

THE DREAM SCENE

Newsletter

Issue no. 1 1st of March 2007

Welcome to the first issue of 'The Dream Scene.'

This monthly newsletter, which is a self-funding publication, has been launched to help contribute to the communities in both Dream Hills 1 and 2. I hope it will inform and entertain the DH residents and in time develop into what YOU want it to be. It will also give people, particularly those who are not on the Internet, the opportunity to contribute by 'letters to the editor,' written contributions, recipes, classified ads, etc. Maybe that poem you have been 'nursing' for years can finally get printed? We are very fortunate that Angela Cresswell of no .32 has agreed to provide an original cartoon every month.

Several hundred free copies of the newsletter will be produced around the first of each month. These can be collected from the First Choice supermarket in Via Park V and from The Post Room and The Liberty in Via Park 3. A supply will also be held at the Book Swap Club at La Casita on Thursdays and by regular advertisers.

If you are not a full time resident, you can receive a year's supply - 12 issues - sent to you on the Internet for a contribution/donation of £5 stg. Check www.dreamhills.co.uk/ for details. If you are a resident and don't want to miss a copy, you can have a year supply - 12 issues, delivered to your postbox for €6 paid at no .586 DH1.

I doubt that the newsletter will ever pay for itself. However I will commit to producing it for one year, with a review in 12 months - the Good Lord willing!

Due to lack of space there will not be any editorial or competition quiz this month. Letters, comments, whinges, contributions etc can be placed in the postbox outside no .586 on DH 1 or can be sent to my e-mail at mick.dreamscene@goolemail.com

Anonymous correspondence will not be published - name and house no. required.

Mick - Editor @ 586 DH1 and mick.dreamscene@goolemail.com

THE PHOENIX

Via Park V

WIDE RANGE OF BEERS

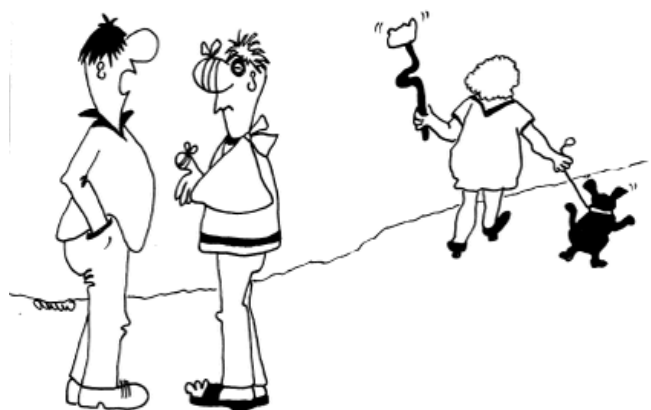
WINES & SPIRITS

FOOD SERVED 10 am - 6 pm

ENTERTAINMENT MOST EVENINGS
TEXAS HOLD 'EM THURSDAYS

Tel: 667 592 477

Hangovers installed and serviced



"Did the wife like that 'poop-scoop' you got for her B'day.?"

WHAT'S UP?

So, what's new around the area? Well, MasyMas have opened a new supermarket at the bottom of Los Altos bringing the number of larger supermarkets in the area to three. **El Corte Inglés** have been given permission to build a new department store off the Cortes Valencianas in Torrevieja.

Work on a new large commercial development has commenced on the Los Altos side of the **Punta Prima** area. Although there is lots of speculation as to what will be included (cinema, Macdonald's, tabac etc), no concrete (pardon the pun) information is yet available as to what the outlets or facilities will be.

Speaking of concrete, it now appears that the final piece of **open coastal area** on the Orihuela Costa – opposite the La Mosca/Rest. Asturias area - is to be handed over to developers and will eventually feature more than **1,500 new dwellings**. There have been a number of minor demonstrations against the proposals but one can only be astonished at the lack of environmental vision of the Spanish planners.

Torrevieja Hospital continues to get 'good reviews.' A new well-staffed psychiatric unit has opened this month. (I hear they have a special wing for Man U supporters!)

Work has started on a **desalination plant** in Torrevieja. The new plant, which is due for completion in early 2009, will be situated between the new hospital and the sewage treatment works on the salt-lake side of the N-332. Total budget for the project is € 297 million and the plant will have the capacity to produce 240,000 cubic metres of treated water each day. The resulting by-products will be pumped into the sea 500 metres away from the coastline. The Spanish Minister for the Environment, Cristina Narbona, has stated that there will be no negative environmental impact caused by the plant – which is a bit of wishful thinking I fear.

Scheduled work on the **N332** has finally been authorised and should commence shortly. The substantial new works entail the construction of a dual carriageway from Guardamar to Pilar de Horadada together with ten new roundabouts! Works are also scheduled to widen the Orihuela to Torrevieja road. There may also be a new roundabout leading to DH2 and to the motorway roundabout area.

Concerning **DH2**, the following apartments should have been released by now – numbers 199 to 254 and numbers 287 to 407 - but this is clearly not the case. Numbers 255 to 262 and 271 to 285 are scheduled for release in June '07. Two swimming pools have been built, but both are currently dry. Post boxes are in but there are no rubbish bins. The kids' play areas, petanca courts and walk-way areas look very nice and are at present protected by temporary fencing.

The local **Neighbourhood Watch** has advised that, at present, things are quiet in the immediate area. However, as most of you are aware, one must never 'drop one's guard.' DH2, being a new build, will certainly be targeted by the whole range of villains from burglars to 'charity' collectors. Please exercise great caution and make sure you keep copies of passports etc., but not in a handbag!

Question: How do you recognise a lady who has lived in Spain for some years?

Answer: She is the one **not** carrying a handbag.



SO SAD

Deep within a forest a little turtle began to climb a tree. After hours of effort he reached the top, jumped into the air waving his front legs and crashed to the ground. After recovering, he slowly climbed the tree again, jumped, and fell to the ground. The turtle tried again and again while a couple of birds sitting on a branch watched his sad efforts. Finally, the female bird turned to her mate. "Dear," she chirped, "I think it's time to tell him he's adopted."

Short Review - Marisqueria Torrevieja 2. C/. Ramón Gallud, 101 Torrevieja - Tel: 965717469

You will probably have passed this restaurant several times in the car. It has an A-board outside featuring a lobster. I visited there one Friday night with 'She - who must be obeyed.' The restaurant specialises in shellfish and fish, particularly the former. The premises comprise a narrow cafe type section - where a handful of locals were sampling the 'oferta' of 6 white prawns with a glass of wine for €3 - leading through to a small restaurant area with covered tables. We were alone in the restaurant, and from the extensive menu choose the Super Shellfish Special plate for two - which included a small lobster - the platter costing €76 not incl. IVA. The selection was certainly comprehensive with more than a dozen types of shellfish - different types of prawns, mussels, langostines, razor-fish and the rare 'percebes' from Galicia. This was let down somewhat by the lobster, which was tired and tasteless. A portion of bread and alioli was €2 extra and a poor mixed salad at €11.50 was a scandal. IVA (VAT) was not included in the prices. Finally, the shellfish, salad, bread, bottle of casera, coffee and an indifferent bottle of crianza plus IVA came to €110.75.

So, would we return there? No, but probably would, if someone else was paying!

I.T.V. – an 'idiot's' guide.

No, not the television station but the Inspección Técnica de Vehículos – the Spanish equivalent of the British MOT.

In Spain, when your car is four years old, you will receive in the post an advice note dated the 9th of August, it until the 22nd of August, stating the 5th of September!

ITV inspection centres are D.H. being on the left hand Carrefour and McDonalds. and bookings are not required.

After parking your car in one of the designated spaces, take your car documents into the office. Payment for the test is, I believe, geared to the size of the engine. We paid €58.04 for a 1,900c.c. engine. Some credit cards are accepted.

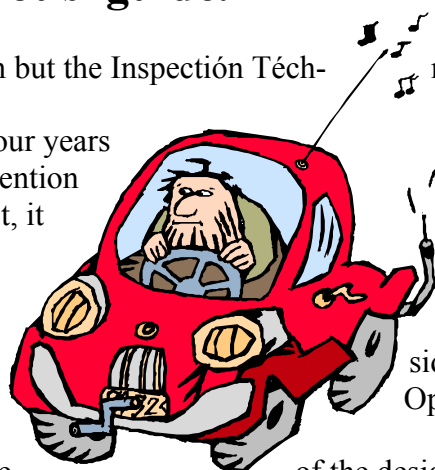
You are then instructed to drive your car to a numbered lane. When it is your turn, you are then asked to drive forward by an Inspector. Remain in your car. The Inspector will then ask you, in Spanish (with plenty of pointing and supporting body-language) to turn on the engine, indicators, wipers, lights, hazards etc.

You will be then asked to drive your car onto a ramp and to exit the car. Your car is then given a good shaking and the underneath is thoroughly inspected and the emissions checked, together with the level of engine noise. Once the test is completed, you then drive out of the test centre and back into the parking spaces by the front office where you can collect your documentation.

If the car has passed the tests, your Technical Inspection card will be stamped and signed indicating its validity, usually for a further two years. You will also be given a single sheet report on the test results and a sticker which you must place on your windscreen. If you fail to display the sticker and you are stopped by the police, you can be fined up to €150. If there is no queue the whole operation takes about twenty minutes.

If your car fails the ITV, you will be given two months to make the relevant repairs and to return to the ITV centre for another test. If you return within fifteen days you will receive a 70% discount on the second ITV fee. If you fail to return to the ITV centre, they will advise the Department of Traffic that your car is on the road without an ITV. Driving without an up to date ITV will lose you four points off your Spanish licence and fines up to €1,500.

For motorbikes over five years old, an ITV is needed every two years and for caravans over six years old, an ITV is required every two years.



nica de Vehículos – the Spanish equivalent

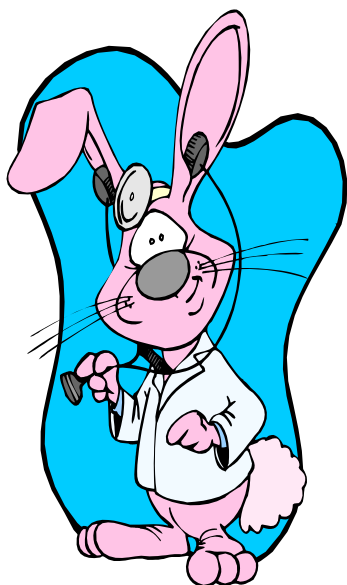
old, you will receive in the post an advice note dated the 9th of August, it until the 22nd of August, stating the 5th of September!

generally well signposted, the closest to side of the Crevillente Road after passing Opening hours are from 8 a.m. until 9 p.m.

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SPANISH WINES - INTERPRETING THE LABELS

1. **Vino de mesa.** A table wine without a geographical denomination.
2. **Vino joven.** A young wine, usually from a qualified DO (Denominacion de Origen) region, sometimes with a bit of aging but not enough to be a “roble” or “crianza.”
3. **“Roble”** means oak. Some regions allow this term on the label for lightly oaked wines that don’t reach “crianza” standards.
4. **Crianza** - aged 2 years, at least 6 months in oak.
5. **Reserva.** A quality wine, normally aged at least 3 years, at least 1 year in oak casks, 2 years in the bottle and made from top vintages.
6. **Gran Reserva.** A quality wine, aged at least 2 years in oak plus 3 years in the bottle, made from exceptional vintages.



Brief Encounter

Her: “Oh James, last night was wonderful but I have something to tell you - I used to be a hooker”

Him: “Wow! Well, thank you for your honesty. But the past is the past. It doesn’t matter what you did. In fact I find it quite erotic. Tell me about it?”

Her: Really? OK! My name was Nigel and I played for Wigan!

Mind & Body

A study of nearly 150,000 patients aged over 50, has found that the risk of hip fracture increased by 44% among those who took potent drugs to cure or combat indigestion. The study suggested that the drugs, **PPIs** – Proton Pump Inhibitors – **may decrease calcium absorption** and bone density in certain patients, leading to an increased risk of fractures. Prescriptions for PPIs such as Omeprazole are sold under the name of Losec, Prilosec and Zegerid in the U.K.

The study, published in the Journal of the American Medical Association, suggested that older people taking high doses of PPIs for long periods should boost their calcium intake.

Silver’s antibacterial properties have been known for thousands of years. Elastoplast has now launched a plaster with silver nanoparticles. It is believed that the components of silver lethally disrupt enzymes in bacteria aiding recovery.

Cognitive behavioural therapy (CBT) has become the treatment of choice for anxiety and depression. Although available on the NHS, waiting lists can be up to four years. However a new fast tracking treatment system has been successfully introduced. Of more interest to ex pats will be the ‘on-line CBT’ which should become available this year.

A small German study involving 16 women has indicated that adding milk – even skimmed – to tea neutralises the **health benefits of a ‘cuppa.’** It found that the proteins in milk blocked the powerful effect of catechins, which help to protect the arteries. The study stated that the results provide a possible explanation for the lack of beneficial effects of tea on heart disease in the U.K. However, the chairman of the Tea Council stated that they had studies which show that milk does not inhibit the bio-activity of tea. Surprise! Surprise!

(I would like to see a British study researching the correlation between the consumption of sour cabbage and the ability to get up early in the morning and ‘nick’ the sun-beds!)

USEFUL NUMBERS

EMERGENCY NUMBER 112

Age Concern	966786887
Airport – El Altet	966919000
Airport – San Javier	968172000
Aquagest (Water)	965702169
Ayuntamiento	966761250
Guardia Civil	965710113
Health Clinic – Cabo Roig	965322966
Hospital – San Jaime (Private)	966921313
Hospital – Torrevieja	965721200
Hospital – Veja Baja	966776166
Iberdrola (Electricity)	965710248
Policia Local	966760000
RENFE Railways Alicante	965262731
SUMA – Tax Office	966761169
Tanatorio	966762249
Taxi	966761088
British Consulate	965216022
French Consulate	965228249
German Consulate	965928852
Irish Consulate	914364093
Netherlands Consulate	965217060
Norwegian Consulate	965218300
Swedish Consulate	965218123

Emergency Chemist – 24 hour – 365 days
J. Manuel Ramos Vidal, Ramon Gallud 196
Torrevieja. Tel: 966706880

WORTH CHECKING OUT!

Most of us who have come from the UK have brought with us a love of **Indian cuisine** ranging from the onion bhaji to the gulabjam - Chicken Tikka Massala being the favourite British dish! Sadly most of the Indian restaurants in Spain are but a poor and expensive imitation of their UK counterparts.

Situated on the Casa Grande Industrial Estate in Torrevieja is the “**Asian Store Torrevieja.**” Larger than the “Spice Hut” on Avda. Desiderio Rodriguez, it carries a large range of spices, pastes, flours, peppers, etc. Indeed it has all you need, (except meat, fish and veg) to produce either a fiery and rumbustious phal/vindaloo or a creamy soothing korma.

The **Asian Store Torrevieja** is located on Calle Diversion, Poligono Ind. Casa Grande, Torrevieja Tel. 966707110.

TAXATION

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On the 6th of November 2006, the Spanish authorities introduced various taxation reforms which came into effect on the 1st of January 2007. These mainly relate to Personal Income Tax, in particular Capital Gains Tax and Non-Resident’s Income Tax.

For non-residents, Capital Gains Tax (CGT) on property sale profits is reduced from 35% to 18%, the profit being the difference between the purchase and sale price less the taxes and costs related to the sale and purchase. For residents the CGT rate is increased from 15% to 18%

Buyer’s retention of 5% on the sale price of the property sold by a non-resident has now been reduced from 5% to 3%.

There is one new significant taxation change which affects residents in the Valencian Community only. This is the very welcome news that spouses and other close relatives who are resident in the Valencian region are now eligible for a 99% reduction in their Spanish inheritance tax (ISD). However, this very favourable ruling does not benefit unmarried couples or non-resident offspring.

Please take great care when making long-term financial commitments in Spain. Many so-called ‘financial advisors’ in Spain are as unscrupulous, self-serving and un-ethical as are their partners-in-crime – the ‘cowboy’ estate agents. In Spain there is very little legal protection or recourse from mis-selling.

LET THE BUYER BEWARE!

Early in 2007 changes in the committee resulted in a new team of co-coordinators for La Casita being set up. Committee member Peter Hemmings together with his wife Bren, and Richard and Marjory Norris are now putting together a programme of events and activities in La Casita.

Most of you are aware that art and Spanish lessons, plus the regular book swap take place there weekly. Other suggestions have been collected and already social evenings of rummikub and cribbage are taking place. If there is sufficient interest, bridge lessons will be arranged following by bridge sessions. In the near future, the popular quiz nights will be returning. The younger families on the urbanisation are hoping to create a 'Parent & Toddler' group.

To find out more about any of the above activities, look for notices on the boards around Dream Hills. If you would like to suggest something else that you would like to see happening in La Casita, then please phone Richard on 966798849.

ANNOUNCEMENTS:

The Annual General Meeting of **Dream Hills 1** will be held at the Asturias Restaurant, La Mosca on the N332 on Wednesday the 9th of May, 2007 at 10.00 a.m. - YES 10.00 a.m.!

Next months meeting of the Dream Hills Spiritualist & Astrological Society has been cancelled due to unforeseen circumstances.

CLASSIFIED ADS

WANTED

Book Swap Club needs small bookcases please contact Chris @ 572 or Pam @ 584

FOR SALE

800 w white microwave + grill with wall mounting brackets good condition €10. Tel 966798847

SERVICES

Classified ads are FREE to D.H. Residents except for 'services' business ads from residents which will cost a donation of €3.

Classified ad requests should be placed in the Dream Scene mail box outside of no. 586 in Dream Hills 1. Requests for business adverts may be made by phoning 966798847 or by e-mailing mick.dreamscene@googlemail.com

Cut-off copy date for inclusion in the next issue is 21/03/07.

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WWW.MESSAGEBOARD.DREAMHILLS2.COM/**

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