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EDITORIAL

MEET BOB THE EDITOR

WELCOME TO THE
SEPTEMBER ISSUE.

AS YOU CAN SEE THE EDITOR
HAS BEEN WORKING HARD
ON THE BEACH!!!

THE TICKET CHARITY AUCTION
WAS WON BY LESLEY DAVITT WITH
HER BID OF 150 EUROS! ALL THE
PROCEEDS WILL BE SPLIT BETWEEN THE
ANIMAL SHELTERS. THE ANSWER TO
THE SHOWADDYWADDY COMPETITION
WAS "UNDER THE MOON OF LOVE" AND
THE TICKETS WERE WON BY MISS HAZEL
EARNST. WE WOULD ALSO LIKE TO
THANK ALL WHO PARTICIPATED.

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AND EXTRA USEFUL
INFORMATION.

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COVER PICTURE:
PRESSING WINE AFTER THE
HARVEST. TACUINA SANITATIS
(XIV CENTURY)

THE



LIVE PRESS

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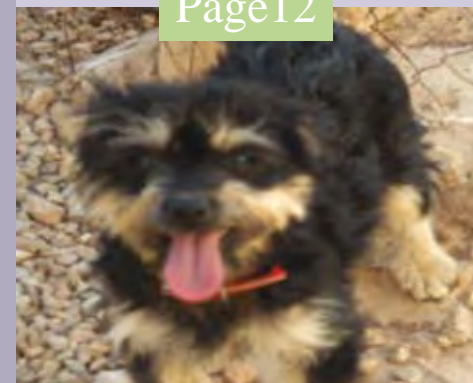
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Venezuela to Sell Oil at 100 Dollars per Barrel to Spain. Following a meeting between the two countries leaders, Chavez and Zapatero, Venezuela has agreed to sell oil to Spain at 100 dollars per barrel in exchange for building materials, medicine and new technologies. The oil price recently reached 147 dollars but dropped back to 125 dollars

Eagle Goes Missing from Madrid Safari Park. A Pigargo eagle has gone missing from a Safari Park in Madrid and the park has offered a 500 euro reward for its return. The bird has leather identity rings on its legs and experts believe it can probably survive in the wild. The brown bird with a white head is much larger than the Spanish Imperial Eagle. As it is a large bird, it cannot fly long distances and so it's thought that it might still be close to the safari park.



Elephant Born in Selwo Park, Estepona. Sammy, the first Asian elephant to be born in captivity in Spain, was born at the Selwo park in Estepona on July 19th. The elephant, which weighed 91 kilos at birth, is doing well

and feeding on her mother's milk.

Spanish Government Proposes Energy Saving Measures. The Minister for Industry in the Spanish government has put forward an energy saving plan for the nation consisting of 31 measures. These include: new rules on air conditioning and heating in public buildings; increased timetables for public transport; reduced street lighting; sponsorship of a scheme to put one million electric or hybrid cars on the roads by 2014; increased use of low energy light bulbs; and possible speed limit reductions on the roads (after agreed study).

American Airlines Joins BA and Iberia. Following the recently reported link between British Airways and Iberia, American Airlines have now joined the agreement with them to form a transatlantic trade pact. There have been protests from other airlines suggesting that a monopoly has been created but BA bosses intend to press for approval of the arrangement by American and European authorities during this year. The three airlines will co-operate commercially on flights between the US, Mexico and Canada and Europe, Switzerland and Norway, creating a route network serving 443 destinations in 106 countries.

Free Fruit on the Beach. An initiative by the Ministry of the Environment this summer will see free fruit distributed on the beaches of Malaga, Alicante, A Coruna and Ibiza. The intention is to increase the proportion of fruit consumed in Spain from the current 17.4% and thus promote healthy eating among the people of the country



VIGO, Spain (AFP) — Equipped with long-range cameras and ultra-sophisticated electronic equipment, a helicopter stands ready on the deck of the Tarifa, a Spanish navy frigate at the forefront of Europe's attempts to rein in illegal fishing of the threatened bluefin tuna. Increased sea patrols, satellite surveillance and reconnaissance flights are just some of the unprecedented steps the European Union has deployed this year to try to control fishermen in the Mediterranean and Atlantic -- and protect this

threatened species. But with prices soaring -- mainly in Japan which alone imports at least 70 percent of bluefin tuna caught in the Mediterranean, according to European Commission officials -- the chase shows no sign of ending. Catching illegal fishermen in the act is a bit like looking for a needle in a haystack "because there is no foolproof system," said Marcelo Vasconcelos, the head of the European Fisheries Control Agency which inaugurated its new headquarters this month in the Spanish port of Vigo. Battle for Tuna Stocks. The European Fisheries Control Agency, based in Vigo, has mobilised 49 ships, 16 planes and 78 inspectors in its fight against illegal blue fin tuna fishing in the Mediterranean and Atlantic this year.

Fires in Spain. The recent spell of extreme temperatures has led to the destruction of over 3000 hectares of forest and brush in Zaragoza, Segovia and Alicante. Half the country is estimated to be at risk as the thermometer has gone above 40 degrees this summer.



New Spanish Car. A new Spanish sports car, the IFR Aspid, was shown for the first time at the London car show last month. About 100 potential customers have signed up for a test drive in the car. The

vehicle, with carbon fibre body, aluminium chassis and 2 litre Honda engine is claimed to be capable of 0-100 kph in 3.9 seconds, and should achieve fuel consumption of 56 mpg.

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Homer Simpson Euro. A shopkeeper in Aviles was counting his change the other day when he came across a one euro coin with the face of the monarch replaced by an image of Homer Simpson. He thinks that the alteration was the work of a professional and has so far been offered 20 euros for it.

Government to Act on Crisis. The Spanish government has met this week to come up with measures to alleviate the present economic crisis. With the economy hovering around 1.6% growth this year, unemployment at a high level and inflation at 5.3% Prime Minister Zapatero has interrupted his holiday to call his government together for action. The action plan will be announced early next week.

Ryanair Cancellation Plans on Hold. Demands for transparency from the EU to Ryanair over their threat to cancel tickets bought through third party websites seem to have resulted in doubts that the action will take place. Having started court action against a Spanish site, Atrapalo, Ryanair have stated that no date has been set for any cancellations.



Food Prices Rise As Fuel Prices Fall. As food prices continue to rise with increases of almost 65% year-on-year on some items consumers are seeing some relief in fuel prices as petrol and diesel have dropped about 5% from a July high.

Honest Illegal Immigrant Hands in Wallet. A 44 year old Nigerian illegal immigrant working as a street trader in Sevilla has been rewarded by the owner of a wallet he found in the street. The man, who sells tissues at traffic lights in the city, received 50 euros from the owner after risking his stay in Spain by stopping a police car and handing in the wallet containing 2700 euros.



On 11 September Catalonia commemorates the defeat it suffered at the hands of the Spanish troops of Felipe V of Bourbon in 1714. Catalonia, which had been a sovereign nation up to that point, lost its national rights and liberties, with its own laws abolished and Catalan language and culture banned.

After many years of darkness, in 1932, under the II Spanish Republic, Catalonia acquired a Statute of Autonomy which recovered some of its national rights. However, after the Civil War, the Franco dictatorship brought with it the toughest repression that Catalonia



had ever endured, to a point that could be described as attempted cultural genocide. Thousands and thousands of people suffered retaliation and many were shot. These even included the President of the Government of Catalonia, Lluís Companys, the only European president executed under Nazism-fascism.

In 1979 the new Statute of Autonomy of Catalonia was approved, giving the country its own institutions and government, but to date a satisfactory level of self-government has still not been attained.



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Every 11 September, many Catalans continue to demonstrate in the streets to demand recognition of our national rights and liberties and a greater degree of self-government.

The Festival for National Rights and Liberties is organised as a political event of Catalan civil society, to celebrate the National Day in a festive way yet as a protest. We want to make this celebration a political event of affirmation and national demands, in an open and participatory way. For this reason, since the year 2000, around two hundred institutions from Catalan civil society have staged an event that includes an exhibition of these organisations, the reading of a manifesto that has the support of all the organisations involved and finally a music concert to round off the celebration.

We want to share this festive protest with all the people who live in Catalonia, whatever their place of origin. Only if we attain greater capacity to decide what we want our country to be like in the future can we construct a nation that is fair, caring, integrated and sustainable.

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16 years in Spain. References available.






GOVERNMENT RELEASES DANISH CRIME FIGURES

MINISTERS were yesterday forced to withdraw a new report which showed crime falling across the country, after realising it was Danish.

The Home Office said 'administrative confusion' had caused home secretary Jacqui Smith to walk off with Denmark's figures by mistake at a 'big European crime thing' last month.

A Home Office spokesman said: "So I'm looking at it and I'm thinking 'vandalism down, robbery down, violence down - that doesn't sound like Britain'.

"Then I noticed the section on herring theft and I thought 'hang on, this is Denmark'.

"I said to Jeff, 'Jeff, someone's only gone and released the Danish crime figures' and he said it was just like when he worked over at The Health Ministry when they'd chuck in some French stuff to make it less grim."

He added: "On reflection, I suppose I should



have guessed from the title, 'Crime: A Smørgasbørd of Statistics'.

"Sure enough, it had figures for raping and pillaging, king poisoning, pig theft and frauds committed while using impeccable English.

"Did you know that raping and pillaging is down 22% in Jutland alone, while they haven't had a case of king poisoning at Elsinore since 1956?"

The spokesman said: "Having read the report I do like the sound of Denmark, although I presume their crime figures are complete bullshit too."

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CAPRICORN Dec. 22 - Jan. 20

Others are likely to turn to you for advice this month, as all eyes turn to you. If you feel that others are judging you for what you have and haven't done this month, you're probably correct! Trips could be especially rewarding for you right now--they can provide a pleasant breather from pressures in your life.

AQUARIUS Jan. 21 - Feb. 19

A spirit for adventure and intrigue takes hold in September, dear Aquarius, when the humdrum simply doesn't satisfy! Friendships move forward, and you may be repaid if you're waiting on a friend. A partner is craving more intimacy this month.

PISCES Feb. 20 - Mar. 20

Career matters moves forward this month, and the focus is on increasing business income. Success is indicated. Money from other sources than personal income, such as through a partner or bank loan, is also strong.

ARIES Mar. 21 - Apr. 20

Relationships are a strong focus for you in September, dear Aries. Tending to a partner's needs is important now, and it would be wise to put some of your own personal projects on the back burner in order to focus on a significant partnership. The 8-14 brings romantic excitement, important news, and money opportunities.

TAURUS Apr. 21 - May 21

In September, there is a flurry of activity surrounding work and health matters, dear Taurus. Nevertheless, romantic matters are strong, and might be found on the job. Income from foreign sources could also figure this month.

GEMINI May 22 - Jun. 22

Romantic and creative energy runs very high this month. Financial gains may come through a partnership or there may be an increase in a partner's income in September. A partnership benefits from more expansive, warm, and intimate energy.

CANCER Jun. 23 - Jul. 22

A busy home life figures strongly this month, dear Cancer. Entertaining in your home is especially successful now. Relationships and partnerships benefit from expansive, warm energy, or successful new ones are entered in September. The lines of communication open up between you and a special someone.

LEO Jul. 23 - Aug. 23

Practical matters and communications are a big focus for you in September, dear Leo. More security in your job is likely to boost your confidence. Your natural talents are more likely to be appreciated by others, particularly on the job.

VIRGO Aug. 24 - Sep. 23

Finances are in focus and strong in September, dear Virgo. You might find that expressing yourself creatively really helps to define yourself and to understand yourself better, and it could lead to some profits as well! You are feeling less private and more open about your opinions and experiences now.

LIBRA Sept. 24 - Oct. 23

A very busy month is in store for you, dear Libra. Opportunities seem to fall into your lap this month, particularly involving education, travel, and relationships. Material profits come from communications projects.

SCORPIO Oct. 24 - Nov. 22

Although you may find yourself in demand socially from time to time in September, dear Scorpio, most of your activities are behind the scenes. Relationships with a partner and with friends are low-key and private. A flurry of activity surrounding romance or children occurs around the 15th.

SAGITTARIUS Nov. 23-Dec. 21

Stimulating friendships and group activities, as well as increased energy, figure strongly for you in September, dear Sagittarius. Personal projects bear fruit, and practical matters are especially favorable. It's an excellent period in which to ask for a raise, before the 24th.





OH GIVE ME A HOME!

Every year about 100,000 dogs and 200,000 cats are abandoned here in Spain. Every summer, with its giving way to autumn, brings on the neglect and the slaughter. Ten thousand are victims of automobiles, which may cause as many as 3,000 traffic accidents and over 1,000 personal injuries as a result. Over half of these victims are created in summertime. These little cute,

fluffy, playful puppies or kittens grow up and as adults their needs and attitudes change, requiring more attention.

This is just one of the justifications, (if you need one) to visit one of the local protective societies when looking for a pet, and adopt from any number of their many orphaned or abandoned animals. It also affords you the opportunity to reflect on your motives in acquiring a new family member before buying one from a pet shop or a breeder.

If you feel saddened by this seemingly neglected feral feline population, rather than just putting some scraps or proper food out, properly adopt one or two, or convince your community to adopt some. To have them properly cared for, including worming, flea and tick treatments, vaccinations, micro-chipping and spaying or neutering. They will help to contain the unwanted rodent population, rats and mice, as well as, by their presence, the arrival of new unwanted strays, being territorial animals as they are.

Visitors and or vacationers come out for a month or less and see these cats coming around to the place they are renting and they start to feed them. These animals then start to come around regularly and they continue to feed them until that date arrives that they have to return from whence they came and the cats are, in the best (situation) of cases, abandoned again or the worst case scenario, which has happened, that they take this more or less healthy animal to a veterinarian to be killed, not euthanized which is the painless taking of a life of a terminally ill or dying animal, as they are no longer going to be around to feed it!

Why did they not think about this before they started to feed the animal(s) in question? There are now healthier unwanted cats about that are more prone to breed. This reproduction cycle when left unchecked, may in only five to ten years, from just one pair of cats having only 2 litters a year of just 3-4 kittens per litter, produce hundreds of thousands to millions of cats, if not more!

The community may call an agency out to round up the strays for their culling. This often leads to cases of mistaken identities where animals with families are collected and confused as strays are caught and may be killed! Another even more desperate solution has been reported. In many cases the presence of unwanted cats leads to the illegal placement of



These are just a small sample of animals looking for a good home from Alberg D'Animals. Please call TODAY!



poisonous substances in an attempt to reduce the feral feline population. This indiscriminate placing of poison may affect cared for pets or even children!

Your stay here is over but their lives continue, please look into the possibility that one of the local protective societies may be of help in placing them into a new, more permanent home. Inform yourself as to what options are available through your local town hall to care for abandoned animals. If your reason for turning this friend out on its luck is because you have to leave the area temporarily, try to find a friend or a boarding kennel to care for your pet until you return and are able to be reunited.

HOT SUMMERTIME BLUES

It is hot and the dogs are panting, they must be thirsty! Yes it is hot and all of us should have access to plenty of fresh drinking water, the dogs' panting however doesn't necessarily reflect thirst, it is one of their ways to control their body temperature as they don't have sweat glands the way other animals have. They do have sweat glands in the soles of their feet which is the reason why you may see them standing in water when it is hot, their feet also have a vast supply of superficial blood vessels which help facilitate heat exchange. Domestic cats have a similar physiology and response to heat as dogs, not so with horses as they are able to sweat and may do so profusely. Heatstroke or sunstroke (hypothermia) which is an increase in the body temperature up to or beyond normal physiological regulation is something that all domestic animals are susceptible to. This may be due to high environmental temperature, high humidity, or inadequate ventilation. Direct exposure to the sun's rays may also be a contributing factor, as transporting or movement of a number of domestic cattle, horses or other livestock as well as keeping dogs in confined quarters without proper ventilation. Heat cramps are common in working horses in the intense heat, as they sweat and may also suffer from a lack of salt. In the cases of heatstroke you will observe rapid breathing and

sometimes they may pass out, vomiting and/or diarrhoea may also occur. An attack of heatstroke requires urgent attention, such as a cold water bath is the most immediate response while seeking out professional help. Think twice about taking the dog or cat for a ride while running errands, or if you are travelling with them this time of year do not leave them unattended in a closed car in the sun, even in the shade with the windows cracked open a bit these days may be a bit much for them! Where ever you and your animals may be make sure they have access to fresh water and shade. If you wish to find where the coolest spot in the house or garden is, locate where the dog or cat may be stretched out!

While on the subject of abandoned animals, hunting season has started and with it the annual parade of groups of hunters and their dogs traipsing through the underbrush. Many of the dogs they have with them are untried and some are either gun shy or simply not good hunters, so what will be their destiny? All too many just get (in)conveniently left behind. If you witness anyone engaged in such cruelty please remember that it is now against the animal cruelty laws on the books in Spain and is a punishable offence, get a automobile registration number and report it, you can make a difference.

Oh and by the way if you and your pets are out for a countryside stroll on the weekends, and not hunting, wear bright colours and keep your head down! .



Above: His owner died & left this 14 year old dog behind so he requires a nice home to spend his last days. Right: found loyally with her owner 4 days after he had died. Please contact Arca if you can provide a home for these or one of the many others



THE LIGHTER SIDE



HERE IS YOUR POLITICALLY INCORRECT MONDAY

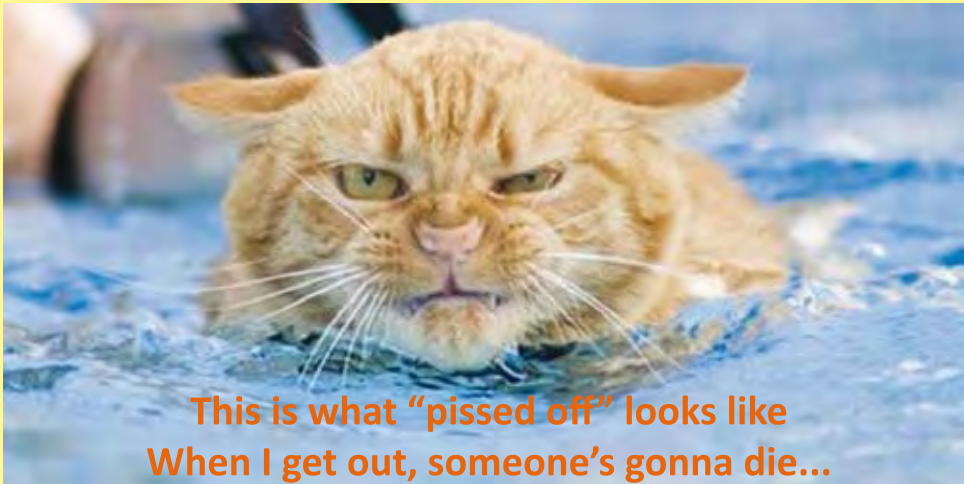
QUESTION: ARE THERE TOO MANY FOREIGNERS IN ENGLAND?

ANSWER:

20%: YES

10%: NO

70%: نطنش اوب يملاعلا نمرألا ده عم .



This is what "pissed off" looks like
When I get out, someone's gonna die...

LIVE PRESS



Don't Mess With Grandma!

An elderly Florida lady did her shopping and upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her voice: "I have a gun, and I know how to use it! Get out of the car...!!"

The four men didn't wait for a second invitation. They got out and ran like mad. The lady, some-what shaken, then proceeded to load her bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then it dawned on her why. A few minutes later, she found her own car parked four or five spaces further down. She loaded her bags into the car and drove to the police station. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

If you're going to have a Senior Moment, make it a memorable one!



Changes have recently been made to the State Pensions system. In the main, these changes will only affect you if you reach State Pension age on or after 6 April 2010.

These reforms will make it easier for people who reach State Pension age on or after 6 April 2010 to build up full State Pension provision. These changes were introduced by the Pensions Act 2007 and the Pensions Act (Northern Ireland) 2008.

Basic State Pension is the retirement income you can claim once you have reached State Pension age if you have paid or been treated as having paid sufficient National Insurance contributions, or received credits during your working life. Key changes to basic State Pension include:

** reducing the number of qualifying years needed for a full basic State Pension to 30 for people who will reach State Pension age on or after*



YOGA FOR ALL

As a yoga teacher I find that one of the most frequently asked questions is one centred on the students

concern for their sensitive back. There is sometimes be a pre-existing belief that we need to be super flexible before we begin practising yoga to avoid further back pain. The truth is that anyone can practice yoga. The yoga asanas (postures) give muscles and ligaments a slow, non-violent stretch, easing sensitivity and pain in the spine and entire skeletal system. At first glance it seems to be little more than a series of strange physical postures. But in time, anyone who continues with a regular practice becomes aware of a subtle change in their approach to life and a tremendous freedom from long held physical stiffness and back pain.

Muscles that are stiff and weak with under use will cause

6 April 2010

** any number of qualifying years will give entitlement to at least some basic State Pension*
** people who have fewer than 30 qualifying years will get 1/30 of full basic State Pension for each qualifying year they have*
** both paid and credited National Insurance contributions will count towards basic State Pension in the same way*
** replacing the system of Home Responsibilities Protection (HRP) with a new weekly National Insurance credit for people caring for children or severely disabled people and converting past years of Home Responsibilities Protection into years of credits.*

Find out more about this

** increasing basic State Pension in line with earnings, rather than prices, which means it should rise more quickly each year than it does now. (This change will happen from 2012 at the earliest and by 2015 at the latest, and will also apply to people currently getting their state pension or who reach State Pension age before 6 April 2010)*

<http://www.thepensionservice.gov.uk/pensions-reform/home.asp>

them to be permanently tensed and make each day to day action doubly tiring. Over time our ligaments (the muscles attached to our bones) may shorten resulting in incorrect posture, ultimately leading to undue stress on the lower spine, hips and pelvis. Even a simple action such as carrying a bag always on the same shoulder can soon throw the whole frame out, with muscles overdeveloped on one side a vertebra may be displaced.

The good news is that for all common back problems adopting a regular practice of a gentle, full asana sequence is the key to regaining the lost vitality many of us seek. A yoga class is designed to stimulate the circulation, and to work systematically on every part of the body so that muscles are healthy and in balance. Back care yoga will keep us young and agile throughout our lives easing our passage through the later years.

Sarah Good is a Sivananda trained yoga teacher offering local weekly yoga classes and also private tuition. She can be contacted on 663 140 297.

Quickly bookmark any web page in all major browsers by pressing CTRL + D on your keyboard. Pressing these two keys together will open the bookmarks or favorites for your browser and allow you to quickly place a bookmark for the page you're currently at.

Internet browser favorites

Sort your Internet browser favorites or bookmarks in alphabetical name order by following the below steps.

Internet Explorer: Click Favorites and within the favorites click your right mouse button and select Sort by Name.

Quickly scroll using the space bar

Quickly scroll one page at a time in Internet Explorer or Mozilla Firefox by pressing the spacebar. Move backup a page at a time by pressing shift + spacebar.

Full screen Internet

Make your Internet Explorer or Mozilla Firefox the full screen without all the toolbars by pressing the F11 key. To restore the window back to how it was press F11 again.

Move forwards and backwards on web page with mouse wheel

Quickly move forwards and backwards between web pages by holding down the shift key and scrolling up or down on your mouse.

Determine the last update of a page your visiting

Determine the exact date and time when a website was last updated or modified by inserting the below string into the address bar.

javascript:alert(document.lastModified)

Bar Estación Restaurante
Steak/Chicken Pies
Station Bar Big Burgers
Curries, Chinese, Takeaways
All Day Breakfast, Tapas
Bingo 8pm Thursday
Sunday Roasts
Fish 'n' Chips on Friday Night



Print only sections of a web page

Save on your printer ink by selectively printing in Windows programs such as Microsoft Word, Internet Explorer, WordPad, Outlook, etc. To do this highlight portions of text you wish to print and click print. In the printer dialog window under Page Range choose the option Selection. It is important to realize that not all programs or printer drivers support this feature.

Increase decrease size of font with wheel on mouse

Quickly increase and decrease the size of a font on a web page by holding down the CTRL key on the keyboard and scrolling up or down with the wheel on a wheel mouse.

Save an Internet picture as your desktop picture

Quickly save a picture as your wallpaper by right-clicking on an image and choosing set as wallpaper.

Quickly move forward and backwards between pages

Pressing ALT + the forward or back button will take the user forward or back one page.

When increasing your color to 16-bit color you will notice an increase of picture quality on images viewed over the Internet.

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CHALLENGES OF GARDENING IN CATALUNYA

HEALTHY GARDENS
By Clodagh and Dick Handscombe gardeners, authors* and broadcasters living in Spain for over twenty years.

accepted by the locals.

4. Use ergonomic tools, especially secateurs and mattocks and minimise the use of a fork, spade and pickaxe. Get help with the heavier jobs.

5. Grow healthy vegetables from day one so that they can be enjoyed while the garden is carved out ..which could take a number of years! Like wise plant a few fruit trees early on for the benefit of their blossom as well as fruit.



6. Avoid the need to constantly use insecticides and fungicides by avoiding the over watering of plants, especially the more drought resistant plants (see Part Four of our book Your Garden in Spain).

7. If you are allergic to pollens don't plant pines, bottlebrush, acacia and male carob trees.

8. Plant plenty of aromatic herbs for their aromatherapeutic effects, as well as healthy culinary and medicinal uses. We will discuss this in more detail in a later article.

9. Avoid spiky plants that can cause accidents alongside terraces and paths or avoid altogether especially if children are likely to visit.

10. Ensure you retain or plant trees and large shrubs for summer shade and sheltered winter sun.

11. Wear knee pads or kneelers when doing low work. Rocks are rough, there may have been Processionary caterpillars in the spring and spiky things often await a fleshy knee.



SPANGLISH?-ANSWERS NEXT MONTH

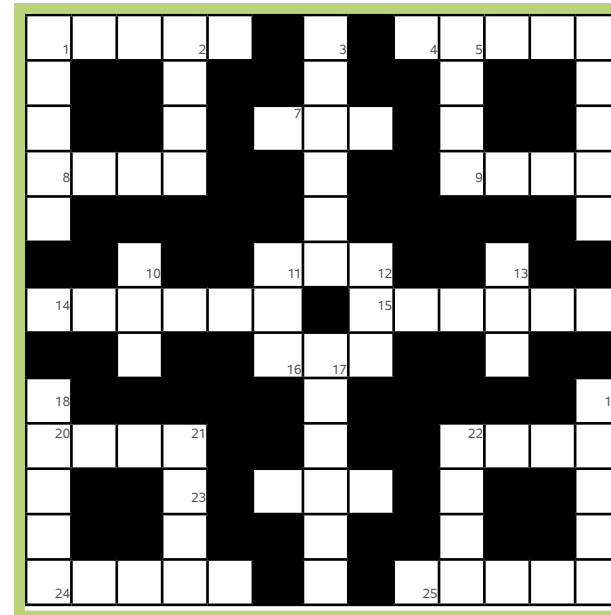
ACROSS

- 1, country house
- 4, health
- 7, dejar (E)
- 8, tin
- 9, straight
- 11, guisante (E)
- 14, liver
- 15, tenth
- 16, mesh
- 20, lime tree
- 22, idea (E)
- 23, gold
- 24, nappy
- 25, brake

BY SARAH

(E=translate to english)

otherwise to spanish



DOWN

- 1, fault
- 2, till / box
- 3, fever
- 5, agile
- 6, pain
- 10, edad (E)
- 11, for
- 12, agregar (E)
- 13, aceite (E)
- 17, enormous
- 18, escarpado (E)
- 19, avenue
- 21, work
- 22, to hoist

ANSWERS TO THE AUGUST ISSUE OF SPANGLISH

ACROSS:

- | | | |
|------------|------------|-------------|
| 1, falda | 12, door | 21, caballa |
| 4, oreja | 13, ajo | 22, coche |
| 6, certain | 14, snow | 23, silla |
| 9, epicos | 17, pierna | |
| 10, aparte | 18, angina | |

DOWN:

- | | |
|-----------|------------|
| 5, adobe | 16, Ingles |
| 1, force | 7, linoleo |
| 2, asesor | 8, tranvia |
| 3, late | 11, ojo |
| 4, Obispo | 15, infame |
| | 17, panic |
| | 19, ascua |
| | 20, bank |

12. Keep a container of cool water handy when working especially on hot days. Traditional earthenware water containers are useful in this respect.

13. Warm up with gentle exercise on cold days before starting to garden.

Happy gardening until next month.

Clodagh and Dick have gardened and lived in Spain for over twenty years. They now have a maturing



garden and large allotment also keeping poultry and rabbits for self sufficiency. There three latest books will be of interest to readers and are most easily obtained via the websites www.santanabooks.com or www.gardeningspain.com or by telephone on 952485838 if you have no computer connection.*

**Your garden in Spain,*

*Growing healthy fruit in Spain, and
Growing healthy vegetables in Spain*

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After many years of boating for fun in the UK and holding down a 'proper' job, the decision was taken in 2005 to turn a hobby into a livelihood and follow a dream.

The 1st minor detail was to move 'Sloopy' a 37 foot sailing boat from Chichester to the Med. The original idea of the destination was always a bit vague; 'somewhere in the south of Spain' was what was said when asked! It was always hoped that it would become clear on the way and anyway on the dull grey day of departure, anywhere in the sun seemed a better place to be!

After crossing the English Channel to Le Havre, the mast was taken down and Sloopy temporarily became a canal boat. We entered the River Seine and made our way to Paris which is a very special place to be in your own boat and we were almost expecting someone to tell us to move on. From Paris the route became the canal system of central France with its 350+ locks and eventually the rivers Saone and Rhone to the coast. It was a bit of an adjustment to

take to sea again but the inviting blue Mediterranean made it an easy transition.

To cut a long story short, the trip onwards to the south of Spain was ended at Tarragona when it was realised just what Catalonia had to offer. We might not have the spectacular coastline of say the eastern Med but there is a lot more and Tarragona makes a great base for the business we wanted to run.

In 2006 we finally gained the final documents necessary to run 'Sloopy' as a commercial vessel and for me to operate as a professional skipper. Since then we have been running day trips and holidays and more recently we have received approval to run internationally recognised training courses.

In a day it is possible to spend the time just sailing or take a break anchoring in one of many beautiful bays. The crystal clear warm waters are perfect for a snorkel or just a swim. A day can also provide a great introduction to sailing. It is enough time to see if it is really something you would like to do or take the first steps in gaining a qualification. A very popular option has been celebratory

trips where we have been happy to lay on additional surprise treats.

When more time is available, the Costa Dorada coast offers a wide choice of destinations. Up the coast, Villanova and Sitges provide welcome breaks on the way to Barcelona where a stay is a special treat. It is possible to enter this major port passing the yachts of the super rich and moor in a delightful marina situated as close to the end of the Ramblas and its attractions as it is possible to get. For those wishing to put in more sailing miles, the Costa Brava and its spectacular coastline beckons beyond Barcelona.

Heading down the coast from Tarragona we include such stops as Cambrils and L'Ametlla de Mar. You might think you know these places but they appear so different when entering on a boat. L'Ametlla for example looks like it was designed to be seen from the sea. As you approach the harbour you are greeted with the image of a traditional Mediterranean harbour that time seems to have forgotten, a view quite different from the approach by road..

For the more adventurous and those wishing to spend



above on the canals through France

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See web site or contact Malcolm on 670544116 or e-mail spanishsailing@gmail.com



FIVE IMPORTANT POINTS TO CHECK BEFORE SELLING YOUR PROPERTY

Selling a Spanish property in the present economic climate is no easy feat, but there are still a few people buying out there. The good news is that 'time wasters' have virtually disappeared: today's buyers are here to buy, well informed and will usually be legally advised.

Getting the sale price right is the single most important factor for selling in the current market, but it's equally important to prepare for the sale — make sure all legalities and documentation are in order. Here are some of the key points you should address in order to minimise problems and avoid frustrating delays later on:

1) Check your property is correctly registered at the *Registro de la Propiedad*

Have your *escritura* (title deed) checked to make sure it accurately describes your property. If you have a country *finca*, check the house appears on it and is described as fully as possible, and verify that the land area shown corresponds with the real area.

Some anomalies can be dealt with at the notary's office on completion of sale, but you need to be aware of issues that could impede or delay a sale. Land Registry rectification involves costs in the form of taxes, notary fees and registry

charges.

2) Make sure your property is correctly described at the *Catastro*

While the *Registro de la Propiedad* is Spain's principal land registry, the *Catastro* registry is part of Hacienda, the Spanish Treasury. *Catastro* information —which includes the *polígono* and *parcela* numbers— is used to calculate local IBI rates. In Tarragona province, these are collected by the BASE agency.

See how the *Catastro* describes your property on their website at <http://ovc.catastro.meh.es/>, and check it is in your name by looking at your IBI receipt or by calling the BASE agency.

Again, some inaccuracies can be solved when you complete the sale. Unlike the *Registro de la Propiedad*, *Catastro* modifications are usually free of charge.

Check too that you are up-to-date with IBI rates payments. Country properties with a dwelling often pay separate rates on house and land.

3) Check that your well is legal

Buyers looking for *fincas* with own or shared wells will want proof that wells or boreholes are duly registered with the *Agència Catalana de l'Aigua*—the Catalan water authority.

It's quite easy to check if a well is registered, and usually possible to register it if it isn't. Registration is not expensive but takes a few months, so get it done well in advance.

If your water comes from a community irrigation scheme, you should have the contract between you and the irrigation association, receipts for initial connection charges and your most recent water bill. If you have your water analysed, keep the relevant documentation too.

4) The *cédula de habitabilidad*

As of April 2008, a habitation certificate —the *cédula de habitabilidad*— is now required when any *vivienda* (dwelling) in Catalonia is sold.

This certificate requires a simple, stamped report from a surveyor or technical architect (*aparejador*). Once you have the report, the *cédula de habitabilidad* takes about a month.

If a property needs work to meet the standards required for the *cédula*, an alternative document will also allow you to complete the sale. It simply states that, if that work were carried out, a habitation certificate could be issued.

5) Consider a bank valuation/structural survey

Getting the sale price right is essential for selling in the current market, but in the case of country properties that's sometimes easier said than done.

Your estate agent should be able to give you a sale price of course, but an up-to-date bank valuation is a great way to help convince buyers that your asking price is realistic and that the property is in good shape.

On the subject of condition, buyers are usually advised to have a structural survey carried out, and you have a duty under Spanish law to inform would-be buyers of any defects that aren't readily apparent and that materially affect the value of a property.

So if you are unsure of just how sound your property really is, it might make sense to commission a structural survey yourself.

Take time to get all your documentation together and have a copy made. This should include the *escritura*, IBI receipts, all planning permission documents, the end-of-work certificate, and documents related to the water and power supply.

If your property has a solar/wind/generator power system, be sure to keep any receipts, guarantees and maintenance records.

You should also save all receipts for building and electrical work, swimming pools, and improvements. A seller may ask for a copy, but keep the originals in case you need them for tax purposes.

Finally, if you are selling a property or looking to buy, please give me a call on 977 08 40 40 — I'd love to hear from you!

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

Please remember! While the points contained in this article are true to best of our knowledge, they do not constitute legal advice on the part of Fincas Direct or The Olive Press. Please use this information responsibly and seek professional legal advice if in doubt.

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Who is Santa Tecla?

During the year 48, in the city of Iconium, St. Paul preached in a friend's house. Opposite lived Tecla, daughter of Teoclia, who was from a young rich family and she was promised in marriage to Thamyris. However, she became ecstatic with the preaching of St. Paul and decided to follow him on his pilgrimage.

Tecla's fiancée denounced St. Paul as a sorcerer and he was jailed. Faced with this situation, Tecla distributed her jewels among the poor and used them to bribe guards to secure the release of St. Paul. From this point, Santa Tecla and St. Paul travelled together and Christianised the world. On their travels, St. Paul and Santa Tecla visited Tarragona and preached on many subjects.

Later when Santa Tecla followed her evangelical mission alone, she was persecuted by the enemies of the Christianity, jailed and suffered terrible torments but remained unscathed. The martyrdom of Santa Tecla includes, amongst others, the following torments: She was thrown into a pit with poisonous reptiles and survived; she was as tied between two oxen, to be torn about, but the oxen lost their strength; she was then placed on a pyre to be burnt alive, but the fire died away. Finally, she was sent to the Lions who licked her wounds and they healed. Defeated, her persecutors released her and she lived in a cave, as a hermit, dedicated to prayer until her old age. Nevertheless, in a new aggression, soldiers were sent to find her. Santa Tecla prayed to get rid of the new tormentors and to remain pure. The cave collapsed leaving only Santa Tecla's arm. The followers of Santa Tecla retrieved the arm and took it to Armenia to give burial and worship, from there it was transferred to custody of the Cathedral in Tarragona and a plaque was dedicated to her memory.

Why is Santa Tecla the patron saint of Tarragona?

The first key reference in the Christian communities of the Camp de Tarragona dates from century III AD. In a document of an anonymous monk who gathered data on the introduction of the Christianity in the Iberian Peninsula wrote of the great devotion

that the people of Tarragona had towards a "blessed Thecla virginity". Also in 1117 Count Ramon Berenguer III conquered Tarragona and donated the land to the Church. Given the devotion towards Santa Tecla, in the area of Tarragona, they decided to name their patron, Santa Tecla, since she was the disciple of St. Paul and visited the holy city. (Now historians consider it very unlikely that St. Paul visited the city)

Celebrating the festivities of Santa Tecla of Tarragona unavoidably involves linking the present times with history, and its heritage. Events over the centuries define the personality of the festivities which now consist of rock music, jazz, drama plays, music-hall, movies, parties, sport activities..... However, the essence of it still is the collection of dances, the bestiary (medieval book of beasts), the entremesos (interlude or short farce), the "spoken dances" and the "human castles". In 1091, the Pope Urban II restored, if only juridically, the metropolitan seat of Tarragona and declared the festivities of Santa Tecla, the main day of celebration of the year.

22 September is the date set for the singing of vespers at the Cathedral, which is the centre of the festivity, as well as the performance of dances by the guilds throughout the city, plus the Cercavila ("the big parade in the streets"). On 23 September, a religious service takes place, as well as the Procession of the Holy Arm, under a canopy, through the streets. Other festivities include:

The Dance of Devils | The Dance of Serrallonga
The Mind of the Kettledrums | The Giants and the Dwarves
The Dance of Checkers and Old People | The Dance of the Àliga
The Dance of Cercolets | The Dance of Gypsies
The Dance of Sticks | The Mulassa de la Ciutat
Plus accompaniment of the castells (human towers), bands, musicians of every kind and fireworks.

Extracts taken from the article by Jordi Bertran i Luengo
<http://santatecla.tarragona.cat/guia>. *Photos supplied by Rafael López-Monné*

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BRITISH SEASIDE HOLIDAY BY

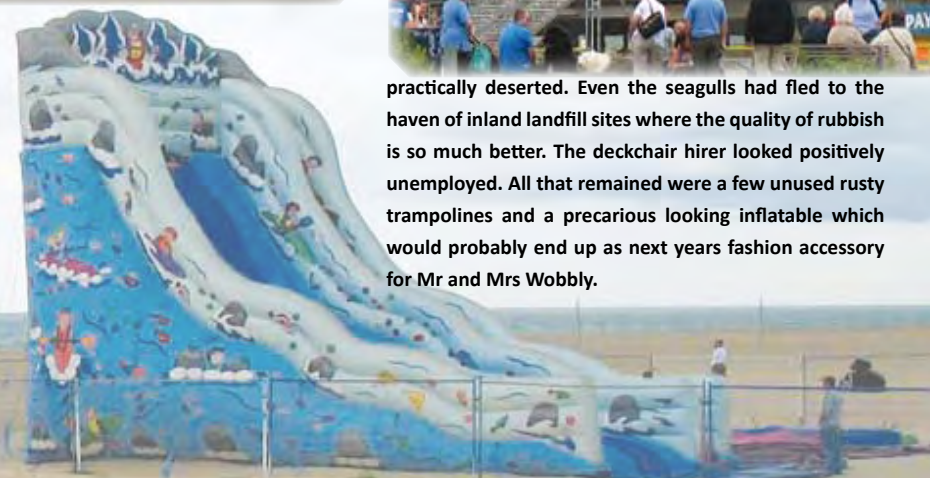
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Some of these establishments have been renamed 'Chip Saloons' as if to give them a touch of class.

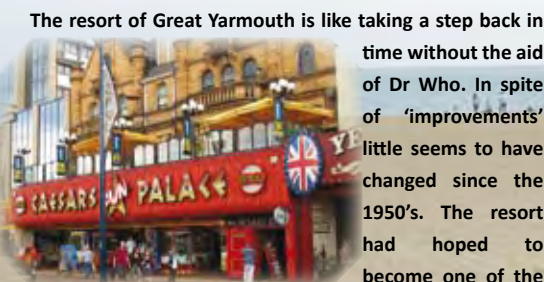


practically deserted. Even the seagulls had fled to the haven of inland landfill sites where the quality of rubbish is so much better. The deckchair hirer looked positively unemployed. All that remained were a few unused rusty trampolines and a precarious looking inflatable which would probably end up as next years fashion accessory for Mr and Mrs Wobbly.



a scary experience. For the younger punters there is the 'Joyland Children's Fun Park', but the ambulance parked at the entrance scarcely inspires confidence.

The prospect of sampling the Night Life did not encourage me to stay and as I felt that I had taken on board the required quota of lard substitute it was time to leave. I'm booked for a week in Spain. Great Yarmouth is not 'Great' enough for me. *FROM Mike Stevens AUG 08*



The resort of Great Yarmouth is like taking a step back in time without the aid of Dr Who. In spite of 'improvements' little seems to have changed since the 1950's. The resort had hoped to become one of the

first approved Casino venues. "Let's give Monte Carlo a miss this year darling and go to Great Yarmouth instead". However, this didn't happen so the resort has to present the 'Las Vegas' experience through its gaudy slot machine arcades with names like Caesars Palace, Atlantis and the Silver Slipper. The latter appears to have been bolted onto the front of a block of Council Flats cunningly renamed the 'Silver Slipper Holiday apartments'.

Great Yarmouth is certainly not short of places to eat. I'll admit to not being exactly slim, but a visit to Great Yarmouth always gives me hope. Some of the largest people you will see anywhere, outside the USA, gravitate towards this place where they can ingest chips and other greasy food at every opportunity. Large wobbly people dressed in matching shell suits, which at one time must have served

as World War 2 barrage balloons, trundle their way from one eating emporium to another munching as they go.

Sophisticated entertainment is an essential part of the holiday package. The Britannia pier boasts live theatre shows, but a glance at the hoardings above the entrance promises a number of performers who, not to put too finer point on it, you probably considered were either dead or at least in twilight homes. The second pier, which no longer has much in the way of contact with the sea, boasts a new 10 pin bowling facility. The signs reading 'Open in Summer 2008' seem to be at odds with the scaffolding, barbed wire and cement mixers which are very much in evidence in the middle of August.

Perhaps the Pleasure Beach funfair could offer something to rival the Theme Park. Alas this is not to be. The shiny new big wheel is a temporary offering. Punters pay £7 for a bird's eye view of the oil rigs one side or the seedier side of Yarmouth on the other. On the traditional front the rest of the fairground, sorry Pleasure Beach, has remained steadfastly unchanged since Clement Atlee was in Number 10. Gaudily painted side shows offering prizes which you would go several miles to avoid are not wildly inviting.

'Hook a duck - a prize every time' and 'every hole's a winner' are hardly likely to become Olympic events. The whole facility is so frighteningly awful that there is no need to enter the 'Haunted House' for



The Great Yarmouth shopping experience is certainly not for the sophisticated. Mr and Mrs Wobbly and their wobbly kids have a whole street offering stuff that you would probably never see anywhere else; and doubtless never want to see again. In between the chip shops there are establishments selling gaudy souvenirs which you would hesitate to give to your worst enemy. You can find ranges of tasteless pottery knick-knacks presumably created by some far Eastern factory employing designers who are both colour blind and have a serious drug problem. One essential purchase for Mr Wobbly was a rack of fishing videos. 'Say goodbye to the hardship of dangling a worm in water by relaxing at home watching videos with titles like The Total Carp Experience'. Perhaps there is a misspelling somewhere here?

Surely the beach might have something to offer? Well, on the day I went it was



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DELTA CLASSICS

About a year ago, a French man with an MGB and a Marcos, got together with an Englishman with a 'T' type MG, and decided it was time to find other people locally with a shared interest in classic cars and motor cycles.

12 months on and the club, Delta Classics can boast members of six nationalities and vehicles ranging from a Sunbeam Talbot, assorted MG's, a Ford Classic (is there really a Ford called a classic?? YES) to a Ural motor cycle. One prospective member was so keen to get involved, he went out and bought a 1974 VW Beetle. Now he is an active and enthusiastic member.

We currently meet on a monthly basis for a chat and a drink at La Barraca Restaurant on L'Ampolla sea front. Most months an outing is organised by one of the members, on a Sunday usually, which entails a run of 50-75 km to explore the local countryside. We have visited wineries, castles and museums among others. We usually take a picnic lunch.

During July a group of us travelled to Le Mans for the bi-annual Le Mans 24 Hour Classic Meeting. It was a fantastic weekend. The weather was kind to us and we were involved in what must be the largest and most varied collection of classic vehicles ever assembled. Walking round the paddock and seeing the cars - some the original Le Mans cars from the past. From 1923 Bentleys, Bugatti's, Alfa's through to Ford GT40, and Porsches up to 1979.

We travelled to Le Mans in two convoys. One group of older cars, that chose to travel over 3 days and another group who chose a 'non-stop' run over a long day. Some of our members took the opportunity of driving round the full 8 mile circuit. I will not forget the sight of Rod & Marilyn in their red MG going past the Dunlop grandstand waving enthusiastically as we attempted to take their photograph.

In the short time since the club was formed the collective membership has gained valuable knowledge and experience of using classic vehicles on the roads of Catalunya. Also by sharing hints on transferring to



Spanish registration and where to obtain spare parts, plus information on reliable suppliers and repair shop facilities.

We know there are many classic vehicles in the area that stay locked away, never seeing the light of day, perhaps owned by people who are not sure how to use them legally in Spain. It's a shame not to use classic cars and bikes. They were made to be driven, not locked away.

If (as I hope) this has whetted your appetite to use your vehicle, or maybe just interested to meet and talk to other local enthusiasts, then come along to see us, as mentioned above, at La Barraca Restaurant L'Ampolla at 6.00pm on the 1st Friday of each month. Next meeting Friday 5th September.

Alternatively, contact the club through its e-mail address:
deltaclassics@yahoo.es

web site: www.geocities.com/deltaclassics

Telephone Jean 620 968 230 (French)

Robert 678 718 446 (English)

Ursula 639 918 641 (German/Spanish)

Our next event will be on Sunday 14th September. We meet at 10.00am for departure at 10.30, at Censals car park on N340 El Perelló. A drive into the countryside with a coffee break and a picnic stop for lunch. An interesting drive on quiet country roads with spectacular views.

Please come along, you will be most welcome.

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THIRD WORLD TO TEACH WHITE PEOPLE HOW TO WALK

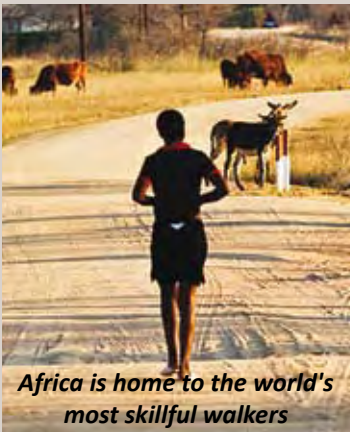
AS the price of oil climbs towards \$150 a barrel, the Third World has offered to teach Europe and America how to walk.

Africa is home to the world's most skillful walkers

With millions of Western commuters descending into urine-soaked panic, African and Asian walking teachers are now preparing for a surge in demand for their services.

Thomas Otangwe, a walking consultant from Zaire, said: "I first learned to walk when I got a job as a farm labourer.

"The farm was 20 miles from my home, but for the first week I would stand in the street wondering where my beautiful car was. Eventually I realised I could not afford a car and so I began to walk.



"Walking is relatively simple. You start by putting one foot in front of the other and then slowly increase the rate until you have reached a steady pace.

"You should then continue in this way until you arrive at your chosen destination. This is the key to successful walking.

"You may want to stop along the way for a cup of tea or a snack, but remember: you will have to start walking again."

Mr Otangwe added: "We have produced a handy booklet with diagrams and an introduction to advanced walking, but be quick because the price is going up all the time."

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MOST ATHLETES LIKELY TO SURVIVE OLYMPICS, PLEDGES CHINA

LESS than 50% of the athletes competing in this year's Olympic games will be killed by airborne poisons, the Chinese government said last night.



Amid fears the pollution was so thick no-one would be able to see where they were going, the organisers have given runners a headlamp and a horn to prevent them from bumping into each other.

But the Chinese authorities admitted there will be 'many, many casualties' amongst both competitors and spectators in the shooting, archery and javelin competitions.

Olympic president Jacques Rogge said: "I am assured the pollution levels will only affect those engaged in vigorous physical activity."

He added: "It is right that we celebrate the great Olympic traditions of freedom, co-operation and physical excellence in the midst of a murderous dictatorship where no-one can breath."

Observers say the pollution levels may lead to a scarcity of new world records with the



Marathon competitors being given permission to break their 26-mile journey with an overnight stop.

Meanwhile world leaders have gathered for what is tipped to be a vast and terrifying opening ceremony during which China is expected to arrest everyone in the stadium before launching a full-scale invasion of the moon.

Tom Logan, a trainee solicitor from Luton, said: "When's the 100m final?"

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I have had a few enquiries recently regarding the use of a UK driving licence with a Spanish registered vehicle. The following has been taken directly from the Mossos d'Esquadra guidelines.

Firstly, in order to drive a vehicle on a public highway in Spain you must be in possession of a valid driving licence. You must carry your licence with you at all times. Furthermore, your vehicle must be fully road legal in the country of registration. This means that, in the case of a UK registered vehicle, it must have a current MOT and it must display a valid road tax disc. You must also carry with you valid insurance from the country of registration.

Licences issued by EU Member States

If you have established your residence in Spain, you can apply for your licence to be exchanged for a Spanish equivalent. Alternatively you may continue to use the driving licence issued in your country but it has to be registered with the Register of Drivers at the Directorate General of Traffic (DGT) for your province.

Licences issued in non-EU countries

Any individual living in Spain and in possession of an NIE number or residence/work papers can continue to drive on Spanish highways for up to six months using the licence issued in their own country. After this period their licence must be exchanged for a Spanish driving licence.

As well as EU member state countries, Spain currently has bilateral agreements for the mutual acknowledgement and exchange of driving licences with Algeria, Andorra, Argentina, Chile, Colombia, Croatia, Dominican Republic, Ecuador, Japan, South Korea, Morocco, Paraguay, Peru, Switzerland, Uruguay and Venezuela.

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This means that if you are a US citizen and only have a US driving licence, then you will have to take a Spanish driving test in order to obtain a Spanish driving licence.

The ITV. Regularity of inspections.

- A new car or motorcycle is subject to an initial inspection after four years. After that, they are subject to inspection every two years and when they have been in use for ten years they must be checked every year.
- Vans and crossover vehicles up to 3.5 tonnes must be checked every two years. After six years they must be checked yearly and after 10 years, every six months.
- As of February 2009, mopeds must undergo an initial inspection after three years and be checked every two years thereafter.
- A Spanish ITV is not valid on a UK registered car.

Finally, I have had numerous emails regarding the six month law for re-registering a UK registered vehicle. EU law states that you are allowed to drive your UK registered vehicle in Spain for up to 182 days in any 365. After that it must be taken off the road for a continuous six month period or be re-registered with Spanish national plates. It must, however, remain fully road legal in the country of registration.



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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).



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