

THE DREAM SCENE

NEWSLETTER

Helping to keep expat's informed.....and smiling.

Bienvenido a todos and welcome to the August, 2017 edition. Issue No.123.



July saw the first state visit in 31 years. The British and Queen Doña Letizia and, as one would expect, it main event was the state gala Buckingham Palace, more



of a Spanish monarch to the UK monarchs hosted King Philip VI during their two-day state visit was red-carpet all the way. The banquet held in the ballroom at details on this on page 26.

Once again drownings in unacceptable level, with 264 latest was a Spanish couple in drowned while their children sat on the beach. The red flag was flying at the time. A killer on many of the local beaches here are the rip-tides, which claim lives every year. If stuck in one - go with the flow - and when out of it swim to the side onto another part of the beach. Do not fight the rip-tide.

Spain continue at an fatalities so far this year. The the sea at Guardamar who drowned while their children sat on the beach. The red flag was flying at the time. A killer on many of the local beaches here are the rip-tides, which claim lives every year. If stuck in one - go with the flow - and when out of it swim to the side onto another part of the beach. Do not fight the rip-tide.

Three people were injured on the zebra-crossing next to Via Park III last weekend. As they were crossing a car came from Dream Hills, turned right and ploughed into the three. Two were detained in hospital. The driver tested negative for alcohol and drugs. Although the driver may have been going too fast, this crossing is below the brow of the hill and difficult to spot. The area is also badly lit.

Quickies: Work has started to provide an additional TV mast for the Spanish *Freeview* system in Dream Hills. This will improve the DTT reception in the apartments. Urbanisations are obliged to provide this service. There have been meetings and discussions concerning the introduction of a hospice to this coastal area. This year's property sales figures nationally are up in all regions except for Galicia, La Rioga and Murcia. Average prices nationally are also up by about 2.7%, although many price rises in Catalonia are reportedly to be in double figures.

Hopefully, something for everybody on the inside pages. Unfortunately there is little positive to report on this stage of the Brexit negotiations. The big differences are now beginning to emerge. But if significant progress is not made in *expat rights* and the *Brexit bill* between now and October, then the two year deadline will not be met.

Have a great month, Mick & Tid

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Angela's Cartoon



"It's very crowded! Where will you stick the parasol?"

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Jimmy Carr

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An adult was converting and becoming a Jew. When asked if he minded being circumcised, he replied, 'Why not, it's no skin off my nose.'

Red Buttons

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Did you know that

...a study in avian biology by the Natural University of Mexico has revealed that urban finches have been adding cigarette butts to the construction of their nests. Finches are using the cigarette butts to "medicate" their nests against ticks. However, in the longer term, the anti-parasite effect of butts cause damage to the cell division in the finches' blood.

... in 1979, a 3-kiloton bomb was detonated in the Indian Ocean and was known as the "Vela Incident of 1979"? It was the first time a nuclear explosion was not claimed by a nation. It is widely believed that the device was Israeli.

...this year, there were 51 people injured in the Pamplona bull runs? This is down from 87 last year. Most of the injuries (head trauma) were caused by falls on the cobbled streets



although there were several non-fatal gorings, the last fatal one being in 2009. This year, there were many North Americans in the injured. At the festival this year 15 Italians left a restaurant there without paying their €620 restaurant bill. The police rounded them up and 'encouraged' them to pay the bill, but to also leave a decent tip!

The most Scottish thing I've ever seen: I was going through a town called Bathgate at about half past eleven at night, and there was a guy pissing against a front door. He then took out his keys and went inside.

Frankie Boyle - Mock the Week

The separatist Catalan politicians are continuing with preparations for their planned illegal referendum for October 1. The Catalan gang of four (photo) - President Carles Puigdemont, Oriol Junqueras, Joaquim Torra and



Jordi Turull, are surrounding themselves with radicals and pushing the moderates aside.

Several

government officials have been purged and a minister forced to resign. Also forced to resign was the head of the Catalan police (Mossos d'Esquadra), Albert Batlle. Batlle said he would abide by the rule of law if the central government in Madrid ordered the illegal referendum to be stopped. A new director of the Mossos d'Esquadra, Pere Soler, has now been appointed. Soler is vocally pro independence and has tweeted, 'I feels sorry for the Spanish.' This blatant attempt to force the supposedly independent police force to side with the separatists could have severe repercussions. Puigdemont states that they will declare independence after a favourable vote on the illegal referendum, even if only a third of the electorate vote. All this reminds me of the Rhodesian fiasco when UDI was declared.....and didn't that turn out well! Not!

What surprises me is that central government in Madrid is still pussy-footing around and not getting directly involved at what could be the makings of a tragedy. In November 2014, a previous resident of the Generalitat, Artur Mas, organised and carried out another illegal referendum. At his subsequent trial in March 2017 in Barcelona, Mas was banned from participating in politics for two years and fined just €36,500. This illegal referendum cost the taxpayer millions.

As I write this I see that the anti-corruption prosecutor, has arrived at the Catalan Palau of the Generalitat, together with a team of investigators. It is well known that the political establishment in Catalonia has been extracting a 3% *commission* on all the government contracts for years. No wonder they want independence.....from scrutiny.

The new Corvera Airport Project continues to crawl along. Three bids for the operation of the completed facility are now being assessed in detail. It will then be decided which of the three bidders – Aena, Corporación América and Edeis Management – will be in charge at Corvera to oversee the opening of the airport. This is expected to take place at some point in 2018. Should Aena not be chosen, which is unlikely, it is considered possible that San Javier Airport would remain open.

In India, if a man dies, the widow flings herself onto the funeral pyre; if a man dies in this country, the woman just drags herself into the kitchen and says, 'Seventy-two bread rolls, Connie, you slice, I'll spread.

In the Alicante province, 6,500 shareholders in Banco Popular have lost a total of €14 million. I am surprised the figure is not higher. I would guess that there is a lot more to be discovered in managed portfolios

The government agreed with the unions to launch a record offer of public employment. The offer plans to create 20,000 new public sector jobs this year. This includes 4,426 new jobs in the Treasury, Social Security and Employment alone. Unfortunately, this will be nothing to improve the usual lengthy bureaucratic nightmares. In my opinion, *funcionarios* only operate at two speeds - dead slow and stop!

The city of Málaga has a population of around 570,000. The city's debt to the banks is calculated at €953 per inhabitant. Marbella, on the other hand has a population greater than a million, with a bank debt of just one euro per head.

In recent days there have been many points along the sea coast of Málaga that have been filled with orange spots, creating a layer on the sea surface that in some areas has covered part of the shore and caused alarm among bathers.



The layer is actually fish-eggs (photo) which are expected to disappear shortly. I suppose it beats having stinging jellyfish!

PM Rajoy has launched a plan to build more motorways and has given the go ahead to the outer ring round Murcia' - the new 38kms will link Archena to Alcantarilla, and will take traffic outside Murcia centre when driving from Madrid to Cartagena or Lorca.

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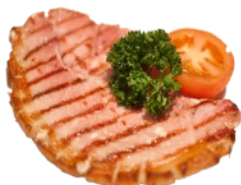
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I go on jury duty Friday. And I'm telling you right now, I want to be tampered with.

David Letterman

What's Up? continued

After a year's investigation, Ángel María Villar, the president of the Spanish Football Federation, his son, Gorka Villar and his right hand man Juan Padrón, have been arrested for 'continued' embezzlement during the golden area of Spanish football. Villar, who held the position for 29 years, is accused of diverting commissions paid for the television broadcasting rights for Spanish national games.

La Opinion de Málaga reports that 'Treasury will oblige Airbnb to identify the owners of the rented accommodation - owner named, days rented and price paid - on the Costa del Sol.' The hoteliers have backed the measure which they say attacks unfair competition.

Staying within Andalucía, the socialist junta there are trying to minimise the presence of the Cabify and Uber taxis in the province. Only one cab per 30 other taxi cabs will be allowed and there will be a two-year delay on permissions! Protectionism? Of course.

La Vanguardia reported 'the Tax Office has boarded the yacht rented by Cristiano Ronaldo and requested documentation' - the Portuguese and his family were navigating in the waters of Formentera when the operation was carried out.

La Opinión in Málaga reports 'the average haul from a house burglary in Málaga including damage done is almost €1,400' - the province suffers an average of thirteen house burglaries a day, up by more than a quarter. Most burglaries there take place on Tuesdays and Málaga is number eight in Spain with the most burglaries, but number two in Andalucía. No figures are available for this area but I know Torreveja is well up the charts.

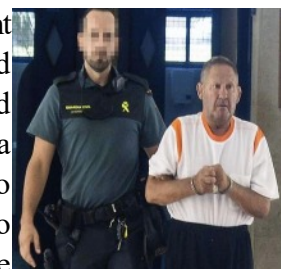
Pedro Antonio Sanchez, the PP regional president of Murcia was forced to resign in April this year. He now has to stand trial over allegations of corruption and fraud. These relate to the construction and handing over of an auditorium, a dance school and a congress hall in Puerto Lumbreras when he was mayor. The project was budgeted for €6 million and the contractor was paid in full in 2012 even though the building was incomplete. An additional payment of €338,916 was also made to the contractor for no reason. Five years on, an additional €2.7 million is required to complete the work. The builder and architect will also stand trial.

Málaga is the province with the highest number of insurance frauds' - some 22,550 attempted frauds a year. Most of the frauds relate to life insurance, health and accidents (14,000), cars (5,700) and home & commercial claims. Alicante had only 927 detected.



Those of you with a few grey hairs may remember the professional wrestling programs hosted by Ken Walton on ITV during the 70's. The 'fights' or bouts were largely a joke, with wrestlers like Mick McManus and Les Kellett, leading a rather aging and rheumatic bunch. "Crybaby" Jim Breaks was also a regular on the screens then and

featured in the lighter-weight bouts. Breaks, photos, is accused of beating to death his 57-year-old carer/partner, fellow Briton Donna Cowley in his apartment in Puerto Rico, Gran Canaria. Breaks, who descended into tears as the police forcibly pushed him into the police car, cried to the reporters present, 'Aren't you going to help me?'



After being found guilty of tax evasion and fraud on February 17 this year, Iñaki Urdangarin, brother-in-law to the current Spanish monarch (seen here with his wife, Princess Cristina), was sentenced to six years and three months in prison. He is now facing an even longer



sentence, as the chief prosecutor has requested the Supreme Court to increase the jail sentence to 10 years. Meanwhile, Urdangarin has been living in Switzerland as a free man and without any bail. It will be interesting to see if the spouse of one of the royals ever makes it to jail.

Two others, Matas and Torres, are facing similar sentences for the 'embezzlement' of Nóos.

The former chairman of failed savings bank Caja Madrid, Miguel Blesa, was found dead in July in his Puerto del Toro country estate in southern Spain's Córdoba province. He had a self-inflicted gunshot wound to his chest. Suicide has been confirmed. He was currently appealing a six-year jail sentence. Blesa was one of 65 defendants found guilty in March of misusing millions of euros from the lender Caja Madrid through the use of tax-free credit cards in the so-called "tarjetas black" scandal. Failed savings bank Caja Madrid was once Spain's fourth-largest lender, but over a space of 20 years or so, the flagship savings bank became a refuge for dozens of politicians who were granted a seat on its board as a reward for their loyalty or power.

Murcia is the Spanish region which suffers most burglaries according to the insurance companies.

Anal Blindness.

A secretary calls her boss one morning and tells him that she is staying at home because she is not feeling well.

'So, what's the matter?' he asks. 'I have a case of anal blindness,' she says in a weak voice.

'And what the hell is anal blindness?'

'I just can't see my arse coming into work today.'




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On a very warm day on the 12th July 2017, 31 players converged on the Lo Romero Golf Club. The course was in great condition which was reflected in the great scores, playing Stableford format the scores were as follows:-

Winners Gold Division

- 1st - J McGregor 39pts
- 2nd - R Lyles 38pts
- 3rd - J Williams 37 pts count back

Winners Silver Division

- 1st - G Ruston 32pts
- 2nd - J Nichol 31pts
- 3rd - G Mitchell 29pts

Nearest the Pin

- No. 5 - D Da Silva; No. 7 - T Jones;
- No. 12 - T Malcolm
- No. 15 - R Lyles; No. 17 - T Malcolm

Match Play Quarter Final Winners

- T Brain
- C Taylor
- Bud Butler
- I Johnstone



Players returned to the Lime Bar for some well earned refreshments. Great food was provided by the Lime Bar. Many thanks to Pete and the staff of the Lime Bar.

Ian Johnstone.

90% of politicians give the other 10% a bad reputation.

Henry Kissinger



LIME BAR



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*A Frenchman walks into a library and asks for a book on war.
The librarian replies, 'No mate, you'll only lose it!'*

Many of you who reside permanently on the Orihuela Costa will be aware that there is little in the way of emergency services available to residents here. Fire and ambulance cover is normally provided by the services from Torrevieja. However, during the summer months, the traffic on the inadequate section of the N-332 leading through Torrevieja can badly delay any of the emergency responses to parts of the Orihuela coastline which is up to 18 kilometres in length. A normal response of 20 minutes can be extended to 40 minutes, which is hardly an emergency response. It has now been decided that from the period of July 15 to December 15, the fire emergency coverage will be provided by the fire service of Pilar de Horadada, during the hours of 10:00am to 10:00pm. Outside of those hours it will be the Torrevieja fire service providing cover as traffic-jams are unlikely during the evenings and early mornings.

Once again, all this does is to highlight the total inadequacy of emergency services in our area. The sooner the town council pull their finger out and get on with building the long promised emergency centre in La Zenia, only then will we begin to receive the most basic of emergency services in our neglected area. Although the previous building contractor on site went bust several years ago, a request for new bids is not expected until the autumn/winter of this year - at the earliest.

There has been a lot of commotion locally concerning the closure of three beach bars, *chiringuitos*, located between Cala Piteras and Punta Prima. All three are within the municipality of Torrevieja and have been operating without any authorisation, municipal, regional or national, for years. One kiosk has been operating since 2007 and the other two from 2012. A closure order was ordered on one several years ago, but the file was not passed on or enforced. When in the summer of 2015 a reporter from *Informacion* quizzed a Torrevieja coastal councillor on the matter of the illegal bars, he merely indicated that they were not within his competence - regardless of whether they might be legal or not.

What drew the notice and wrath of the council at this late stage was complaints about the noise created by one live band at these venues. Although the other *chiringuitos* on the Torrevieja and indeed the Orihuela Costa beaches, have all had to tender for the beach positions, had licences and paid the various fees, the three closed bars, which were very profitable, applied for nothing and paid nothing.

One would wonder in these circumstances whether a public liability insurance claim would be met? I think not.

Skin and scuba diving off the coast of Tabarca has been banned while the authorities decided what to do about what was believed to be a WW2 bomb on the sea floor of the marine reserve. After several days, the bomb was removed and detonated safely further out at sea. Inspection of the device revealed that it was a munition from the US of A.

It is good to see that the Orihuela Costa is finally getting some badly needed investment in its infrastructure. This comes courtesy of Luisa Bone Campillo, Ciudadanos (Citizens) Councillor for Beaches and Infrastructure on Orihuela Costa, photo.



This special cash injection amounts to €1,877,050. The new funds will be distributed as follows:

A new football pitch on municipal land - €100,000; installation of a skate-board park - €60,000; drawing up a project for a multi-cultural centre - €50,000; improvement to the public parks (green areas) - €300,000 with particular attention to the areas of Lomas de Cabo Roig, Villapiedra & Lago Sol; improvements to the promenade between Cabo Roig and Cala Capitan - €500,000; improving access to Cala Cerrada - €50,000; improving the various facilities on the beaches - €200,000; improving the roundabout access between Villamartin and the motorway - €60,000; asphaltting and repairs roads and pavements - €500,000 and €57,050 to go to improvements in the Civic Centre at Alameda del Mar.

Although Luisa Bone has only been in the job a relatively short time, this is the first time that a councillor has specific responsibilities for certain parts of the coastal management and appears to be addressing it openly and transparently. A range of previous political parties - PP, PSOE, Greens, CLARO did bugger-all for the coast when in power. But the coast will never get its fair share of funding until it breaks away from the greedy clutches of Orihuela City.

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Controlling the Pets!

Dog poo is a problem throughout Spain. This is not the fault of the dogs but of their owners. Unfortunately, far too many Spaniards allow their dogs to walk without a lead and will walk behind the dogs with their head buried in a mobile phone, unaware or not caring about the dog's toilet habits.

If one does not pick up the crap, then one can be fined, but it is an impossible task to monitor. There has been lots of guff about DNA testing dog-turds but it is all just nonsense.

But the town of Mataró in Catalonia has introduced a raft of new by-laws to cover the ownership, protection and control of pets. Stray cats are to be rounded up and sterilised and then kept in protected spaces. Animal associations have to play a key role.

If you are taking your dog for a walk without a lead, you can be fined and if you do not wash away the dog's urine from facades with either water or a suitable liquid - bleach is not allowed - then you can be fined with, in certain circumstances, €750! Fines for a range of pet-offences are from €100 to €3,000 at the highest.

Noisy animals are banned from terraces there between the hours of 21:00 and 08:00. What a wonderful idea, but what about the noise outside of these hours?

This is a particular problem in many residential areas and many have contacted me over the years concerning this and how some owners also leave their dogs on the balconies during the savage summer sun. For what it is worth this is what I recommend:

First, speak to the dog owner - diplomatically. Ranting and raving will only create barriers.

If the dog owner is uncooperative or if the noise continues, then get together with your neighbours and take out a *denuncia*. You can do this at the police desk in the town hall locally but will probably need the assistance of a translator if your grasp of Spanish is poor.

The police will later visit the offending owners BUT that may not end the problem if the pet owner is being obstructive. You may need to continue with the *denuncias*. Now, if you have a better practical solution then let me know - the World is waiting!

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SKY SPORTS

Try this locally!

Two fellows stopped in a pub for a drink. They called the proprietor over and asked him to settle an argument. 'Are there two pints in a quart or four?' asked one. 'There are two pints in a quart', confirmed the proprietor. They moved back along the bar and soon the barmaid asked for their order. 'Two pints please, miss, and the bartender offered to buy them for us.'

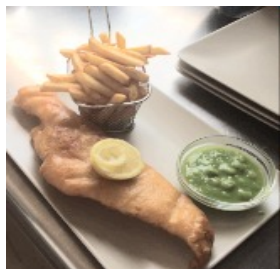
The barmaid doubted that her boss would be so generous, so one of the fellows called out to the proprietor at the other end of the bar, 'You did say two pints, didn't you?'

'That's right,' he called back, 'two pints.'



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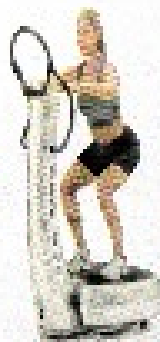
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The EHIC - Change Coming?

During the recent Brexit negotiations in Brussels, European Commission officials told their British counterparts that the UK will be thrown out of the European Health Insurance Card (EHIC) system after the 29 March 2019 withdrawal date.

The EHIC gives British tourists and business travellers free healthcare in Europe. This is nothing to do with the healthcare that resident pensioners enjoy in the EU at the moment.

Without this card, British tourists will have to take out travel insurance or bear the cost themselves, which can be substantial. David Davis, the UK Brexit Secretary, has asked the EU to continue with the scheme, and said that if Brussels refuses, the Government will foot the £155 million-a-year bill.

An EU source said the loss of EHIC membership was "what Brexit means" but said the issue could be discussed in the later phase of negotiations dealing with Britain's future relationship with the bloc.

The British offer has a two-year time limit for an EU citizen to be away from Britain before losing the rights in the deal.

"The notion that underpins the EU approach to the question of citizens' rights is to preserving existing rights on the basis of reciprocity," the official said.

If the British were to lose the two-year limit, the EU would be "willing to discuss" British expats being able to move around inside the EU and keeping residence rights, according to the official.

There has been significant progress on the question of retaining citizen's rights, with a reported 50% agreement on the issues. This is particularly encouraging on the question of expat healthcare.

But there has been no common ground on the major area of disagreement in the negotiations on citizens' rights; the future role of the European Court of Justice.

The EU wants the Luxembourg court to have jurisdiction over EU citizens' rights. Under that plan, any EU expat who felt his rights were infringed could ultimately refer a case to the ECJ.

But basically, the UK don't want the ECJ to have any power or say in post Brexit Britain nor have any influence on its citizens abroad. This will be a major stumbling block.

Stupid!

I met a girl in a pub last night and we ended up going back to her house. After a few more drinks, we started kissing and having a bit of foreplay on the sofa. She looked at me and said, 'Let's take this upstairs.'

I said, 'OK, you grab one end and I'll grab the other.'

How Some of the Drugs Get In.

A common method of bringing drugs into the south of Spain is by high-speed boats similar to the ones shown in these photos. The preferred route is usually Morocco to the Cadiz coastline.

These speedboats often have three massive outboard engines and are capable of carrying 1,200 kilos of hashish at speeds of 110km/h. With a kilo of hashish worth between €1,400 to €2,000, each boatload will eventually fetch millions of euros throughout western Europe.



A small crew for these vessels, normally three or four members, can be paid as much as €60,000 per trip. The pilot/drivers of these boats are known

as 'kamikaze pilots' and are paid the highest among the crew, the remaining crew pocketing between €3,000 and €5,000 each per trip. Their job is to look after the fuel, the drugs, radar and sonar.

Few of these boats will surrender when encountering a Customs vessel. They will try to outrun or even ram the other boat. Late last year four of the traffickers drowned after attempting to ram a custom's craft. If they are stopped, they will often dump the drugs into the sea. Although they will never admit it, I would expect that the customs also ram non-compliant boats.

But of course the criminal organisation extends onto land, where the



longshoremen, who are paid up to €3,000 for unloading the hashish once it arrives on the coast, get the drugs off the boat and load it onto the all-terrain vehicles that are waiting for them.

Lookouts are also employed, at around €1,000 per person, to keep an eye out for police.

Up to three vehicles are usually used for each load: one to clear the route, one to carry the drugs and a third that is there to ram police cars if need be. The drivers will be paid up to €3,000 per trip.

Road to Nowhere

The N332 needs another two lanes
We've been waiting for some years
But all our hopes have been in vain
as no documents exist it appears

Torre Vieja has called Alicante
the process to progress
but it seems to be just flight of fancy
and the whole thing is in a mess

Another two months of the queues
as the tourists go far and wide
the side roads to town we will use
but with plenty of time for the ride

I'm sure local business takings are lost
residents at home and not out
at local bars our thirst we will drown
too much bother to drive to the coast

Then there's the hordes of street sellers
if we ever get down to the shore
a lot of them pushy fellows
when you say no they ignore

Again local shops lose their trade
from trainers, shirts and sun glasses
with all tax free cash to be made
its no wonder there here in their masses

It's time someone took this in hand
and clear them all off the beach
we don't need this illegal band
it's within the authorities reach

The Phantom Poet

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Only Fools and Horses

- I paid four grand a breast for my wife's boob job.
 - How much did that cost you then?
- Boycey and Trigger

I can confirm that Russell Crowe does not use deodorant.
I understand that in Australia it's known as animal magnetism. Joan Rivers

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Airport to Torrevieja: 8:00 - 10:00 - 11:00* - 12:00 - 13:00* - 14:00 - 16:00 - 17:00* - 18:00 - 19:00* - 20:00 - 22:00

(*) - From 1st April to 31st October

Price: €6.92. Children under 4 years travel for free but ID may be requested.

Pensioners can get a 30% discount but only if they are registered as permanent residents in the Valencian Community. You may need to show proof of age ID plus Residencia, NIE or DNI. A bit of a palaver really. Prior booking is not required. Sometimes the bus fills up quickly with people and you have to wait more than 2 hours for the next bus.

Lime Bar Fishing Sunbathing Club

I had to hunt for last month's article. Mick (the Ed) had relegated us from the sports page section.

June and July have been really hot so for the July match we decided to fish somewhere we could be in the shade. The members were split 50/50 but the Eden canal was selected by the toss of a coin... To make sure that we had enough pegs, 4 of the fitter members hacked and slashed at the bamboo to ensure we had pegs for the 9 anglers expected. Waste of time that was! Only 6 turned up.

One of the reasons to fish the Eden was for the shade. We still needed umbrellas though, we had a massive thunderstorm and it lashed down with rain for over 2 hours. Good job we weren't at the Pedrera, I may have got my car stuck again.....



Anyway, the match carried on and it brightened up at about 14.00.

There is an old wife's tale that rain oxygenates the surface water and stimulates the fish into feeding. It doesn't work in Spain! There were only a few fish caught and none of them were very big.

We did see plenty of huge terrapins and "pony tail Phil" saw a snake the size of a bootlace. He has been taking lessons from the Snake charmer, because he ran up the bank and waited on the track until it had swum away. The wussy!

The commotion on the bank didn't spoil the concentration of Phil H though, as he won the match with just 1.3 kilos. Just John

didn't fish the match as he had just had his car valeted and didn't want to get it dirty!

Missed a chance of 20 points there John.

Thank you Anti Social and Belinda for organising the night out at the New Tavern. No gossip other than Keith the stick not stopping his incessant chatter and then being sent to the corner after knocking Little Big Mick's full pint into his lap..... (Photo, left).

We thought 3 rods was on holiday but he has patented a new rod-pod complete with beer holder. See photo, right.



Next meeting/bun fight is at The Lime Bar @ 17.00 Mon 7th August.

Fishy fingers!

The Ghost

Three Men in a Boat.

Three guys are fishing in a lake in Alaska, when Fred gets up to get a beer, loses his balance and falls out of the boat.

Ed says, 'What should we do?' Bill says, 'You better jump in after him, he's been underwater for a while, he might need some help.' So Ed jumps in, and after some time, he surfaces. He says, 'Help me get him in the boat.'

They wrestle Fred back into the boat. Ed says, 'What do we do now? It doesn't look like he's breathing!'

Bill says, 'Give him mouth to mouth.'

Ed starts to blow air into Fred's mouth and says, 'Whoa, I don't remember Fred having such bad breath.'

Bill says, 'Come to think of it, I don't think Fred was wearing a rotting snowmobile suit, either.'



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Sorry, no changes to menu.



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A tramp was in front of a judge. The judge says to him, 'You've been brought here for drinking.'
The tramp says, 'OK, lets get started.'

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Jackie Stallone says she's never had plastic surgery.
Really? Well I hope she got the number of the bus that hit her.
Paul O'Grady

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Is Coffee the New Superdrug?

In recent months there have been a number of reports in the scientific press about the benefits of coffee drinking. The Times published a good report on the matter on July 15, which was much too long to repeat here, although a brief synopsis will follow. You can read the informative full article here -

<https://www.thetimes.co.uk/edition/weekend/longer-life-better-memory-yes-coffee-is-the-new-health-drink-jvtk5vp0n>

Although many people feel that coffee is bad for us. However, new research has found that coffee drinkers live longer. But there are yet more scientific claims to the health benefits of your mug of Joe.

In study, researchers at the International Agency for Research on Cancer and Imperial College London examined data from 521,330 people aged over 35 in ten European countries, and found that men who drank at least three cups a day were 18% less likely to die early from any cause than non-coffee drinkers. Women experienced a 7% reduction in mortality.

Similar results were also reported by American scientists in early July this year. In their study they found that people who drank two or three cups daily had an 18% reduced risk of early death. Coffee drinkers were more likely to be protected from heart disease, cancer, and respiratory diseases, the research found.

Bullet points for other benefits from drinking coffee were reported as

- Caffeine protects against premature ageing, heart problems and cancer
- It aids weight loss and fitness
- It can help to reduce the risk of dementia
- Caffeine can help to reduce the symptoms of Parkinson's
- A cup of coffee lowers the risk of type 2 diabetes
- Caffeine can boost memory and learning
- A cup of coffee can help to beat a migraine
- It can help to beat depression

These claims, including helping to reduce inflammation, are detailed in the linked article BUT one should also be aware of the drawbacks associated with the beverage. Coffee is addictive and is a major cause of insomnia. Three or four cups of coffee - consumed even six hours before bedtime - can significantly interfere with sleep patterns.

High intake has also been linked with infertility in men and women, leading some researchers to suggest that coffee should be limited by couples struggling to conceive.

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THE PHOENIX GOLF REPORT –

We played our monthly Golf competition on July 16 at Lo Romero Golf Course which was in excellent condition. It was very hot but fortunately for everyone there was a lovely breeze which kept the temperature slightly down – thank goodness.

I was very pleased that Les Roundwaite got a “Nearest the Pin” on No. 7.

On No.5 was Mick Heighway

On No.12 was Ken Styan

On No.15 was Ken Styan

Overall winner was Ken Styan.

After the game we returned to

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as usual – many thanks to Donna & Paul.

Dave Wightman



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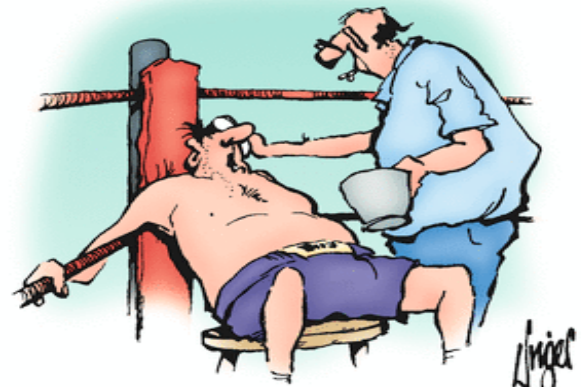


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4-9

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“Are you sure the referee didn't hit
me a couple of times?”

When a surgeon came to see his blonde patient on the day after her operation, she asked him how long would it be before she could resume her sex life.

‘Uh, I hadn't really thought about it,’ replied the surgeon. ‘You're the first to ask that after a tonsillectomy.’

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FREE WIFI

A boy was looking through the big old family Bible when something fell out. It was a leaf from a tree that had been pressed between the pages.

'Mum, look what I found,' said the boy. 'What have you got there?' asked his mother as he showed her the leaf. He said, 'I think it's Adam's suit!'

TICKS!

Although, many pet owners resident in Spain may be aware of the problem of ticks, the current warm weather seems to have boosted their presence greatly.

France has launched a special smartphone application to track a rocketing plague of ticks, which cause over 30,000 cases of Lyme disease per year there and pose a threat to thousands of British holidaymakers who take to the French countryside in summer. Neglected walkways through schrub land locally here in Spain and even well watered gardens can harbour the critters.

Lyme disease attacks the nervous system. If left untreated it can lead to heart problems, temporary facial paralysis, seizures or even death. Symptoms can include a bull's eye red shaped rash, tiredness, muscle pain and headaches. It is transmitted by ticks when they suck human blood.

Faced with a dramatic surge in the number of cases, which have tripled in the past decade, experts at the French Institute for Agricultural Research, INRA, have launched an application called Signalement TIQUES - French for "tick alert". Unfortunately the Spanish have no obvious program on this so it is down to the individual. See - <http://www.telegraph.co.uk/news/2017/07/17/france-launches-tick-alert-app-frantic-bid-map-lyme-disease/>

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Shhhhhhhh!

Two drunks are standing at a whorehouse door. The first drunk says, 'I heard half these girls have the clap and that none of them would think twice about stealing every penny we've got.'

The second drunk says, 'Not so loud, or they won't let us in.'

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Did you hear about the girl who went on a fishing trip with six guys?
She came back with a red snapper.

European Law Expert: UK Has Sparked Race to the Bottom That Will Strip Citizens of Their Rights.

Now that both the UK government and the EU have set out their proposals for citizens' rights after Brexit, it's clear that both take the concept of reciprocity as a starting point. But the EU and the UK have a profoundly different understanding of what reciprocity means. While the EU approaches reciprocity as a moral principle and legal guarantee in its offer, the UK merely uses it as a technique to delay making commitments and with which to make threats that its offer is dependent on the EU doing the same. But because the substance and legal guarantees of the two proposals is very different, the impact on people's lives would be too.

There are good reasons to argue that unilaterally guaranteeing citizens' rights is not actually the most appropriate solution for Brexit negotiations. During the recent UK election campaign, Labour offered to unilaterally guarantee the rights of EU citizens living in the UK. This seems morally the right thing to do as it would avoid making these citizens a bargaining chip in Brexit negotiations. But at the same time, it would make UK citizens living elsewhere in the EU more exposed to trade-offs between their rights and other points under negotiation.

Unilateral solutions also fail to recognise the cross-border dimension of the lives of the individuals involved, both EU and British citizens. EU citizenship provides a comprehensive set of rights, such as the recognition of qualifications, healthcare co-ordination between member states and rules to transfer entitlements, such as pension contributions, to another country. Such rules require international solutions and cannot simply be resolved by unilateral action from one party at the negotiating table.

Even offering British citizenship to all EU citizens in the UK, as former Greek finance minister Yanis Varoufakis has suggested, is not an appropriate solution as it would not account for such cross-border issues. Not all EU countries allow dual citizenship and some people may have to give up their citizenship of origin if they want to take British citizenship.

The case for reciprocity

The concept of reciprocity is therefore a more appropriate guide to dealing with the rights of the 3.3m EU citizens in the UK and 1.2m British citizens in the EU after Brexit.

There is a strong moral argument for reciprocity. Both British citizens in the EU and EU citizens in the UK have built up their lives in a foreign country in the legitimate expectation that EU citizenship would protect them. They were never asked to obtain visas, were never told their stay would be temporary, and (with the exception of national voting rights) were treated in pretty much the same way as nationals. They deserve to be treated equally in the opportunity to retain the life and rights they have legitimately acquired.

The EU has taken reciprocity seriously as a moral starting point. It has offered that all the rights of both EU citizens in the UK and the British in the rest of the EU will be protected for life. It wants to ensure this via an international agreement between the UK and EU that sets out in detail citizens' current rights for life, to be protected by judicial control of the Court of Justice of the EU.

Under such an international agreement, which can be part of the UK's Article 50 withdrawal agreement from the EU, or be a separate citizens' agreement, each set of citizens acts as a safeguard for the rights of the other. Without such an international agreement, these citizens lose each other as safeguards and will be at the whim of national governments, which will undoubtedly undermine the rights on which they have legitimately built up their lives.

The EU might be willing to compromise by accepting an international court other than the Court of Justice to control the agreement, but legally safeguarding reciprocity at an international level is a strict condition for the EU in its Brexit negotiating position. As Antonio Tajani, president of the European parliament, said on a recent trip to the UK: "For us, the agreement is [to have the same rights] as today [and] yesterday, tomorrow ... For us, it is a priority and it is a red line."

Moral and legal principle

In contrast, the UK government's rhetoric fails to recognise reciprocity as a moral and legal principle. Its offer is far less generous than the EU's. Unlike the EU, the UK does not propose to guarantee the rights of EU citizens for life. It is ambiguous on who can retain them, and it undermines some existing rights, such as the ability for EU citizens to bring a family member to live with them in the UK.

Its proposal on citizens' rights is actually unilateral: it intends to act unilaterally on the residence status of EU citizens by turning them into immigrants under general UK immigration law. This implies that EU citizens living in the UK will lose rights that were specific to them.

If the EU "reciprocates" on this offer, it would mean each of the 27 individual member states would deal with the residence requirements for the British living in their countries. This would leave the British in the rest of the EU at the mercy of 27 different and changing immigration laws on which the UK would no longer have any leverage.

So, instead of accepting reciprocity as a moral principle and legal guarantee, the UK is turning it into a race to the bottom at the expense of both EU citizens in the UK and its own citizens in the EU.

Stijn Smismans

Professor of European Law, Director of the Centre for European Law and Governance., Cardiff University.

<https://theconversation.com/> July 7, 2017 4.50pm BST

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The Royal State Banquet for King Philip VI and Queen Doña Letizia.

The recent visit of the Spanish royals to London, had all the pomp & circumstance one would expect. Red carpet all the way, a 41-gun salute from Green Park and a 62-gun salute from the Tower of London. London hadn't experienced such noise since the Notting Hill riots. But it was the state banquet at Buckingham Palace which pulled out all the stops, and what a glorious event it was. Seven horse-drawn carriages brought the various royals, passing through the Mall and Trafalgar Square, which was a festival of colours with Spanish and British flags, before arriving at the palace. Here there was a guard-of-honour with drawn swords (historically a good thing to greet the Spanish with), but let's jump to the banquet itself. It took five days to prepare the table for 150 guests. The gold & silver cutlery of King George IV - 5,500 pieces, as well as the glassware of the coronation of Elizabeth II - 2,500 pieces, were brought in from the storage warehouses. Personal touches decorated the top table, which included a pair of gold decorative fish which were a gift from the previous Spanish monarchs, Juan Carlos and Sofia Isabel II. The U-shaped table for the remaining guests was adorned with fruit plates of cherries, grapes, strawberries and pineapples as well as sculptured ornamental pieces.



The menu included the following: Salmon trout with fennel; medallions of beef with Spanish beans, radishes, sautéed zucchini and fondant potatoes. For dessert it was a bitter chocolate confectionary with raspberries. The various courses were accompanied by a range of superb wines including one from the Bodegas Alión Ribera del Duero, vintage 2000.

Included in the guests were Ana Patricia Botín, chairwoman of Santander; Esther Alcocer Koplowitz and Pablo Isla of Inditex; José María Álvarez-Pallete, president of Telefónica and Josep Oblu, of the Sabadell Group. A small orchestra kept the guests entertained but unfortunately a band of Scottish pipers were also allowed to perform. A gallery of photos of the royal visit can be seen here -

http://www.elmundo.es/album/loc/2017/07/12/59661349ca4741c56a8b45a0_1.html

No sooner had I invited the Queen to join me on the dance floor than the Marine band broke into a spirited rendition of 'The Lady and the Tramp'. Only narrowly did we avert an international incident, not to mention a court martial or two.

Gerald Ford, Former US President



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Pinocchio's Problem.

Pinocchio's girlfriend kept complaining: 'Every time we make love I get splinters.'

So Pinocchio sought the advice of his maker, Gepetto the carpenter.

'What you need, Pinocchio,' said Gepetto, 'is sandpaper, that will solve the problem.'

So Pinocchio bought some sheets of sandpaper.

A few weeks later, Gepetto bumped into Pinocchio in the street.

'How are you getting on with the girls since you started using the sandpaper?' he asked.

Pinocchio said: 'Who needs girls?'



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Having Children in Germany.

In 2017, parents of a single child get paid €192 a month to spend on their pride and joy. And that money flows in from the first month of the child's life right up until they turn 25 years of age!

And that's just the start of it. The parents get another €192 for their second child, €198 for the third, and €223 for every kid they bring into the world after that.

All that means that parents with four children receive €805 every month, just so the rest of us have to step out of the way of a gaggle of snotty screaming toddlers on the pavement.

Thankfully, *Kindergeld* (child benefit) hasn't risen very much over the past few years. It remained unchanged between 2010 and 2014, then rose moderately from €184 for the first child to €192 over a three-year period.

But now Angela Merkel's Christian Democrats (CDU) have announced plans to bump up *Kindergeld* payments by €25 a month if they get reelected.

Parents who don't wish to receive child support can also receive a tax exemption called a *Kinderfreibetrag*, currently on the first €7,356 of their household income. Merkel also wants to raise this figure to €8,820, which she calls "a strong signal for the future."

Angela Merkel has plans to use money to further revive the Teuton libido, as it awakens from a long period of hibernation. It all makes the British and Spanish allowances look incredibly mean.

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What's the difference between Dr Harold Shipman and Theresa May?
Dr Shipman actually did something about hospital waiting lists.



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- Last night? The coldest night of the year? Makes you proud to be British.

Civil Servant and Winston Churchill

More than 50,000 Britons with 'Metal on Metal' Hips Told to Have X-rays and Blood Tests over Toxic Fears. *As The Dream Scene is read by a majority of slightly older readers, I have this month included two 'health' articles, which I hope will be helpful to some. This one on hip-replacements I know will affect many who, although resident in Spain now, have had the operation in the UK. The link to the original article in the Daily Telegraph at the bottom of this article also includes a helpful explanatory video on the problem. The other article relates to prostate health.*

More than 50,000 UK patients with “metal on metal” hips are being told to undergo X-rays and blood tests after watchdogs found they are far more toxic than was thought. Every person fitted with the devices is being advised to have checks, in a safety alert issued by the Medicines and Healthcare products Regulatory Agency.

Concerns have been repeatedly raised about the devices, with watchdogs previously recommending patients with particular types of implant, or troublesome symptoms, to undergo tests. But the new advice means 56,000 patients - every single person with such implants - is being asked to undergo a series of medical tests, to establish whether they are suffering muscle or bone damage, and metal toxicity.

The unprecedented decision could result in thousands of people undergoing revision surgery, to replace the implants. Watchdogs said the alert had been issued because of growing evidence that muscle damage caused by the implants can become progressively worse, and even irreversible, without patients suffering symptoms.

Surgeons are particularly concerned about consequences for female patients, who will be told to undergo annual checks even if no concerns are detected. It follows a series of investigations by the Telegraph, which uncovered widespread problems with the devices, which have now been largely phased out.

Metal-on-metal implants were introduced in the UK in the 1990s when they were promoted as offering better mobility than those which use a metal ball and plastic socket.

They were seen as a better option for younger patients, who were likely to be more active and put more pressure on the joint. Dr Neil McGuire MHRA's clinical director of medical devices said: “Although the majority of patients with these metal on metal devices have well-functioning hips, it is known some may develop soft tissue reactions related to their implant. “The clinical advice we have received indicates patients will likely have the best outcomes if these problems are detected early, monitored and treated if necessary. If people have any questions

about their hip replacement they should speak with their GP or implanting surgeon,” he said.

The previous recalls meant that patients with particular types of devices, and those suffering particular reactions had been subject to extra checks. The MRHA was unable to say how many patients this amounted to, but said that as many as half of patients with the devices may already be having some level of monitoring.

Today's decision was taken after tracking of thousands of case surgeons found the devices are still causing soft tissue reactions, many years after they were implanted.

It means that patients will be asked to undergo a series of checks - even if they are currently suffering from no symptoms at all. The decision does not mean that every patient with such hip implants would need to have them removed, the MHRA stressed. Revision surgery will only be recommended if scans, blood tests or scored used to measure pain suggest the devices are causing unseen harm. All women who have the implants will need to have annual checks for the rest of their lives, under the guidance - even if they are currently are suffering no problems.

Studies have found that women were particularly likely to need revision surgery, with suggestions the the smaller components used in surgery leaves less margin for error.

Men suffering symptoms which could denote muscle damage will undergo annual checks, and while those without will have tests at least every three years.

The alert warns: “MHRA's clinical orthopaedic experts have ... observed that soft tissue necrosis may occur in both asymptomatic and symptomatic patients, and believe early detection of these events should give a better revision outcome should this becomes necessary.”

Registers of patients have found that patients who received the implants in the last decade are “continued to show a risk of adverse soft tissue reaction to particulate debris” it states.

In 2013, NHS hospitals were told to stop fitting most metal-on-metal hip replacements after a study found unacceptably high failure rates among 17,000 patients.

The guidelines said the NHS should stop using any hip implant with a failure rate higher than 5% at five years, ruling out most types of metal on metal implants.

In 2010, two hip implants made by company DePuy were withdrawn from the market after concerns about their safety. These accounted for around 10,000 of the metal on metal hips fitted in the UK since 2003.

<http://www.telegraph.co.uk/news/2017/06/29/50000-britons-metal-metal-hips-face-x-rays-blood-tests-toxic/>

Forbidden Fruits.

Three guys were on a trip to Saudi Arabia. One day, they stumbled into a harem tent filled with over 100 stunningly beautiful women. They started some ‘horizontal jogging’ with the women, when suddenly the sheik came in.

‘I am master of all these women. No one else can touch them except me. You three men must pay for what you have done and be punished in a way corresponding to your profession.’ The sheik turned to the first man and asked what he did for a living. ‘I’m a cop,’ he replied. ‘Then we will shoot your dick off!’ said the sheik.

Turning to the second man, he asked what his job was. ‘I’m a fireman,’ the man replied. ‘Then we will burn your dick off!’ said the sheik.

Finally, he asked the last man, ‘And you, infidel, what do you do for a living?’

The third man answered with a sly grin, ‘I’m a lollipop man.’

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A nice, calm, and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide."

The pharmacist asked, "Why in the world do you need cyanide?" The lady replied, "I need it to poison my husband."

The pharmacist's eyes widened and he exclaimed, "Lord have mercy! I can't give you cyanide to kill your husband Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife.

The pharmacist looked at the picture and said, "You didn't tell me you had a prescription."

IDIOTS OF THE MONTH

This month pride of place goes to the US of A armed forces. After commissioning one of its new multi-billion dollar aircraft carriers, it was found that the carrier catapult-launching systems was incapable of launching any aircraft with extra fuel tanks or large munitions. There are similar problems with landings as the capture system was inadequate. A few hundred million dollars should solve the problem.....hopefully!

Next we remain with the US - this time the air force and an airborne heavy-drop unit. This is where Hercules aircraft - C130's, drop heavy loads by parachute at low altitudes.

But in this case some of the loads, humvees, were not secured and came apart from the rigging and smashed to pieces on the ground. Three humvees, at a total cost of \$660,000, were demolished (photo). The link below shows the event to the great glee of the airborne soldiers who filmed it all. Check out the following link -



<https://www.youtube.com/watch?v=I-YsSL65quM>

But don't think that Britain is faultless when it comes to defence procurement. Although twenty years since the first commissioned designs for a "joint strike fighter" - the F35 - were ordered, the price for each aircraft has now rocketed from £77 million to £155 million, and that, according to The Times is for each aircraft. However the price is likely to increase substantially before the new jets become truly operational due to many design faults and shortcomings. British orders for the proposed fighters did not include critical support technology which would enable the aircraft to communicate with other older aircraft. Without it, F-35 pilots wishing to share data with such aircraft from the jet's sensors have to use an insecure channel known as Link 16, potentially giving away their position. Another problem is the jet's ability to talk in stealth mode to HMS Queen Elizabeth. The Royal Navy's new aircraft carrier is understood to lack a Multifunctional Advanced Data Link (MADL), which enables covert transmissions of data. It means that an F-35 returning to the carrier in stealth mode would be indistinguishable on radar from an enemy missile, one source said. The Queen Elizabeth aircraft carrier only has a broadband width of up to 8 megabit! This is also a serious problem for the F-35's data transmissions.

You can read more here -

<https://www.thetimes.co.uk/edition/news/jets-are-overbudget-unreliable-and-vulnerable-to-cyberattacks-v3gt8dcbb>

Two brothers decided to burst into a house near the beach of San Juan, Alicante, during early July. They believed that the elderly couple living there had a recent inheritance and they wanted money to feed their drug habit. The old man was forced to the ground and the man's son, who was also present, was



tied up with rope. The elderly woman was then threatened. She offered them money, €750 cash from a drawer, some jewelry and five Christmas lottery *decimos*, if they wouldn't hurt them. At this stage the police were banging on the door, so the thieves jumped through a window to escape. Upon landing on the ground, one of the would-be-Spidey, hurt his ankle and couldn't run away, leading to his immediate arrest. See photo of *Spidey*, shamefully hiding his face as he was escorted to the police station. The other thug was apprehended quite quickly and all the stolen items returned. The family was quite stunned as one of the thieves had been at weddings with the family and had even worked with their son.

Now to Solihull Hospital in Birmingham, where an ophthalmologist was checking a 67-year-old woman's eyes for cataracts and found a blueish mass on her eyes.

It then transpired that although the woman had been wearing contacts for years, she never went for check-ups and kept putting one lense on top of another. The ophthalmologist picked out 27 lenses, 17 from one eye.

Finally, we go to the coastal town of Castro Urdiales by the Bay of Biscay in northern Spain. Here a 23-year-old sued her parents after they refused to keep supporting her financially. She lost the case as the judge agreed that she was "too lazy to earn a living". In this case, the judge observed that the claimant had caused her penniless situation "through her own conduct" because she failed to finish school or obtain any qualifications and "despite relatives paying for her to attend courses in computer and office skills, she either failed to enrol or dropped out". The judge also observed that the woman had secured employment in her home town of Castro Urdiales as well as further afield in the south of Spain and even in London but had always left the job of her own accord.

Spaniards do not leave the home 'nest' until the average age of 29. Only in Malta (31.1 years), Italy (30.1 years) and Greece (29.4 years) do parents have to put up with their offspring for longer.

What Urologists Tell Men on How to Have a Healthy Prostate.

I have a number of friends and acquaintances on the Costa Blanca who have had a brush with prostate cancer. Although they are all survivors and probably experts on the matter by now, some of you might find this article helpful.

This article appeared online in El Pais and is written by DR. DAVID B. SAMADI, a board-certified urologic oncologist trained in open and traditional and laparoscopic surgery and is an expert in robotic prostate surgery. He is chairman of urology, chief of robotic surgery at Lenox Hill Hospital, New York City. Additions in brackets are mine.

A common question a urologist often hears from his male patients is: "What can I do to reduce my risk of developing prostate cancer?" This is a great question all men should be asking. Men may not think much about their prostate until they have problems with it. But why wait until something goes wrong? If a man can work with his doctor in fine tuning how to treat his prostate with respect, then he will most likely improve his chances of dodging prostate cancer.

The prostate is a walnut-sized gland located between the bladder and the penis and has the important job of producing the fluid that together with sperm cells from the testicles and fluids from other glands makes up semen. Besides prostate cancer, the prostate is vulnerable to other conditions associated with it such as prostatitis and benign prostatic hyperplasia. That's why the earlier in life a man does think about it, the greater the likelihood of avoiding potential issues in the future. All men can and should take preventative steps to keep their prostate in tip-top shape, regardless of whether they have a family history of prostate cancer or not.

According to the American Cancer Society, about 161,360 new cases of prostate cancer (in the US) will be diagnosed in 2017. Around one man in seven will be diagnosed with prostate cancer in his lifetime.

Here are seven ways a man can improve his chances of keeping his prostate healthy and cancer free:

1. Maintain a healthy body weight and exercise regularly

Men should reach a healthy body weight for their height paying special attention to reducing central abdominal obesity or belly fat. Keeping a consistent, regular exercise program can help maintain weight and keep it from accumulating in the belly area.

2. Eat more fruit and vegetables

Men should consume at a minimum five servings of fruits

and vegetables each day. The more a man chooses colourful produce to eat, the better. Choose from tomatoes loaded with the phytochemical lycopene along with pink grapefruit, watermelons (ketchup) and papaya, which also contain this healthy compound for prostates. Cruciferous vegetables are always a good choice for preventing all cancers and include broccoli, cauliflower, cabbage, Brussels sprouts, Bok choy and kale. (Lycopene foods are also said to be beneficial for anti-aging and are high in antioxidants. Checkout <http://slism.com/diet/lycopene-foods.html>)

3. Get some sun

Always use sunscreen but don't totally avoid the sun either. The sun is our main source of vitamin D, which has been shown to help reduce the risk of developing prostate cancer. Too little sun and a man may run the risk of increasing his chance of getting the disease.

4. Don't smoke

The role of smoking appears to increase the risk of prostate cancer by affecting circulating hormone levels or through exposure to carcinogens. If a man currently smokes, he should seek help in quitting as soon as possible.

5. Choose foods rich in selenium

The mineral selenium has been found in studies to have a role in preventing prostate cancer. Include more selenium rich foods such as wheat germ, tuna, herring, beef liver, eggs, sunflower and sesame seeds, cashews, mushrooms, garlic and onions.

6. Know your family history for prostate cancer

It's always advisable to know your family medical history and for a man it is important to know if any close relatives (father, brother or grandfather) ever had prostate issues or prostate cancer. A man's doctor needs to be informed of this as any man having a father or brother with prostate cancer has double the chance of developing this disease.

Other factors putting a man at a greater risk of developing prostate cancer include:

- African-American
- People of Scandinavian descent
- Any man who has two or more family members who were diagnosed with prostate cancer

7. PSA blood test and digital rectal exam

The standard tests for checking a man's prostate is the prostate specific antigen (PSA) and digital rectal exam. A man should consult with his doctor as to when these tests should begin but they should be done annually once they are started

A tonic for the troops!

The commandant at Preston thanked me for organising the military hospital show. I said, 'We don't want thanking - after all these lads did for us at Dunkirk.'

'Oh, none of them have been further than under the pier at Blackpool,' he replied. 'This is a V.D. Hospital.'

Arthur Askey

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The above is a newish website devoted to Orihuela Costa. It has some good photos, some excellent virtual tours and lots of information in Spanish, German and English on this marvellous area.

The site is regularly updated and is well worth a visit.

There is an active Facebook group at Dream Hills - Costa Blanca

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The editor, Mick, can be contacted at mick.dreamscene@gmail.com or at 586 Dream Hills. (Or in some Bar!)



"D'you wanna give any money to save Norwegian crocodiles?"

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