

THE

OLIVE PRESS

CATALUNYA

for all English speakers

Oct 2008 monthly



FREE COPY

a little serious a little humorous



www.theolivepress.eu

ADVERTISING RATES TEL 977 059 364

FULL COLOUR PAGE 300 EUROS | BACK COVER PAGE 385 EUROS

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

DOUBLE PAGE SPREAD PRIME PAGES 600 EUROS INSIDE PAGES 510 EUROS

*SPECIAL DISCOUNTS

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

1/2 FULL COLOUR PAGE 175 EUROS-130X87MM

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

1/8 FULL COLOUR PAGE 50 EUROS-63X41MM

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

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

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

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



ISUZU

You only want to buy one Genset so buy the best

Maintenance contracts available
spares and filters in stock



SOLAR POWER

I.P.S.

INDEPENDANT POWER SYSTEMS

Tel. 977 490 370 - Mob. 645 381 665

www.independentpowersystems.com

e-mail: info@independentpowersystems.com



HOPPECKE
POWER FROM INNOVATION



Solar Panels



Inverters



Wind Turbines



Batteries



Fully automated systems fitted - also upgrading of old systems - call for a free quote

Agents for the repair and servicing of Outback and Studer systems

Showroom - C/ Francesc Macia, 15 - El Perelló

Tel. 977 490 370 - Mob. 645 381 665



PERELLÓ PROPERTIES DIRECT S.L.



Ref: R066 225,000€



Ref: R064 50,000€



Ref: R065 178,000€

PPDSL specialise in Rustic Properties on the Costa Daurada- Fincas - Country Houses - Villas - Townhouses

C/ Francesc Macia, 5 - 43519 El Perelló - Tel: 977 490 804 - www.ppdsl.com - e-mail: ppdsl@ppdsl.com

DISTRIBUTION POINTS

IF THERE IS NOT ONE NEAR
YOU PLEASE CONTACT US

- **TORTOSA**
- MURRAY'S Cent. Comercial Sabeco
- TABACOS / NEWSAGENTS- Carrer Tarragona 13
- RIERES ESTATE AGENTS Pl. Paolet 2 Tortosa, 977 445 497
- MYSPANISHHOME Av. Generalitat 70, 977 446 655
- Ferreteria RODRIGUEZ by Carrefour
- CLIBEGAS Carretera Gandesa, 35, 43590 Jesús 977 504 747
- NEXO OFTEVET, Ctra. Tortosa-L'Aldea, 977 510 405
- **L'AMPOLLA**
- BAR ESTACIÓN Plaza Francesc Macià (near the train Station) 977 460 387
- GOLF COURSE
- RESTAURANT FATA MORGANA NEAR CLUB NAUTIC
- HOTEL FLAMINGO C/Ronda d' Mar58
- BAHIA MAR ESTATE AGENTS - Pza. González 12 - 658 934 146
- EL MOLA GARDEN CENTER-Ctra. Platges, El Perelló-Ampolla km5,5
- **EL PERELLÓ**
- PERELLÓ PROPERTIES C/ Francesc Macia 5, 977490 804
- HOMOGÈNIK C/ Sant Antoni 19
- ALAS Petrol Station
- SUMO SUPERMARKET
- PUNTAIRE TAPAS BAR C/ Lluís Co.
- **L'AMETLLA DE MAR**
- A TASTE OF HOME English Superm. Calle Benidorm 15 - 977 456 158
- DEPASO CEPSA Petrol Station
- NEW ZIDALI'S- Cocktail Bar & Restaurante, LLibertat 19 Tel:977493 744
- CATALUNYA INSURANCE, carrer M.Cervantes 12 Tel 977 445 017
- **TRES CALAS URBANISATION**
- LA CALA PROPERTY SERVICES - Centro Comercial 13. *
- SUPERMERCADO HAIPY - Centro Comercial. 977 456 908
- **CALAFAT**
- Supermarket on the urbanisation
- **L'HOSPITALET DE L'INFANT**
- TOURIST INFORMATION OFFICE
- JAMES SCHOOL OF ENGLISH - Carretera de Móra, 7 Bajos
- **MIAMI PLAYA**
- HOTEL CARPE DIEM restaurant - hotel C/Montblanc
- Restaurant VIOLETA, Plaza Violeta
- SOL-LUZ-IONS Av. Barcelona, 49 - 977 170 301
- CLÍNICA VETERINÀRIA - Av. Barcelona 14 Local 11. 977 811 192
- SUPERMARKET/BAKERS/CAFE MaGloria-opposite El Rancho
- CHINESE Kota Radja, Av. Barcelona 156
- KERN GERMAN DENTAL SURGERY - Av. Barcelona 64.
- CASA PINO RESTAURANTE- Av. Barcelona 92, tel:977 170 642
- **CAMBRILS**
- CASA SHANGHAI-CHINESE RESTAURANT Avda Juan XXIII
- HARLEYS BAR, Calle pau casals 49
- **SALOU**
- RUGBY TAVERN - Avda de la Diputació 138
- THE MUCKY DUCK - Avda de la Diputació
- CHILL OUT BAR, Plaza Europa
- **RASQUERA**
- REPSOL PETROL STATION
- MARTI'S BAR
- **FLIX**
- BAR LA FREIXA- Gissona garage
- BAR DUO
- BAR V50 - Pol.Ind. La Devesa
- RESTAURANT BON PROFIT - Carrer St Roc, 7 tel 977 412 165
- **RIBA ROJA D'EBRE**
- RIVERSIDE LODGE, Pla La Barca 977 265 384
- EBRO VALLEY PROPERTIES SCP - Carrer Esglesia 5
- **MORA LA NOVA**
- DOBOS BAR, 55 opposite. Ajuntament Offices
- BILL IN SPAIN- Calle Mayor, 16- 977 402 647
- **MORA D'EBRE**
- BAR COSMOS - Av. de Comarques Catanes, 9
- ONE STOP SHOP
- BAR AVINGUDA - Av. de Los Comarques Catalanes
- **GINESTAR**
- BAR RESTAURANT
- BAR MARGALEF
- CATALAN-CONNECTION - 28 Carrer Ample,
- **GANDESA**
- CAFE de CATALUNYA - Av. Catalunya
- BAR BARNEREA - Av. de Catalunya
- SANT SALVADOR - Boarding Kennels & Cattery-
- **BENIFALLET**
- BAR CASAL - Lluís Companys, 15 977 462 136
- **TIVENYS**
- BAR ROSI - Av. Generalitat, 3 977 496 030
- **XERTA**
- REPSOL PETROL STATION
- SUPERMARKET SUMA
- **BITEM**
- NEW CHAPLIN - c/Hereus d'en Gasol (near football ground)
- **ULLDECONA AREA**
- MOLI'S OASE CAFE- on the road TV3319 KM8 Ulldecona to Senia- Urbanisation Moli D'Lom El Castel
- **ULLDECONA**
- CATALUNYA FINCAS - Calle Adell 18 -Carole Palmer 627 740 044

MEET BOB THE EDITOR

WELCOME TO THE
OCTOBER ISSUE.



OCTOBER 31
SAMHAIN/HALLOWEEN.
THIS IS ONE OF THE
MOST IMPORTANT AND
REVERED SABBATS IN THE
YEAR. SAMHAIN MARKS THE

TIME WHEN THE SOULS OF ALL WHO HAVE
DIED THROUGHOUT THE YEAR PASS OVER
TO THE OTHER SIDE AND ALL THE SOULS OF
THOSE WHO WILL BE BORN IN THE NEXT YEAR
COME INTO OUR WORLD. ITS CELEBRATIONS ARE
ORIENTED TOWARD MOURNING AND LETTING GO
OF THOSE WHO HAVE DIED. MYTHOLOGICALLY,
THIS IS THE TIME WHEN THE GODDESS MOURNS
THE SLAIN GOD AND SHE CONTEMPLATES
THE COMING BIRTH OF HER CHILD. THE
GODDESS IS HONORED IN HER CRONE
ASPECT. SAMHAIN CELEBRATES THE
DEATH OF THE GOD.

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

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

Contributors:

Tony, Britsat | Vicky Palmer, Olive Tree Co.
Delia Perez-Livermore, SOS
Dr. Ronald Rosenfeld D.V.M.
Mike Stevens | Sarah Good | Chris Dann
Printing: Solprint
Deposito Legal: MA-1565-2008

COVER PICTURE:

**OLD HALLOWEEN CARD MORE INFO
4 ABOVE IN THE EDITORIAL**



VISIT OUR WEB SITE & VIEW
THE MAGAZINE ONLINE
WWW.THELIVEPRESS.EU

What's News

In Spain 6

Can it be True? 10

Bridging the language barrier 9

News from California 26

Your Horoscope 11

Leisure & Entertainment

The Lighter Side 14

High Definition TV 16

GOURMET- Vidavino 20

Nature & Animals

News Hounds and more 12

Internet & Useful Tips 17

Home & Garden

Maintaining your liquid assets 28

What's On

Sitges Int. Film Festival 24

Motoring

Driving in Spain 32

Crossword- Spanglish 19

Health & Well Being

Yoga for all 18

European Health Card 22

Water is the 1st choice 33

Sports Life

England to be excused from sports 30

Ronaldo to star in remake of roots 31

Property for Sale by Owner 36

Distribution Points 2

Useful info 32&33

Classifieds 34

Business Card Directory 36



Please contact us by:

E-mail: info@theolivepress.eu

Web : www.theolivepress.eu

Telephone: 977 059 364

By post: Aptdo de Correos,147
43895 L'Ampolla
Tarragona

Deadline: 20th of the month

No adverts or artwork in the Olive Press Catalunya
magazine or web site may be reproduced or used
for print, media or web in part or in their entirety
without the express permission of the Olive Press
Catalunya. Adverts and logos remain the property of
the magazine . To use any artwork please contact us.

Page20



Page24



Page26



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



45 Million Trees to be Planted in Spain. The environment minister has declared that 45 million trees will be planted over the next three years in Spain. The planting is part of a 90 million euro plan to combat desertification and climate change, while reducing erosion and protecting endemic species. The project is likely to generate some 670,000 hours of work, thus creating many new jobs.

Moped Riding Test to be Made More Difficult. Changes to the Spanish Highway Code will make the moped riding test more difficult and a theory examination is to be introduced for the first time. Also, moped riders will have to be 18 to be allowed to carry packages on their bikes. The minimum age for riders is to be increased to 15 in two years time.

New Tolls in Catalunya. Increased motorway tolls have recently come into force in Catalunya for cars carrying only one person. At the same time cars carrying several occupants will be charged less. In order to stimulate more carpooling, the Government of Catalonia, Spain, is going to try a strategy that could affect people's wallets: drivers of cars occupied by more than one person

will get significant savings at toll booths, and the discount system is proportional to the number of people that share a vehicle. The system will use heat sensors to determine how many people occupy the car, so purchasing a doll to save a few euros at the toll booth won't work. The first toll to test this system will be the Vallvidrera tunnels. The reason for this measure is to try and reduce the number of vehicles that enter the city of Barcelona. No new roads can be built there and the option of a Congestion



Charge was judged too unpopular. If you remember, the city also established a plan to reduce pollution by means of reducing maximum speeds around the metro area (an idea copied from Rotterdam, in the Netherlands) The plan, which includes other measures such as the extension of the railway network and creating a network of Park & Ride systems linked to intercity buses, is due in 2012.

Strange Sheepdog A shepherd, whose flock roams the foothills of the Sierra Nevada in Granada province, uses a tame jabali (wild boar) for controlling his animals. The animal, called Luisa, was abandoned by her mother and rescued from certain death by her owner, has naturally picked up shepherding techniques and controls the sheep and goats using a series of grunts.



Under 10% Left-handers in Spain A recent newspaper article has revealed that less than 10% of Spanish people are left handed. The king, Juan Carlos, is apparently among one of the many that were naturally left handed but forced to use their right hands as children.

AVE Link Completion by 2009. The new link for the Malaga-Barcelona route should be completed by the beginning of 2009 according to the Minister for Development. The 5.25 km link will connect the Madrid-Malaga line with the Madrid-Barcelona and French border line, removing the need to go into Atocha station and reducing the journey time by 50 minutes to 5 hours 40 minutes.

Asturias Rail Tunnels Started Work was started this week on the new rail tunnels which will link Asturias with Madrid. Prime Minister Zapatero was present at the start of operations for the two 24.6km tunnels which will make it possible to get to Asturias from Madrid in three hours by high speed train. The tunnels will be the sixth longest in the world and the second longest in Spain after Guadarrama.

Cercanias Trains to be Quieter The train company RENFE has announced that piped music is to be ended on local trains (Cercanias) from the end of this month. A recent survey shows that more people are against the music than are in favour of it after 15 years of the service.

WANTED €

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

Call 977 267 704, 699 336 006

Lynx to Return to Jaen? Officials of the Environment department have contacted owners of fincas in the Rio Garrizas region of Jaen with a view to re-introducing lynx to the area. A re-introduction project would need various security issues to be considered and local opinion and suggestions are being sought before a serious study can be undertaken.



Si Dali's Greek Night
Friday 17th October

Authentic greek cuisine
4 courses only 20€ Plus red or white wine 7.50€
Please ring to make your reservation

Si Dali's
Cocktail Bar & Restaurant
Ilibertat 19
43860 L'Ametlla de Mar
Tel: 977 493 744

sports hall
market
port

Purewater Spain

water purification systems
whole of house, boats and mobile homes
Make well, river & irrigation water pure & safe to drink

Removes bacteria, e-coli, chlorine pesticides, foul tastes & odour.
Great Tasting Water free of chlorine & chemicals from your tap
from only 0.003euros per litre
Unique system for pure drinking water
without electric without chemicals or wasting water

333 litres for only 1 Euro !!
977 059 364
sales@purewaterspain.com
www.purewaterspain.com

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

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

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

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

But we can organize your move anywhere in the world.
Details: Garry - g.goodfellow@btinternet.com
Tel: 001 585 507 4876 / 616 213 884
mobile Uk: 07775 748009



Woman Wins Cruise for 100 Friends. A woman from Villena near Alicante has won a prize of a cruise for herself and 100 friends. The competition was organised by a milk company, Pascual, and involved collection tokens from milk cartons. The woman has so far managed to find 55 friends that can get time off work to go on the cruise which starts at the end of the month.

Beware of the Cat Proceedings have been started by local police in Ronda against the owner of a Siamese cat. The cat apparently attacked a tourist carrying a Yorkshire terrier in her arms leaving her with bites and scratches on her legs. The cats owner could be fined up to 6000 euros as it has not been vaccinated or microchipped in accordance with national laws.

End of Tobacco Production In Granada. The removal of EU subsidies means the end of tobacco growing in Granada province. Tobacco has been grown on the Granada Vega for over a century but will no longer be an economic crop with growers now to receive only 40% of the last years income. Cotton and olive producers also face cutbacks.

Fishing Boat Escapes Pirates. A Spanish fishing boat managed to escape Somalian pirates this week when fishing for tuna off Somalia. The vessel is owned by the same company that also owns the one that was boarded by pirates and held hostage last April in the same area.

Barcelona activist defrauds 39 banks. The man has used the 492,000 Euro he obtained to print 200,000 copies of a magazine which explains how he did it. Despite the difficulties of obtaining any credit in these troubled financial times, a young anarchist activist from Barcelona is now known to have obtained 492,000 € from 39 different banks thanks to 68 credit deals. Rather than return the money, the man has used part of it to print a magazine, 200,000 copies which has been distributed across Cataluña in which he lists the banks he has defrauded and how he did so. 32 year old Enric Duran is now believed to have fled the country, describing his action as an individual protest against the banks, and a new form of disobedience.



Advertorial

Twenty-twenty foresight would be a wonderful gift, but unfortunately it's something that no one possesses.

After watching relocation/life-changing programmes on TV people are enthused by the images of sun, sea, sand and siesta. They have been sold the life style.

When they arrive here in Spain, they come looking for peace, tranquillity, a simpler less complicated lifestyle and they believe it heralds a new and fabulous beginning.

This is not always the case. Unfortunately, for a few it can sometimes spell the beginning of the end....when reality hits:

- The language is a barrier
- The bureaucracy is bewildering.
- The paperwork seems endless and the answers to questions are inadequate and in some cases incomprehensible.



They decide to return to their home country. Faced with this scenario people are left feeling all at sea or worse...like they're drowning. When confronted with this situation it is easy to believe there is no one to hear the distress call; no one to throw out the life line and tow them back to the sanity of a safe harbour.

That's where **Speakers Of Spanish** comes to the rescue, this life boat comes fully loaded and equipped to rescue any soul lost at sea in the bureaucratic ocean that is Spain.



- **S.O.S.** provides a translation service that cuts through the waves of documentation.
- **S.O.S.** helps you acquire the following items: N.I.E.'s; change of car registration from English to Spanish;

renewal or change of your driver's licence.

- **S.O.S.** will act as a personal intermediary (verbally or written), on your behalf.
- We assist in your communications with your local town hall: organise the necessary paper work to join the health service (CatSalut) so you are able to register with the doctors' surgery, as well as enrolling your children into school.
- We provide a teaching/coaching service that suits all abilities, with the stress and emphasis on the art of conversation. Tuition can be given in groups or individually. However, for those among you who dislike the classroom, work sheets are available. So there's no excuse!
- We provide an all inclusive home management service should you need to return to your home country on a temporary or permanent basis.



These services are just the tip of the iceberg. We cannot promise that everything will be plain sailing, as very often here it is not, however, we will promise to cater for all eventualities by looking at each individual circumstance from a new perspective. This reliable vessel gets the whole job done, no matter what it entails, you can be assured of an honest, confidential and reliable service when you make **S.O.S.** your port of call.

Let S.O.S. steer you to clearer waters by contacting us on 679 219 715

TRANSLATING

You don't need sign language just ask Delia!

We offer: -An Independent Translation Service
 -We Can Act As An Intermediary
 -We Offer One 2 One Or Group
 Spanish/English Tutition
Don't get bogged down with all that red tape!
For More Info: 679 219 715
 deliainspain@yahoo.co.uk

SOLARPOWER SYSTEMS

for electricity, hot water/heating
 Wind turbines
 deep cycle batteries
 Sine wave inverters
 Regulators
 solar bore hole and pool pumps
 Generators
 Gas Fridge/Freezers
 Technical service

16 years in Spain.
References available.

Repair service for STUDER and OUTBACK

Tel/Fax 977 170 301 Mobile 619 500 202

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

Avda. Barcelona 49 (Edificio Huesca) MIAMI PLATJA



PARENTS TO BE SENT DRAWING OF FAT CHILD

PARENTS of fat children are to be sent sketches of their overweight kids after the government banned schools from describing them as obese.

The drawings will be handed to parents by a health visitor who will then silently mouth 'shit your kid is enormous' and pretend to be sick on their shoes.

School nurse Nikki Hollis said: "I'm not allowed to describe a child using medical terminology but I am allowed to illustrate their condition with a sketch.

"I've drawn a little gallows with F _ T B _ T _ D underneath, and a picture of a donut and an equals sign next to a grave with the kid's name on it."

She added: "Research shows parents of the fat think their children are a healthy weight. So how come they run for their lives when it tries to sit on them?"

A health department spokesman said: "The biggest problem facing our country is large children who



From the Secretary of State for Health

can't run and are starting to smell a bit funky.

"We have committed more than £500 million to pointing this out and developing a series of replacements for the word 'fat'."

He added: "My current favourites are 'globulous' and 'beeftastic'."

REMOVALS AND STORAGE
MIAMI PLATJA

COMPETITIVE RATES
ANYWHERE IN EUROPE

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

Tel: 977 170 973 • Mob: 677 661 360 • e-mail: tolate_550@hotmail.com
www.storageandhouseremovals.com

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

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

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

A MORE DETAILED HOROSCOPES CAN BE FOUND ON OUR WEB SITE

CAPRICORN Dec. 22 - Jan. 20

These days, you are more willing to take matters in your own hands. The ball is in your court now and in the next few months, dear Capricorn. Your desire to go after your wildest dreams is strong. New developments on the domestic front capture your attention mid-month, but professional and public matters are more in focus in October.

AQUARIUS Jan. 21 - Feb. 19

Career matters keep you on your toes this month, dear Aquarius. Communication plays an especially big role in your job just now, so keep it fresh and interesting. You're feeling adventurous and desirous of a break in the routine, and you should do just that!

PISCES Feb. 20 - Mar. 20

Research, investigating, and getting to the bottom of matters are in focus in October, dear Pisces. You are especially perceptive and drawn to all that is taboo, hidden, or mysterious. Your personal stores of energy run high.

ARIES Mar. 21 - Apr. 20

Close relationships continue to be in focus this month, dear Aries. Emotions run close to the surface mid-October, when the Moon is full in your sign. You may also see the culmination or "fruits" of a personal project at this time.

TAURUS Apr. 21 - May 21

Relationships heat up in October, dear Taurus. Relationships are vivacious and dynamic--full of conflicts and resolutions. You are taking things quite personally now, and something that someone says or does now can easily rile you up.

GEMINI May 22 - Jun. 22

Daily activities, work, and health routines step up this month, dear Gemini. Perhaps you have a larger workload than usual, or your work environment is especially spirited. Career and creative opportunities are strongest on the 29-31.

CANCER Jun. 23 - Jul. 22

Romance blossoms and thrives this month, dear Cancer. Your special style is appreciated by the rest of the world. You have many admirers! Existing or new relationships sizzle. Your creativity is also above par. It's an excellent month for entertainment, hobbies, and play time.

LEO Jul. 23 - Aug. 23

Your home life is especially busy and sometimes hectic this month, dear Leo. Arguments with, or on behalf of, family members could be part of the picture, but conflict resolution is bound to be quick and relatively easy.

VIRGO Aug. 24 - Sep. 23

Dealing with private matters and personal finances are big themes for you in October, dear Virgo. You could find that your phone is ringing off the hook, personal emails and invitations are abundant, and more than the usual errands need to be run.

LIBRA Sept. 24 - Oct. 23

Friends are there for you, and have your best interests at heart, in October, dear Libra. From the 18th, you feel like a weight has been lifted off your shoulders, and others are beginning to understand you better. Your desire to "plump" your nest this month is strong with impulsive spending.

SCORPIO Oct. 24 - Nov. 22

With fiery Mars entering your sign this month, you are making a strong impression, dear Scorpio, and you are enjoying increased energy and stamina. You simply can't sit still in October—you're always on the go.

SAGITTARIUS Nov. 23-Dec. 21

Your social calendar is busy this month, dear Sagittarius. Romance is private and may involve making some personal sacrifices, although your charm skyrockets after the 18th, when the planet of love, Venus, enters your sign.



OVERPOPULATION

Over population isn't just a problem for the number of people on this planet, with its limited resources. Animal birth control and unwanted pets are also becoming worthy topics for our consideration and attention, especially in areas where stray dogs and cats abound.

Many families are concerned not only with birth control, but also modifying, what are deemed as unacceptable manifestations of the reproductive cycle, in a household pet. Government and Humane Societies worldwide spend billions annually addressing this problem. Veterinarians are called upon to kill healthy young animals – this is not synonymous with euthanasia of infirm or suffering ones – the opposite of what they are educated and trained for.

The reproductive or heat cycle in female dogs starts between 6-18 months of age, lasts about 1 month and repeats every 6 months. The most fertile period of about 10-14 days occurs in the second half of that month. It is during that time that they are looking to escape and it's when the neighbourhood males come calling. Females not bred, can undergo a false or psychological pregnancy, based on a hormonal imbalance that can be treated medically.

Males mature at about the same time as females.



When and where there is a female in heat nearby they're looking to go courting, this often leads to fights with rivals or being hit by a car. These details vary little for cats, (there is a larger stray problem in urban areas) and the end result is often the same. The owner has a pregnant and/or injured pet to attend to now.

There is the problem later of what to do with the newborn puppies or kittens, added to the unwanted abandoned list in this disposable society. There are medical and surgical methods available to control the pet population (the author prefers surgical methods, given the side effects of medical treatments). This, however, is a personal matter that should be discussed among the family and in consultation with your vet, to best adapt to each individual case. This is not a question to be taken lightly. There are too many animals that end up as road pancakes!

SOME INTERESTING FACTS

Too Many Animals, Not Enough Homes

The overpopulation of animals is an issue each of us must face daily. Every day 10,000 humans are born and 70,000 cats and dogs are born. Each day approximately 22,000 cats and dogs are euthanized. To end the homelessness of cats and dogs, each man, woman, and child would need to adopt 7 animals each. That would mean a family of 4 would have 28 animals!!

Here are just a few benefits of spaying or neutering your pet.

** Increase the opportunity for a healthier pet by reducing or eliminating the risk of mammary gland tumors, ovarian and/or uterine cancer, prostate disease, and testicular cancer*

** Reduce the number of unwanted cats and dogs*

** Increase the desire for the pet to stay at home and not roam*

** Reduce aggressive and territorial behavior*

** Increase your bonding time by eliminating the mating behavior—crying and howling incessantly, spraying, attempting to run out the door*



Angie: They left her pregnant. I She has been traumatised and is scared. She is 3 years old and is now sterilized.



Blacky: They found him the park at 2 months of age. For being so young it did not affect him and he is very playful and has



a lovely character.

Nina: She was left in the train station. She is very sweet and sociable. She is 3 years old and sterilized.



CALL ARCA TODAY TO PROVIDE A HOME TO ONE OF 200 DOGS NEEDING A LOVING HOME



Top Quality - Wrought Iron Grills

Get peace of mind by securing your home. All work completed to a very high standard. Bespoke sizes and styles available.

- Security doors
- French windows
- Normal and patio doors
- windows
- Gates

Tel. 977 267 704, 699 336 006
References for previous work available

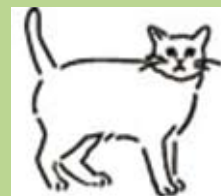


DON'T LITTER

In 3 years and as early as 4 months old:
1 unspayed female and 1 unneutered male
can produce:
DOGS: 512 | CATS: 382

PROGAT TORTOSA

FLEA MARKET 5TH OCTOBER 11.00 TO 15.00
at Restaurante Bar Coll de L'Alba, Tortosa on n-340 between L'Ampolla-L'Aldea km 1090,2 turn towards the mountains and follow the balloons and blue arrows (about 10,5km)
IN AID OF ANIMALS IN NEED INFO: TEL 977 446 649





RETIREMENT!

'Working people frequently writing another ticket for ask retired people what having worn tyres. they do to make their days interesting. So my wife called him a Sh *thead . He finished the day my wife and I went to the second ticket and put it on the windshield with the first.. Worthing and went into a Then he started writing a shop. We were only in there for about 5 minutes. When about 20 minutes. The more we came out, there was a we abused him, the more tickets he wrote. a cop writing out a parking ticket. We went up to him and said, 'Come on man, how Personally, we didn't care. We about giving a senior citizen came into town by bus. a break?' He ignored us and continued writing the ticket. We try to have a little fun each I called him a Nazi turd. He day now that we're retired. glared at me and started It's important at our age'



BOASTING DADS

Four friends, who hadn't seen each other in 30 years, reunited at a party. After several drinks, one of the men had to use the rest room. Those who remained talked about their kids.

┘ The first guy said, 'My son is my pride and joy. He started working at a successful company at the bottom of the barrel. He studied Economics and Business Administration and soon began to climb the corporate ladder and now he's the president of the company. He became so rich that he gave his best friend a top of the line Mercedes for his birthday.'

┘ The second guy said, 'Darn, that's terrific! My son is also my pride and joy. He started working for a big airline, then went to flight school to become a pilot. Eventually he became a partner in the company, where he owns the majority of its assets He's so rich that he gave his best friend a brand new jet for his birthday.'

┘ The third man said: 'Well, that's terrific! My son studied in the best universities and became an engineer. Then he started his own construction company and is now a multimillionaire. He also gave away something very nice and expensive to his best friend for his birthday: A 30,000 square foot mansion.'

The three friends congratulated each other just as the fourth returned from the restroom and asked: 'What are all the congratulations for?'

One of the three said: 'We were talking about the pride we feel for the successes of our sons. ...What about your son?'

┘ The fourth man replied: 'My son is gay and makes a living dancing as a stripper at a nightclub.'

The three friends said: 'What a shame... what a disappointment.'

┘ The fourth man replied: 'No, I'm not ashamed. He's my son and I love him. And he hasn't done too bad either. His birthday was two weeks ago, and he received a beautiful 30,000 square foot mansion, a brand new jet and a top of the line Mercedes from his three boyfriends.'

LIFE BOILS DOWN TO 2 CHOICES:



Should I get a dog?



....or have children?

HOW IS YOUR DAY GOING? FIRST YOU HAD TROUBLE GETTING OUT OF BED



YOU HAD A STIFF NECK



YOU WASHED YOUR HAIR AND COULDN'T DO A THING WITH IT



YOU FELT LIKE YOU HAD A HANGOVER AND YOU WEREN'T EVEN DRINKING LAST NIGHT



YOUR NEW DIET REALLY DOESN'T SEEM TO BE WORKING OUT



YOU PULLED A MUSCLE WHEN YOU TRIED TO EXERCISE



YOUR NEW HAT LOOKED BETTER ON YOU AT THE STORE



YOU KEEP LOSING THINGS



THE BOSS CHEWED YOU OUT AT WORK



YOU GOT CAUGHT IN THE RAIN AT LUNCHTIME



THEN THE LUNCH YOU HAD DIDN'T SEEM TO AGREE WITH YOU



YOU FEEL TRAPPED



UNINVITED GUESTS SHOWED UP AT DINNERTIME



ON TOP OF THAT YOU THINK YOU'RE COMING DOWN WITH THE FLU

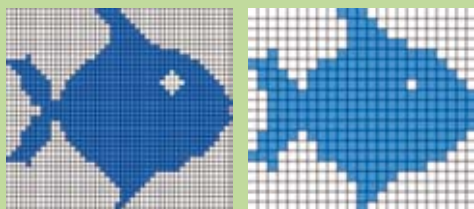


AND FINALLY, YOU'RE ALONE IN THE HOUSE AT NIGHT WHEN YOU THINK YOU HEAR A NOISE IN THE BASEMENT



MAYBE TOMORROW WILL BE BETTER!!

ADVERTORIAL



Above: HDTV resolution SDTV resolution

It has been some time now since (High Definition) HD TV's have been available in the high street.

If you believe the marketing, most people out there will have gone out and purchased a new High Definition HD TV.

The only issue with this is that the transmission of HD TV at present is only available in this area via Satellite not via an Aerial.

What many people are getting confused with, is with your HD TV connected to your normal Satellite Receiver or Aerial there will be NO difference in the picture quality.

To view HD (High Definition) you need a High Definition (HD) Satellite Receiver !

Up until only a short time ago the only option available to view HD English TV is to purchase a SKY HD receiver and monthly SKY subscription package.

The cost of the HD receiver alone is quite expensive and the monthly subscriptions to SKY have an extra monetary add on for the privilege of watching the HD channels.

Things are changing FAST, it appears that the likes of BBCHD, ITVHD, LUXHD, and soon to be added C5HD have been losing revenue due to SKY charging to view these channels on their HD platform.

We now have available HD FREESAT, this comprises of a Free To Air HD Receiver that is pre-programmed to receive FREE (no subscription) the available HD channels and all of the normal digital Channel FREESAT platform off the Astra 2 Satellite used by Sky.

The digital English channels that are available Free amount to around 150+ including DAB digital radio channels. (you will not receive any Sky subscription channels)

Also more importantly unlike some other manufacturers, this receiver is future proof as the embedded software can be updated making this one of the most versatile HD receivers on the market.

The HD (High Definition) receivers are supplied direct by ourselves Britsat, fully software tested and preloaded with the latest Digital and HD channels preloaded. If you have a SKY set up at home then all you need do is to connect the HD receiver to your satellite cable to view FREESAT HD Channels as well as the FREE digital channels together with Radio. For those of you without a Satellite dish we can supply and fit a suitable size dish and run any required cabling.

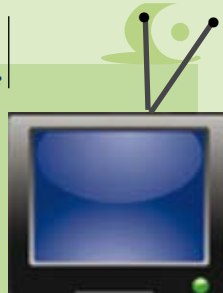
For our German Readers this HD receiver has software preloaded to show all of the FREE VIEW German satellite channels from either Astra 1 or Hotbird etc.

The receiver also has pre embedded cam slots which will take Conax or Irdeto Cams and Cards, to view any pre paid subscription program off any of the European Satellites. With auto HD viewing of European pre paid subscription channels.

For the technically minded amongst us the digital sound output is true Dolby Digital by fibre optic. With full preloaded software for auto satellite find with motorised satellite systems.

On a normal original style TV the receiver will also work on the Satellite Digital platform, by Scart connection as well.

For further information Tel: 616 369 913 or go to : www.britsat.tv (trade enquiries welcome)



Microsoft Windows

Quickly get to the Microsoft Windows Desktop by pressing the Windows key and D at the same time on the keyboard.

Create a customized looking folder in Microsoft windows by saving one of the images or a copy of an image in the folder as folder.jpg. Once this has been done if you're viewing the folders in Thumbnail view that folder will display the folder.jpg image on top of the traditional folder.

How can I change how files are displayed in Windows Explorer?

1. Open My Computer or Explorer.
2. Click View at the top of the window.
3. Select Icons, Large Icons, Small Icons, List, Details, Tiles, or Thumbnails to change to the type of view you wish to see. We recommend "Details" for users not sure what to choose. Below is additional information about each of these types of views. Keep in mind each version of Windows is different and all of the below types of views are not available in all versions of Windows. If you do not see one of the below listed under view, your version of Windows does not support that type of view.

* Details - Our recommend type of view, details lists all the files in an easy to read format and also displays the size, type, and date modified in columns.

* Large Icons / Tiles - Display large icons of the files and folders with their names. Windows XP named this "Titles", in all previous versions of Windows this is named "Large Icons."

* Small Icons / Icons / List - Display small icons of the files and folders with their names. Windows XP named this "Icons", in all previous versions of Windows this is named "Small Icons."

* Thumbnails - Display large pictures of each of the files and folders in the directory. If the type of file is a image, movie, or other type of file that supports auto preview, you will see a picture of the file without even opening it. This is great for a directory containing photos.

Technical support phone calls

When calling technical support or customer service it's often frustrating having to go through each of the voice prompts just to reach a human who can assist you, which is why this months tip is a link to gethuman. This site is a database of 500 of the top companies, their phone



A college class was told they had to write a short story in as few words as possible. The instructions were: The short story had to contain the following three things:

- (1) Religion
- (2) Sexuality
- (3) Mystery

Below is the only A+ short story in the entire class.

"Good God, I'm pregnant; I wonder who did it."

numbers and how to get directly to a human.

<http://gethuman.com>

For example, when calling Dell Technical Support you would press 3; say "agent" at each additional prompt, ignoring messages to get directly to someone who can assist you with your problem.

Calculator - Use the Google Search engine as a calculator by typing a math problem in the search. For example, typing: 100 + 200 would display results as 300.



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

SKY HD & FREESAT HD AVAILABLE NOW

SKY & FREE TO AIR High Definition in Stock

NEW & Secondhand SKY BOXES

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



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

YOGA FOR ALL

O.K, hands up who's feeling the twinges of arthritis as the nights are getting colder? Arthritis can be experienced as a minor nuisance – or it can be incapacitating. Most doctors agree that some regular exercise is beneficial for arthritis

because it keeps muscle tone intact and helps to prevent stiffness in the joints.

When the pain of arthritis strikes, it has the effect of stiffening up the rest of the body, as if to protect the part that hurts. Most people respond to this by decreasing their activity level. Inactivity, however, is often the worst thing to do because it weakens the muscles and actually increases stiffness and pain. Yoga encourages you to keep moving gently while your body is healing in order to maintain muscle tone, good circulation, and joint flexibility. Each asana (exercise) brings fresh blood and nutrients to muscle tissue and can be likened to accupressure with similar deep felt benefits.

Arthritis does not have to be a disability. By practicing

a few gentle yogic exercises each day you can take control by reducing pain significantly. With increased strength and flexibility we can maintain our daily activities with health and renewed energy.

What is arthritis?

Arthritis affects the joints, the areas of the body where two or more bones meet.

In addition, there are several different parts of the joint that may be affected by arthritis, such as, cartilage, synovium, tendons, and muscles. The neighbouring ends of bones that form the joints are covered by a soft, protective material called cartilage that cushions the bones and keeps them from rubbing together. The joint is also enclosed in a capsule and lined with a tissue called synovium. The synovium releases a slippery fluid that lubricates the joints and helps them to move freely. Finally, tendons and muscles are responsible for moving the joint area. When a person has arthritis, each of these areas can be affected in some very specific ways, creating a different pain for each person.

Osteoarthritis

Osteoarthritis is the most common type of arthritis, affecting both men and women as they grow older. Because the disease causes pain and stiffness as bones and cartilage progressively break down, osteoarthritis is sometimes called "degenerative arthritis".

Rheumatoid arthritis

Rheumatoid arthritis is a specific type that causes inflammation of the joints due to abnormalities in the body's own defense system against infection, the immune system.

Fibromyalgia

Fibromyalgia usually affects women. It affects the the muscles at their attachments to bones. Although the condition is often characterized by painful, tender points in areas of the body that are more susceptible to pain, the disease does not do actual damage to muscles or joints.

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



yoga dog position

yoga cat position



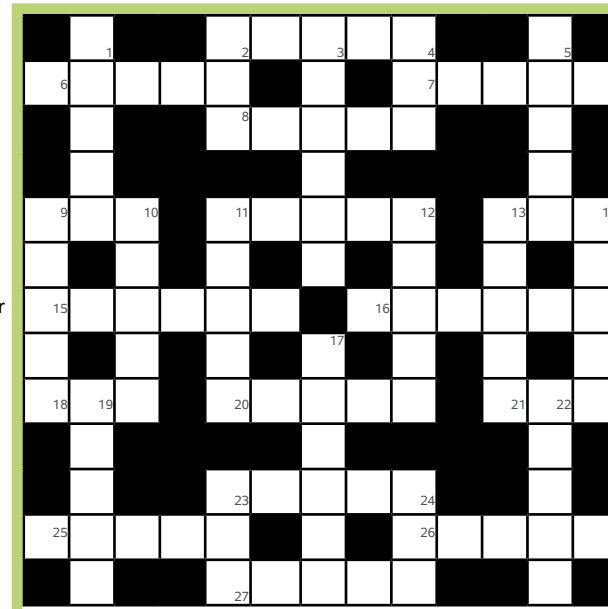
yoga bridge position



SPANGLISH?-ANSWERS NEXT MONTH

ACROSS

2. to make
6. letter
7. necio (E)
8. wall (garden)
9. edad (E)
11. point
13. O.V.N.I. (E)
15. gift
16. tuft, piece of hair
18. ver (E)
20. decline
21. lamentar (E)
23. fundar (E)
25. aclarado (E)
26. ultra
27. opaque



DOWN

1. ser (E)
2. gato (E)
3. Spain
4. estuary
5. sollozar (E)
9. back
10. águila (E)
11. octopus
12. obese
13. ujier (E)
14. onza (E)
17. vaccine
19. drunk
22. uterus
23. ugly
24. duet BY SARAH
(E=translate to english otherwise to spanish)



**Power, Water Heating, Pumping,
Pool Heating, Air Conditioning**



**Solar Powered
Air Conditioning**
Low energy,
low noise, large
cooling capacity



**Solar Boost
Charge Controller**
Low cost, gets 30%
more energy from
your PV panels

Tel: 620552666
E-mail: m.solarinnovations@gmail.com
Web: www.solarinnovations.eu

ACROSS:

- | | | |
|----------|------------|-----------|
| 1, FINCA | 11, PEA | 20, TILO |
| 4, SALUD | 14, HIGADO | 22, IDEA |
| 7, LET | 15, DECIMO | 23, ORO |
| 8, LATA | 16, RED | 24, PANAL |
| 9, LISO | | 25, FRENO |

ANSWERS TO THE SEPTEMBER ISSUE OF SPANGLISH

DOWN:

- | | |
|-----------|------------|
| 6, DOLOR | 17, ENORME |
| 1, FALLA | 10, AGE |
| 2, CAJA | 11, POR |
| 3, FIEBRE | 12, ADD) |
| 5, AGIL | 13, OIL |

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

Open: 09.00 am - 12.00 pm
HOMEMADE FOOD SERVED ALL DAY
Tel: 977 460 387



You will find us near
L'Ampolla train station



A FAMILY COMPANY

VidaVino was born of a love of wine and an appreciation of the great appeal of Somontano. This undiscovered region nestles in the foothills of the Pyrenees Mountains and is roughly half way between the bustling metropolis of Barcelona to the south and the captivating city of Bilbao to the north. Zaragoza, Spain's fifth largest city, is around a ninety minute drive to the south west.

This small, family company was set up by Kathy, originally from Leeds, and is based in a village with a population of just 25, close to the vineyards in northern Spain.

Kathy's background is in tourism and over the past two years she has been specialising in teaching vocational English courses for people working in the wine and hospitality industries in Aragón. Wine vocabulary can be either frustratingly technical or incredibly descriptive as she soon discovered!

Martin, Kathy's husband, has worked in the wine industry for almost 20 years and holds the esteemed WSET Diploma in Wines & Spirits; wine is his passion as well as his work and he works closely with all concerned to ensure the wines we feature are of excellent quality.

VidaVino is Spanish for "vine to wine" and is the first and only vine dedication club in Spain. We want to share some of what makes the beautiful Somontano region unique and special; the people, the landscape, the vineyards and the wineries. The things that make the quality wine of the region what it is.



By dedicating a row of vines to a friend or loved one, you are giving them a whole year of benefits and the opportunity to be involved with a family bodega at the foot of the Pyrenees in northern Spain. They will experience the joys and realities of wine-making as they follow the grapes from their very own vines to the glass, and discover the pleasures of drinking finely crafted wines that stand out from the crowd.

The concept is simple; to enjoy the benefits that come with owning "your own" vines. OK, it's not quite the same as having your own vineyard, but it's a lot easier to manage! And whilst no formal ownership is transferred, the recipient plays a hugely important role by supporting the growth and future development of their family winery.

Learn about the growing of the grapes; from the time the buds first emerge against the backdrop of the snow-capped Pyrenees to the excitement of the harvest during the most colourful time of year. Then learn about the wine making process; the journey of the grapes as they pass from press to tank to barrel to bottle and are transformed into quality wines with character.

Whether you participate from your armchair and buy wine for home delivery, or visit the bodega and take an active part in one of our hands-on days or original events, you will experience wine in a totally different way.

VidaVino works in partnership with small, family owned bodegas that not only produce wines of distinction, but who take great pleasure in showing off their winery and inviting guests to sample their wines at the cellar door.

The Bodegas

The word "Somontano" actually means "at the foot of the mountains" referring to its location in the foothills of the Pyrenees. It is widely recognised as

a quality, "up and coming" wine area thanks to the winning combination of new world fruit and old world structure, a fact that gives the region the edge in today's competitive market. The wines of Somontano already enjoy great success within Spain and are rapidly finding their place in the world market.

Given that our focus is on quality rather than quantity, we currently feature two bodegas, quite distinct in style and production. Both wineries combine modern-day techniques with the history, tradition and terroir of Somontano, and above all, are dedicated to producing boutique wines at affordable prices.

Bodegas Olvena is a prestigious, family-owned winery that is both stylish and contemporary, yet which places great emphasis on traditional family values. It enjoys spectacular views over the surrounding countryside, villages and mountains.

The winery is owned by the Abbad family, who have a long history of agriculture in the area. Their philosophy is to produce wines that are different in style to the more traditional styles of Somontano. Given the factors mentioned above, together with the skill of the Rioja-trained wine-maker, José Luis Ruiz, this is achieved in a range of well-crafted wines that reflect the character of the land. José Luis is quite adamant in one aspect of his winemaking and that is that each year the wine must be allowed to develop for the time it needs, be it on the lees, in the barrel or



in the bottle. He will happily leave the wine to develop much longer than the minimum D.O. requirements if he deems it necessary and will patiently wait until it acquires the desired qualities.

Bodega Alodia is what is often described as a "garage winery." This term was first coined in the 1970's and gained popularity in the 1990's to describe small, boutique wineries in the Bordeaux region of France that had an exclusive and limited production.

The bodega is not actually in a garage (!) but is small, compact and efficient. The real attraction of Alodia is that the owner, winemaker and general all-rounder, Sergio Labata, is personally involved in every single task and job in the winery with the aim of producing wines that meet his high standards and specific requirements. For these reasons it is a very "hands-on" winery – a visit during bottling may find Sergio in the middle of hand-labelling his bottles, the result being boxes, labels and bottles in full view!

So what makes him different? All of Alodia's grapes are grown organically as Sergio is a firm believer in ecological agriculture. In addition, he is committed to producing wines from the almost extinct indigenous varieties of Alcañon and Parraleta. These varieties are only grown in Somontano and it is thanks to the belief and dedication of people like Sergio, that they are once again being revived to produce truly unique wines. Finally, each wine has a production run of a few thousand bottles only, meaning that they are very hard to get your hands on!

The logo for VidaVino is at the top left. Below it are three circular images: a woman smiling, a close-up of purple grapes, and a silhouette of a person drinking from a glass.

Dedicate a row of vines in the foothills of the Spanish Pyrenees as a gift that promises a year full of wine experiences.
So this year, why not give vine with the wine?

Please visit www.vidavino.com for more details
or e-mail kathy@vidavino.com or call 974 283 067

YOUR NHS SERVICE ABROAD, THE EUROPEAN HEALTH INSURANCE CARD

Most people will know by now that the old E111 form has been done away with since January 2006, but what many do not know is that it has been replaced with the EHIC that needs to be applied for and what this means.

The British card is only available free of charge to UK residents, which means that if you are a Spanish resident you must look at the Spanish NHS for the equivalent. If a British resident decides to work or live abroad, then the authorities should be informed accordingly and the card returned.

European citizens who are travelling within the European Economic Area (EEA), (i.e. the European Union, Norway, Iceland and Liechtenstein) and Switzerland, for private or professional reasons are entitled to a European Health Insurance Card (EHIC), which simplifies the procedure when receiving medical assistance during their stay in a member state.

The EHIC entitles the holder to the same treatment at the same cost as a national of that country. For example, if medical care is provided free of charge in the member state where treatment is required, the claimant will be entitled to free medical care on presentation of the card or an equivalent document.

Presentation of the EHIC guarantees reimbursement of the medical costs on the spot, or soon after returning home. In the event of treatment being required present the card at the earliest opportunity. The card is only valid for state provided services, not private hospitals or treatments.

The only personal information on the EHIC is the card holder's surname and first name, personal identification number and date of birth. The European health insurance card does not contain medical data.

It is a plastic, non-electronic card and is valid for a maximum of one year. The card contains the same information in all countries where it is issued. It will become electronic by 2008 to further simplify the system. For individual use only: Each member of a family must have their own card, including children under sixteen.

The EHIC in Spain

The Tarjeta Sanitaria Europea (TSE) allows legal residents of Spain to benefit from emergency medical treatment and care when temporarily in a member country.

Anyone covered by the Spanish social security system or a system is entitled to a TSE

Residents of Spain can apply to the local CAISS, Social Security Service and Information Centre for the card. Take your Cat Salut TSI and residencia cards to obtain card.

Note: The TSE cannot be used in Spain to make medical claims. The EHIC (TSE) is for use when visiting a member

state other than the country of residence where the card has been issued. That means a resident of Spain with a TSE may use it while travelling in other EEC countries.

Non-Residents Claiming in Spain

Doctors and Dentists: Present the EHIC card immediately and ensure that the medic is not a private physician, there is no refund system for private treatment unless there is a private insurance policy in effect. Dentistry is not usually covered by the health service and as such fees will not be refunded.

Prescriptions: State (EEA) pensioners (with proof of status) are eligible for free prescriptions, all other cases must pay up to 40 percent of the total cost.

Hospital Treatment: Make sure the hospital is not private; otherwise the patient is liable for the whole cost (unless there is a private insurance policy. Present the EHIC as soon as treatment begins.

British Residents of Spain

If a British national is a permanent resident of Spain (or on an E106) and paying into the Spanish system, applications for the card must be made in Spain; the card will not be issued in Britain.

The TSI card, your personal health care card

Your personal health care card (TSI) identifies and accredits you as a person covered by the Catalan Health Service. Your TSI is the key to accessing the centres and services of the public health care system.

The personal health care card (TSI) is the document that provides citizens with access to the centres, services and provisions of the public health care system. Your TSI is also an easy and reliable way of identifying you, using a personal identification code (PIC) which is printed on the first line.

Everyone has to have a TSI. It is a personal and non-transferrable card for each member of your family, whatever their age. If you have not yet received your health care card you should report to your primary health care centre (CAP), phone the Sanitat Respon helpline on 902 111 444 or contact the Customer Services Centre of your regional health care offices. They will provide you with information and indicate the steps you need to take to request the card.

CatSalut provides free health care cards to citizens.

You need to take your TSI with you, when you take a prescription to the chemist's. Your health care card provides access to all services provided under the public health system. These services include drugs subsidised by CatSalut. You must present the TSI of the person in whose name the prescription is made out when buying medicine.

www10.gencat.cat/catsalut/eng/asseg_tsi.htm
for more information

PROFESSIONAL SECURITY SYSTEMS

...but at affordable prices

Systems with remote monitoring/control via landline 'phone from 175€

Systems with remote monitoring/control via built in gsm 'phone from 250€

These systems have all the features of equipment costing many times the price. For full details of the many options available and our advice and installation service call 670 544 116 or e-mail catalarms@gmail.com for a brochure & full price list



5 min EL PERELLÓ 28k€
1 ha+ flat land, small casita, water to connect gd access. EP010

BENIFALLET
Spacious 4-bed townhouse for holiday let/ short term rental. BE100

MORA D'EBRE
74.000€

PORTS NATURAL PARK 265.000€
Ref. AF002

V. central townhouse to reform. 3 floors, terrace, new roof, bment, garage. MO063

Country house, 25 min Tortosa, 3-4 bed, 2 bath, 1.6 ha, good access, water + elec, regd. as dwelling. Superb views+location!

Tel. 977 08 40 40 · www.fincasdirect.com · info@fincasdirect.com

SITGES 08

FESTIVAL INTERNACIONAL DE CINEMA DE CATALUNYA

41 EDITION • 2ND - 12TH OCTOBER 2008

SITGES International Film Festival of Catalonia is the number one fantasy film festival in the world and represents, at the same time, the cultural expression with the most media impact in Catalonia. With a solid experience, the Sitges Festival is a stimulating universe of encounters, exhibitions, presentations and screenings of fantasy films from all over the world.

Born in 1968 as the 1st International Week of Fantasy and Horror Movies, today the Festival is an essential rendezvous for movie lovers and audiences eager to come into contact with new tendencies and technologies applied to film and the audiovisual world. Sitges' status as the number one fantasy film festival in the world allows it to receive visits from top-level movie stars, directors and producers

The Festival is governed by a Foundation, made up of representatives from the Sitges Town Council, the Generalitat de Catalunya (Catalonia's autonomous government) and other institutions, associations and public and private companies.

Most of its resources come from the sponsors, companies and collaborating institutions that consider their alliance to the Festival to be an excellent platform for widening their scope and branding.

Exhibition of solidarity to celebrate the 75th anniversary of King Kong

The fantasy film magazine Scifiworld will be organizing, with the collaboration of Planeta de Agostini and Norma Editorial publishing companies, a charity event to mark the 75th anniversary of King Kong that will be

entitled "King Kong Solidario" (Supportive King Kong) and aimed at raising money for Médicos sin Fronteras (Spanish Doctors Without Borders). We will be able to enjoy the remastered copy of King Kong from 1933 and also the documentary produced by Peter Jackson shooting of the original movie RKO Production 601: The Making of 'Kong, the Eighth Wonder of the World'.

Mirrors, by Alexandre Aja to open Sitges 08

French filmmaker Alexandre Aja will be kicking off the 41st edition of the Sitges – International Film Festival of Catalonia with the screening of his latest film, Mirrors, which will premiere in Spain with the title Reflejos.

The 41st edition will be dedicated to 2001: A Space Odyssey

The 41st edition, to be held from October 2nd to the 12th, will be dedicated to the 40th anniversary of 2001: A Space Odyssey, by Stanley Kubrick, and will be attended by, among others, actors Gary Lockwood and Keir Dullea, special effects supervisor Douglas Trumbull and Jan Harlan, executive producer and Kubrick's assistant.

Tributes to science fiction treasures

The Festival will offer a reflective retrospective on the role of science fiction in the history of contemporary cinema, with outstanding movies like Planet of the Apes, Forbidden Planet, Logan's Run, Close Encounters of the 3rd Kind, among others. For many moviegoers it will be an excellent opportunity to see the best copies available of these films for the first time on the big screen. Sitges 08's EUROPA IMAGINÀRIA will also revolve around the best European science fiction cinema with movies like Barbarella, Solaris and The Man Who Fell to Earth.

Visit their web site for more information:

<http://www.cinemasitges.com/>



JVCD



SITGES 08
FESTIVAL INTERNACIONAL DE CINEMA DE CATALUNYA
41 EDICIÓ • DEL 2 AL 12 D'OCTUBRE DE 2008
www.cinemasitges.com

NEWS FROM OUR CALIFORNIA CORRESPONDENT (NORFOLK)

BRITISH EDUCATION

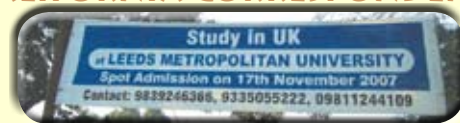
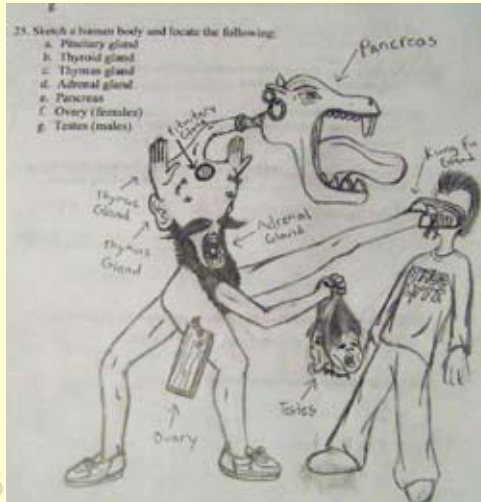
BY YOUR CELEBRITY DJ MIKE STEVENS & YOU CAN LISTEN TO HIM LIVE ON www.futureradio.co.uk Wednesday mornings 10.00-13.00



There was a time when the British education system was the envy of the world. Attending school was a fairly easy thing to do. We just turned up on time and the day usually started with something called Assembly. The teachers

would troop in, some looking the worse for a rough night, and then we would all sing a hymn. If we were lucky some unfortunate pupil was selected for a public beating usually for an offence that somehow 'defamed the good name of the school' like wearing the wrong kind of shoes. Once this ritual was completed the learning would commence. All that was required was that we attended various classrooms at the appointed time where we would be subjected to largely useless information interspersed with the occasional volley of chalk or the heavier artillery of a chalk duster.

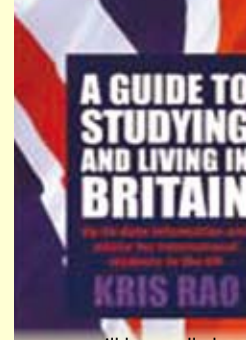
Give or take a few variations this pattern continued for our most of our school career. At the end of it all you collected a few GCEs and had accumulated the knowledge to read, write and work out the odds at the local betting shop. These qualifications generally



enough to secure you some sort of employment. If you were a 'swot' then you would stay at school to take 'A' levels. This was seen as the ticket to University. In my time the knowledge of Latin came into the proceedings somewhere. Although why you needed the ability to confront an army of Centurions I never really understand. Those that went to University were fed yet more useless information. Presumably this also included instructions in the ballistics of launching chalk and other classroom equipment at small children. At the end of this you got a Degree and returned to school, but this time as a teacher. This seemed a fairly logical circle of events.

Today the system is a lot more complicated. Children starting secondary school this term have now been told to expect that they must remain in education until they are 17, whether they like it or not. At increasing intervals throughout their school career they will be required to complete something called SATS. This is seemingly a measure of the progress of the school, and places it in a 'League table'. In most countries it would be those at the top of the league table who would be rewarded. In Britain we seem to reward those at the other end of the scale. Failed schools, as they are called, are rewarded with cash injections and, most importantly, a name change. Suddenly Bash Street Comprehensive becomes Dingly Dell Academy. The pupils are equipped with new school uniforms, usually at the tax payer's expense, and the problem is solved!

In reality it's the same school with the same pupils and the same staff, but it probably will have a higher fence round the perimeter. The next stage of the improvement proceedings is to make the examinations slightly easier. Anyone who has battled with TV quizzes



will know all about multiple choice questions. "Where were the 2008 Olympics held? A. France, B. China, C. Dagenham". Surprisingly some people get these kinds of questions wrong. Using this way of testing the pupils, statistically, schools performance seems to improve year on year.

In spite of these methods children are failing to achieve sufficient skills to equip them for the world of work. Boys, it is said are not learning at the same rate as girls. Apparently learning is not seen as being particularly 'cool'. Increasingly the highest achievers are those from the Chinese and Asian communities.

Black lads, in particular, fear showing any outward display of their abilities for fear of bullying from their peers.

Universities are now to be found in every major town. Gone are the further education and technical colleges. Degrees are available in every subject possible and the doors are open to receive almost anyone. Not surprisingly many students drop out after the first term. The majority that remain are the ever-increasing numbers of overseas students. These are welcomed with open arms because they bring in loads of money. A recent report indicated that many of these students were submitting written work that had been obtained from the Internet. In fact it was said that some of

the graduates had only a minimum grasp of the English language and lecturers were aware that their words of wisdom were falling on deaf ears. On our local University



campus there are so many Chinese that it feels like the opening of the Beijing Olympics. You almost expect a mass display of loyalty to the Communist regime followed by fireworks.



Not surprisingly the new breed of young British graduate students are heading for the Ivy League universities in the USA where there are still some old fashioned values and learning is geared to the needs of the 21st Century. Ironically the graduates from many British Universities end up serving burgers in McDonalds.

© Mike Stevens 2008

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

five sky itv

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

BBC

MAINTAINING YOUR LIQUID ASSETS

With Their twisted trunks and grey-green leaves a well maintained olive grove is one of the delights of Southern Catalunya. The Olive is one of the oldest known cultivated trees on earth, being grown on Crete 2500 years B.C. It is therefore viewed as one of civilised man's first accomplishments: so what better way to demonstrate how civilized we are than by continuing to care for this wonderful legacy.

Owning an olive farm and producing your own olive oil has become an increasingly popular, perhaps romantic quest for many. Being armed with some vital facts about olive maintenance and production will help you to get the most out of your trees both for visual enjoyment and in terms of producing your own 'liquid gold', (olive oil)

CARING FOR YOUR TREES

The role of pruning.

Olive trees require regular shaping and pruning. This makes harvesting easier and helps to regulate production. For optimum production light pruning yearly is recommended. However the olive tree can also withstand radical pruning if it has been neglected for many years. A neglected olive tree will appear 'bushy' with numerous upright suckers and a scant fruit yield. Once pruned it will grow new, productive shoots which will produce fruits the following year. Another, perhaps overlooked reason to prune regularly is to save soil water, a critical factor in non-irrigated orchards. You should feel confident that the person you choose to prune your trees has the required knowledge and experience. Don't be afraid to ask for their credentials or seek recommendations from their existing customers.

In general pruning can be carried out from Autumn to the first months of Spring. A licence to burn will need to be applied for at your local ajuntament (Town Hall), ask for a 'Permisso per foc'. This is straightforward and free. Burning of the olive brash is the usual form of disposal and due to the fire risk it is advisable to dispose of all brash prior to the usual cut-off period for the licence. Use of a wood-chipper is also a possibility and the ensuing wood chips can be composted and used as a mulch around trees to reduce weed growth, (provided they are regularly topped up.) Any larger pieces of wood can be stored and seasoned for a year and used as firewood. Seasoned olive wood burns as well as oak.

Weed control.

Weeds exercise strong competition for moisture and nutrients and therefore need to be kept in check. Many growers now prefer a more holistic, nature friendly method as concerns for the environment and food quality become more paramount. To keep weeds under check you will need to have your land ploughed at least yearly. Economical use of ploughing will actually stimulate the growth of some, less invasive, wild flowers, such as the poppy. On some very stony or steeply terraced ground this may not be possible and strimming may be the only viable option if you are to avoid resorting to herbicides.

An abandoned olive grove is a sorry sight but an overly sanitised grove, regularly washed down with herbicide and without a single wild flower would be viewed by many as equally undesirable, (particularly the wild-life that it can no longer sustain.) If a sensible and balanced approach are employed then you should be rewarded with a beautiful olive grove, a good olive crop and the pleasure of seeing abundant spring flowers and butterflies, surely a sign of good maintenance?



Pest control.

The olive fly is considered the most serious of the olive pests in this region and action may need to be taken to deter it from June when the female fly deposits her eggs beneath the skin of the olive fruit. The larva (maggot) feeds upon the fruit tissue causing it to drop off the tree. Insect control includes the use of bait sprays and the trapping of flies. (You may have seen containers hanging from the trees, which contain the liquid used to bait and trap them.

Harvesting.

Olives are harvested from November until March, six to eight months after their Spring blossoms appear. The insignificant looking flower is pollinated by both insects and wind. The traditional method of harvesting involves knocking the branches with long wooden poles, the olives then fall on to nets extended around the trees and are picked from the ground. Manual harvesting can be improved by using a hand held pneumatic comb assembled on a telescopic rod. A tractor mounted shaker can also be used. Caution is required however as if not used expertly there is a risk of damaging the base of the tree which can weaken the tree and leave it prone to disease.

Liquid Gold.

Once collected your olives must be rushed to the mill in their crates for same day, or at most, next day pressing. Olives not pressed immediately begin to oxidise and ferment. The minimum amount required for pressing is normally 300kgs. Check out your local mill for details on pricing, containers and booking in slot before you harvest. Like wine no two olive oils are alike. Each has its own unique character, depending on the soil, climate, olive varieties, age and processing methods. Oils can be fruity or flowery, nutty or spicy, delicate or mild and can range from clear to pale green, to golden to deep olive-green in colour!

What can be more satisfying than enjoying the fruits of your labour- your very own single estate olive oil. Poured over a salad or perhaps transforming a wedge of bread into 'pa amb tomata' with a dribble of your own olive oil- enjoy!

BY VICKY PALMER
THE OLIVE TREE MAINTENANCE COMPANY
977 055 039 / 664 333 250

**Security Grills Rails
and Gates Made to Order**

Phone: 977-059-869
Mobile: 664-693-450
E-mail: euroslabs@yahoo.co.uk
www.euroslabs.com

Welding repair's and general
fabrication also carried out.

Visit my web site @
www.euroslabs.com

EURO SLABS
NOT JUST PAVING
Paving Slab's Made To Order / Installed
Planters And Garden Ornaments

1.5 or 3/4 ton Digger with Driver for Hire
Competitive prices
Please call for details
Sand and gravel deliveries up to 2 ton per
load with tipper trailer.



ENGLAND TO BE EXCUSED FROM SPORTS

ENGLAND has asked to be excused from sports for the rest of the year after producing a note from its mum.

Senior teachers are still assessing whether the note is genuine, but it seems likely the country will be allowed to use Wednesday and Friday afternoons for study time.



having England on your team was worse than having to play with a girl.

Wales said: "England used to be quite good at sport but now it's all fat and specky and useless.

"It just stands there in its vest and its crap trainers, looking like a twat."

Wales added: "You know it's time to pack it in when Scotland gets picked before you do."

The note reads: "Dear teacher, My England should not have to do sports no more cause it's got an infected toe and a swollen wrist.

"The doctor says it needs to stop doing P.E. and be allowed to sit in the corner with its hand down its pants."

Meanwhile classmates of the slow, awkward country welcomed the decision, stressing that

But Mr Hobbs, the PE teacher, said this was typical of England, adding: "You horrid little turd.

"Strip down to your fatboy undies and climb those wall bars before you get my toe up your arse."

Catalunya Insurance Services

Call us now: (0034) 977 493 607

INSURANCE AGENT

MORTGAGE BROKER

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

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

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

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

RONALDO TO STAR IN REMAKE OF 'ROOTS'

FOOTBALLER Cristiano Ronaldo is being lined up to star in a multi-million dollar remake of the epic TV series Roots.



Ronaldo has demanded £3.5m per episode

Producers say the star's treatment at the hands of Manchester United make him the perfect choice to portray the young African slave who is beaten by his brutal masters.

The Portuguese winger said he had been traumatised by 'outrageous' demands that he honour the £125,000 a week, legally-binding contract, which has brought him only, misery, adulation and Gemma Atkinson.

Speaking from the titanium gazebo in the rose garden of his 31-room mansion, Ronaldo said: "I feel I can relate to the suffering of African slaves.

"If anything, it is worse, because footballers cannot sing while we work, whereas they had time to develop gospel music during their 16-hours shifts before dropping dead from exhaustion."

In the series a young African boy is dragged from his homeland and shipped to America where he is forced to work in the fields by a

cruel and violent plantation owner.

"The similarities are uncanny, though admittedly, the Lear Jet that flew me from Lisbon to Manchester wasn't packed with 150 other players sleeping head-to-toe."

Ronaldo also conceded that, while the slave-master in Roots administered brutal beatings, Man Utd boss Sir Alex Ferguson had nurtured his talent, lavished him with praise and turned him into one of the best footballers in the world.

"But without the freedom to do whatever I want, wherever I want, for whatever fee I want, I am exactly the same as a cotton picker forced to live in a shed, dying at the age of 32."

He added: "I know the people will love my acting. Already, in the streets, I hear many of them calling me 'Kunta'."

BUSINESS FOR SALE

►EASY TO RUN (FROM HOME)◀

►SCOPE FOR EXPANSION◀

►LOW WORKING HOURS◀

►GOOD TURNOVER◀

►RETURNING TO U.K.◀

►HENCE ONLY◀

►6000 EUROS◀

►CALL 639 007 055◀

►FOR FURTHER INFO◀

DRIVING IN SPAIN

Overtaking

Overtaking slower moving traffic on a national road can be a little unnerving for the uninitiated especially if you are driving a RHD car. The first thing to remember is that the speed limit on a national road is 100 km/h (62mph). This gives a closing speed into oncoming traffic of 200 km/h or 124 mph !! It is, therefore, essential to leave a good safety gap between you and the vehicle in front. Think in terms of eight to ten car lengths. As a rough guide, pick a point at the side of the road and, when the vehicle in front of you passes it, say "only a fool breaks the two second rule" if you're still speaking when you pass the same point, you're too close.

The point of leaving a good safety gap (especially in a RHD vehicle) is that it gives you an uninterrupted view of the road in front. You can see to the left or right of the vehicle in front as well as under it. It also means that

car import in spain.com



Car re-registering / import service
visit the web site:

www.carimportinspain.com
or call +34 689 178 319

The two-second rule tells a defensive driver the minimum distance to avoid collision in ideal driving conditions. The red car's driver picks a tree to judge a two-second safety buffer.



you can see the driver's face in his overtaking mirror and, more importantly, when you decide to overtake you can start to accelerate well before your gap in the oncoming traffic arrives. This means that by the time you arrive at the vehicle in front you will already be travelling at least 40 km/h faster and your time on the opposite side of the road will, therefore, be greatly reduced. All that's required at this point is a final check in the mirror to make sure that the road is clear behind you and off you go.

One final point. Before you start your overtake check for side roads on your left hand side as far as you can see in the direction you're travelling. If there is anything waiting to pull out you should abort your attempt. If they pull out and turn to their right while you're on the opposite side of the road !?! Of course, it goes without saying that if you are about to turn right out of a T junction on to a national road you should first confirm that there is a big enough gap in the traffic on your left to allow you to pull out without causing another driver to alter speed or direction and then look to your right just before you pull out in case anyone is in the middle of an overtake.

Safe driving Chris Dann
www.carimportinspain.com

WATER IS THE FIRST CHOICE FOR YOUR HEALTH



DID YOU REALISE that by the time you get a bottle of water home from the supermarket you have already moved it 6 to 8 times. Why not treat yourself and have a whole of house water purification unit and have drinking water from all your taps in your home. It is possible to purify river, irrigation and canal water with this unique SEAGULL IV X6 system.

It's a fact – we should all drink water, as it is the body's most important food. Having purified water from your tap encourages your children to drink more water instead of fizzy drinks plus you always have water on tap without taking up valuable fridge space. We can survive several weeks without a meal but only the maximum of three days without water! Next to the air we breathe, water intake is our most vital need. Giving yourself a steady supply of pure water does your whole body a big favour. Your body is about 70% water, and water makes up 80% of our blood. It transports body wastes, lubricates our joints, stabilizes our body temperature and is a vital part of cells. We lose around 2 litres of fluid every day and when you exercise you lose water at the rate of about one litre per hour.

When you increase your pure water intake you fill yourself up with benefits and it is refreshing, invigorating and completely natural, free of caffeine, chlorine, calories, preservatives, sugar, and artificial ingredients.

A healthy water intake keeps your inner organs and digestion functioning properly, water flushes out toxins and impurities, it helps to transport disease fighting cells through the bloodstream, and it benefits your body's largest organ, the skin, keeping it supple and smooth. Water increases your body's resistance to stress. It thins your blood. Fights fatigue, helps your cardiovascular system, and fights stress. It is essential to your health to have a source of clean fresh water not only to drink but also to wash in as many diseases can be taken in via your skin, eyes and ears.

Remember your family deserve the best and when you have a water purification unit in your home you will wonder how you ever lived without it.

CALL PUREWATER
SPAIN TODAY 977 059 364 FOR
MORE DETAILS



Purewater Spain
Always there Always fresh
water purification systems
977 059 364
sales@purewaterspain.com
www.purewaterspain.com

EMERGENCIES

- FIRE DEPARTMENT 085
- CAMBRILS FIRE DEPARTMENT 977 795 080
- REUS FIRE DEPARTMENT 977 770 080
- TARRAGONA FIRE DEPARTMENT 977 549 959
- GENERAL EMERGENCIES 112
- CIVIL GUARD 977 380 106
(GUARDIA URBANA) 062
- CATALAN AUTONOMOUS POLICE 088(24hr)
- MOSSOS D'ESQUADRA (MUNICIPAL GUARD)
TARRAGONA 977 635 300 OR 088
- CITY POLICE 977 309 212 OR 092
- NATIONAL POLICE 091
- SEA RESCUE 900 202 202
- LIFEGUARDS & WATER RESCUE 657818023-657818021
- WATER RESCUE, TARRAGONA 977216203-977216215

USEFUL TELEPHONE NUMBERS

- AMBULANCE SERVICE 092 OR 977 381 717
- MEDICAL EMERGENCIES 061
- HOSPITAL JOAN XXIII, TARRAGONA 977 295 800
- HOSPITAL SANT JOAN, REUS 977 310 300
- Citizens advice bureau: 012
- Traffic emergencies: 088
- Consumer information: 012
- Lost credit cards in Spain
- VISA and Mastercard: 915 196000
- American Express: 915 720 320
- Other cards: 902 114 400
- Lost credit cards / international
- VISA: 900 974 445
- Mastercard: 900 971 231

EMBASSIES & CONSULATES

Barcelona British Consulate-General
Avenida Diagonal, 477, 13º
08036 Barcelona
Tel.: 933 666 200
Fax: 933 666 221
British Embassy Spain
C/ Fernando el Santo, 16
28010 Madrid
Tel.: 91 700 82 00 - 91 319 0200
Fax: 91 700 82 72
The Embassy of Ireland:
Ireland House
Paseo de la Castellana 46-4
28046 Madrid

Telephone: 00 34 91 436 4093
Fax: +34-91-435-1677
Email: embajada@irlanda.es
Irish Honorary Consul General
Gran Via Carlos III, 94
08028 Barcelona
Telephone: 00 34 93 491 5021
Fax: 00 34 93 490 09 86
Email: cons.irl@webcat.es
Generalkonsulat Deutschland
Passeig de Garcia, 111
08008 Barcelona
Telephone: 932 921 000
Fax: 932 921 002

Generalkonsulat Schweiz
Gran Via de Carlos III, 94
08028 Barcelona
Telephone: 933 309 211
Generalkonsulat Osterreich
Calle Mallorca, 214
08008 Barcelona
Telephone: 934 537 294
Fax: 934 534 980
Nederlandse Ambassade
Avenida Comandante Franco, 32
28016 Madrid
Telephone: 913 537 500
Fax: 913 537 565

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



GENERAL FOR SALE

15" PORTABLE COLOUR TV | Philips. 30€ Tel 977 059 364
RED ROOF TILES | 190 tiles enough for 3x5m roof. FREE BUYER COLLECTS Tel: 977 059 364

Jeep roof rack | Genuine Grand Cherokee Jeep roof rack, used once only cost 190€ accept only 90€ Tel: 977 059 364

2 sets of Ikea bunk beds | both brand new still in boxes each cost 275 euros will accept 225 euros each or nearest offer contact 629010529 or e mail: lesvalblf @fsmail.net

LARGE INDUSTRIAL SIZE FRIDGE | 4 doors stainless steel good working order. 300 Euro.. Call 678137032 or 977 265 290

PEDIGREE PUGS | puppies will be ready mid Sept (born July 6th). All black (father black, mother fawn) 800€ Tel: 678 675 723 / 977 490 605

2V GELL BATTERYS | 200ah used but in good order 65 euros each tel 616 154 269

INVERTER POWERBRIGHT | 3500w,brand new 750€ O.N.O. Call 667 370 653

HEAVY DUTY PLASTIC BARRELS, with lids. 200lt. capacity| Ideal dry storage, or for water collection. 15 euros each. **1000 LITRE WATER CUBES** 80€ EACH. TEL. 654251392.

APPLE I MAC G3 500 COMPUTER | Daisy Design with keyboard & mouse. Good condition. 75 Euros. Tel: 600-737-043

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

NEW BOXED PHILIPS SHAVER 7200 | 50 EUROS Phone 610 289 263

NEW BOXED BRAUN SHAVER 1000 | 40 EUROS Phone 610 289 263

NEW BOXED JVC CAMCORDER | 300 EUROS Phone 610 289 263

HONDA GENERATOR 5.5 | used for 8 months good condition 450 o.n.o.Tel: 678 205 484

XBOX 360 | plus top 10 games 2 controllers excellent condition 375 euros o.n.o.Tel: 678 205 484

VARIOUS | DOUBLE MATTRESS AS NEW 40€ | 2 SINGLE MATTRESSES 30 € EACH | BED LINEN 15€ PER SET| 2 ARMCHAIRS BLUE WITH PINE OFFERS | GLASS COOKWARE, VARIOUS BOOKS OFFERS
CALL 977 503 866

Pigs for Sale - 5 months old. Ideal as pets or can be sold for freezer! We have domestic cross with wild boar or total wild boar.
Call 678137032 or 977265290

Joints of Pork with cracklin!
Order your Christmas Dinner now! We have Pork Joints with Crackling, Turkeys, Ducks, Geese all available to order for Christmas.
Call 678137032 or 977265290

15.2 HANDS BAY GELDING for sale ||
A Calm & Safe Ride, Hot & Cold Shoe
Easy to Load. Snaffle mouth,
Rides English & Vacquero
1,200 Euros Tel: 618 468 264

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

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

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

VEHICLES / MOBILE HOMES/BOATS

TRANSIT | 2.5 long wheel base, mechanically sound, UK registered. 750euros Tel: 617 162 264

MOTORCROSS YAMAHA YZ125 | needs new clutch basket 350 euros o.n.o.Tel: 678 205 484

VOLVO 740GL ESTATE | auto, electric windows and mirrors, new tyres,A.C. needs some T.L.C., excellent runner very reliable. 400euros Tel: 696 703 631

SUZUKI VITARA | 3 Door Soft Top, UK Reg, RHD. 1.6 petrol New soft top & battery. Nippy little runner 695 Euros. Tel: 618 468 264

LAND ROVER (OLD BUT WORKING)- English Plates- Runs on leaded fuel. 500 Euro ovno. Call 678137032 or 977265290

10FT ALUMINIUM BOAT | yamaha engine 700 euros phone 610 289 263



2 TON BRAKE TRAILER
VERY GOOD CONDITION ALL CONFORMATIES
2150 EUROS O.N.O. Phone 610 289 263

2 BED MOBILE HOME | Buyer collects.
OFFERS around 3000€ Tel 639 007 055

DAEWOO MUSSO 4X4 | 60,000 miles, 2000 Y Reg, Aircon, Long T & T, All electrics, Very good condition 2150 Euros Tel: 679889639.

PEUGEOT 205 1.6Auto | 1996. 82K Low Mileage. RHD. EngRegd. Sorn 'til 06/09. Radio/Cass. Roof Rack. GdCond. Full Working Order. 950 EUROS OR VERY NEAR OFFER Mora d'Ebre. 677 613 736.

2 Berth Caravan & Awning
Elddis Whirlwind Caravan Gas Hob, Grill, & Fire, 3 way fridge. Good Condition with full Awning.
€1000 Contact Trevor 676185395.

Suzuki DR 600 Enduro Bike
Blue Suzuki Enduro Bike with lights, good condition recent new front tyre, Greek Import not registered, great for the Campo
€900 Contact Trevor 676185395

RENTALS

APARTMENT TO RENT IN L'AMPOLLA. ||
Second Floor, 2 Bedrooms, Lounge, Kitchen/Diner
Quiet location in Plaza Catalunya.
Long Term Rental
Tel: 618 468 264

SERVICES

PROPERTY RENTAL SERVICES INCLUDING | advertising, cleaning, maintenance, regular security checks on empty property. **CALL 678 137 032**

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

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

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

PROPERTY

CHEAP HOUSE | needs finishing in Ginestar
Phone 610 289 263 for more details

FREEBIES & PROMOTIONS
(terms & conditions may apply)

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

WHAT'S ON

HALLOWEEN 31st with fish 'n'chips|QUIZ NIGHT 14th & 28th Oct| KARAOKE every Friday at Bar Estación Restaurante,L'Ampolla TEL: 977 460 387 NOW SKY SPORTS!
•CLASSIC CAR MEETING 1st FRIDAY of every month 6PM AT LA BARRACA, Passeig de L'Arenal L'AMPOLLA (on the sea front) Call for more details: 678 718 446

EL PERELLO FREESIA GROUP (working for cancer charities in Spain) Book Stall every other Saturday,(4th Oct) 10am outside Bar Homogenic, El Perello | Christmas Dinner Dance 28th Nov,Delta Park phone Pam to book 977059783
Freesia group calender fund. The winner of guess the weight of the bottle was Paul Lees with the entry of 6.4 Kilos, actual was 6 kilos. Well done Paul!

PROGAT TORTOSA FLEA MARKET 5TH OCTOBER 11.00 TO 15.00 at Restaurante Bar Coll de L'Alba, Tortosa on n-340 between L'Ampolla-L'Aldea km 1090,2 turn towards the mountains and follow the balloons and blue arrows (about 10,5km)IN AID OF ANIMALS IN NEED :TEL 977 446 649

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

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

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



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

FOR SALE: € 137,000 O.N.O.
'Ideally situated in beautiful Catalonia on The Costa Daurada, 'Caseta Blanca' is due to be completed in 2008.

Sympathetically restored to the traditional styles of the area but incorporating a mix of modern & reclaimed materials 'Caseta Blanca' is a striking blend of authentic rustic style with a subtle modern edge. Set on the edge of a natural park in over 3 hectares of land with stunning views, this beautifully finished 1 bedroom caseta offers charm, seclusion & a great opportunity in this ever popular area.

For more info & pictures visit: <http://www.spainuk.co.uk>
Contact: email: spainuk@hotmail.co.uk
Call: (0034) 671487266 or (0034) 671182063
& leave your name, message & number



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

EURO AIRCON



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

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



BUSINESS CARD DIRECTORY

B & B BENISSANET

Holiday Accommodation for Rent

Traditional Spanish townhouse with 5 rooms for rent on B&B or room only.

Double, twin and single rooms, all en-suite with W/C, shower and hand basin.

Communal lounge SKY TV, dining room and equipped kitchen for guest use.

Rent a room daily, weekly or rent the whole house to suit your needs.

Competitive rates!

More information on www.ebrenbandb.co.uk or call Mark/Elaine on 977 401236 or 638185376




NEW BUILDS REFORMS EXTENSIONS

John Williams Construction

REGISTERED SPANISH BUILDER - NIE PROVIDED
Tel: (+34) 616 135 036 APDO 274, L'Ametlla de Mar



P & S PROPERTY MAINTENANCE

All aspects of building work undertaken from reforms to new builds.

22 years experience in Spain. Registered Builder.

Call for a free quotation
Tel: 618 588 679 ENGLISH
649 659 254 SPANISH



WD HOME IMPROVEMENTS

EXTENSIONS, REFORMS, ROOFING, TILING, SWIMMING POOLS, PLUMBING & ELECTRICS.

TEL 676 927 175 / 660 647 123
wdhomeimprovements@yahoo.co.uk
FOR QUOTE OR FURTHER INFORMATION



Affordable Building Solutions

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



References provided ♦ Previous work viewable.
Tel: + 34 679 888 204 Nick
or + 34 686 069 923 Mark

Car Problems?

Time served mechanic with 35 years experience available for all your car needs, from servicing/repairs, pre ITV checks to complete engine rebuild. Recovery & breakdown service.

For free quotes:
Tel: 977 267 704, 699 336 006

Dove PC Soluciones
www.dovepcsoluciones.com

- PC maintenance and repair
- Internet and email support
- Website design and hosting
- Free no obligation quotes

T 660 600 636
E info@dovepcsoluciones.com

Microsoft CERTIFIED
Systems Administrator

C F D CATALUNYA FINCAS DIRECT
Col·legiat-746

We offer a wide selection of properties
C/ Adell 18. <http://www.catalunyafincas.com>
43550 Uldecona. SPAIN catalunyafincas@telefonica.net
Tel + 34 627 74 00 44 Fax: + 34 977 72 07 99

Cabiniche

Log cabins • houses • mobiles
www.cabiniche.eu
tel. (0034) 663645015



The Olive Maintenance Company

Trees of all types pruned or removed. Finca maintenance. Logs delivered. Qualified Tree Surgeon, 15 years experience.

0034 664 333 250
0034 977 055 039
olivemaintenance@hotmail.co.uk



DC GARDENING
Garden and Pool Maintenance

Dominic Crawshaw
Gardener / Landscaper
dominic@crawshaw.eu

tel	+34 686 739 433
móvil	+34 628 831 012
móvil	+34 977 059 068

LES DIGGER

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



Solar Energy Innovations Co.
Power, Water & Pool Heating, Pumping

Michael Hogg
Mob: 620552666
www.solarinnovations.eu






ENGLISH MOBILE HAIRDRESSER
Qualified Assessor & Tutor
AVAILABLE FOR:
Colouring & Cutting services
CALL SARAH:
646 935 770

Los Planes Riding School
Riding days & holidays
in El Perelló
We have the horses and
staff to accommodate
absolute beginners, as
well as the more
experienced rider.
We are open all year round
www.spanishriding.com
WE ATTEND ALL LOCAL
HORSE EVENTS-FIESTAS
and if you wish to partake
it is an experience never
to be forgotten!
Contact Kelly Snow by
Tel: +34 659 808 788
or +34 977 267 969

MASSAGE
ACUPUNCTURE

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

Ctra. Rasquera, Km 1 • El Perelló
Tel. 629 301 509 • email: taruyes@gmail.com

**Painting, Decorating
& Quality Finishing**

Tel: 671 487 266
N.I.E. N° Provided
Portfolio of recent work available

 **EURO-REMOVALS**
House removals & general haulage
Competitive rates - Anywhere in Europe
Owner driver - All work fully insured
Based in Tortosa- TEL:(0034) 663645015
samuelgraham@yahoo.com

Harmony in Horsemanship

Natural Horsemanship Trainer
Learn to create a harmonious
relationship with your horse,
through developing good
ground/foundation techniques.
Long lasting and gentle solutions to
everyday problems.
(leading, loading, catching, spooking)
Horses don't care how much you
know- only how much you care!
Barefoot Trimming Service- € 20
Garry Goodfellow- 616213884 / 616183056 (near El Pinell de Brai)

PLUMBING • ELECTRICS • HEATING
AIR CONDITIONING • SATELLITE TV
Nigel Morton
English and Spanish Spoken
N.I.E. Supplied
Tortosa and
surrounding areas
Tel: 620 353 138

KERREN STEPHENS
BA HONS (UNIVERSITY OF SOUTHAMPTON) CertTEFLA
English - Català - Castellano - Français
teacher translator interpreter teacher translator interpret
professora traductora intèrpret professora traductora intèrpr
profesora traductora intérprete profesora traductora intérpre
professeur traductrice interprète professeur traductrice interprè
Apartat 1241, Correu
43590 Jesús - Tortosa
Tarragona, Catalunya
+34 618 571 233

For Hire
Hydraulic power packs with concrete / rock breakers,
Whacker plates, generator, kangos, all tower scaffolding,
Welding / Repairs / Bead-shot blasting & lathe facilities.
3 ton mini digger, 3 ton dumper.
Call 977 267 704, 699 336 006

ING NATIONALE-NEDERLANDEN

Insurances • Savings Plans
Internet Banking and Mortgages
Joanne Coupland Mobile 651 695 855
e-mail: joanne@lacialpropertyservices.com

Andy Mann - the Handyman.
Plumbing • Electrical • Tiling • Carpentry
Rendering • Plastering • Painting & decorating
Repair of domestic appliances
Building of IKEA flatpacks
Complete Bathroom and Kitchen makeovers
our speciality.
CALL: Andy on 663 074 773

LINGO TEACH Spanish classes
Simple, easy to understand classes
given one to one or in small groups
no more than three. Native English speaker
With more than 12 years experience
in teaching Spanish from
beginners Spanish to advanced and dialogue
From just 60 euros per month for 8 hours
Ring Annelisa for information 634 829 936

San Juan Experience
Trail rides in beautiful rural South Catalonia.
Small groups, max 4 riders,
1 hour 20 euros/35 for 2 hours
Daily rides out from our finca,
ride duration 1-2hrs.
Fully inclusive riding holidays.
En-suite accommodation.
Use of our large patio and pool area to relax
and enjoy refreshments.
For more details contact
Alice 0034 671 681 515 or
visit our web site www.sanjuanexperience.eu
or e-mail: aliceshorses@hotmail.com

El Perelló Kennels

clean, sheltered, secure kennels
rates inc. 3 walkies a day & menu del dia
tel: 977 059 101 or 620 360 595

 **David Piqué - Lawyers** 
High quality legal services
Corporate law, real estate, criminal law
civil law, labour law, contracts, immigration
family, negotiation and litigation
Avda. Barcelona 67, Local 1, Miami Playa (access off C/Tortosa)
Tel: 977 172 939 fax: 977 172 940
E-mail: davidpique@advocatsreus.org

PAINTER
Timed served
Interior/Exterior
Damp Treatment
Staining/Varnishing
High Standard
Competitive Pricing
For Quotation Call
Peter 977 059 035 or 620 151 956

MOBILE WELDING
GRILLS & GATES
BALUSTRADES & STAIRS
ON SITE WELDING
CALL TODAY
977 059 035 OR 618 131 509

Purewater water purification systems
whole of house, boats and mobile homes
Make well, river & irrigation water pure and safe to drink
Don't take risks with your health!
Make your water pure and safe to drink today!
Don't wait until it is too late!
977 059 364
sales@purewaterspain.com
www.purewaterspain.com

MOBILE HOME SALE!

LIMITED STOCK!
OFFER ONLY WHILE STOCKS LAST!



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

• €6500



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

• €5500



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

INC. AIR CON

• €6500



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

• €6500



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

• €9200

ORDER NOW!
FREE DELIVERY*



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

INC. AIR CON

• €6500

ICA



ICA Modulos

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

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