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OLIVE PRESS

CATALUNYA &
COSTA AZAHAR

for all English speakers

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EDITORIAL
MEET BOB THE EDITOR

WELCOME TO THE FEBRUARY ISSUE COVERING CATALUNYA & COSTA AZAHAR. NOW WITH MORE PAGES FOR YOUR ENJOYMENT!

February was named after the Latin term februum, which means purification, via the purification ritual Februa held on February 15 in the old Roman calendar. February starts on the same day of the week as both March and November in common years, and August in leap years.

Having only 28 days in common years, it is the only month of the year that can pass without a single full moon.

◇◇◇◇

Its birth flower is the Viola (plant) and the Primrose.

Its birthstone is the amethyst

Love is like a Cabbage

My love is like a cabbage

Divided into two,

The leaves I give to others,

The heart I give to you.

∞∞∞

He sent his love a Valentine.

His love did not reply.

We never dare to care to sign

These things, I wonder why?

∞∞∞

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

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Should this white stuff be around our pool?

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Corneal blindness being cured by stem cells in Spain
 Spanish scientists are reporting positive results in the use of a new stem cell technique to cure corneal blindness. The University Institute of Applied Oftal-molecular Biology in Valladolid, and the Institute of Genetic and Molecular Biology report a positive result in 90% of patients who have undergone the new treatment which consists is using stem cells taken from a healthy eye. They say that cornea transplants are avoided by the technique and as many as 88,000 people in Spain could benefit. Researchers say that by using this technique they think health costs can be reduced also by applying the technique to other types of blindness.

Spain has a new airport. Spain has a new airport with the opening of the Lleida facility on Sunday. It has been funded entirely by the Generalitat Regional Government in Catalunya and has an international classification. It's forecast that some 50,000 travellers could use its facilities over the first year, a number which is forecast to reach 395,000 annual users in ten years time. The first arrival was an Airbus A320 Vueling flight from nearby Barcelona which flew over the airport several times before finally touching down at 12,26 to the applause of many locals who had turned out to watch. President of the Generalitat de Catalunya, José Montilla, was on board the plane with some 160 journalists. Commercial flights start on February 5 with links to Paris and Palma de Mallorca operated by Vueling.

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Explanations in Catalan parliament over wildfire which killed 5 people. The President of the Generalitat de Catalunya, José Montilla, has announced that his regional councillor for the interior, Joan Saura, is to appear before the Catalan parliament, at his own request, to inform the chamber on the case of the wildfire in Horta de Sant Joan, Tarragona, last July which cost five fire fighters their lives. It follows the news that two suspects have been arrested for lighting the campfire which is believed to have started the fatal blaze. Their arrest overthrows the official version given by the Generalitat at the time that the fire was caused by a lightning strike. Speaking in an interview with TV3 Catalan Television on Monday, Montilla said first



evidence had, in fact, indicated that lightning could have caused the blaze and congratulated the Catalan police, the Mossos d'Esquadra for their work in the investigation which has identified the two suspects. It has since emerged that the two men, L.F.M. and A.P.M., had worked in May and June last year on a forestry clearance detail for the Generalitat. El Mundo newspaper however notes that they were no longer employed on that task at the time the fire broke out.

Spain's first novel to be published on Twitter. The novel in Spanish to be released in 140 character bites on Twitter, 'Serial Chicken' is now available, and will be released in tweets between now and February 5. The idea comes from the Barcelona festival BCNegra which has a week of events programmed in the city between February 1 and 5. The novel is the work of writer and journalist, Jordi Cervera, who says that between 6 and 10 tweets will be released each day. It's the first in Spanish to be published on Twitter, where there has



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already been similar projects from the United States and Mexico. The novel can be read in Castellano and Catalan at www.twitter.com/bcnegra and on the festival webpage

there is also map where you can follow the movements of the 'Serial Chicken'. More information -www.bcn.es/cultura/bcnegra/2010/ca/index.html. In a separate initiative, there is a project to place Don Quixote on the net via Twitter. The Twijote project will publish the 470 pages of the first volume in some 8,200 tweets.

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12 years prison in voodoo prostitution case. The Court in Barcelona has sent a Nigerian couple to prison for 12 years 6 months for obliging girls from their country to work in Spain as prostitutes. The girls were told that if they disobeyed a voodoo curse would be placed on them, and voodoo ceremonies were carried out involving the cutting of nails and the removal of all body hair. The couple's activities were discovered thanks to the statements of one of the victims who declared in the case as a protected witness. She had been promised work in Spain

as a secretary, but found herself working at a club in Sevilla. She made her escape in May 2008 and then asked for help from Social Services who informed the immigration authorities and the National Police. The couple were found guilty on charges of clandestine immigration, illegal detention, and inducing into prostitution.



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Among their possessions was an agenda containing the phone numbers of 'alternative' clubs from right across the country.

Woman survives eight days trapped in lift in Sitges. A 35 year old woman has survived eight days being trapped in a lift in Sitges, near Barcelona. Her family had reported her missing and finally the regional police, Los Mossos d'Esquadra found her in the internal lift in her home. First reports indicate that she was in good health but somewhat disorientated, and has now been taken to hospital at Viladecans. It's not known if she had access to any food or water while trapped. Police say that the power supply to the home failed and the lift was blocked as a consequence just as she was using it.

**DIVORCIO CONTENCIOSO
CONTESTED DIVORCE**
by David Piqué



In our last article we dealt with the mutual agreement divorce, today we are going to examine the main characteristics of a contested or contentious divorce.

The contested divorce, as opposed to the mutual agreement divorce, is applied for by one of the spouses without the consent of the other, and is not accompanied by a settlement proposal. Neither is it necessary to state due cause, the only requirement, except in exceptional cases, is that more than three months must have passed since the marriage took place.

This process is longer and more complicated and costly than that of a mutual agreement, not only economically costly for both parties but also emotionally as its name indicates: contest = dispute = fight. The spouses do not negotiate the outcome of the divorce but try to distort the reasoning of the other in order to obtain a favourable sentence. Normally this process is also painful for the children of the marriage as they are able to perceive that not only have their parents stopped loving and respecting each other but that during the whole process of the divorce they do not hesitate to carry out certain manoeuvres which will lead to a beneficial sentence without caring about, in many cases, the moral consequences of their actions or the impact they may have on their loved ones who in many situations maintain a neutral position.

The process is initiated by the presentation of the divorce petition by one of the spouses against the other, together with the marriage certificate and birth certificates of the children as well as documentation to vouch for the

financial situation of the couple in order to take measures regarding child support, maintenance, family property, etc.

Once the petition has been presented, the other party must reply in a maximum period of 20 days. It is necessary to add that in this process both parties must have their own lawyer and solicitor which doubles the legal costs. Once the other party has replied to the lawsuit, the Judge will summon them both to a hearing, at which they must attend with their respective lawyers and solicitors. If there are any children from the marriage who are minors then a representative from the Department of Public Prosecution will also be summoned to watch over their interests. In the hearing the measures to be adopted regarding the guardianship and custody of the children will be dealt with as well as visiting rights of the parent who does not have guardianship and custody, use of the family residence, child support or where relevant, maintenance. Any children over 12 years of age, with sound judgement, will also have to attend the hearing. Finally, the Judge will pronounce sentence of the divorce with the measures to be taken and against which an appeal may be made before the provincial court.

by David Piqué

any legal questions can be sent to davidpique@advocatsreus.org or The Olive Press direct



OBESE Americans last night rejected Jamie Oliver's latest healthy food campaign by deep frying him in hog fat and eating his head.

The chef was lecturing parents in Huntington, West Virginia, about the benefits of giving their children healthier food, ideally from Sainsbury's, when the group were overwhelmed by a sudden lust for flesh.

Welder Tom Logan said: "It was that big ol' tongue what done got ma juices flowin'. You could see that it was all good eatin' meat - no gristle.

"Fore I knew it I was dribblin' like a hound in a chitlin factory. Then I caught Randall Hobbs's eye an I knew he was thinkin' the same." Mr Hobbs added: "Yessireebob, I done ate his feet!"

As Jamie launched into a demonstration of how to prepare asparagus fettucine, locals surged onto the



stage and started biting the fleshy parts of his face and body.

Amid the commotion local sheriff Stephen Malley fired his pistol into the air, ordering the attackers to cease until a suitable grill could be found.

He said: "It was nearly a damn waste, to eat an animal as good an' plump as that without proper cookin', seasonin' and a nice helping o' Grandma Logan's potato salad. We takes pride in our food 'round these parts."

A Channel 4 spokesman said: "Jamie and his production team went out to film a cookery show but like so many documentaries filmed in West Virginia, it quickly descended into a load of fat people eating a fat-tongued stranger."

The Town that Ate Jamie Oliver is on More4 this Friday at 8pm.







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CAPRICORN Dec. 22 - Jan. 20

A strong focus on practical matters this month keeps your mind on security and comfort matters for the most part, dear Capricorn. At the same time, you have so many ideas for the future that it's hard to settle on just one. February is a period of adjustments rather than new beginnings.



AQUARIUS Jan. 21 - Feb. 19

February is a strong month for finances and personal possessions for you, dear Aquarius. You could receive a gift, rebate, refund or loan, especially around the 13-15 and 28th. Others are really in your corner this month, paying you much attention. This is a strong period for creative projects and endeavours.



PISCES Feb. 20 - Mar. 20

February starts slowly but quickly picks up speed midway through, dear Pisces, when you'll experience lots of activity and attention. Gifts, refunds, or rebates may be forthcoming now. Although it's a strong time for career and business opportunities in general, there are some snags to deal with when it comes to work schedules.



ARIES Mar. 21 - Apr. 20

You are valuing your privacy more than ever, dear Aries. You are certainly more withdrawn than usual, taking extra time to rest and reflect. This is necessary right now, and if you don't do it on your own, the cosmos might force you to do so! Nevertheless, friends are mostly supportive.



TAURUS Apr. 21 - May 21

Work is demanding this month, dear Taurus, but also very rewarding. Higher-ups are putting more faith in you and your talents, and possibly managerial skills. Friends are especially helpful and enjoyable to be around.



GEMINI May 22 - Jun. 22

Career and professional matters are strong, rewarding, and exciting this month, dear Gemini. While you cannot say your career is carefree these days, as challenges are also part of the experience, you are bound to find many opportunities to grow and develop on a professional level this month and beyond.



CANCER Jun. 23 - Jul. 22

Plenty of career developments are in the works, dear Cancer, as you take the time to re-assess your professional life and responsibilities. In March and April, matters will begin to move quickly, with a raise a definite possibility; but now is the time for analysis rather than action.



LEO Jul. 23 - Aug. 23

Your popularity runs high this month, dear Leo, even though you continue to keep some emotional distance. Those close to you, however, are likely to sense that you are not as enthusiastic and direct as usual, but it's a necessary period in which you take a step back and analyze what works for you and what doesn't.



VIRGO Aug. 24 - Sep. 23

February is an excellent month for your relationships, dear Virgo. You are especially willing to please, and partners (or potential ones) are attentive and romantic. Your openness to partnering and tolerance of others are qualities that will help improve your relationships many times over this year.



LIBRA Sept. 24 - Oct. 23

While life has been filled with pressures and perhaps setbacks for many of you recently, dear Libra, the first three weeks of February bring great opportunities for recreation and enjoyment. Romantic new beginnings are possible, but keep your eye out for deception or self-deception.



SCORPIO Oct. 24 - Nov. 22

Challenges with work continue and are unlikely to clear up until mid-March. While some of you are encountering difficult circumstances on the job, most of you are experiencing loss of enthusiasm within. You might be going through the motions for the time being.



SAGITTARIUS Nov. 23-Dec. 21

You are paying much more attention to personal matters than you are to professional and social endeavours these days, dear Sagittarius. The focus is on your feelings, intuition, and comfort rather than what the rest of the world expects of you.

**NEWS HOUNDS & MORE...THE COST OF KEEPING A PET...
BY DR. RONALD ROSENFELD D.V.M.**



Keeping a pet means an increase in the family budget of approximately anywhere between 60 to 120€ a month, according to a recent study in Barcelona. A measure of this cost increase in the pet care market may be attributed to the growth of 174% in less than 10 years. The increasing costs of professional grooming services and the sale of pet accessories are cited as leading factors in this surge. Vast changes have come about in the development of specialized new businesses related to pet care and maintenance, despite the economic crisis.

Experts in business predicted this based on the growth potential in Spain with a population of 23 million pets. Taking advantage of this there was a recent trade fair in Barcelona which included a fashion show with presentations from known companies, including a new collection for animals by Adolfo Dominguez. According to some of the latest data available, from 2007, principle areas of interest in the pet animal care sector that take the lions' share of the market are nutrition, health, accessories, services, and

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in Mora La Nova. We desperately need to re-home dogs to make room for more! We have over 200 dogs for adoption. Susan 689 468752 English Isabel 977 404720 Spanish/ Catalan Donations always appreciated.

I have adopted an abandoned dog. Have you?

Alberg d'Animals de Terres de l'Ebre

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619 84 87 78

www.albergdanimals.com



breeders. The data compiled by the organisers of the fair speak of the movement of 1.909 million euros, Catalunya being responsible for 30% of this business followed by Valencia with 13.4% and Andalucia with a 12% market share. Raincoats and Sunglasses!

The area with the greatest demand is fashion accessories for animals, such as: clothing of all types, complimentary items like leads, carriers, hats, raincoats, footwear, sunglasses, or jewellery. According to the marketing research company this sector, which includes designer firms, accounts for the movement of over 269 million Euros annually which represents a 13.6% market share!

Health is the other great commercial area. At the present time Spain has some 27,000 veterinarians, only one third of these, however, specialise in small animal care. According to data compiled by Veterindustria, veterinary hospitals/clinics bill on average about 250,000 Euros annually, while the sale of pharmacological products, vaccines, nutritional supplements, additives, and premixed medications reached a figure of about 368 million Euros in 2007.

Ronald Rosenfeld D.V.M.

"Hello, I Am Encarna From The Animal Refuge Terres Ebre, Please Help Me!!! I have 20 puppies and 70 dogs, 40 cats please I need food for dogs and cats....."

Association for the refuge and Care of Animals

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protectora.arca@wanadoo.es
<http://www.protectoraarca.org/>

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

URGENT ADOPTION REQUIRED CALL ARCA TODAY.

A.R.C.A. (Association for Refuge and Taking care of the Animals) it is a non-profit association operating since the summer of year 2001. **At this moment they have 300 abandoned dogs.** They are in Tortosa in the province of Tarragona (Spain). **All the material aid comes from the much appreciated donations but with each new arrival more donations are needed. If you want to donate to Arca if only by 5€ each month, minimum, please send an e-mail with your personal data and account number or call or write. Or just become a volunteer to help with the dogs. email: protectora.arca@wanadoo.es**

ARCA : Post office 496, Tortosa, (Tarragona) or contact: Maeve (English) 678 975 816 Cinta 625 915 605 Carmen 655 040 359

SHARPIE

6 puppies 2months old recently abandoned

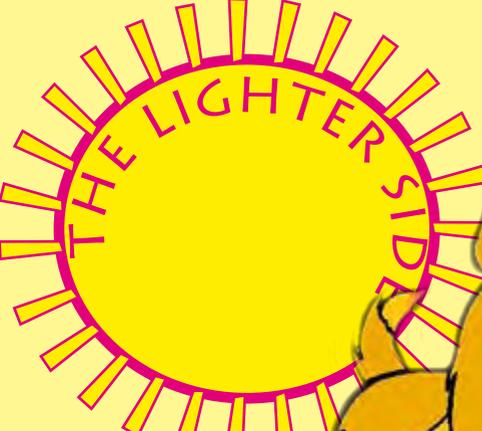
RISI Female, Age 2.5 years. Very friendly and affectionate.

Artemis female English Setter 2 years old

Call Arca Today To Provide A Home To One Of 200 Dogs Needing A Loving Home Or If You Can Volunteer Any Assistance With The Dogs

Please Donate Today!

To Help Us Find Homes & Stay Healthy



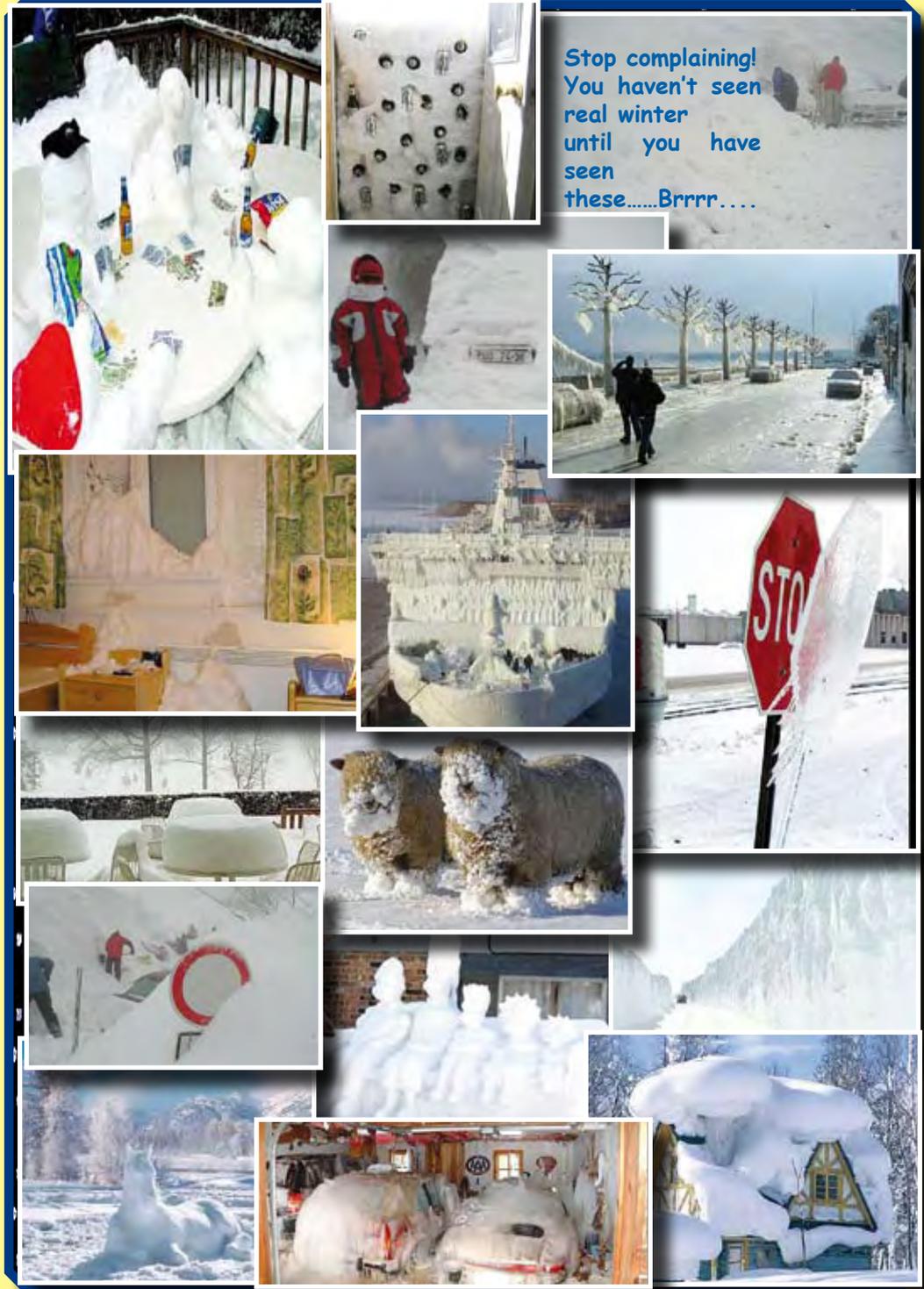
A CD PLAYER
 While shopping for my first CD player, I was able to decipher most of the technicalese on the promotional signs. One designation had me puzzled, though, so I called over a salesperson and asked, "What does 'hybrid pulse D/A converter' mean?" "That means", he said, "that this machine will read the digital information that is encoded on CDs and convert it into an audio signal - that is, into music." "In other words this CD player plays CDs." "Exactly."



DOG, GET DOWN FROM THERE
 you are not a telephone technician



Q: What do squirrels give for Valentine's Day? A: Forget-me-nuts.
 Q: What did the valentine card say to the stamp? A: Stick with me and we'll go places!
 Q: What did the stamp say to the envelope? A: I'm stuck on you.
 Q: Who sends a thousand valentines cards signed, 'guess who'? A: A divorce lawyer.



Stop complaining!
 You haven't seen
 real winter
 until you have
 seen
 these.....Brrrrr....



TARRAGONA
CARNIVAL, 13
February - 23
February 2010

Tarragona carnival, one of the most emblematic carnivals in Catalunya

Tarragona is a city awash in light and colour. The mild climate and Mediterranean character, the charm of the streets and the warmth of the people make it an ideal spot for outdoor leisure and cultural pursuits. Tarragona is also synonymous with festivities, and here the festivities take to the streets. Thanks to the many traditional local and Catalan regional holidays, the agenda is packed with celebrations all year long.

One of the most widely attended carnivals in Catalonia, it is known for its spectacular float-filled parades and citywide dancing. *Parades, bands, fireworks and elegant dress provide entertainment. Impressive effegies are built, and at the end of the Carnival you can see these burnt in a hugely atmospheric display. Of particular note are the Rua de l'Artesania and Rua de Lluïment parades, the "Judgement of Carnestoltes, King of the Carnival", and the crema de la bóta, the burning of the Carnival King figure in an enormous wineskin at the festivities' end.*

Imperial Majesty and his concubine are installed at Carnival City on Wednesday evening. The entry of the king of debauchery has advanced in recent years by the many acts that entities organized in the city during the days of Carnival. A wide range of events and dances of revelry fill these days. The most impressive event is the Rua de Carnaval on Saturday, with extras, masquerades, fire groups, bands and percussion. There are carnival groups, masked groups, zoomorphic figures, music and percussion bands, not to forget the traditional groups with fireworks (the devils, the dragon, the ox, the female dragon). Carnival groups stand out for their splendid clothes full of elegance and of brilliant examples of fabric crafts at the Saturday and Sunday parades. These are days full of light, fire and colour, when participants give free rein to their imagination, materialising their ideas on really colourful and flashy fancy dresses.

But the final act is the most authentic Mardi Gras, where the vigil takes place, burial and burning of the carnival king amid a great orgy of fire. make this town one of the focal points of the carnival celebrations in Catalonia and in Spain.

A Background to Carnival in



Barcelona and Catalunya.

Spain is a country with a special event, fiesta, carnival or local festival on most street corners every day throughout the year but here are some of the better one's; the more memorable fiestas and events in Spain. Most carnivals in Spain for 2010 will be between the dates 7th February and the 1st March. Carnivals usually end before the beginning of Lent and often end on Shrove Tuesday.

Throughout the world, Shrove Tuesday is a date known by Christians to fall forty days before Easter Sunday. It symbolises the start of Lent – a period of forty days in the run up to Easter in which Christians have traditionally shown abstinence from their vices, whatever they may be.

This is the whole idea of Shrove Tuesday, Carnival, Mardi Gras or Carnestoltes – whatever you may choose to call it. It is one last blowout party before the period of suffering and will-power (or lack of it) begins. In the UK this is celebrated by clearing out the pantry of all things tasty and making pancakes. In Spain it is celebrated, of course, with a fiesta!

The fun begins on 'Fat Thursday' ('Jueves Ladero') 19th February and ends the following Wednesday with a traditional ceremony in which sardines are buried to symbolise the beginning of the fast.

Depending on the town or city, different places have their major party on different days. However, there is often a large street parade known as the Gran Rua de Carnaval on the Saturday of the celebrations.

It is worth noting that Carnival is a particularly exciting time in Catalunya as celebrations were banned under the rule of Franco. So, since the end of his dictatorship in 1980 people have been making up for all of those years without a carnival.

2010 dates:

Start of Lent 2010 (Ash Wednesday) - Wednesday 17 February 2010

End of Lent 2010 (Holy Saturday) - Saturday 3 April 2010

Carnivals in Spain centre around Shrove Tuesday, 2010 February 16th





The fact of the matter is that at the beginning of the year some cold white fluffy stuff fell from the sky and huge areas of the UK were instantly thrown into a state of utter chaos. This is called 'snow' and despite its regular appearance around the world its arrival in this Country always seems to catch us out. Before you rise up against me I know that several parts of Spain were affected as well. My heart bleeds for those of you who woke up to find your swimming pool like an Olympic ice rink and the solar panels out of action. Whilst some parts of the UK did have exceptional amounts of the stuff what fell in our part of the world was modest by comparison. Nothing more than a few inches. No small children lost in drifts.

A mere dusting of snow on the main roads and traffic ground to a halt. Vehicles unaccountably swerved into one another even when going at a snail's pace. Two cars, on a perfectly straight piece of road nearby managed to end up totally upside down in the ditch. Schools, of course, have to be closed. This is not because of their inaccessibility, but because the education authority does not want to be sued by parents of little darlings who slip up in the playground. The snowball fights of our youth are totally out of the question. They contravene just about every aspect of Health and Safety; and probably discrimination as well.

It is said that in Norwich the coming of snow can be

compared to local sexual activity. You may only get a few inches, but you will be totally buggered. There are no signs of snow shifting machinery. Even if they exist how do the operators get to work? The local council boasted about the amount of grit and salt it had in store. This stockpile remains reasonably static because it seldom seems to be used. I think someone sprinkles it on with a salt cellar. They even brought an extra load in by ship to a local port. This arrived just in time for a new Labour Government directive which said it should be diverted and sent to areas where the authorities had not been so prudent.

Then the siege mentality sets in. Those with 4x4s descend on the supermarkets and the occupants strip the shelves. Just how much do you need in reserve to get over a week of snow? One supermarket observed that there was a run on carrots. This was not for people who were anxious to get their 'five a day' but to provide snowmen with noses!

Power cuts were in evidence in the more northerly regions, often running for days at a time. The bins stand outside unemptied even though we have adhered to the complicated Christmas/New schedule that was, expensively, distributed before the holiday season. Now it's another addition to the re-cycling bin.

Now all of this is blamed, as ever, on Global Warming. Although I've not worked out how this should make

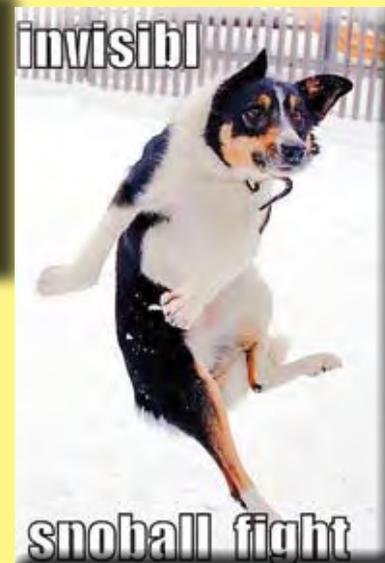


things colder rather than hotter. With the melting of the Northern ice cap we can expect polar bears to be moving south to Iceland, although how they will be able to get the packets of discounted frozen dinners-for-one open I cannot comprehend. The thing is that nothing will be learnt from this farce and we can look forward to it all happening again next winter.

© Mike Stevens 2010

If you want to contact Mike he will be pleased to hear from you.

email: mikestevens09@hotmail.co.uk



YOGA FOR ALL



If you're looking for a simple New Years resolution that will help make you feel alive and youthful, you may like to try this quick, simple yoga pose each day for the next month.

Downward Dog enlivens your body—from your hips to your spine to your fingers and toes—making you feel more vibrant and alive. As you discover the subtleties of the pose on a daily basis, you'll find it gets deeper and more enjoyable. Downward facing dog works its magic by deeply stretching the back, opening the chest, and building upper body strength. This posture stimulates the brain and nervous system, improving memory, concentration, hearing and eyesight.

Adho Mukha Shvanasana looks so easy and so beautiful, and its benefits are far-reaching. It both strengthens and stretches your entire body and requires you to balance the effort in your arms, torso, and legs so you don't overburden any one area. Hold it for a few breaths and you'll see what I mean.

When you first try Down Dog, you may feel tight in areas you never knew



existed. Your lower back might round and your elbows may bend and bow, as they did when I first practiced. But with daily or weekly practice, you'll love the sensation of unfurling your body into the pose, feeling long and lithe like a dog stretching after a good nap.

How to Begin

Come onto the floor on your hands and knees. Set your knees directly below your hips and your hands slightly forward of your shoulders. Spread your palms, index fingers parallel or slightly turned out, and turn your toes under.

Exhale and lift your knees away from the floor. At first keep the knees slightly bent and the heels lifted away from the floor. Using straight, strong arms, press the hips up and back, making an inverted 'V' shape with the body. Keep the spine straight and long, stretching from fingers to tailbone. Breathe deeply.

Then with the next exhalation, push the top of your thighs back and stretch your heels onto or down toward the floor if possible. Straighten your knees but be sure not to lock them.

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THE JOURNEY

For more information go to www.thejourney.com or call Brid, an accredited Journey therapist living in Tortosa, on: 977.444703.

Firm the outer arms and press the bases of the index fingers actively into the floor. From these two points lift along your inner arms from the wrists to the tops of the shoulders. Firm your shoulder blades against your back, keep the head between the upper arms in a straight line with the rest of the



spine.

With practice you'll feel comfortable in this pose anywhere from 1 to 3 minutes. Then bend your knees to the floor with an exhalation and rest.

gimnàs montse

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* 100% COMPARISON: Credit: www.purewaterspain.com

? Comparisons are from general information Performance varies widely within categories.
- Usually not effective against organic contaminants ordinarily found in drinking water.
Check manufacturer's claims and test results for specific information.

TREAT YOUR TASTE BUDS.

Asparagus pastry hearts



Rustle a little romance with this creamy tarragon flecked asparagus, topped with a crisp puff pastry heart

- 200g Puff pastry
- 1 Egg, beaten
- 1 tbsp Olive oil
- 30g Butter

- 1 clove Garlic, crushed
- 1 leek, trimmed and finely sliced
- 1/4 bulb Fennel, finely sliced
- 75g Pancetta, cubed
- 12 tips of Asparagus
- 2 tbsp single cream

- 1 tbsp tarragon, finely chopped

For the garnish:

- a little tarragon, finely chopped

Method

1. Preheat the oven to 200°C/gas 6.
2. On a floured surface, roll the pastry out to a thickness of about 2mm. Cut out 2 heart shapes and place on a baking sheet. Brush with the beaten egg and bake for 15 minutes. Keep warm.
3. Heat the oil and butter together in a medium saucepan. Add the garlic, leek, fennel and pancetta and cook for about 15 minutes.
4. Add the asparagus and cook for a further 5 minutes, until the asparagus is tender. Remove the saucepan from the heat and slowly add the cream and the tarragon.
5. Spoon the asparagus mixture into the centre of two plates and top each with a pastry heart. Garnish and serve.

VALENTINE TREATS



Sweetheart Valentine's Cake. A luxurious moist cake. For Valentine's Day make it in a heart shaped tin and decorate with whipped cream and walnuts.

- 6oz plain flour
- 2 level tsp baking powder
- 5oz Demerara sugar

2 large eggs, separated, whites whisked stiffly

- 6tbs vegetable oil
- 3 level tablespoons instant coffee
- 1tbs boiling water
- 4tbs milk

1 & 1/2 oz shelled walnuts, finely chopped

- 4oz granulated sugar
- 1/4 pint water
- 3tbs Tia Maria

double cream, whipped for decorating walnuts for decoration

- Sift the flour and baking powder into a mixing bowl. Add the Demerara sugar.
- In another basin add the egg yolks to the oil.
- In a cup dissolve 2 level tablespoons of the



Tip save heart shape tin and round one as buying a make a square shown above.

coffee in the boiling water. Add the milk to the dissolved coffee. Add the milk and coffee mix to the egg mixture.

- Whisk well to mix.
- Make a well in the middle of the flour, baking powder and Demerara sugar mix.
- Pour in the milk, coffee and egg mixture.
- Add the walnuts.
- Beat until smooth. Fold in the stiffly whisked egg whites.
- Pour into a heart shaped tin lined with baking parchment.
- Bake for 30 minutes at 180 degrees C.
- Reduce heat to 170 degrees C. and continue baking for a further 15 minutes or until the



- cake feels springy and firm to the touch.
- Remove the cake from tin and leave to cool on a wire rack.
- Put the granulated sugar and 1/2 pint of water into a saucepan. Bring to the boil making sure the sugar is dissolved.
- Boil for 5 minutes to make a syrup.
- Mix the remaining coffee with 2 tablespoons of Tia Maria and add to the hot syrup.
- Put the cake on a large plate.
- Make some holes in the top of the cake with a skewer and pour the Tia Maria mix over the cake. Leave overnight. Decorate with whipped cream and whole walnuts.

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Map locations: Tarragona, Castellon, El Perello, N-340, Amposta, DEVIMAR, Hotel Flamingo, Delta, Carrer de The Delta.



Carnival has to be Sitges' wildest party. Even though it is on in February it is still the hottest party in town! On the most popular days you will find more than 300,000 partygoers dancing on the major streets across the town. The busy months of July and August look positively dead! Gay boys and girls from the 4 corners of the world descend on our little town and party the week away! Despite the fact that it is often called the 'Gay Carnival', straights and gays alike will enjoy the debauchery and fun.

Catalonians, French, English, Italians and Germans all turn out for the Sitges carnival, dressed up to the nines and ready to party. Jueves Lardero or Fat Thursday, marks the beginning of carnival with a huge celebration of local dishes and the arrival of the King of the Carnestoltes and ends with the Burial of a Sardine on Ash Wednesday. There's more to do than eat, though. The busiest days are Sunday and Tuesday, when the local carnival parade makes its way down the Rúa del Extermini in decorated carriages, sporting the campiest razzle-dazzle type outfits you have ever seen. (The parades are themed, Rúa de la Disbauxa -r the Debauchery Parade, on Sunday night and the Rúa de l'Extermini - the Extermination Parade, on Tuesday night.

Tuesday, the final day of carnival, also sees some amazing drag shows. Think you have seen it all... you

haven't! Some of Europe's top drag performers make their way to sitges to bitch-battle it out with each other to the great amusements of the revelers.

Carnival Route And Parade Times

- Thursday 11th February
- 7pm - Arrival of the Carnival King - La Fragata
- Immediately afterwards, the king and his entourage make their way to Can Bota Park to choose the Carnival Queen. Via - Psg de la Ribera and Espanya
- 7.45pm - The choosing of the Carnival Queen
- The king will continue to the Town Hall accompanied by Markatu Batucada and Timbasio.
- His Majesty will address the townspeople at the Town Hall and read the "Predicot"
- Sunday 14th February
- 9pm - "Disbauxa" Parade Défilé de la Disbauxa (Rúa de la Disbauxa)

Cap de la Vila, Parellades, Bonaire, Passeig de la Ribera, Fragata, l'Avinguda Sofia and return to carrer Espanya, Plaça Espanya, Espalter, Sant Francesc, Cap de la Vila.

- Tuesday 16th February
- 9pm - "Extermination" Parade Défilé de l'Extermini (Rúa de l'Extermini)
- Wednesday 17th February
- 7pm - The Kings Funeral Procession
- Plaça Ajuntament, Major, Cap de la Vila, Parellades, Bonaire, Passeig de la Ribera (les

- Barques beach / plage de les Barques).
- 8.30pm - Burial of the King
- - Passeig de la Ribera (les Barques beach / plage de les Barques).

Itinerary

The Sitges Gay Carnival takes place 4 days before the regular Sitges Carnival begins. Jam packed with events it includes La noche rosa, Pink night, Noche de las Mantillas - where people wear traditional Spanish normally worn at weddings & funerals, Noche de las touristas, - the tourist night (great fun) and finally the Noce de las Viudas or the Widows night (probably because you've murdered your boyfriend for being bold).



Preliminary Dates

- 9 th Feb La Locacola Noche de las Turistas
- 10th Feb Organic Miss Organic
- 10th Feb XXL Noche Glamour
- 12th Feb B-Side Fiesta las mas Bellas
- 12th Feb Prinz C a b a r e t / R o m a n Circus
- 15th Feb Oreks Noche de Premios
- 15th Feb Sauna Sitges Mr Sauna Sitges/ Drag Show
- 17th Feb La Locacola Noche de la Viduas

www.gaysitgesguide.com/guide/about-sitges.html



OUR ARTICLES ON WHAT'S ON FROM PREVIOUS YEARS ISSUES CAN BE FOUND ON OUR WEB SITE

www.theolivepress.eu

FIESTA MAYOR – To celebrate the day of "Our Lady of the Candelera" In honour of the Patron Saint of L'Ametlla de Mar. (1st week in February-6TH-7TH MAINLY) From the 2nd of February the main activities begin. There are religious acts such as the procession with Candles (a procession with more than two thousand torches to remember the day when its light saved the fishermen of the village) and the offering of flowers to Our Lady.

THE CHINESE CALENDAR

2010 is the Year of the Tiger, February 14, 2010 is the first day of the Chinese new year - Year of the Tiger.. which is also known by its formal name of Geng Yin. The fact that the date of Chinese New Year varies within a lunar month is a clue that it's linked to the new moon. A rough, and almost infallible guide, is that the Chinese New Year date falls on the second new moon after the winter solstice. The winter solstice always falls on December 21st, the next new moon is January 15th, and the second new moon February 14th 2010



VALENTINE'S DAY



History of Valentines Day

Every year on February 14th we collectively bestow upon our loved ones mass quantities of flowers, chocolate confections, and other gifts of passion. There are so many greeting cards exchanged in the name of love on this day that you can almost hear local forests groan. So why is it we celebrate Valentines Day?

The history of valentines day is actually a bit of a mystery but there are a few facts and myths that have been handed down over the years. For starters, Saint Valentine has been associated with the holiday. Who was this saint? Let the mystery begin. The Catholic Church currently recognizes at least 3 different saints with the name Valentine, one of whom was actually buried after his death ON February 14th. From the stand point of history, they are all recognized as having been martyred for various reasons.

Stories suggest Valentine was put to death for performing marriages after marriage was outlawed for young men by Emperor Claudius. Some say he was responsible for sending the first valentine himself when he sent a note to a girl he had fallen in love and signed it "from your valentine". Yet others say he was killed for helping Christians escape from Roman prisons.

Why do we celebrate it on February 14th? One theory is that Valentines Day was manufactured in order to displace the pagan holiday of Lupercalia.

Regardless of what you elect to believe, what we do know is this. February 14th has become a day for celebrating your love for friends and family, and we at Valentine.com cannot find anything wrong with that!

Valentines Day Massacre

On February 14th, 1929 one of the most notorious mob hits in history orchestrated by crime lord Al Capone occurred. Al Capone, along with his associate Jack "Machine Gun" McGurn had a meeting earlier in the year to discuss what

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--	---	--

to do about Bugs Moran, a rival gangster in Chicago. Both had survived direct or sponsored attempts by Moran against their lives and they had had enough. After locating where a contingent of the Moran gang held up, a plan was hatched to utilize a stolen police car and uniforms to infiltrate the location. On the morning of February 14th, Valentines Day, the plan went into affect.

There are conflicting reports as to whether Bugs Moran was near the scene or not but one thing is certain around 10:30am, 4 men, two of whom were wearing stolen police uniforms, entered the SMC Cartage Company located at 2122 North Clark Street and carried out the plan hatched by Capone and McGurn with lethal expediency. 6 of the 7 men inside died at the scene, while Frank Gusenberg managed to stay alive for several hours but refused to assist police and died later that day.

While the events on that Valentine morning did in fact weaken the Moran gang and pushed Capone further into the books of gangster lore, it did not have the ultimate conclusion which was the assassination of Bugs himself. As I hinted at earlier, there are conflicting reports as to whether Bugs was at the scene that day. Some say he was simply running late and never arrived, while others say he showed up but saw the police car out front so stayed away. The hit occured when it did because a lookout thought he saw Bugs but it appears to simply be a case of mistaken identity as one of the men inside had a simliar build and features as Maron.



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*Aperitive and canapes

*Lobster carpaccio with honey and
 black truffle dressing

*Puff pastry of the sea (with sea food)

*Trou normand (limon sorbet with
 cava)

*Duck fillet a la Thailandaise
 or
 Monkfish fillet with Casa Pino sauce

St Valentine dessert

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 Valentines Day which is a popular event so
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A belated Happy New Year to everyone, and let's hope we've seen the last of the snow for a while! 2010 is well and truly underway and with it changes in the world of local property. Here's one new development that could affect you if you're selling a country dwelling in Catalonia.

Habitation certificates: new requirements

Since April of 2008, to sell, rent or get a mortgage on any resale property registered at the Land Registry as a dwelling —*vivienda* in Spanish— you must have a habitation certificate—the *cédula de habitabilidad*.

This certificate is issued by the Habitatge department of the Generalitat, and lasts for fifteen years.

It requires an inspection and a simple, stamped report from a technical architect (*aparejador*), and usually takes about a month to come through.

However, changes over the last two months mean that *cédulas* for dwellings built on rural land (*suelo rústico*) now also need a special document from the local council, stating:

- That there are no proceedings or fines, current or pending, for breaches against planning regulations
- If the property was built with a licence for a dwelling (quite rare in the *campo*), and if not, that any past breaches against planning regulations have expired.
- The exact zoning classification of the land on which the house is built
- The age of the building

As this requirement is either new or has only recently been enforced, my impression is that most local councils have so far issued few documents of this type for the purposes of issuing a *cédula* (lawyers acting for buyers regularly ask for this information of course).



Consequently, my guess is that councils will err on the side of caution and may well require extra documentation from the owner. This can all lead to delays — not what you want if you are in the process of selling your property.

So if you have a house in the *campo* for sale or are thinking of selling one, get the *cédula* application underway as soon as you can: remember, you cannot sell without it and it's essential for a mortgage.

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Your estate agent should be able to organise this for you, but most technical architects can also handle the application for you.

I am also hearing about cases where notaries require a *cédula* when the house to be sold is registered at the Land Registry as a *casa de campo*. If you are selling one, you might want to contact your notary, lawyer or real estate agent to check.

The Generalitat's 24-hour 012 phone helpline is a good source of information about *cédulas*, and usually have English-speaking operators too.

Not all country properties qualify for the *cédula* of course. I believe the value of those that do will remain steady and eventually rise — the supply of well-built, legal houses in good rural locations is limited.

Market check: what buyers are looking for now

Right now I'm seeing considerable interest in the following:

Barcelona dwellers are on the lookout for village townhouses. 3 or 4 bedrooms are the most in demand, and buyers will pay up to 75.000 euros for houses to reform and up to around 130.000 euros for houses that are habitable. Good vehicle access, natural light and outside space like a terrace are all plus points.

3-bed villas for 200.000 euros or less, on coastal residential estates like Tres Caies. I have some mainly Spanish potential buyers looking for a keen bargain. Own/community pool and garden area are the plus points, as is good rental potential.

Fincas with registered, 3-bed dwellings up to 10km from the coast. Buyers are looking for a year-round residences with good views, and will pay up to 250.000 euros. Non 4x4 access, electricity and/or water are all pluses. Buyers include Spaniards, French, Dutch, Belgians and Brits.

Fincas with 2-3 bed *casas de campo* or similar, habitable or needing non-structural refurb. Buyers looking for a weekend retreat, prepared to pay up to 140.000 euros. Inland or coastal locations, water and good access are important.

As always, please drop me an email at jeff@fincasdirect.com if I can help you in any way.

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

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

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IS SLEEP THE NEW SEX? SEX OR SLEEP-WHAT DOES IT FOR YOU?

Trends run in cycles and now, after suffering years of angst about whether we're getting enough quality sex, it seems that people are deciding to roll over and grab some sleep instead. That is, according to international trendspotter Marian Salzman, the woman who previously predicted "singletons" and "low-carb diets". Her new year prediction is that "sleep will be the new sex. Sleep as a luxury. Sleep as a fantasy. Sleep as a naughty little secret indulgence.

"Look around, there are so many clues that a good night's sleep has come to beat a great orgasm," says Salzman. "The big airlines are advertising fully-reclining beds for business class travellers. Prozac has fallen out of fashion and organic sleeping aids are springing up in its place.

"Women's magazines are full of tips for sleeping as a beauty treatment, advising everything from herbal tea at bedtime to learning a whole new set of breathing techniques. And, this time of year, when most people are booking their summer holidays, ask your friends what they are looking forward to most. Nine times out of ten they'll tell you, 'a good rest!'" One sign that sleep is being placed higher on people's agendas is the latest fad in America for "Nap Centres". (Japan has actually had them for some time.) These are spa-style outlets where stressed customers can walk in off the street and pay \$30 to take a 20-minute catnap in a specially-designed pod. Lights are dimmed and soporific music plays.

The Nap Centre trend began in Stress City, New York and now it's headed for Europe. Instead of power lunches, executives are preferring to nip out and unwind horizontally. Newsweek columnist Gersh Kuntzman, writing about the new phenomenon after spending time at a Nap Centre reported, "Look, I'm a man, I have needs. A few minutes between the sheets. It happens sometimes. And I needed it so badly I was willing to pay for it.

What, you thought I was talking about sex? Please. Any idiot can get sex, but I have found that it's almost impossible for me to get enough sleep nowadays." He isn't alone. Studies have found that one in three people suffers from some form of insomnia. We now sleep for just under seven hours a night, on average – one hour less than 30 years ago and two hours less than 80 years ago. Increased working hours, greater entertainment options and larger intakes of alcohol are also conspiring to keep us awake. Tiredness is one of the most common problems reported by couples to marriage counsellors. Sleep is certainly the topic of the moment. Even pop stars are talking about it.

The 17-year-old singing sensation Joss Stone says sleep is her favourite hobby and pop idol Christina Aguilera recently confessed that "some of my best sleeps are under my piano". It may never replace it but lack of sleep is certainly the enemy of sex. It would pay to invest a few hours in the former to guarantee plenty of the latter.



Welcome to 2010 and another Olives & Popcorn, your monthly guide to great Spanish based films that in my opinion should not be ignored. Any comments are welcome. Also if you want to know more about a particular film and how to get a copy again get in touch via my email below.

This month I have been reminded by one of our loyal readers of another Spanish gem of a film from 2007. 'Bajo Las Estrellas', or Beneath the Stars.

This is a great little road movie that can be easily compared to the Coen Brothers classic 'O Brother, Where art Thou'.....



Bajo las estrellas (beneath the stars) features the selfish, opportunistic Benito (Alberto San Juan), a professional trumpet player who makes a basic living in Madrid, is forced to return to his home in Navarra after he learns the news of his dying father. Benito reconnects with his younger brother, Lalo (Julián Villagrán) a sculptor, who has strong emotional problems. Things become even more complicated for Benito when he develops a surprising bond with Ainara (Violeta Rodríguez) the young daughter of his brothers girlfriend, Nines (Emma Suárez).

Being a free spirit, Benito is enraged at a television report of an ETA car bombing. While drunk he insults Basque sympathizers and is beaten up. Later a family tragedy provokes the suicide of Lalo. From this Benito chooses to abandon his music career in the big city and insists that Nines and Ainara move in with him and together start a new life.

The film is directed by Felix Viscarret, who as far as I'm aware only directed this one movie, which is a shame as from what he has done with this one it would be very interesting to see what else he could also direct in the future.

One last thing to mention is the truly magnificent soundtrack which like 'O Brother...' brings the film alive with a sense of "bluegrass joy". As mentioned last month I will add a link to help you get a better idea of the films I review from our chums at youtube – <http://www.youtube.com/watch?v=D8lWhZOBhEw> as long as a trailer exists I will make this a standard part of my film reviews in the future...enjoy!

**Jason.M.Berry 17/01/2010
Contact e-mail: gatchajay@hotmail.com**



CHALLENGES OF GARDENING IN CATALUNYA

© FEED THE SOIL AND NOT THE PLANTS by CLODAGH & DICK HANDSCOMBE - active gardeners and gardening authors living in Spain for 25 years.

January is a good time for the annual garden cleanup and also to start to prepare your soil for Spring plantings. This is important for flowering plants, herbs, flowering and fruiting shrubs and trees and vegetables whether grown in the open garden or in containers of various types and sizes.

Improvement entails adding sand to open up heavy clay soils, composts and peat to improve the water absorbing capacity and humus content and well rotted wet or dried animal manures to enrich the soil. Bags of worm compost, compost including sea weed from the Eco Parks that are springing up around the country are also excellent soil improvers .

If you have a very poor soil add 40% by volume of the above additives to 60% of the original soil. Something we learned on a study tour to Cuba a few years ago.

Mix up soil mixes for containers on a similar basis. Typical mixes are given in each of our books.

If you do this the critical development of root balls will be accelerated, green growth will grow steadily and healthily and you will not need to resort to the use of fast acting chemical fertilizers to maintain plant growth. This has two benefits, Firstly you will not need to store potentially hazardous materials which is especially important if you have children and pets in the household.

Secondly you will not stimulate unnecessarily fast weak growth that is susceptible to attacks by pests and diseases.

There are two other soil additives worth considering namely neem powder from Trabe www.trabe.net and Terracottem soil conditioner www.terravida.com . The first acts as a gentle fertilizer and controller of snails

Worms



and slugs while the second has the power to improve the moisture holding capacity of the soil by 200% reducing the extent and frequency of watering required.

If you have inherited a fully stocked garden that struggles to survive the summer we suggest that you improve the soil around the plants down to the depth of the bottom of the root ball to improve their chances of long term survival and continuing good crops of flowers, fruit and vegetables.

Luckily the soil is currently in good condition to carry out the above tasks. Do them manually using mattocks rather than spades and forks if you have a relatively small area of soil to prepare. If a larger area reduce the back aching work by buying a small rotovator or hiring the

village mechanical plough. Or perhaps you are lucky that your village still has a working mule or donkey for hire. A way of preserving rural practices, minimising the compression of the soil and with luck getting some free manure in the process. Offer to give the animal a good feed before it starts to work – this might increase the extent of the manure bonus!

*There latest three books are 'Your Garden in Spain', 'Growing Healthy Fruit in Spain' and 'Growing Healthy Vegetables in Spain'.

You can obtain them from bookshops and via www.santanabooks.com and www.gardeningspain.com.

© Clodagh and Dick Handscombe. January 2010



SNOW DAY IN CATALUNYA 8TH JANUARY



5 pictures all taken in and around Tivissa on Saturday 9th Jan. Submitted by Jeff at Fincas Direct!



3 pictures all taken in and around Gandesa



left and above in the Burga Valley and right snow even near the coast in L'Ametlla 8th Jan.

Money Saturday Guardian 09.01.10

I've cleared the snow from our driveway. Am I opening myself up to a claim if someone slips?

This is an urban myth. If you do the reasonable thing and clear your drive, you are not opening yourself up to a possible claim, except in very exceptional circumstances. This is a common misconception," McQuater says. "By clearing the snow from your paths, you do not invite any extra liability that wouldn't



have existed had you done nothing and left the snow on the ground. The only circumstance in which you might invite a claim was if you acted completely unreasonably, and somehow created a new latent hazard that had not existed before your actions." For example, if you poured huge quantities of water on to your drive which then froze to create a dangerous hazard, that in theory might open you up to a claim, he suggests.

Hypnosis is the most effective way of giving up smoking, according to the largest ever scientific comparison of ways of breaking the habit. Willpower, it turns out, counts for very little.

Smokers are coming under increasing pressure to quit.

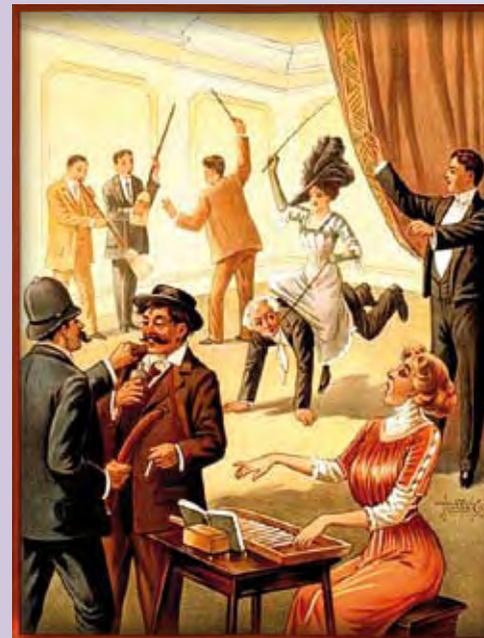
Earlier this month the Institute of Actuaries published the results of a study it commissioned which showed that the mortality rate for smokers is twice as high as for non-smokers, and that on average a smoker dies 6 years earlier than a non-smoker. Surveys suggest that three in four smokers would like to give up, according to the anti-smoking campaign Action on Smoking and Health (ASH). To find the most effective way to give up smoking, frank Schmidt and research student Chockalingam Viswesvaran of the University of Iowa carried out a meta-analysis, statistically combining the results of more than 600 studies covering almost 72,000 people from North America, Scandinavia and elsewhere in Europe. By combining the results from so many separate studies, the meta-analysis enables the real effectiveness of each technique to be picked out from the statistical 'noise' that often blights studies involving smaller numbers of subjects. The results, published in the current issue of the journal, show that the average success rate for all methods was 25%: that is, only about two in five smokers is likely to succeed using methods covered by the study. Patients told they had serious cardiac disorders, and so a clear incentive to stop immediately, had the highest quitting rate, at 36 per cent. **But for most smokers the most effective technique was hypnosis, which included 48 studies covering over 6000 smokers, gave an average**



success rate of 80 per cent for this method. 'Combination' techniques, combining, for example, exercise and breathing therapy came second with a success rate of 29 per cent. Smoke aversion, in which smokers have their own warm, stale cigarette smoke blown back into their faces, achieved a 25 per cent success rate, followed by acupuncture at 24 per cent.

The least successful method turned out to be advice from GPs, which appears to convince virtually no one to give up. Self-help, in the form of books or mail-order advice, achieved modest success – around 9 per cent, while nicotine gum was little better at 10 per cent.

'We found that involvement of physicians did not have as big an impact as we expected', said Schmidt, 'We speculate that the reason for this is that it is the content of the treatment that matters, and not the status of the person giving it.' David Pollock, director of ASH, said he was surprised by the success of hypnosis, which anecdotal evidence had suggested was not very effective. One organization not surprised by the results is the British Society of Medical and Dental Hypnosis. Christopher Pattinson, the society's academic chairman, said that current hypnosis techniques are a far cry from their popular image of music hall tricks involving swinging fob watches. **The latest relaxation techniques achieve success rates of up to 80 per cent from a single session**, he said. Richard Doll, the epidemiologist who carried out the pioneering studies of the risk of smoking, said that the apparent success of hypnosis and the high quitting rate of patients with heart disease backed his own observations. He added, however,



that he was somewhat surprised by the low success rate of those who resorted to willpower alone: 'The majority of people find it too difficult to give up, he said. 'The only way to succeed is to want to do it enough.'

Article taken from *New Scientist* vol 136 issue 1845-31 October 92

If you are reading this and would like an informal discussion, then call me. Paul Parker, tel 0044 (0)7766 885350 or 0044 1926 811129 or www.pauljparker.co.uk.



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SENIOR BUMPER STICKERS

Adventure before Dementia
 There are three signs of old age. The first is loss of memory. I forgot the other two.

At my age flowers scare me
 I'm so old that whenever I eat out, they ask me for money up front.

Experience is a wonderful thing.
 It enables you to recognize a mistake when you make it again.

I'm Chronologically Gifted
 Quit worrying about your health. ...IT'll go away.

Senior Campbell's of Large Type Alphabet Soup
 It's nice to be here. At my age it's nice to be anywhere.

I'M RETIRED
 I was tired yesterday, and I'm tired again today.

Goodbye tension! Hello pension.
 I was at the Beauty Shop for nearly two hours. That was only for the estimate.

CREMATION? THINK OUTSIDE THE BOX
 At my age... everything I buy comes with a lifetime guarantee!

THE NHS is in imminent danger of collapse because skilled staff and vital equipment are being squashed flat by obese people, a new report warns.

Almost 400 doctors and more than 1,000 nurses have died already this year after becoming trapped under giant people demanding treatment for fat related ailments such as heavy sweating.

One entire hospital disappeared into a giant hole earlier this week after an obese family of four were admitted at the same time complaining that their fridge was empty when the building was already overburdened with giant patients.

Sir Derek Wanless, the author of the report, said there was not a single functioning chair left in a hospital or doctor's waiting room because all had buckled under the weight of enormous patients.

He said: "Our only hope now is that these huge bastards become so fat that they cannot get in through the doors of our hospitals and surgeries and so will die in the street like dogs. Otherwise we are bugged."

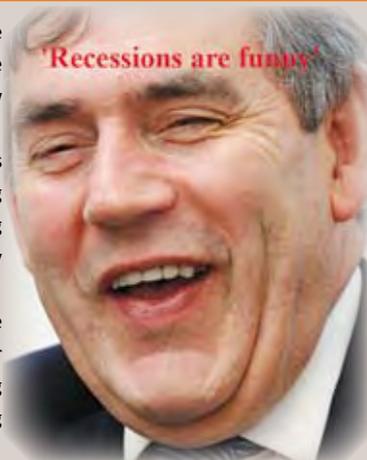
Sir Derek said the best possible outcome for the NHS was that most people became so fat they imploded under their own weight leaving a jellied mess on the floor which could easily be swept into the gutters.

Until then he suggested a number of emergency proposals to cope with the current crisis including:

- All fat people to stand all the time when on NHS property to prevent them destroying any new chairs or beds.
- All fat people attending hospital to stay in the basement and stand in balanced groups to prevent any sudden movement by one of them from tipping a building onto its side.
- Every hospital in Britain to be covered in bubble wrap to prevent further accidental damage from collisions with enormous people.
- Fat people to be banned from using ambulances to prevent axle damage.

Sir Derek said: "We are going to make the bastards walk to get their treatments, they will lose some weight on the way or expire on the journey. Either way it's a win-win situation for the NHS."

"Recessions are funny"



mortgage defaulters Tim and Sue Hayes and telling them they have '48 hours to get the hell out'.

But he soon breaks into a giggle and puts his arm around Mr Hayes saying: "No, I'm just kidding - you've got 36 hours!"

His smile disappears suddenly as he adds: "Seriously, start packing."

The prime minister is also seen wandering around a branch of Waitrose near Chequers, his country mansion, filling his trolley with fancy French cakes and three cases of Veuve Cliquot champagne.

He then tells the scowling check-out girl, "cheer-up, I'm putting it on expenses", adding, "you don't mind paying for all this, do you?" before throwing his head back and cackling loudly.

He is later seen filling up the prime ministerial Jaguar, and as the cost rises above £100,

Still has a trainee nurse wedged in his fat end



GORDON Brown has begun his political fightback by appearing in a hilarious video about Britain's economic collapse.

Produced by the Number 10 comedy video unit, the film features the prime minister in a series of madcap, recession-based skits.

The film opens with Mr Brown knocking on the door of

But he soon breaks into a giggle and puts his arm around Mr Hayes saying: "No, I'm just kidding - you've got 36 hours!"

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he looks into the camera with his comedy 'shocked' face and says: "Flippin' 'eck guv'nor, the old petrol's a bit pricey aint it?"

The film ends with the prime minister sitting by the fire at Chequers, sipping champagne and giggling to himself, as he sniffs at the cakes and then throws them in the bin.

RAFAEL Benitez last night said he had cleared out the dead wood from the Liverpool squad, leaving him with the four players he really needs.

Thirty seven players have been sold by the manager, raising almost £400 in transfer fees. Many fetched far greater sums than expected as they came equipped with their own boots and training bibs.

Benitez said: "We no longer have Dossena clumping around the pitch like 14 stone of porridge in shorts, but we do have a new kettle for the boot room."

Liverpool will be looking to their talismanic players Torres and Gerrard even more in the coming months as they will be expected to cover nine-tenths of the pitch by themselves.

Benitez said Reina will continue to man the goal and defensive duties will be covered by Carragher, adding: "Selling a fat Russian porn actor masquerading as a striker was one thing, but trying to offload a defender with the turning circle of a dead horse and an accent like a tuba having a row was impossible."

The manager said the club's next big task is to move the entire stadium slightly to the left 'so we can unearth the pirate king's onions that have cursed us with poor results'.

Assistant manager Sammy Lee said "I can't leave him alone for five minutes. Last year he set fire to the pitch because the grass was 'looking at him funny'. Please do bear with us, it won't be long now."



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"BADMINTON TOURNAMENT, 2nd February 2010 | El Perello 11.30-1pm, Mixed Doubles, Pairs randomly selected on the day at 11.30am. Prizes for the winning pair, phone Marian for details: 697 353 914 or 671 127 629. **THE READING CLUB** where an English spoken person reads a short English story- members consist of Spanish, Irish and English. We will meet the 15th February, at 19:30, We will read a short story by Cecelia Ahern (something to celebrate Valentine's Day !!!!!) at Marcel.li Domingo Public Library, Tortosa. **CAR BOOT |** last Sunday of every month 10am. stalls 5€. Refreshments, Camping St Jordi, Platje Ayellanes, L'Ampolla Tel 679 115 247 **•CAR BOOT SALE |** 2nd Sunday of every month. Situated Hipaca Escornalbou, Vilanova D'Escornalbou. Arrive 9am starts 10am. Bar & restaurant- **no fresh produce allowed!** Contacts: Cosme on 620215772 or Silvia 665159781 **•FRIENDSHIP CLUB |** for all nationalities meeting 2nd, Sunday of each month near Tortosa free stalls for those that have wares to sell, food & drinks available. Call Brian Parkin at 660 990 422 or 977 059 911 **•CAR BOOT SALE |** first sunday every month C/Garcia Restaurant Braseria Can Palomo MORA LA NOVA. **•CLASSIC CAR MEETING** 1st FRIDAY of every month 6PM Call for more details and location: 678 718 446

WHAT'S ON

•EL PERELLO FREESIA GROUP (working for cancer charities) The next **El Perello Bookstall** will be held at the Homogenic bar on: Saturday 6th February, Saturday 20th February, Saturday 6th March, Saturday 20th March. If the weather is bad, the bookstall will be inside the Homogenic bar. Next **El Perelló meeting and lunch:** Thursday 25th February. For further information please phone 977475000 (Pam). **•MASONIC GROUP |** Logia de San Jorge A new English speaking lodge of Freemasons approved by GLE, has been established in this area. if you would like more information please telephone Edward Ward on 977416476 (Tarragona area) or Les Beech on 678357713 (Castellon area). logiadesanjorge@yahoo.co.uk **•Cof E CHURCH SERVICE |** 2nd Sunday and 4th Wednesday of every month at 12.30p.m. in Ampolla village church, all welcome. Followed by Menu del dia lunch (optional) Enquiries: 977 593 219. The Anglican Congregation of St Christopher's, 5, Plaza Primero De Mayo, Vinaros-Services 10 a.m. every Sunday. During the week, also other activities i.e. Thursdays, a "Drop In" morning from 11.a.m.- 1.00 p.m. to meet for a coffee & a chat. **Paul Needle** can be contacted on 964 761 641 or mobile 662 482 944 or e-mail paulneedle@aol.com for pastoral needs. **LINE DANCING |** We contribute 3 Euros per person to cover costs. **3-5 pm Thursdays at Casals, El Perelló.** **iESG INTERNATIONAL ENGLISH SPEAKING GROUP** Meetings are held at 6.30 pm on the second Thursday of each month (except for August) at: - **Edificio Bahia Blanca, C/Paisos Catalans, 74, L'Ametlla de Mar.** More information? Either tel: 977 267 418 or e-mail: enetlametlla@yahoo.com

SPANGLISH?-ANSWERS NEXT MONTH

<p>ACROSS</p> <ol style="list-style-type: none"> 1. one 3. fair 6. limescale 8. related 9. goose 11. bandeja (E) 15. to extend 17. kind soul 19. esqui (E) 20. note 21. there 22. ego 24. ni (E) 25. pilot 28. a trap or clamp 29. gorra (E) 31. cabeza (E) 33. uncle 34. arm 35. estuary 	<p>DOWN</p> <ol style="list-style-type: none"> 1. finger nail 2. spare time 4. this 5. V.A.T. 6. choir 7. law, rule 10. tail 12. emotional 13. globo (E) 14. paper 16. book 18. year 19. pecado 23. face 26. celery 27. escuchar (E) 28. cuna (E) 29. coche (E) 30. peace 32. day
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ANSWERS TO THE JAN ISSUE OF SPANGLISH

ACROSS:	DOWN:		
1. helado	8. nevada	14. trineo	2. earmuffs
3. icicle	10. february	15. gloves	5. curling
			7. snowboard
			12. frost
			4. coat
			6. esquiar
			9. bufanda
			11. hogar
			13. enero

Calling all dog lovers

ARCA the dog refuge was broken into twice recently, on Christmas eve over 30 large bags of dog food were stolen so the poor dogs had no food over Christmas and then on Boxing day 2 large dog kennels were stolen from outside...therefore more funds are desperately needed plus volunteers as a couple are moving away to help with the dogs even just a few hours per week, it is very rewarding work and the dogs are so grateful. ALSO ANY OLD BLANKETS, TOWELS OR SHEETS FOR BEDDING ARE NEEDED. Call Maeve 678 975 816

The Mora Collaboration Radio Show
"STILL ROCKIN" ON 107.3 FM

An Englishman on Radio Mora la nova. Every Wednesday 8 to 9 pm. We had problems with weather and the antenna in January so you may not have had a signal on 107.3 FM The Cavern Club and the Mersysound is our special feature over the next few weeks, great music of the early 60's inc, Gerry Marsden, The Dennisons, The Big 3, The Beatles, Beryl Marsden, Billy Fury, plus interviews with some people who were there at the start.

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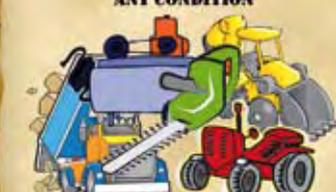
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