis A and E. Human beings and animals can act as hosts to the bacterial, viral, or

protozoal organisms that cause these diseases.

“Where proper sanitation facilities are lacking, water-borne diseases can spread rapidly,” Hinrichsen said. Untreated excreta carrying disease organisms wash or leach into freshwater sources, contaminating drinking water and food.

Water-based diseases are caused by aquatic organisms that spend part of their life cycle in the water and another part as parasites of animals. These organisms can thrive in either polluted or unpolluted water.

The parasitic worms enter the human body through contact with infested surface water, mainly among people engaged in agriculture and fishing. It has also been known to infect women who do their washing in parasite-infested rivers, or children who swim in them.

What is alarming is that cases of water-related vector

diseases are increasing. There are many reasons for this: people are developing resistance to drugs; mosquitoes are developing resistance to insecticides; environmental changes are creating new breeding sites; migration, climate change, and creation of new habitats mean that fewer people build up natural immunity to the disease; and many disease control programs have slowed or been abandoned.

Meanwhile, many other diseases—including trachoma, leprosy, tuberculosis, whooping cough, tetanus, and diphtheria—are considered water-scarce (also known as water-washed) in that they thrive in conditions where freshwater is scarce and sanitation is poor.

Infections are transmitted when too little freshwater is available for washing hands.

According to the United Nations Environment Program (Unep), the incidence of water-related disease and death around the world could be cut by three quarters if there were adequate supplies of safe drinking water and adequate sanitation.

Water is, literally, the source of life on earth. The human body is 70 percent water. People begin to feel thirst after a loss of only one percent of bodily fluids and risk death if fluid loss nears 10 percent.

**What you can see in the water may not kill you but the problem is what you can’t see possibly could.**

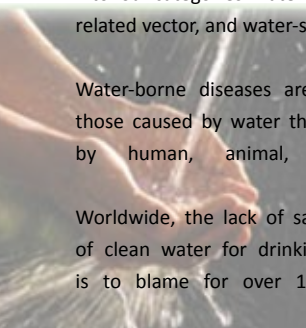


**How pure is your water?**

**A water purification treatment system for the whole house is recommended based on scientific conclusions. It has been proved that up to 50% of all harmful substances in the water and its vapour is not only absorbed by drinking but also through the skin and the respiratory system. Skin ageing and allergies are also a reason to eliminate harmful substances out of the water. Our system should be the first choice. The passive absorption of chlorine, germs, pesticides, herbicides etc. by having a bath/shower or other personal hygiene has unfortunately been underestimated in the past.**



Viruses in dirty water kill!



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

\* ABOVE COMPARISON CHART  
FOR THE CONTAMINANT REMOVAL FOR VARIOUS SYSTEMS

? Comparisons are from general information Performance varies widely within categories.

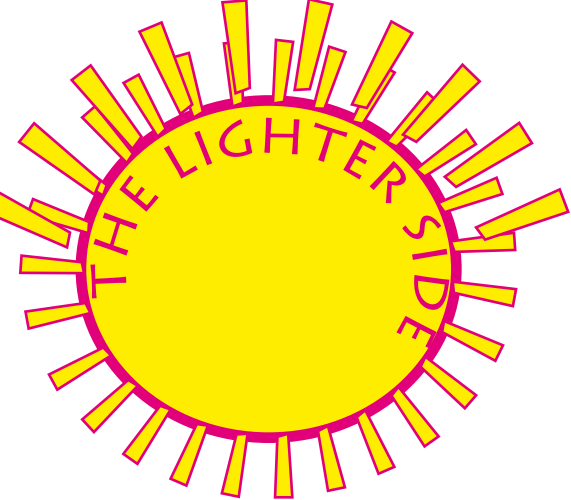
+ Usually not effective against organic contaminants ordinarily found in drinking water.  
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How they came up with the logo for the Beijing games.





# CHERRY PUDDING CAKE

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by Suanne from [www.chowtimes.com](http://www.chowtimes.com)

Sweet cherries are great just eating them as they are. However, we picked so much cherries that I have to bake something with them. I found this recipe which uses sweet cherries. It's a pudding cake. This pudding cake is so juicy that juices over run onto my oven. So, if you would like to attempt this recipe, use a bigger pan or put an aluminium foil lined baking sheet below your pan to catch the juices.

## Ingredients

- \* 3 cups cherries, pitted, thawed if frozen
- \* 1 cup flour
- \* 1 teaspoon baking powder
- \* 1/4 teaspoon salt (necessary)
- \* 1 1/2 cups sugar, divided
- \* 1/2 cup milk
- \* 3 tablespoons unsalted butter, melted
- \* 1 teaspoon vanilla extract
- \* 1 tablespoon cornstarch
- \* 1 cup boiling water



I must say that the most tedious part of this recipe is pitting the cherries.  
**Instructions**

Preheat the oven to 350F / 180C.

1. Place pitted cherries in the bottom of a buttered 9 inch square or 10 inch round cake pan or baking dish. I used a 7 x 11 baking dish (perhaps that's the reason the juices overrun).
2. Combine flour, baking powder, salt and half of the sugar in a mixing bowl.
3. Add milk, melted butter and vanilla. Beat until smooth.
4. Spread batter over cherries evenly.
5. Combine the remaining sugar and cornstarch in a small bowl.
6. Sprinkle sugar and cornstarch mixture over the batter. Pour the boiling water gently over the mixture.
7. Bake in a 350F preheated oven for 45 minutes or until a tester comes out clean when inserted in the center.

This Cherry Pudding Cake is great for breakfast or snack at tea break.



## U.S. to Metric

### Capacity

- 1/5 teaspoon = 1 ml
- 1 teaspoon = 5 ml
- 1 tablespoon = 15 ml
- 1 fluid oz. = 30 ml
- 1/5 cup = 50 ml
- 1 cup = 240 ml

- 2 cups (1 pint) = 470 ml
- 4 cups (1 quart) = .95 liter
- 4 quarts (1 gal.) = 3.8 liters

## Weight

- 1 oz. = 28 grams
- 1 pound = 454 grams



## XII Diada de la Cirera



## The XIII Cherry Festival in Miravet 15 June

This year we will celebrate the XIII Cherry Festival in Miravet. Like the other years, you will be able to have a day of amusement while enjoying a popular paella and cherry cakes.

If you are interested in buying the tickets for the popular paella and the cakes, you will be able to find them from the tents and bars in the village. Or you can call to the offices of the Ajuntament between 10.00h and 14.00h Monday to Friday. Telephone 977 407 134 or fax 977 407 455

The price of the tickets are from 8 euros

The cherry is the main and most important crop of Miravet, with some 314 varieties and a production of 40% of all Catalunya. More than 4 million kilos can be produced per year and are highly valued in

the European markets. The largest part of what is produced is destined for France, German, Belgium, Holland, Switzerland and England, leaving an insignificant amount for the home markets.

The lack of promotion of our own products is regrettable in a country like Catalonia. Look at the subject of the hazelnut from Tarragona... It is a variety only and exclusive to this zone, the sweetest and tastiest of all hazelnuts, and it is not really known here!

For this reason Miravet celebrates, on the third Sunday of June, the party of the cherry, where informative talks can be enjoyed, a sample "pomològica" with all the varieties, a giant frying pan of paella with snails, a competition of cherry cakes as well as a tasting of cherries and cherry liqueur, even a curious competition of the cherry stone.





# FALABELLAS AND MINIATURE HORSES

You can find their ranch in Aubachs near Flix, Tarragona with Miniature Horses and Miniature Appaloosas.

They are very cute and pretty. Small children can ride the larger ones. They are lovely to have as pets as they love human company, and each has its own character. They can also be trained to pull small carts but most keep them just as pets or lawnmowers.

They have 2 mares due to foal in in the summer and there were 2 foals born this April. This year they hope to have more foals for sale. They can also import from the UK and Holland. Visit their web site for photos when the foals arrive.

The stallion Ray of Light has good conformation and has won 3 first prizes in competitions in Holland. He is easy

to handle and well mannered both out and in.

This year they have a few for sale. If you want something special they can get it for

you. Miniature horses are easy to look after. They do well on a saucepan full of alfalfa granules, oats and bran twice a day plus a wedge of alfalfa or rye grass hay.

If you want to try breeding them yourself it is better to have a larger mare than the stallion to avoid problems foaling.

All the miniature horses come with passports and microchips.

If you love horses there is nothing better than looking out of your window and seeing these lovely creatures grazing and

playing. One of the Falabella stallions from 1998 was bought by Spanish and takes part in the fiestas in

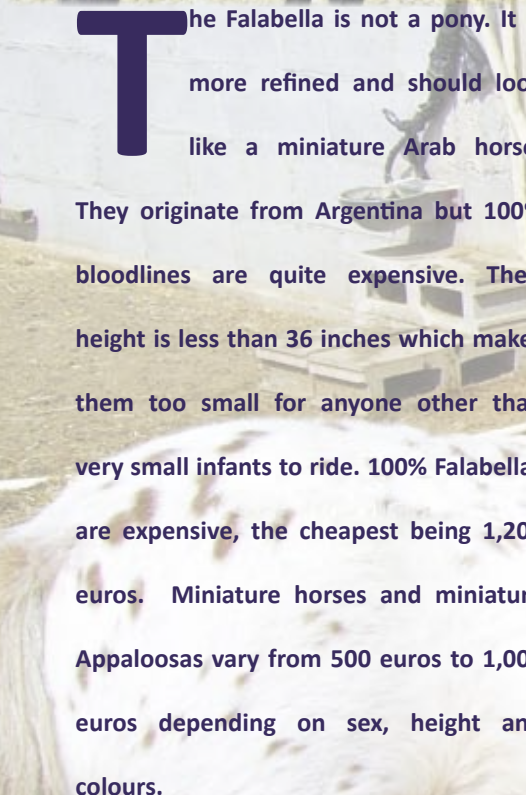


Tarragona and can do all the same tricks as the Andalusian horses.

Visit the web site for more details:  
[www.tinyhorsespain.com](http://www.tinyhorsespain.com)

An advertisement for miniature horses. It features a photograph of a large dog sitting next to a small black horse. The text reads: "MINIATURE HORSES", "Miniature Appaloosas and Miniature Horses for sale.", "All registered with NMPRS and microchipped.", "Very pretty with good character.", "We can also attain pure bred Falabellas", "TEL: 676 742500 English speaking", "TEL: 652 077741 Spanish speaking", "visit our web site", and "[www.tinyhorsespain.com](http://www.tinyhorsespain.com)".

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Miniature Appaloosas and  
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Llibertat, 19 • 43860 l'Ametlla de Mar  
Tel. 977 49 37 44

You will have a pleasant surprise hidden in a back street of L'Ametlla de Mar when you find the new



Cocktail Bar and Restaurant **ZiDali's**. The family felt that the village needed something different and took over 6 months until they found the ideal premises. They wanted something that could offer comfort and style with a

personalised décor and welcoming ambience. Kelley has managed to achieve this by utilising her textile artistic background and also keeping the local theme with photos on the walls from a local artist.

The restaurant is a little difficult to find and looks deceptively small from the outside. Inside you will find a roomy bar area where you can sip an elaborate cocktail or a more traditional drink with a tapa or meal. There is a separate A La Carte restaurant where you can dine in style. Surprisingly there is a wonderful outside courtyard where you can sit amongst the fresh herbs that they use in their home cooking.

**ZiDali's** is fortunate to have two chefs. Kelley whose contemporary style and experience comes from London and Brighton restaurants as well as 2 years here in Miami Platja at Carpe Diem and an Italian restaurant. Tarek has been here for 6 months and is a experienced chef from restaurants in London and has a classical approach to his menus. The 2 chefs in the family truly complement each other to provide a diverse A La Carte menu as well as traditional tapas, home-made Burgers and set menus. There are 2 lunch time menus for 8€ or 10€ which include home-made deserts. There is also a daily evening menu for 18€. The wine list was personally picked by the family so they can help you to find a wine that suits your pallet.

There are special nights arranged, on 20th June there is a Rock 'n' Roll evening and the previous successful Curry evening with home-made curries, chutneys & nan bread will be repeated on 7th June

They are open Tuesday to Sunday 10.00-15.30 and 19.00-22.30 which will be extended during summer months.

A sample from their A La carte Menu:

Starters:

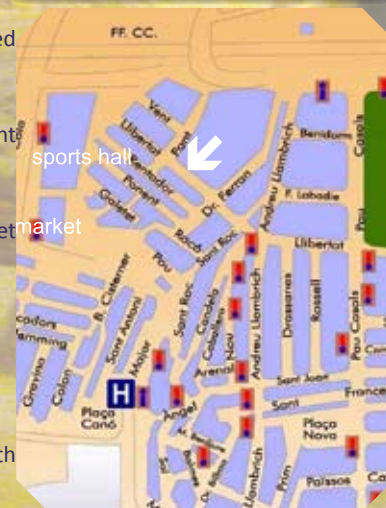
- Foie-gras & chicken liver parfait served with date bread and apple chutney €7.50
- Salmon gradvalax, quails eggs, with tempura fish and caviar dressing €8.50
- Chargrilled squid, chickpea pancetta and herb salad €7.00

Main courses:

- Stuffed corn-fed chicken supreme with morcilla & sage, served with caramelised apple and cep mushrooms €15.50
- Chargrilled 8oz sirloin steak with herb crusted tomato and pont-neuf chips €18.50
- Asparagus, quail egg and parmesan tart with tomato and rocket salad €13.50

Desserts:

- Assiette of Chocolate €7.50
- Chocolate & Frangelico bavaois with coffee praline €6.50
- Platter of cheese €7.50





# WHAT PROPERTY BUYERS ARE LOOKING FOR RIGHT NOW

Despite the credit crunch, fewer sales and falling prices all pointing to the downturn in the Spanish property market, there are still people buying out there. The declining economy, adverse exchange rate and harder mortgage criteria have hit many would-be buyers hard, but others want or need to purchase now.

Let's take a look at some 'typical' buyers (names changed of course!) and the kind of thing they are searching for:

## 1) Barcelona's urban refugees

Joan and Gemma live in a small rented apartment in a trendy *barrio* of Barcelona, and have a three year old child.

While they love the city, Barcelona is increasingly noisy and polluted, and they long for a weekend country refuge that will eventually become their home. Their ideal is an old stone farmhouse of 90m2-180m2, with at least 2 hectares of land and water, in an attractive

inland location.

Mains electricity is not an issue: Joan and Gemma are committed to solar power and intend to be as self sufficient as possible. Major structural work is not an problem either, and they can spend up to 100.000 euros on the right property.

## 2) Sold up in UK, need to relocate fast

Mike and Sue have retired early and have already sold their house in the UK. Their children live here, and Mike and Sue were about to buy a *finca* with a house... which turned out to have been built illegally. Their funds are in Spain and they need to find something soon.

They are looking for at least 5.000 m2 of land with water and reasonable access, and a 2 or 3 bed house registered as a dwelling with no legality issues. They don't mind changing kitchens and bathrooms, but won't want to tackle major structural work.

# LIVE PRESS

Their budget is 250.000 euros, they don't need a mortgage and they can complete quickly.

## 3) Small country getaway retreats

Peter and Monica are a cosmopolitan Dutch/Catalan couple that have lived and worked on the Costa Dorada for some years.

They are attracted by the idea of a cosy country refuge for weekend breaks. Peter has worked refitting yacht interiors, and is looking forward to having a new project to keep him busy.

The couple want a finca with 10.000 m2 of land or more, with great mountain or sea views, about an hour's drive from Tarragona. 4x4 only access is not a problem, nor is overgrown land. Water is desirable.

A stone-built 'casita' of 40 or 50m2 would be ideal, and they expect to have to do some structural work.



They'll pay up to 60.000 euros for the right property, if it has water.



Left: a terrace is a requirement for most townhouse buyers

## 4) Something for the weekend...

Jordi and Marta live in an apartment in one of Barcelona's many sprawling suburbs, and want a traditional 3 bed village house for weekends, which they plan to eventually retire to.

The house should be not more than 40 minutes from the sea and 2 hours from Barcelona, with natural light and some kind of outside space, like a terrace. While they expect to have to change kitchen and bathroom and do some reform work, they don't want a ruin.

Their budget is up to about 130.000 euros.

This is a small snapshot of the kind of buyers around right now. We are seeing relatively more enquiries from Holland, Belgium and Scandinavia, and interestingly, a surge in enquiries from Russian clients.

Finally, if you have a property to sell anywhere in or around Tarragona province, we'd love to hear from you.

Jeff Greensmith runs [www.fincasdirect.com](http://www.fincasdirect.com) and is a registered estate agent and experienced Spanish/Catalan translator and interpreter. He has lived in Catalonia since 1986.

## MOBILE HOMES

- ✓ Fully maintained (ex-tour operator)
- ✓ Excellent condition
- ✓ Sizes from 26 x 10ft (8 x 3m) to 34 x 12ft (10 x 3.7m)
- ✓ Prices from €5500 to €13000
- ✓ All are fully equipped with a minimum of 2 bedrooms, kitchen with hob & fridge, shower, toilet & heating.
- ✓ Transport arranged

**Call Shaun for current stock list.**

**ICAMobile Homes**

**Tel 629 743 327 | info@icasl.net | www.icasl.net**

**TRADING SINCE 1998**

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Experienced English interpreter; fully fluent in Spanish and Catalan, can help solve your bureaucratic/language problems.

**Tel. 616 103 182**

TGN.interpreter@gmail.com

## FINCAS direct

**OLD TOWN MIRAVET, POAE**  
Ref. MIV01

**25 min Tortosa**  
36k€ 2-storey ruin, 40+40m2, 1,3ha land, nr natural park, 3km village, good access, super views.  
Ref. PL045\_vdv casa

**PAULS XERTA**

Superbly converted 3-floor townhouse, terraces, castle view, workshop, impeccable.

**Tel. 616 103 182**

[www.fincasdirect.com](http://www.fincasdirect.com) · [info@fincasdirect.com](mailto:info@fincasdirect.com)



**E**xpo 2008 is an international exposition planned to be held from 14 June to 14 September 2008 coordinated by the Bureau of International Expositions, the organization that is responsible for sanctioning World's Fairs. The 2008 expo will be held in Zaragoza, Spain, with the topic of "Water and sustainable development". The event is being placed in a meander of the river Ebro. The exhibition's most emblematic buildings will be the Water Tower, a 80-metre-high transparent building designed by Enrique de Teresa to evoke a drop of water, Zaha Hadid's Bridge Pavilion and the river aquarium. The exposition site will also host several spectacles, including a daily parade by Cirque du Soleil called The Awakening of the Serpent.

Aside from the countries, non-government organizations and private companies will be taking part in Expo 2008, always with the idea of water and sustainable development. The Expo 2008 host committee has estimated that this event could generate 135 million euros in receipts for admission to the exhibition centre.

### Country pavilions

More than one hundred countries, plus dozens of companies and NGOs are expected to participate in Expo 2008.

### Citizen's initiative pavilion

This pavilion has the shape of a beacon, "a symbol of hope for the future of water in our world". It will express the vitality of ordinary people and non-governmental organisations. The Beacon will be situated by the Bridge Pavilion entrance.

### Shows

Expo 2008 will have a 93-day-long shows programme with more than 3,400 acts from more than 350 companies and artists.

On the expo site, there will be three shows called **Major events**. They are:

#### •Iceberg

This show will be the artistic part of the Opening Ceremony and it will be repeated each night. The Spanish director Calixto Bieito and the scenographer Alfons Flores are responsible for the set design while the music is by José Luis Romeo. About the show: It will be a poetic, beautiful, simple show but at the same time moving, ideally seen live but with a format and contents capable of being televised or transmitted by internet in real time. The central element of the show is a huge iceberg with a minute human figure standing before it (designed by the catalan company FOCUS)- mankind being both the main cause of climate change and its first victim. A dialogue of images and conflicts is established between the iceberg, the man and the Ebro that will guide us along a route mined by the wrongs that cause climate change and that will eventually lead us to the entreaty of a message of hope. It is a bid for a future where the decisiveness and will of mankind may create a new balanced relationship with nature

Zaragoza Pyrotechnics will provide the fireworks for the Night Show of Expo Zaragoza 2008 on the opening night.

#### • El hombre vertiente



'Iceberg: visual and poetic symphony inspired by Expo Zaragoza 2008, with 'Water and Sustainable Development' and 'Climate Change' as central themes.

This show is created by the Argentinean Pichón Balduin. It will be repeated six times throughout the day on the thematic square Water inspirations. The public will experience extreme emotions.

#### •The awakening of the serpent

The parade will be one of the great moments of the day. "The Awakening of the Serpent" will make its way every day. Its creative director is Jean François Brouhard while its artistic director is Julien Gabriel. The parade will also have water as its main theme. Cirque du Soleil will participate with acrobats, actors, gymnasts, singers and musicians.

The Expo 2008 mascot is Fluvi, a little male drop of water.

With his best friend Ica, the smallest drop of water, and Nico and Laurita, he will fight against the pollution made by Sec and Raspa, the evil Negas.

### After the Expo

The exposition site and its facilities have been planned thinking of their usage after the Expo finishes in September 2008 as a new extension of the city. Some of the buildings will be rented or transferred to several institutions. This way, the Aragon Pavilion will be converted into the head office of a regional ministry, while the landmark buildings of the Expo, the Water Tower and the Bridge Pavilion, are expected to be purchased by local financial institutions.



The international pavilions will be remodelled and converted into offices so that the site becomes the main business park in Zaragoza. This space will also have establishments for leisure and restaurants.

A great part of the site may be used for shopping establishments and for the construction of a science park for businesses.

- Adult price during Expo period (14 June 2008 to 14 September 2008):

1 day ticket (T1): 35 €

3 day ticket (T3) 70 €

Visit the web sites below for more information:

<http://www.expozaragoza2008.es>

<http://www.expo-zaragoza-2008.net/>



The AVE train from Tarragona takes 1 hour or 30 minutes from Lleida: [www.renfe.es](http://www.renfe.es)



By car take the A2 from Tarragona to Zaragoza



# 19TH INTERNATIONAL FIREWORKS DISPLAY COMPETITION IN "CIUTAT DE TARRAGONA" 7TH TO 12TH JULY

The most important fireworks contest in the Mediterranean area is held every first week of July in Tarragona, in Catalonia, Spain, in a wonderful bay -Punta del Miracle-, a place praised by the famous architect Antoni Gaudí. The selector board, formed by people appointed by the City Council of Tarragona, selects six international pyrotechnic companies every year. Then the order of shooting is decided through a draw. The fireworks are both aerial and aquatic.

The jury is usually formed by sixteen international members chaired by the Lord Mayor. The jury mainly takes into account the occupation of the air space; purity, intensity, brightness and duration

of the colours; the chromatic variety, luminosity, dimensions, form designs, elegance, diversity of effects, sonority, conjunction with the environment, originality, rhythm, the plan of the performance, the starting, the final crescendo and acceptance by the public.

Since 1990 very important companies from all over the world have fired in the Tarragona Contest: Ricardo Caballer, Vicente Caballer and Turís from Valencia; Pirogestión and Igual from Catalonia; Astondoa from Basque country; Francesco Pagano, Martarello, La Rosa Lorenzo and Orzella from Italy; Lidu and China Panda from China; Marutamaya and Tamaya from Japan; Gamma P from Germany; and Foti from Australia.

Daily sixty thousand people see every display, and a lot of pyrotechnicians come to Tarragona to buy new products. The winner gets the first prize and also fires the fireworks display at the Santa Tecla Festival, one of the most important Spanish traditional festivals, between 15th and 24th September. It has been celebrated since 1321 and it has been considered of national touristic interest by the Spanish government. Every day during the competition new pictures of the firing areas and reports of the shows are published on the web site below:

<http://Tarragona.FEUERWERK.net>  
- To see the pictures and reports of the shows just click on the link Latest Competition News. A few days after the competition the first video sequences will be published on the website.

In 2008 the following fireworks companies take part at the 19th International Fireworks Display Competition in Tarragona:

7th of July 2008	SWEDEN	GÖTEBORGS FYRVERKERI FABRIK
8th of July 2008	SPAIN (Valencia)	ZAMORANO CABALLER
9th of July 2008	GERMANY	FIRST CLAS PYRO-EVENTS
10th of July 2008	PORTUGAL	MACEDO'S PIROTECNIA
11th of July 2008	ITALY	A.P.E. DI PARENTE
12th of July 2008	SPAIN (Bask)	ASTONDOA PIROTEKNIA

SITUATION: Punta del Miracle, Tarragona at 22.30 (end of the Rambla overlooking the sea)

You can find information about the fireworks display competition and the participating companies in the Latest Competition News links:

<http://Tarragona.FEUERWERK.net>  
<http://www.tarragona.piroart.com>

&

The source of the photographs via Markus Klatt and  
<http://Tarragona.FEUERWERK.net>





# WORRIED ABOUT CHOLESTEROL?

THE



LIVE PRESS

See how the right diet can help stave off heart disease

You hear so many stories these days about diet, cholesterol and heart disease that you could easily be 'frightened to death'. NHS registered Dietitians at Eatatease.com help unravel the tales from the truth with clear, sound advice.

Diet and coronary heart disease. The food we eat affects our health both directly and indirectly in lots of ways. There is, for instance, a direct relationship between diet and heart problems, so having the wrong eating habits can help increase the risk of heart disease and even stroke through contributing factors such as cholesterol, blood pressure, blood clotting and body weight.

Like most of these factors, cholesterol only becomes a



problem when its concentrations in the blood are too high. Although it is a fatty substance, this in itself is not a problem, as the body actually needs a certain amount of it – producing some itself and absorbing the rest from animal foods such as dairy products, eggs and meat.

Cholesterol is carried around the body in the blood, where it is attached to a protein in a fat-protein combination known as a lipoprotein. These are categorised as high density (HDL), low density (LDL) or very low density (VLDL), depending on the amount of protein in relation to the fat.

It doesn't take an Einstein to work out that it's the low and very low-density lipoproteins that can cause serious damage to our coronary system if they become

too highly concentrated in the blood, adding to blood pressure and blood clotting, while a good level of HDLs actually helps to combat cholesterol build-up in the arteries.

## TRANS FATS & CHOLESTEROL

To further complicate matters there is another type of fat to look out for: triglyceride's. Triglyceride's are derived from calories that are stored up in fat cells, theoretically as a reserve for later use. Although most are stored in fat tissue, low levels are also found in the blood, where they work with VDLs to increase the risk of heart disease.

How do you know if your cholesterol is high? High cholesterol itself does not cause any symptoms, so many people are unaware that their cholesterol levels are high. The only way to know if you have high cholesterol is by a blood test.

## Foods that 'build' cholesterol

Avoid a high intake of saturated fats, found mainly in animal products such as lard, butter, cream and hard cheese. These foods are fine in moderation, but can contribute significantly to cholesterol levels, so try to keep to an occasional treat, limit to a 2-4 times a week.

Limit cholesterol-rich foods such as prawns, fish roe and offal (kidneys, liver etc.) to no more than once every two weeks and eggs to no more than 3-4 times a week. Egg white contains no cholesterol and can replace yolks. Substitute two whites for one egg

Reduce your intake of salt and sugar-based products such as cakes and sweets, and greasy foods such as chips, chorizo, pies and anything fried in oil. If you enjoy these foods, treat yourself once a week.

Remember, all fats are high in calories and will create fat pockets that are unsightly, unhealthy and will strain your heart and other organs, so moderate your intake of fatty foods, watch

your weight and exercise. It need not be a strenuous programme; just get off the sofa and make sure you move more

## Foods that help prevent cholesterol build-up

We can't avoid consuming fat altogether, nor would it be healthy to, so make sure you choose healthier fats such as mono unsaturated fats like those found in olive oil, olive oil spreads and rapeseed oil, as they give us the fat content we need without building up HDL levels.

Polyunsaturated fats, such as those in vegetables and seeds like sunflower, soya, maize and fish oil are good in moderation. The omega-3 contained in oily fish such as mackerel, sardines, kippers, salmon, trout and fresh tuna are excellent in combating heart disease, so try to have a portion at least twice a week.

Fibre helps to break down cholesterol, hence the doctor's advice to eat at least five portions of fruit and vegetables a day, but these and other fibre-rich foods like beans and oats will also give you a healthy, natural energy boost.

Fats are less likely to build up in your arteries or as unsightly belts on your body if you burn them up through exercise. Again, the amount of exercise should be in proportion to your fitness levels, so it's better to do little often than try being overly ambitious only to give up shortly afterwards. For those not keen on physical exercise or sport just walking is a relaxing but healthy way to keep fit.



"That number has nothing to do with the lottery or the stock market. That's your cholesterol level."



WIMBLEDON TO PLAY SEVERAL MATCHES ON  
SAME COURT TO CLEAR BACKLOG

WIMBLEDON is to start playing up to three matches on the same court at the same time in a bid to clear the backlog caused by the bad weather.

To eliminate any potential confusion one of the matches will be a men’s game, one will be a game of mixed doubles and the other will be ladies’ singles.

In addition the men will use the traditional yellow tennis ball and play in white, while the women will use a red ball and dress like Lisa Simpson.

The players will also be asked to wear crash helmets to protect them in the event of on-court collisions.

Bob Bedford, director of scheduling for Wimbledon, said “We were a bit worried about starting mixed male and female matches because of the obvious opportunities for confusion.

“However now that both Mauresmo and Serena Williams are out even a short-sighted person at the back should be able to tell

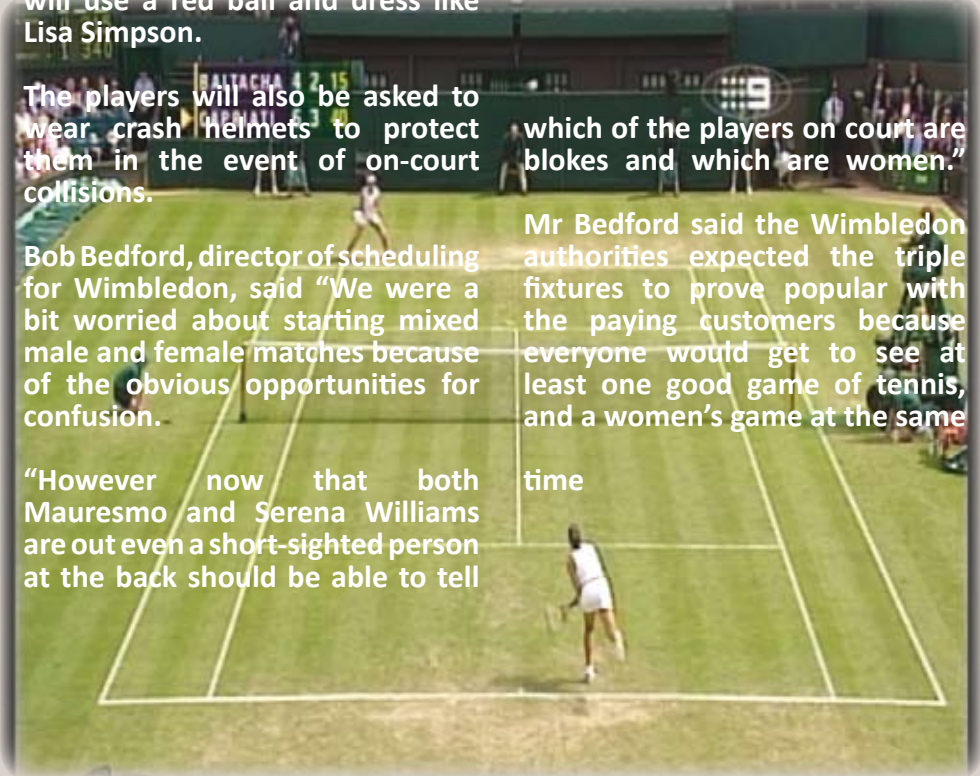


Roger Federer prepares for his quarter-final match against Spain’s Juan Carlos Ferrero

which of the players on court are blokes and which are women.”

Mr Bedford said the Wimbledon authorities expected the triple fixtures to prove popular with the paying customers because everyone would get to see at least one good game of tennis, and a women’s game at the same

time



DAVID BECKHAM HORSE RIDING

David Beckham decides to go horse riding. Although he has had no previous experience he skillfully mounts the Horse and appears in complete command of the situation as the horse gallops along at a steady pace.



Victoria admiringly watching her husband.

After a short time David becomes a little casual and he begins to lose his grip in the saddle, he panics and grabs the horse around the neck shouting for it to stop.

Victoria starts to scream and shout for someone to help her husband as David has by this time slipped

completely out of the saddle and is only saved from hitting the ground by the fact that he still has a grip on the horses neck.

David decides that his best chance is to leap away from the horse, but his foot has become entangled in one of the stirrups. As the horse gallops along David’s head is banging on the ground and he is slipping into unconsciousness.

Victoria is now frantic and screams and screams for help!!!!

Hearing her screams, the Tesco’s Security Guard comes out of the store and unplugs the horse.



Swimmer trapped by beach balls  
A MAN got a nasty surprise when he tried to get out of his deckchair and found his testicles had become stuck between two slats of wood. Mario Visnjic had been swimming naked off Valalta beach in Croatia and his testicles had shrunk in the cool sea. When he sat down they slipped through the slats and then, as he lay in the sun, expanded back to normal size. He was freed after he called beach maintenance services on his mobile phone and they sent a member of staff to cut the deckchair in half.





**W**hen driving around the roads of Spain you should be aware that you need to change the way you think and react in order to fit in with the different standards and values of the people round you. To that end I thought a few rules and regulations that the average driver may not be aware of might come in handy.

When driving a Spanish registered car in Spain you must always carry with you the original copy of;

Driving licence • Permiso de Circulación • Fichas Técnicas • Proof that Impuestos de Circulación (road tax) has been paid • Valid insurance documents • Current ITV (If the car needs one) • Tarjeta de Residencia or your NIE number and a photocopy of your passport

You must also carry;

High visibility jacket (inside the car, not in the boot) • Two warning triangles • Spare set of bulbs (and, technically, the means to change them) • Spare wheel and the means to change it • Spare glasses if you need them for driving.

Failure to provide any one of the above will result in an 'on the spot' fine. However, when you get up to six they will probably impound the car and you will be walking home !!

When driving a UK registered car you must display a current UK tax disc, and be in possession of a current, valid MOT and insurance from the country of registration. You should also be in possession of your driving licence and a photocopy of your passport.

A Spanish ITV is not valid on a UK registered vehicle.



Remember, you can only drive a UK registered vehicle on Spanish roads for up to six months. After that

it must return to the UK for a full, continuous six month period or be re-registered with Spanish national plates. You cannot take it back to the UK, tax, MOT and insure it and then return in two weeks.

Incorrect documentation would mean that your insurance company would, almost certainly, void your insurance.

It is illegal to use a mobile phone while driving (150 euro fine and three points).

A stop sign in Spain means stop. You cannot roll over if there is nothing coming. You must bring the car to a complete stop. (150 euro fine and three points).

You cannot make a left turn on a national road across an unbroken white line. (150 euro fine, three points and a 40 ton lorry in your boot !)

The use of a radar detector is illegal. The traffic police can detect the use of one and will impound your car while they remove it.

Overtaking on the right on a dual carriageway, Autopista/ Autovia, is illegal. (150 euro fine and three points).

When overtaking on a dual carriageway or Autopista/ Autovia, the use of the left indicator is compulsory. When pulling back in the use of the right indicator is also compulsory.

Failure to do so will result in a 100 euro fine and two points.

**The wearing of seat belts, both front and rear, is compulsory at all times.**

**Motorcyclists must wear a crash helmet at all times and drive with the head light on dipped beam during daylight hours.**



Children under twelve are not allowed in the front seat of a car unless suitably restrained by an approved device.

Dogs must be restrained at all times with an approved device when travelling in a car.

Spanish driving schools tend to teach their pupils to come to a stop on a slip road and wait for a gap in the traffic. Try and remember that next time you're accelerating along a slip road into a gap in the traffic on a national road with your eyes fixed on your overtaking mirror.

Many Spanish driving schools teach their pupils to 'touch park'. This means that they will reverse into a space and keep going until they make contact with the car behind. That is their signal to select first gear. It's quite acceptable and perfectly normal.

ANSWER TO NEW BUILDING QUESTION PAGE 10  
**"IT'S A NEW PRISON IN UK!"** PRISON VS WORK  
 JUST IN CASE YOU EVER GET THESE TWO ENVIRONMENTS MIXED UP, THIS SHOULD MAKE THINGS A LITTLE BIT CLEARER.

@ **PRISON** You spend the majority of your time in a 10X10 cell

@ **PRISON** You get three meals a day fully paid for

@ **PRISON** You get time off for good behavior

@ **PRISON** The guard locks and unlocks all the doors for you

@ **PRISON** You can watch TV and play games

@ **PRISON** You get your own toilet

@ **PRISON** They allow your family and friends to visit

@ **PRISON** All expenses are paid by the taxpayers with no work required

@ **PRISON** You spend most of your life inside bars wanting to get out

@ **PRISON** You must deal with sadistic wardens

Finally,

The Drink Drive laws in Spain are rigorously enforced and the level is lower than in the UK (0.05 as opposed to 0.08). If you are ever caught Drinking and Driving the penalties are harsh. Anything from a heavy fine and your car being impounded up to imprisonment ! My advice. Don't even think about it!

Safe driving. By Chris Dann, Car Import Spain

**carimportinspain.com**  
 Car re-registering / import service  
 visit the web site:  
[www.carimportinspain.com](http://www.carimportinspain.com)  
 or call +34 606 554 048

@ **WORK** you spend the majority of your time In an 6X6 cubicle /office

@ **WORK** you get a break for one meal and You have to pay for it

@ **WORK** you get more work for Good behavior

@ **WORK** You must often carry a security card And open all the doors for yourself

@ **WORK** you could get fired for watching TV and playing games

@ **WORK** You have to share the toilet with Some people who pee on the seat

@ **WORK** you aren't even supposed to speak To your family

@ **WORK** you get to pay all your expenses to go To work, and they deduct taxes from Your salary to pay for prisoners

@ **WORK** you spend most of your time wanting To get out and go inside bars

@ **WORK** They are called managers



**TORTOSA**

- \* VALDEPEREZ ELECTRICAL Mossèn Bell-Puig, 12(Plaça Bimil Lenari) Tortosa 977 442 962
- \* MURRAY'S Centro Comercial SABECO, Tortosa
- \* RIERES ESTATE AGENTS Pl. Paolet 2 Tortosa, 977 445 497
- \* CLIBEGAS Carretera Gadesa, 35, 43590 Jesús -Tortosa 977 504 747
- \* NEXO OFTEVET, Ctra. Tortosa-L'Aldea, 977 510 405

**L'AMPOLLA**

- \* BAR ESTACIÓN Plaza Francesc Macià (near the train Station) L'Ampolla 977 460 387
- \* BAR DAKOTA Carrer Sant Jordi, L'Ampolla 676214736
- \* HOTEL FLAMINGO C/Ronda del Mar, 58 - \* BAHIA MAR ESTATE AGENTS - Pza. González 12 - 658 934 146

**EL PERELLÓ**

- \* PERELLÓ PROPERTIES C/ Francesc Macià 5, El Perelló 977490 804
- \* HOMOGÈNIK C/ Sant Antoni 19 El Perelló
- \* ALAS Petrol Station
- \* SUMO SUPERMARKET

**L'AMETLLA DE MAR**

- \* A TASTE OF HOME the English Supermarket Calle Benidorm 15(past the railway station, turn right past the Spar shop, turn left and opposit Mobles Puell 977 456 158
- \* STELLA MARIS BAR - Pl. Catalunya
- \* DEPASO CEPSA Petrol Station
- \* NEW ZIDALI'S- Cocktail Bar & Restaurante, Llibertat 19 Tel: 977 493 744

**TRES CALAS URBANISATION**

- \* LA CALA PROPERTY SERVICES - Centro Comercial 13. 977 456 878
- \* SUPERMERCARDO HAIPY - Centro Comercial. 977 456 908

**CALAFAT**

- \* Supermarket on the urbanisation
- Ctra. HOSPITALET DE L'INFANT a MORA**
- \* LA FIGUEROLA RESORT- GOLF Club House

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## COMMON COMPUTER PROBLEMS

## Windows

*My PC has stopped responding! What do I do?*

If a program or window on your PC seems to have frozen up and you cannot close it by clicking the X (Close) button in the top-right corner, hold down the CTRL and ALT keys together and tap DELETE once.

In Windows Task Manager click on Applications which shows all the programs that are currently running. You can usually tell which program has frozen or crashed as its Status will appear as Not responding. Click to highlight that program on the list then click on End Task. The PC will now attempt to close it. If it is successful you can then close Task Manager and the PC should be able to carry on as normal.

If Task Manager does not appear, try holding down CTRL, ALT and DELETE and keeping all three keys held. This will restart your PC, which will often fix the problem. If these keys don't work, you will have to press and hold the power switch or turn the plug off. Turn the PC back on. Your PC should be alright but always try to avoid switching off without shutting down properly first.

*File won't open*

Sometimes when you double-click a file, nothing happens or the program that is usually used to open that type of file can't run it. Instead, right-click the file and use Open With.. to choose a different program to try to open it with. I'm running out of disk space.

*I have deleted a file by mistake! What can I do?*

First check the Recycle Bin on your Desktop to see if it



is in there. Deleted documents go there first, so if you find it there and want to put it back where it was, right-click it and select Restore.

Once items are deleted from the Recycle Bin you will need special software to retrieve them, such as Recover My Files.

*I can't find a particular file or folder but I know it's on my PC somewhere!*

Click on the Start menu and Search all files and folders. Type in the name of the missing file or folder and Windows will try to find it.

*I can't see any system files or folders! Where are they?*

Important system files and folders are usually hidden to prevent accidental deletion. They still exist but will not be visible.

To see them, open any folder and click on Tools then Folder Options. Click on the View tab and under the Advanced Settings list tick Show hidden files and folders. Also un-tick Hide protected operating system files. Now click OK.

IF THERE IS NOT ONE NEAR YOU PLEASE CONTACT US



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March-april: Good Friday;March-april: Easter Monday; 1 May: Labour Day; 24 June: Saint John (mid-summer);  
15 August: Assumption of Mary; 11 September: Catalan National Day; 12 Octubre: 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).

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