THE DREAM SCEN

NEWSLETTER

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

Bienvenido a todos and welcome to the August, 2018 edition. Issue No.134

Welcome from a sweltering Spain, but then again, much of Europe is also enjoying some very hot weather, although we seem to be able to cope with it here because of the proliferation of air-conditioning units and fans.

Although it is usually the French or Spanish air-traffic controllers who try to mess up every holiday-maker's summer vacation, this year the cabin crew of Ryanair have entered the fray with a two-day strike for July 25 & 26. More on page 13.

Well, the good local news is that Orihuela Costa will have its chiringuitos (beach bars) back shortly, if not already! Chiringuitos del Sol have won the contract for the next 4/5 years. This was the same firm that had the previous contract. Let's hope the reintroduction of the bars is smooth and that the quality of service is also improved. Some of the beach bars in the Costa del Sol are light years ahead in some aspects.

Although the O.C. does very badly when it comes to fiestas compared to the city of Orihuela, aside from St. Patrick's Day the mantle for the fiestas is being carried by Zenia Boulevard, a complex owned by a French organisation! The Boulevard will be holding its third annual Fiesta del Pueblo on July 28. I have always held that Zenia Boulevard was the true village square in the O.C., when on a Sunday (and other days) you see hundreds of Spaniards and others parading throughout the area, pushing prams, sulking teenagers, running children, picking pockets and generally having a good time. There will be lots of entertainment and freebies on the day, with free lunches of paella at 14:00 by the Mar Menor entrance and a giant pizza at the Armengola entrance. Children's games at 16:00 and other games, including a sack race at 18:00. Lots of free food and drink throughout. Although there will be lots of entertainment, the 'star show' will be late in the evening with the appearance of King África.

It should be a real party night there benefitting with some good cooling sea breezes!

In this particular issue of the newsletter, I have tried to keep the text jokes mostly within the parameters of Northern humour. It is unique, honest, tough, direct, and like Rugby League, takes no prisoners! I hope you enjoy it as much as I do.

Also in this issue is a very welcome link to make booking appointments for a *padron* easier. See page 27.

Due to the aging nature of the retired population here on the Costa, there are many instances where there are individuals who require some form of caring. If you are British and even if you are resident here, you still may be able to claim various assistance allowances from the UK, despite your income. Check out page 15 Many thanks to Chrissie and Brian for their kind contribution towards printing costs last month.

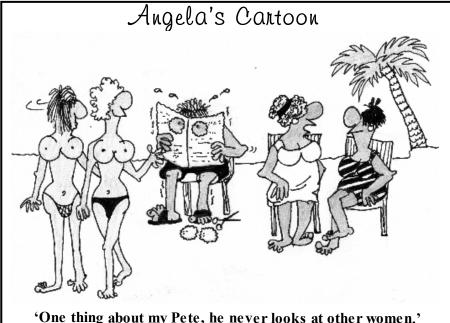
Wishing you all a wonderful month.

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GET UP AND DANCE!

And to John, Super Painter & Decorator, who said we didn't mention and would forget him..... Hello, John!

The right-wing media in Spain believe that the new socialist Congress prime minister, Pedro Sánchez, has begun to 'dismantle decriminal Spain.' Although he stated that he did not do any deals with which the minority extreme parties which ushered him to power, he homicide. has noticeably been giving major concessions already. approval,

Sánchez has promised the Basque independence groups to study 37 concessions for the Basque Country. He has also told the Catalan independence parties that he would assist them to reach 'a plural-national Republic'

The Basque contingent want to bring the ETA terrorist prisoners back to the region and demand total management of all the prisons, control of reinsertion to society of the prisoners, shortening of sentences and revision the territorial model etc.

The Government is already preparing the moving ETA prisoners closer to home, on a one by one basis. The first transfers will be those with reduced sentences. 'The prisoners will obtain benefits without rejecting ETA' The Prime Minister defended the change in penitentiary policy because 'the reality is now completely distinct'. The victim's groups are incensed.

Over the years of democracy since Franco's death, the ruling governments of both the conservative and socialist parties in Spain have granted **major concessions** and massive amount of money **to the minority separatist parties**, in order to maintain a majority in government by securing their votes. There is not such thing as a 'free lunch' in Spanish or indeed in any politics. The amount of aid and concessions given to the Basques and Catalans over the years has increased their expectancy and demand for more and actually reinforced their aspirations of independence. The governments of both the PP and the PSOE have only themselves to blame. When you do 'deals with the devil,' there will certainly be a reckoning!

The Partido Popular (PP), Spain's equivalent of the British Conservative Party, has elected a new leader, 37-year-old Pablo Casado. More about him in the next issue.

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Congress has taken the first step towards decriminalising and **regulating euthanasia**, a practice which the current Penal Code considers a form of homicide. The Chamber, obtained cross-party approval, except for the PP, to take into consideration a draft law to give patients with serious and incurable illnesses, or suffering chronic disabilities to receive help from the public health system. The project, realised in strict collaboration with medical associations, health professionals and experts had observed the safety guidelines on the process in Netherlands, Belgium and Luxembourg.

The German justice system has decided not to extradite the Catalan separatist Puigdemont for rebellion because the 'degree of sufficient violence for rebellion did not occur.' They will however allow him to be extradited for the crime of embezzlement of public funds. This put the Spanish Supreme Court in a difficult position. If this court decided to accept the German decision and extradite Puigdemont now, they could only try him for embezzlement! They have now withdrawn the international arrest warrant. This means that Puigdemont is free to wander around most of Europe but once he steps into Spain, he will be arrested for rebellion and the other charges. Alternatively, he can remain out of Spain for 20 years and then return without fear of arrest!

Telefónica buys **LaLiga's football broadcasting rights** for 2.94 billion euros. This is for the three football seasons of 2019 to 2022. So, three more years of diving, odd haircuts and faked injuries.

La Verdad for Murcia reports 'Murcia is the only region in Spain where **more people have left for abroad** than new foreign residents have arrived.' Spain certainly need to do something about increasing its own indigenous population. The long time decline in births of natural Spaniards could mean eventually that foreigners in the country outnumber the natives.

The General Hospital in Castellón gave its first corneal transplant to an **80-year-old man**. The patient has now got his sight back, whereas previously he only saw light. No 'ageism' here.

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Max: 'My grandfather gave me this gun when I was a kid. He shot a German with it.' Paddy: 'Was that in the Second World War?'

Max: 'No, it were in Benidorm. He had a row over a sun lounger. (Phoenix Nights)



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Politics & Sport

Saw an interesting article by Simon Jenkins in the Guardian, which touched on the 'devious tools of the new international politics.' 'Sport is the most fragrant,' he argues. 'The plea that "politics should be kept out of sport" is as hopeless as demanding the exclusion of corruption and fraud. The very phrase, "international" sport, drips with politics. Why else do politicians shower sports festivals with taxpayers' cash? As the Prussian general Carl von Clausewitz would say, such events are the continuation of war by other means. Witness the obscene glee with which the British tabloids greeted Germany's ejection from the World Cup...Any politicians or heads of state who grace an international sporting fixture – not least one as self-congratulatory as an event hosted by Russia – cannot pretend their presence is apolitical. Hence the pressure on Theresa May to boycott the World Cup because of the Wiltshire poisoning – assuming that she ever intended to go, that is.....



The team bus for Germany returning home.



What's Up? continued

The socialist president of the Diputación de Valencia and mayor of the town of Onteniente north of Benidorm, Jorge Rodríguez, has been arrested for corruption. It is alleged that between 2015 and 2018, Jorge handpicked seven senior political colleagues/friends to 'work' in Divaterra, formerly Imelsa, a pubic company. Although the jobs in the company did not actually exist, **they were each paid** €50,000 a year. Five others were also arrested. The PSOE in Valencia has now suspended Jorge from all his positions. All six were released after spending one night in jail with charges pending.

Eight miles off the coast of the island of Cabrera, in the



waters of the Balearic Islands, a scientific expedition have filmed a five-metre long **great white shark** for 70 minutes. The sighting and filming was on June 28. It seems that when in the Med' great white's only

eat red tuna and not humans! That's something I would not like to put to the test!

Passengers on a **Ryanair flight** from Dublin to Croatia had a bit of a fright when their plane suddenly lost cabin pressure. The pilot had to make a rapid descent, leaving dozens of passengers needing hospital treatment. See page 30.

The **artichoke**, a veg' never seen on a Brit's plate, is one of the favourite grower's crops in the Vega Baja. Although the lack of water limited its production this season – still a record 26,000 tons – competition from Peru and Egypt has lowered the prices from the canning industry by 15%, growers getting just 58 cents a kilo. And I can just hear you saying, 'Who cares, Mick!'

Málaga City Hall will have to repay two million euros **unjustly charged** to property sellers for capital gains. This pertains to 20 court cases which lasted 18 months.

Spain leads the EU for the **number of migrants** (photo) which arrive by sea. During June alone, more than 6,000 arrived. The Red Cross warned of many more waves of migrants crossing the Strait.



Brexit Dividend = Spending money you don't have, to celebrate a deal you haven't done, to placate voters angry at not getting what they wanted..... (NewsThump)

In early June mayors and councillors from PSOE, PP and *Ciudadanos* in 46 Town Halls nationwide, were detained on charges of accepting **backhanders** in **exchange for tenders** for traffic lights and the management of fines in the relevant municipalities. The network, which included local policemen, inflated the number of traffic accidents to justify buying more radars.

The Treasury in Murcia is revising the cadastral values of the properties in the region. 400,000 letters explaining the changes in the **IBI** will be sent out. Although the cadastral value of properties in the city centre will rise, they will fall in the outskirts. The values had been unchanged for the last 16 years.

The **progressive aging of the population** in the province of Alicante is not a new phenomenon, but now an unstoppable trend. Last year 15,035 boys and girls came into the world in the municipalities of Alicante, while the deceased numbered 15,960, and for the first time since 1941 deaths have outnumbered births. Since 2008 the number of births has dropped by almost 25%.

La Verdad reports that in the region of Murcia, 'The 'green bubble' in the cultivation of **marihuana** has increased by 60% using greenhouses' — The Guardia Civil in the Murcia region report that between January and June this year, they have confiscated nearly double the number of plants that were removed during the whole of last year. Foreign drug traffickers have invested in Murcia some €100,000 to open new greenhouses.

After a two-year investigation, the fraud department of France's Economy Ministry revealed that millions of

bottles of **Spanish rosé wine** were being sold at French establishments under the label "Vin de France" or with an Indication Géographique Protégée, a quality designation for products whose reputation is linked to a specific location. The case involves over 70,000 hectolitres of wine, the equivalent of 10 million



bottles, the French daily Le Parisien reported. One hectolitre of French rosé is more than twice as expensive as its Spanish counterpart in recent years.

Diesel car sales have plummeted in the Valencian Community. Traffic restrictions in the large EU cities, new EU environmental regulations and the Volkswagen *dieselgate* scandal have shown that new diesel car sales have dropped significantly, by 25% in Valencia, 41% in Castellón and 20% in Alicante. Sale of petrol cars are up by 32% in the first six months of 2018, while electric car sales are up by 29.8%.

On the morning of the wedding, she was in a complete panic. She said, 'Something old, something new - I've got nothing borrowed and blue!' I said, 'You've got a mortgage and varicose veins, will that do?'

THE BAR NEXT DOOR.



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Will the Fun Never Stop?

LIME BAR GOLF SCORES - JULY 2018

On another glorious day 27 golfers played the beautiful Allenda course, most for the first time, but not the last.

The course was in superb condition from tee to green, as is reflected in some great scores.

Played in the Stableford format, the following scores were recorded.

GOLD CLASS

SILVER CLASS

1st MIKE HEIGHWAY 41pts 2nd IAN GRANT 39pts 1st JOHN WALLS

2nd GEORGE RUSHTON 33pts

39pts

3rd JOHN WILLIAMS 32pts

3rd BAZZER 29pts

NEAREST THE PIN

HOLE 3 JOHN WILLIAMS

HOLE 5 BUD BUTLER

HOLE 9 KEN STYAN (in 3)

HOLE 10 JOHN MAGREGOR

HOLE 16 LYNN NEWBERY

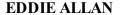
HOLE 18 MIKE HEIGHWAY (in 2)

2's COMPETITION (50 EUROS)

LYNN NEWBERY (Showed the boys how it's done!)

A great days golf on a new course enjoyed by everyone returning to the Lime Bar for presentation and refreshments.

Thanks to the Lime Bar staff esp' Carly and Sue for the food, pizza and chips went down well with all. Thanks also to the Ladies for the football sweep.



LIME BAR

VIA PARK III

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Work on the long delayed **Emergency Centre for Orihuela Costa** at Playa Flamenca is due to resume 'after the summer period' according to those in the know. The earlier budget of €1.6 million has been increased to €2.1 million, according to a spokesperson in the Valencian leftwing government. However, the centre has to be completed by June 2019, otherwise the whole projects will have to be re-launched.

The evaluation of the tenders for the **Chiringuitos** (beach bars) on the Orihuela Costa should be completed by the end of July. This should mean that the beach bars will be open for the month of August.

The current PP mayor of Orihuela, Emilio Bascuñana, photo, is a qualified medical doctor. Between November 1,



2007 and 2011, he had a functional affiliation in Territorial Directorate of Health in Alicante, for which he was paid €55,000 p.a. for his work. However, a Compromis the councillor in opposition complained that he never did a

day's work for the department, and a subsequent report by the Ministry of Health confirmed that there were no records of Senior Bascuñana attending the medical centres and that he 'didn't even have an office.' On June 22, an extraordinary council session requested by the opposition was held, to request explanations from the mayor of Orihuela for allegedly charging more than 330,000 euros between 2007 and 2014 without going to his post at the Territorial Health Directorate in Alicante! The mayor refused to comment saying that 'interrogations are done in court.' There will be local elections next year, but it is most unlikely that Bascuñana will be selected by his own party, the PP, where there is considerable in-fighting at present.

After more than three years of bureaucratic paper



shuffling, guided visits to the salt works at Torrevieja are now in place. Tourist trains will make a trip lasting about 50 minutes from the Paseo de La Libertad, in front of

the central plaza of Waldo Calero every **even** hour from ten in the morning to eight in the evening, costing €6.95 for adults, €5.95 for retirees and kids. Sales kiosks, and a visitor centre with toilets has not yet been provided there. Hopefully, this will be rectified in the near future. Around 20,000 visitors are expected this summer.

The lack of sensible road planning to the areas around the health centre at Cabo Roig is very disappointing. The placement of a bicycle lane directly outside the centre is dumb as was the allowing of a street market opposite every Thursday. This makes parking close-by or even near the centre nigh impossible, particularly for many older visitors. A 400 yard walk to the centre is not unusual on a Thursday!

The good news in Los Altos is the pedestrian crossing next to Via Park III has been moved to the apex of the hill to where it is now much more visible to road traffic.

I hear that the parade of shops which form the indoor precinct next to Mercadona in Playa Flamenca, will all be closed down during November this year. It seems that *Murky* needs the additional space for expansion.

Surfing has been banned along the entire coastline

of Orihuela Costa. The council fear it is too dangerous to bathers. The La Zenia Surf Club want to meet with councillor Bone and request that they be allowed to surf in the



areas which are unsuitable and dangerous for bathers but suit surfers.

A number of beaches in Torrevieja have relaxed the rules regarding the **access of dogs**. The council had erected signs denoting the 'dog-friendly' beaches but the reaction to this has been quite hostile, the relevant signs being destroyed! The usual summer madness!

Corvera Airport, or "Aeropuerto Juan de la Cierva" as it will be officially known, is aggressively touting for airlines to use the airport next year and are offering passenger tariffs 39% lower than Alicante-Elche airport. Hopefully, much of this saving will be passed onto passengers. Fat chance!

The large disco, Velice, in Torrevieja had been exceeding the sound limit for four months before the local council stepped in to stop it. The venue, which was open from midnight to eight in the morning should have restricted the volumes to 74 decibels instead of its **usual 92db**. After being closed for four days, a reliable (tamper-free) sound limiter has now been installed.



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Premonition!

I went to the liquor store Tuesday afternoon on my bicycle,

bought a bottle of Jack Daniels and put it in the bicycle basket.

As I was about to leave, I thought to myself that if I fell off the bicycle, the bottle would break. So I drank all the Jack Daniels before I cycled home.

It turned out to be a very good decision, because I fell off my bicycle seven times on the way home. Richard Farish



VIA PARK V.

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Ryanair July Strike.

(Newsletter sent to printers on July 23.)

Ryanair estimates that around 75,000 passengers will be affected by flight cancellations to and from Spain on July 25 and 26 due to a planned cabin crew strike. The low-cost carrier said in a press release that up to 400 flights will be grounded in Spain over the course of both days. The cancellations also affect flights to and from Portugal and Belgium. On Thursday, the Irish airline said on Twitter that more than 85% of affected passengers have already rescheduled their flights or applied for refunds.

The Spanish Public Works Ministry has set minimum services that the company must meet to comply with national legislation. Ryanair will have to guarantee 100% of domestic flights between the mainland and the Balearic and Canary Islands, as well as between 35% and 59% of flights on routes between Spanish cities, and 59% of flights to international destinations, according to the ministerial resolution, to which EL PAÍS has had access.

The decision affects 1,807 cabin crew members who had been asked to strike by the unions USO and Sitcpla, regardless of whether they are on Spanish or Irish work contracts.

Relations between management and the unions have been tense, making a negotiated solution ahead of next week unlikely. Ryanair said that rumors that it was threatening to walk out of Spain were "fake news."

Ryanair will not pay affected customers any compensation beyond their ticket refund, alleging that the strike represents an "extraordinary circumstance" that falls outside the requirement of paying out between €250 and €600 for cancellations, according to European air passenger rights regulations. (Abridged from El Pais)



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August

Now we're into August and it's truly really hot but is the council being just with chiringuitos not

They say no build on Punta Prima point it's too close to the beach but with no *chiringuito* joint two multi blocks to the sky will reach

Perhaps I'm being cynical or is it just a point of view the building plans so clinical bi-passing many by the few

I'm not really into politics especially local ones but where there's mud some must stick if you'll forgive the pun

The tourists have returned in force and brought their rubbish too not all of them like this off course but many of them do

The roads they are impassable with so many cars in sight travel just impossible during the holiday blight

Still thank you for the Costa a lovely place to be as for the return of the beach services we'll just have to wait and see

The Phantom Poet





ATTENDANCE ALLOWANCE

Attendance Allowance is a benefit for people aged over 65 and who may need extra help to stay independent at home, due to an illness or disability.

You could get: £57.30 a week if you need help either in the day or at night or £85.60 a week if you need help both in the day and at night.

Completing the lengthy form, you need to show that you need help at home or someone to keep an eye on you.

This can include help such as getting out of bed, help to wash and get dressed, or someone to help you get around inside.

You don't need to have carers to help you but the money can help pay towards this.

The benefit is not means tested and does not affect your state pension or other income.

You can use the money in any way that you like to meet your needs and remain in your own home in Spain.

David, at Advocacy Costa Blanca is always happy to meet up and chat about the process. No charge.

If you would like support to take you through the process, you can be assured that there are no up front fees to pay.

Take a look at the Advocacy Costa Blanca Facebook page to see reviews from past clients and for more information.

David Minto Advocacy CostaBlanca

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Thank you David - my wife and I would never have negotiated all that form filling without your help and superior knowledge which meant everything has gone smoothly in such a short time and the result will make a big difference. we will certainly recommend you. Ted Adams, Daya Nueva

David is so caring and knowledgeable. He helped me and my husband filled in the forms for attendance allowance. We now get it all thanks to David. He has also given us help and advice about getting my husband back to the uk. I can't recommend him more highly. Thank you David. Sue Fisher, Dream Hills

Contact David on - 602465565 or 966392026.



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Bereaved Wife and Friend.

- What happened when he, er, you know.....

- He'd just gone into the back garden to pick a cabbage for Sunday dinner. He bent down, keeled over and that was it.
 - Oh, how awful - so sudden, like. What did you do?

- I had to open a tin of peas.

ENTERTAINMENT.

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Catch Up!

A few months ago we covered the story of the guy who worked for the Diputación de Valencia. Well, not quite 'worked'; it seems that for ten years, he turned up at around 7:30am and signed in by thumb-print and then left the building for the day, collecting 10-year's-pay for no work! The Diputación did not seem concerned about the situation until the details were published by El Mundo. In early July, the man - Carles Recio, photo, was sentenced

to nine years of suspension as a public employee by the court. The court held that a more severe sentence was not appropriate as although the man did not do any work, the council was not worried or concerned, until the press brought it to light.

Unfortunately, this type of work-avoidance is all too common in Spain. You may have read earlier about the current mayor of Orihuela, who was paid as a doctor for several years by the Health Department, even though he didn't do a days work for them during the period!

Comparing Brexit to a Teabag by Comedian James Acaster

Can you explain?

The referendum was like making a cup of peppermint tea. You had to decide whether to leave the teabag in or take it out. If you leave it in, the cup of tea as a whole is stronger. Even though it appears that the teabag itself is getting weaker, it's still part of a strong cup of tea.

But if you take the teabag out, the cup of tea as a whole is weaker – and the teabag itself goes directly in the bin. That's essentially it.

You'd be amazed at how angry Brexiteers get about it. If you voted Leave, try not to lose your mind in the comments section or on social media about what's quite a whimsical metaphor.

Extract from:

https://theguardian.com/stage/2018/jul/01/james-acaster-interview-netflix-series-repertoire-latitude

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Past Pupils.

My name is Alice Smith and I was sitting in the waiting room for my first appointment with a new dentist, when I noticed his dental diploma, which bore his full name.

Suddenly, I remembered a tall, handsome, dark- haired boy with the same name had been in my secondary school class some 30-odd years ago.

Could he be the same guy that I had a secret crush on, way back then?

Upon seeing him, however, I quickly discarded any such thought.

This balding, grey haired man with the deeply lined face was far too old to have been my classmate. After he examined my teeth, I asked him if he had attended Emmanuel College in Tyne & Wear? 'Yes, yes I did. I was at Mannies!' he beamed with pride.

'When did you leave to go to college?' I asked He answered, 'In 1965. Why do you ask?'

'You were in my class!' I exclaimed.

He looked at me closely.

Then the Ugly, Old, Bald, Wrinkled, Fat-arsed, Grey haired, Decrepit Bastard asked.....

'What subject did you teach?'

Carol Martin

My granny died. She was 93, she sat in the chair, closed her eyes, went to sleep and never woke up again, which is nice, isn't it?

The dentist shit himself, obviously.

Dave Spikey

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Top Tip!

Buy a tin of blood-red paint. Take it home and write on the wall with the paint, 'I WILL KILL AGAIN!' Wait for it to dry, then put your wallpaper up. You never actually get to see the punchline to that little practical joke, but you do get a lovely warm feeling in five years' time when you hand the keys over.

Chris Addison

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DEBENHAMS













Chips with Everything!

I'm not from Bangkok, the sex capital of the world; I'm from Greater Manchester, the chip capital of the world, which is why all the sex shows are in Bangkok and all the chip shops are in Greater Manchester.....if all the sex shows were in Greater Manchester, they would just be girls with their coats on with a chip pan, going 'Because I'm not in the mood, now leave it!'

Victoria Wood

She certainly knows her rugby league, and her dominoes. And she can sup pints like a good 'un. By gum, she's arf way to being my idea of t'perfect woman: a bloke with big knockers.

Uncle Mort, I Didn't Know You Cared



Music to my ears!

Two men are sitting together in a public house, one deaf, the other not. It was the deaf man's turn to buy a round.

On reaching the bar, he ordered two pints. 'How much?' asked the deaf man.

'Six pounds,' said the barman, holding up six fingers to confirm the amount.

'That's a lot for two pints,' said the deaf man. The barman pointed out it was to pay for the entertainment.

'What entertainment?' said the deaf man, when he'd finally understood. 'Country and Western,' yelled the barman.

Returning to his friend, the deaf man put down the drinks, complaining that they had cost six pounds.

'Why six pounds?' said the other man.

'To pay for the entertainment,' his deaf friend explained.

'What entertainment?' his mate demanded. 'Some cun* from Preston.'

George Melly, Slowing Down







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Drink Seven Cups of Coffee Every Day for a Longer Life

I suppose I have drunk more coffee here in Spain during the last two years than I have during several decades while living in the UK & Ireland. This is probably down to more free time now....and better quality coffee. The brief article underneath appeared in The Times during early July.

At the end of this article I provide a link in the same newspaper which provides a much more detailed article on the subject. It is also worth reading the comments from the public under the article.

It may keep you awake, but drinking six or seven cups of coffee a day could also keep you alive for longer, say scientists.

Before you rush for the strong stuff, the new research showed it was not the caffeine that produced the benefits as the results were the same for decaf.

In one of the biggest studies of its kind, the mortality rates of half a million middle-aged and elderly Britons were compared with their coffee intake.

Those who had six or seven cups a day did best, being 16 per



"Stop drinking coffee for a week, then start drinking it again.

It's the same effect as rebooting your computer."

cent less likely to die from any disease over a ten-year period than those who never touched it.

Death rates were cut by 14 per cent in those who got through eight cups or more, twice the limit of

caffeine recommended by the UK Food Standards Agency. Two to five cups, one cup or less than one cup a day reduced mortality by 12, 8 and 6 per cent respectively.

Erikka Loftfield, a cancer epidemiologist and lead author of the study published in JAMA Internal Medicine, said the results applied to all types of coffee, including ground, instant and decaf.

No association was found between any amount of coffee and health risks including cardiovascular disease, respiratory disease and cancer. Dr Loftfield said the findings suggested the importance of its "non-caffeine constituents".

Coffee has been linked with combating heart disease, cancer, dementia, diabetes and depression. It is abundant in antioxidants which reduce inflammation and boost lung function.

See also for more detail -

 $\underline{\text{https://www.thetimes.co.uk/edition/times2/does-drinking-coffee-help-you-to-live-longer-qhxlncwk8}}$

I had ear wax as a child. My father stood me in a saucer and used me as a night light. Les Dawson



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Tourist Wars in the Mediterranean!

Following several years of tourist drought, the holiday destinations in the Eastern Mediterranean, particularly Turkey, are aggressively marketing their 'wares' to the lucrative sun seeking North European market. Destinations in Tunisia and Egypt have adopted a similar strategy. Turkey has lowered its high season rates this summer by 60%. The drop in demand has noticeably hit the Spanish hoteliers on the coast, particularly in Benidorm, where the number of overnight stays, particularly by the British, has been falling progressively since the beginning of the year. Hoteliers there say that occupancy rates, even in mid-July, are barely at The hoteliers point out that up to mid-July, there were 10,000 less than usual flying in from Manchester and 9,000 less flying from Birmingham. The hoteliers are again demanding that the regional governments clamp down hard on unregistered tourist lettings on the Costa.

This year the holiday packages to Turkey are up by 71%, to Egypt by 54% and to Tunisia by 37%. These Eastern Med' destinations are already promoting holidays for 2019.

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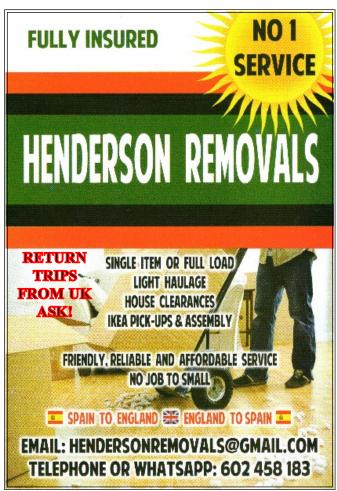




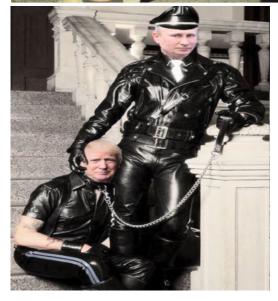
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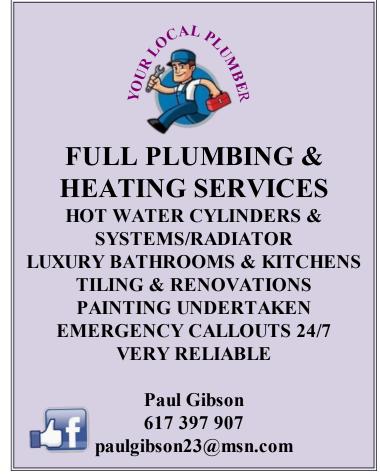
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Applying Online for A Padron Appointment In Orihuela.

Many of us who have been over here for some years will only be too aware of the many, many hours of seemingly endless queues while waiting to register for Padron, Residencia, SUMA - in fact anything.

Fortunately the local council have come up with a very welcome efficiency, where one can now register online for an appointment.

On this website you can choose day, date and time for your appointment, subject of course to availability.

The web address is located below and is, helpfully, also available in English.

When you first try to access the site, you may get a warning saying that this particular website does not have a security certificate. I just ignored it.

Aside from the appointments facility, the website also contains information relating to participation, transparency etc.

https://orihuela.governalia.es/en/

What?

This French girl said, 'We can never be lovers, cos we're friends.'
Then the next day, she got drunk and tried to take me mate to bed. And I was like, 'Why did you do that?'

And she was like, 'Because I would never have him as a friend.' Oh, wait till I tell him, he'll be gutted.

Johnny Vegas



Undocumented Migrants in Spain Will Have Universal Healthcare from Day One

Undocumented migrants will have access to public healthcare the moment they set foot in Spain, according to a draft government decree to which this newspaper has had access.

The draft, which the Health Ministry has sent to regional governments, eliminates the need to hold a Social Security card, and even dispenses with the requirement to sign up on the municipal register (known in Spanish as the padrón) before being allowed to use Spain's health services. Regional governments will decide what documents are necessary to access the system in their territory.

"An immigrant will be able to get off the boat, get assistance from the Social Services, and head straight for the local health centre," said a ministry source.

Immigration laws also establish a 90-day period during which there is limited access to many services, based on the attempt to distinguish between travellers and people wishing to settle down in the country. According to the draft decree, this period may now be reduced or eliminated altogether if regional governments so decide. In that case, universal healthcare would be applied from day one.

Most regions in Spain already have their own systems in place to provide healthcare assistance to undocumented migrants beyond these basic services. But in many cases they set a minimum residency period as a requirement to access these added services. Under the new draft decree, this condition may be eliminated.

However, moving from one region to another will continue to pose problems. An individual holding a document (such as a card from the social services) that was issued by one regional government may not use it in a different region of Spain. This problem, however, affects everyone with the right to a health card, not just undocumented migrants, since the computer databases with patients' medical records are not connected.

Government sources denied that the plans will turn into a free-for-all. "We want to avoid health tourism," said a ministry source, alluding to the practice of coming to Spain for healthcare services because of the ease of access to the system.

To that effect, the system will be applied to "foreign individuals who are not registered or authorized as residents in Spain," and whose healthcare needs are not already covered "by other channels, as per European Union laws, bilateral agreements and other applicable rules."

This article is abridged from El Pais. What strikes me is that if you come here and are under retirement age, but pay your taxes here etc., you will still have to take out costly health insurance. It might be better to arrive at La Zenia beach in a rubber dingy and claim to be a refugee! At least you will get a free health card then!

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As almost all of our readers travel by air, some frequently, I thought the following artice from The Conversation by Adam Taylor, a senor lecturer and Director of the Clinical Anatomy Learning Centre at Lancaster University, might be of interest to you.

A Ryanair flight from Dublin to Croatia had to make an emergency landing in Frankfurt recently after the cabin lost pressure. Following the ordeal, 33 passengers were treated in hospital, with some bleeding from their ears.

So why did the sudden descent cause ears to bleed?

Aircraft usually fly at an altitude above 30,000ft, climbing or descending to get there at a rate of about 2,000ft per minute. At 30,000ft the outside air pressure is about a third of that at sea level, causing gases to expand.

For comfort and safety, aircraft cabins are "pressurised" to an altitude of somewhere between 5,000-8,000ft, which is lower than pressure at sea level. This is why if you take a bag of crisps on the flight, it looks like it is about to burst, or when you get to your destination your shampoo has leaked into your bag. This pressurisation also helps to keep oxygen at a level that is safe for humans.

Normally, as the plane climbs, the air in the inner ear is at a greater pressure than the cabin because it is still the same



pressure as when the aircraft left the ground, so the eardrum bulges out. During the climb, yawning, talking, drinking or swallowing cause the pressure in the inner ear to equal that of the cabin pressure at cruise level.

When the plane descends, the air pressure in the cabin begins to increase towards that at sea level, while the inner ear remains at the lower cruise-level pressure, and so the eardrum gets forced inwards, causing muffled hearing — which you may have experienced when flying.

During normal ascent and descent, if you suck on a hardboiled sweet, take a drink or yawn, it can help open the Eustachian tube — which runs from your middle ear to the back of the nose — to allow the pressure in the inner ear to equalise with that outside the ear. Doing these things causes the opening in the back of the nose to stretch, allowing the air pressures to equalise.

The Ryanair incident resulted from a loss of cabin pressure. This is where the mechanically maintained cabin air (held at the pressure representing 5,000-8,000ft) escapes to outside the aircraft where the pressure is much lower. This means that the air within the ear, which was also at a higher pressure (5,000-8,000ft), tries to escape. This is because the cabin has now dropped to the lower pressure of the outside of the aircraft.

At this high altitude, the pressure difference may result in "barotrauma", rupturing the eardrum and small blood vessels in the ear, causing hearing problems and bleeding. At this point, the packet of crisps would also explode.

Images on social media also showed blood-filled oxygen masks, probably the result of the rupture of small vessels in

the roof of the nose as the change in pressure occurred. This was also likely the result of expanding liquids and gases that have to escape somewhere.

The biggest danger to passengers when a loss of cabin pressure occurs is asphyxiation. As the aircraft climbs into the atmosphere, the amount of naturally available oxygen in the outside air reduces to a level that is insufficient for effective breathing.

As well as maintaining pressure, the aircraft also ensures there is enough oxygen in the cabin. At sea level, 21% of air is oxygen, which is ideal for humans to breath. At 30,000ft and above, there is only about a third of that amount of oxygen available.

Oxygen saturation in the blood of a healthy human is usually between 94-98%. During flight, this reduces to the low 90s and in some cases into the 80s. The reduction in oxygen saturation towards 90% could have even more significant effects on those with heart or breathing conditions. This is why the oxygen masks deploy when cabin pressure drops – it ensures that every passenger has enough oxygen to saturate the blood.

Deployment of oxygen masks happens at the same time as the pilots descend as rapidly as possible to get to an altitude (usually below 10,000ft) where passengers can breathe without the aid of oxygen masks. This is because there is only a limited supply of oxygen (about 15 minutes) that is generated by special oxygen generators in the overhead panel.

Luckily, these sorts of events are very rare. Air travel is extremely safe, with 2017 marked as the safest year to date. However, flying is probably never going to be entirely pleasant, even when things go well.

Ear problems – such as muffled hearing and popping ears – are experienced by everyone. But they are particularly unpleasant for people with colds, as their sinuses are full of

mucus, which can block the opening of the Eustachian tube.

Teeth can also become sore during or after flights as air in the fillings and around the nerves expands and contracts. Unlike ear pain, chewing gum or sweets won't help.

And ears and teeth aren't the only places affected by rising and falling air pressure. During normal flight, the gas of the bowel also expands and

contracts. As the aircraft climbs this gas expands, then on descent it becomes compressed again, often needing somewhere to escape. This is where people have to make the trade-off between social discomfort and physical discomfort.

As a result of this well-known problem, a group of researchers have suggested embedding active charcoal in aircraft seats to act as an odour absorber. Things can get better, even if they can never be perfect.

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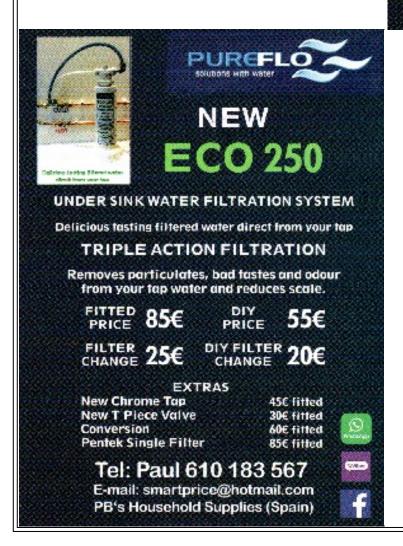
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IDIOTS & ODDITIES OF THE MONTH

Javier Solana, photo, a veteran Spanish politician, who was NATO secretary general from 1995-1999 and the



European Union's former High Representative for Common Foreign and Security Policy (1999-2000), was **denied entry to the US of A.** Because he had previously travelled to Iran, the automatic electric system at a North American airport denied him entry. He now has to apply for a special visa even though Spaniards do not need a visa to travel to

the United States for trips under 90 days. As the EU's head of diplomacy, Solana was one of the first people to promote a nuclear deal with Iran. However, people who have travelled to Iran, Iraq, Syria, Sudan, Libya, Somalia and Yemen in recent years are automatically rejected by the electronic system.

Trump's America continues to confound and shock. Scott Pruitt has resigned from his post as head of the US Environmental Protection Agency, because of various ethical lapses, which included lavish expenditures on himself and misuse of power. Pruitt's replacement, Andrew Wheeler, is a former coal industry lobbyist with Faegre Baker Daniels who spent nearly a decade trying to get Congress to pass more industry friendly laws. So don't expect anything good for the environment from the new boy. So what do you think will be protected now, big industry and coal production, or the environment?

A 30-year-old woman from Madrid, Estela Martín, wants to join the Spanish army. She has a degree in psychology and she had quit her job at a hospital to study for the official examinations to join the army's health department. She had been burning up her savings for two years in order to prepare for the tests. All was going well until the chairman of the selection committee saw her in a swimsuit on June 19 for her swimming trials, and, horror of horrors, and saw that she had a **tattoo of a flower** on her

foot! See photo. The chairman of the selection committee then said that, as the tattoo would be visible if she was wearing a skirt, he was adamant that Estela would be unsuited to join the military. Visible tattoos are expressly forbidden while wearing any uniform of the Armed Forces, according to army



regulations, although many male military units, including the elite La Legión, boast visible tattoos. So the rules are not the same for men and women! Estela Martin was told to appeal to a higher authority, and she did. writing to the Defense Minister Margarita Robles, asking to be allowed to finish her examinations along with the other candidates while her situation is resolved. Martín notes that she will be unable to apply again in future, as she will be over the age limit. Sources at the Defense Ministry declined to comment on the case, but said that "it will be carefully analyzed" and that there will be "a review of uniforms policy to bring it up to speed with the times."

Then in mid-July, Spain's Ministry of Defence has announced it will change the recruitment rules for the Armed Forces to ensure women with tattoos receive the same treatment as their male counterparts.

The new regulations will not come into effect until the next recruitment stage and will not be applied retrospectively. Unfortunately for Martín, this means that by the time the next selection process begins, she will be above the age limit for a military psychologist and be unable to apply.

My favourite story for last month comes from the Sibuya Game Reserve in South Africa. A group of poachers entered the reserve with a high-powered rifle, a silencer, an ax and a wire cutter — tools that poachers use to **shoot and kill rhinos** before sawing off their horns. Although the poachers had hoped to surprise a crash of rhinos, they were themselves by a pride of lions. An antipoaching patrol in the reserve heard a commotion and when they finally arrived on the scene, they discovered the poachers implements, including the rifle, three sets of shoes

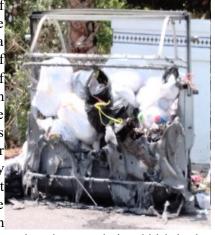


gloves, a pack filled with food, a human skull and

'half of a pelvis'and of course a number of lions licking their lips! Photo. It is not known if any of the poachers escaped.

Next we go to the Villamartin area of Orihuela Costa,

where a number of residents there have been infected with a very high level of 'dumbness.' One of the green plastic rubbish containers on Calle Manuel de Falta was burnt out, either deliberately or possibly by accident with hot charcoal etc. Once the flames had been



doused, local residents continued to put their rubbish in the metal frame that remained, rather than use the undamaged bin further down the road. See photo. One would hope that this type of stupidity is not contagious and that the sea breezes don't blow it our way - we already have enough idiots!

Finally to an IKEA store in Fishers, Indiana. Here, a family were testing couches for comfort when a six-year-old boy **found a loaded pistol** down the side of one of the couches. He fired the pistol, and thankfully no one was hurt, although several people nearby and the child no doubt, all suffered involuntary bowel movements.





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Problematic Spanish Submarines

Several years ago I relayed news explaining how the the Spanish Navy was having some problems with the development of their new submarine, the S-80 Plus.

The program stumbled in 2013, when a 125-ton weight imbalance was detected, casting doubt on whether the submarine would be able to resurface! Naturally, this would be unattractive to would-be submariners.

The Defence Ministry hired a US consulting firm, Electric Boat, which charged €14 million to confirm what experts had diagnosed: that around 10 meters had to be added to the sub's original length of 71 meters, and that its displacement of water when surfaced had to be raised to 3,000 tons.

But unfortunately these changes revealed a new problem. With a submarine length now of around 81 metres, the existing docks in nearby Cartagena will not accommodate vessels longer than 78 metres! And, as it is planned to introduce four of these new sub's, the Defence Ministry will have to enlarge the docking area at a cost of around €16 million.

But the expenditure on the sub' project itself has doubled. This will bring cost of the subs to around €3.9 billion, as against an initial budget of just €2.1 billion. Unfortunately, previous ministry officials never got around to approving the new spending guidelines (?!), which means that the team led by the new minister, Margarita Robles of the

Socialist Party, needs to fast-track it if it doesn't want construction to get placed on hold in the autumn.

Industry sources said that the success of the S-80 Plus rests on the performance of this Spanish-made AIP system. The AIP (air-independent propulsion) system, give the subs an autonomy somewhere between conventional and nuclear submarines, and allow them to

remain underwater for almost two weeks. If all goes well, the S-80 Plus will be a highly competitive product in the conventional sub market. ahead of the German 214. It things go wrong, it will become a failed project, as nobody will want to purchase such a big and indiscreet submarine. any event, the state-owned Navantia will drastically reduce their price.



The nearly $\in 1$ billion that the Spanish Navy will pay for each S-80 is nearly twice what Israel has paid for German subs. The market value for this type of submarine is somewhere between $\in 400$ and $\in 600$ million and nobody is taking responsibility for the design flaw that has added nearly $\in 1.8$ billion to the final cost.





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Last Words from a Geordie.

A dying wife says to her husband, 'When I go, I want you to marry again.' He replies, 'Oh, pet, don't be saying things like that.'

'But I want you to be happy,' she says.

'How could I be happy without you, dear? says he.

'And I don't want my wardrobe to go to waste,' she adds. 'I want you to give her all my nice clothes.'

'Oh,' says her husband, 'I don't think they'll fit her.'

Lime Bar Fishing SUNBATHING Club

Fishing is a bit like the world cup. Lots of excited anticipation then the reality of disappointment! Oh well, just like fishing, you can always look forward to the next time......

As there was a world cup game on in the background, this month's meeting was done and dusted in 15 minutes. Nothing much happened except sorting out where we were going to blank again.

This month's match was held at the place I hate (Pedrera). Ever since I got my car stuck I can never relax there and keep turning round to make sure it isn't sinking. NOT good for relaxing fishing!

Anyway 11 of us turned up on the bank early as it was forecast to be a hottie. As it turned out it was quite pleasant with a high hazy cloud and a gentle breeze to keep us cool. On the hooter, everybody launched their method feeders into the distance and sat back and waited for that reel screeching run, and we waited and waited.... It was another one of those days when the fish were in the swim but wouldn't take the bait. Pellets, corn, bread, chickpeas, meat, cherries, you name it I think it was tried. When you resort to maggots you know you are struggling, but if all else fails you will do anything to prevent another blank.

Sweeney had 1 bleak to come 4th and Ball boy excelled himself with a haul of 20 bleak for 0.6 of a kilo. I resorted to float fishing a huge lump of bread on the drop and landed 1 carp to come 2nd. 3 rods did it again, he came 1st with 4 small carp for 2.8 kilos. I had been feeding a close line all day and in the last hour of the match, I had about 20 carp stirring up the shallow water right under my feet but they wouldn't touch anything with a hook attached. I even tried free lining different baits on a long hair rig, the fish swam up to the bait, nudged it, then swished it away with their tails as though disgusted at the amateur attempt to catch them. Frustrating or what!

That was the 4th match of the summer series and "3 rods", "Beat Me Phil" and "Sweeney" are way out in front with 61, 58 and 51 points respectively. The rest of the packs have 2 matches left to sort out who will get into the final with them.

No matter where you go at the moment, the fishing seems to be hit and miss. You can have a good day on the river, go back a couple of days later and you can blank. I don't suppose it helps with the water levels going up and down like a yoyo. Although our local reservoir is nearly empty, the Argos to the North of Murcia is full and occasionally the water authorities seem to be releasing it into the river. It hasn't flooded the bank yet this month but some days the flow is a torrent making the fishing quite difficult with all the debris and weed that is shooting down stream. I know excuses, excuses.

Occasionally we have cutting days to clear the bamboo out of the river and to keep the pegs fishable. A few of us turned out to help Carp R Us clear the Eden canal this month. We made a good job of it in scorching heat, but unfortunately there is only about 12" of water in some of the swims rendering it unfishable - until "someone" opens the sluice to allow some of the excess water from the river into the canal.

> Next meeting bun fight is at The Lime Bar @ 17.00 Mon 6th August Fishy Fingers! The Ghost



"Dude, trust me, if you want to catch fish, then this is the place."

A Fishy Tale!

Two Irish guys were walking down the street with two salmon each under their arms. Two other Irishmen walking in the opposite direction see the two lucky fishermen and ask "How did you catch those?" Well it's like this! Michael here holds my legs over the bridge, and I grab the salmon as they swim up the river. We got four salmon. A great day's fishing!

So the fishless pair look at each other and agree to give it a try. They get to the bridge and Sean calls to his friend "Hold my legs now Paddy". Well, he is hanging there upside down for thirty minutes when he suddenly cries.. "Pull me up, pull me up!!"

Paddy asks "Do you have a fish Sean?".....

"No," replies Sean, "there's a bloody train coming!!!!!!!"

WATCH OUT FOR.....

The Office of Security of the Internet in Spain has alerted the Okay! If you saw this bunch coming down a main road public concerning new existing scam, in this case relating to telephone numbers. This agency, which is dedicated to providing information and support to prevent and solve security problems on the Internet, alerts the public not to take calls from the following phone numbers: 662999093 and 910821152.

These calls are fraudulent. They pass themselves off as the supermarkets firm Lidl and indicate to the person to whom the call is made that they have been awarded a €500 voucher. With that excuse they request the personal data of the 'mark.'

Never give personal data over the phone!

FANCY A TRIP?

No, not the travelling one but the hallucinogenic type. The Sarpa finished, wanted salpa, commonly know as the dreamfish, is a species of sea to bream, recognisable by the golden stripes that run down the streets and stop length of its body, and which can cause hallucinations when mobs, like the eaten. It is found in the East Atlantic, as well as the above forming. Mediterranean, where it ranges from the Bay of Biscay to South Their Africa. Due to global warming, it has occasionally been found as was far north as Great Britain. Ranging from six inches to a maximum people off the streets and back on the sidewalks or of 20, it has become widely known because of its psychoactivity. In 2006, when two men ingested it at a Mediterranean restaurant, probably from a fish-type stew, they began to experience many auditory and visual hallucinogenic effects. These hallucinations, described as frightening, were reported to have occurred two hours after the fish was ingested and had a total duration of 36 hours. The fish have been assessed as potentially unsafe by a study conducted on Mediterranean specimens. Although it may

appear as a normal fish living in these waters, the Ancient Romans knew that it can induce vivid. LSD-like hallucinations and used it as a recreational drug. In Arabic,



the fish's name means "the fish that make dreams", and the drug like properties occur when the head is consumed in particular.

The effects are something to do with the fish's diet of phytoplankton which grows on the seagrass Posidonia oceanic. Back in 1994, a 40-year-old man felt sick after about two hours

after he enjoyed fresh baked Sarpa salpa on his vacation on the French Riviera. He developed nausea, followed by blurred vision, muscle weakness, and vomiting. After a failed attempt at driving home due to the "screaming animals distracting him", he recovered in hospital for 36 hours.

Out of 45 lab rates who were given the fish to eat during a weeklong study in September 2014, 30 of the rats had to be killed because of the high levels of stress they were experiencing. You might like to send some fresh fish to your mother-in-law.

Benidorm Battles?



Benidorm during World Cup, it could have been very intimidating. Add generous

quantities of cheap booze and you had the makings of a riot and mucha sangre.

The police, who arrived in force, after the England games object to

bars. If you were tardy or abusive, you were assured



whack! Both the police and the football fans were their usual provocative

selves.

Noisy video of encounter here - https://videoscdn.diarioinformacion.com/multimedia/videos/2018/07/ 07/147686/carga-policial-zona-guiri-benidorm-1 m.mp4



oor dear. You're always getting sand in your shorts."

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The majority of the members of the Irish parliament are professional politicians, in the sense that otherwise they would not be given jobs minding mice at crossroads. (Flann O'Brien)



WWII

I can always remember my father shouting upstairs to my mother, 'Come on, love, it's an air raid!' She said, 'Just a minute, I'm looking for my teeth!' He said, 'They're dropping bombs not pies!' **Bobby Knoxall**

Airport Bus Timetable.

This service will provide eight return trips between Alicante-Elche Airport and Torrevieja central bus depot. operate every day of the year and without any stops.

Torrevieja to Airport: 7:00 - 9:00 - 10:00* - 11:00 - 12:00* - 13:00 - 15:00 - 16:00* - 17:00 - 18:00* - 19:00 -21:00

Airport toTorrevieja: 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 31th 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.

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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.

VALENCIAN COMMUNITY **TOURIST RENTALS**

Is it regulated? Yes under the original Decreto 92/2009 which was updated in 2015 Decreto 75/2015

Since: July 2009, with the last amendment in May 2015

Essentials: Owners must wait until they have registered to start rental activity, and have to start renting within two months of registration.

Points to watch out for: If you manage five or more properties you must register as a Tourist Company. Further applications for registration in the districts of Ciutat Vella are suspended, whilst the government discuss the protection of environment and culture in the area.

To register your property: Download the application forms and present your Declaración Responsable at a local tourism office, online with an electronic signature or at the post office. Owners must also now get permission from their local town hall before they can register.

Documents required: Property escritura (title deed), First Occupation Licence, passport or DNI (national identity card), company escritura if you are registering as a rental management company.

Note: Registration codes for private owners start VT and managers and businesses EGVT. Followed by a code for each province.

The Valencian government have produced an excellent guide for holiday rental owners to help them get registered. If you go to the website below, you will find links to an excellent guide provided by the Valencian Community (in English) for holiday rental owners to help them get registered, together with downloadable application forms to help you register.

https://spanishpropertyinsight.com/2018/07/01/region-byregion-update-on-spains-holiday-rental-law/

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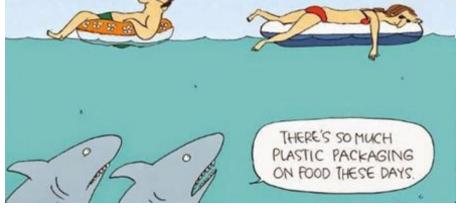
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Event's Calendar.

Thanks to Lee Bell for providing a link to what's happening in the Costa Blanca South area. This includes festivals, markets, concerts etc., and the events calendar, which has a filter option, can be seen here -

https://eurotourguide.com/en/events-calendar/2245/ It is the best I have seen to date.

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