

# THE DREAM SCENE

## NEWSLETTER

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

Bienvenido a todos and welcome to the May, 2019 edition. Issue No.142



Well, after almost three years, the **Brexit Can** continues to be kicked down the road. What must enrage many souls is the fact that the parliamentary members will take an Easter break from April 11 to April 23 and of course a summer break usually between late July and early September. Well, it's not like they have anything important to discuss and decide, is there? To think that after almost three years, I have been unable to report a single successful agreement and what it will mean for the individual! The European parliament elections will take place between May 23 and 26, bringing no doubt more chaos rather than clarity.

A **Spanish General Election** is due on April 28. (The newsletter will be at the printers before that, so a full report next month.) Although polls indicate that the Socialists (PSOE) are likely to attract the largest number of votes, they are unlikely to have sufficient seats to rule. They would have to depend on other parties to do so. More on this in page 3.

Spanish municipal elections are due in late May. If you have voted in a previous local election or have registered to vote since, you should be still eligible to vote in this one. According to official British statistics, France is home to a little over 157,000 British citizens, making it the biggest expatriate community after that of Spain. But what I was surprised to learn was that some **900 Britons are serving on local councils in France!**

Now a major complaint I have had with living in Spain is that so few British expats, or indeed other European expats, serve on the Spanish local councils. This despite the massive majority of expats in many areas, particularly on the Orihuela Costa and in Torrevieja. If expats do appear on a party's electoral list, they are usually well down the list in an unelectable position. This is a sop! The French have clearly believed that in the past, expat input at local levels is beneficial and worthwhile. Unfortunately the Spanish political chiefs believe otherwise, thinking that they can do a better job on their own. When you look at the cock-ups we have experienced locally with the beach bars, closure of the leisure centre, incompetence and the poor relationship of the Torrevieja Council with the Policia Local, some fresh blood and ideas are badly needed in these councils.

There is still **too much nepotism and favour/funding rewarding** when it comes to the allocation of councillors. It is a pity that we have to vote for a party here instead of an individual.

Many thanks to Gerry O, Smoggy Bob, Rich & Tina, Dave & Justine, Kathryn J, Gary G, and Ulf & Stina for their very kind donations towards printing costs.

Have a wonderful month from Mick, Tid and the Dream Scene Team

### INTERPRETER

LEGAL SERVICE, POLICE,

ALL MEDICAL

APPOINTMENTS

WILLS, NIE, SIP,

RESIDENCIA etc.

VEHICLE TRANSFERS

ENGLISH - SPANISH

- GERMAN

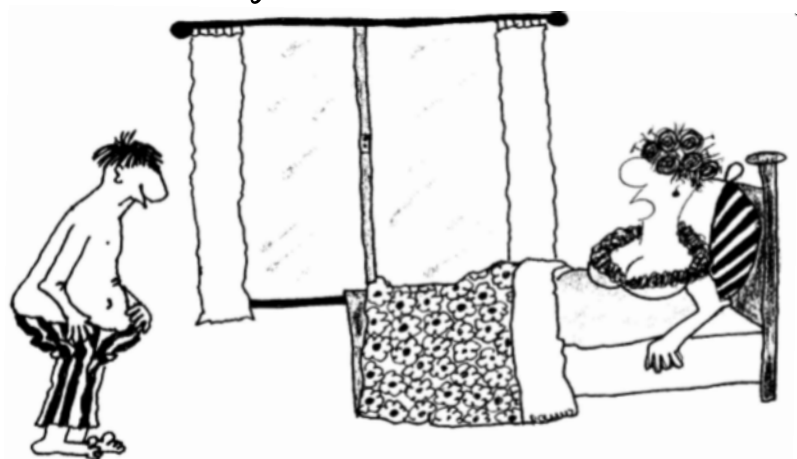
CALL SYLVIA WAGNER

*Affordable & Professional*

LOCAL

TEL:639 93 21 37

### Angela's Cartoon



'Don't try blaming the weather!  
It's seized-up through lack of use!'

Farted on the bus to Torry last week and four people turned round. Felt like I was on 'The Voice'!

VIA PARK III, GROUND FLOOR

HOUSE WINE - RED, WHITE, ROSE  
€1.40!

BOTTLED SAN MIGUEL, AMBAR,  
ESTRELLA  
2 FOR €1.70

# COSY

# O

**FRESHLY PREPARED FOOD FROM 9:30am  
KITCHEN OPEN UNTIL 10.00pm!**

**INCLUDES FRESH PIZZAS,  
BURGERS, KEBABS etc.**

**BREAKFAST, LUNCH & DINNER.**



# R

**ENGLISH PLATED BREAKFASTS**

**Includes coffee, tea or OJ  
Small Breakfast for just €3.50**



# N

**DRAUGHT BEER**

**ESTRELLA €1.50**

**CARLING €2.20**

**COORS LIGHT €2.20**

**MAGNERS €2.50**

**GUINNESS €2.70**

**WORTHINGTONS €2.70**



# E

**Spirits & Mixers €3.00**

**Smirnoff Vodka & Mixer**

**Soberano Brandy & Mixer**

**Bacardi Rum & Mixer**

**Original Larios Gin & Mixer**

**HAPPY HOUR**

**2 - 7pm**

**John Smiths €2 a can!**

**Mahou b'tles 2 for €2!**



**FOOTBALL SPECIAL**

**Pie, Chips & Pint of Estrella €5.50!**

**ALL SPORTS ON 6 GIANT SCREENS!**

**ENTERTAINMENT ON WED, THURS, FRI, SAT & SUNDAY EVENINGS**

**Tel: 966 940 386**

With a **Spanish General Election scheduled for May 28**, the following is an very abridged version of an article in The Economist, which gives a good state of play on the current national political situation.

Until 2015, the Socialists and the PP alternated in power, sometimes relying on Catalan and Basque nationalists to make up the parliamentary numbers. But the discontent aroused by an economic slump that followed the bursting of a housing bubble in 2007 spawned two new national parties, Podemos on the far left and Ciudadanos, originally in the liberal centre. The slump was also a factor in the Catalan nationalists' espousal of independence, culminating in an unconstitutional referendum in October 2017. This threat to the existence of the nation has in turn fuelled the **rapid growth of Vox**, a new far-right party, and also pushed the PP and Ciudadanos to the right.

The three-way fight on the right has imprinted an ill-tempered character on the campaign. Whereas former PP PM Rajoy was a cautious moderate, his replacement as PP leader, Pablo Casado, is much more ideological and confrontational. Both he and Albert Rivera, the leader of Ciudadanos, have tried to turn the election into a plebiscite on Mr Sánchez. Neither has forgiven the prime minister for stealing a march on them with the censure motion on Rajoy, which succeeded with the votes of Basque and Catalan nationalists, or for holding inconclusive talks with the separatist regional administration in Catalonia. **Both threaten to impose direct rule on Catalonia and denounce the illegal referendum in 2017 as an attempted coup.** The Socialists used their months in power to roll back some of Mr Rajoy's cuts in the welfare state and decree a big and popular increase in the minimum wage (as well as on a not-yet-successful attempt to exhume the remains of General Franco, Spain's former dictator, from his grandiose memorial at the Valley of the Fallen outside Madrid). The right wants tax cuts, and worries that the Socialists will curtail a strong economic recovery which is starting to run out of steam.

Most political leaders accept that Spain is heading for its **first-ever coalition government at national level** since democracy was restored in 1977. "The new parties are now old parties—they know the system more and they know they have to make deals," says Pablo Simón of Carlos III University in Madrid. But it may require a fresh election in the autumn to define its make-up. All will turn on the precise parliamentary arithmetic, and on whether Mr Rivera is pressed into dropping his promise (made with an eye on Vox) not to enter a coalition with Mr Sánchez. **"This is only the end of the beginning of the cycle of instability"** that began in 2015 (when the PP lost its majority), Mr Simón adds.

**Wolves**, not the football team Mike H, are making a comeback to the Madrid region. After a handful were sighted in 2013, there are now believed to be five established packs numbering between 35 and 40. Livestock breeders in Madrid want the wolf population to be kept in check. As the number of wolves has increased, so too has the number of attacks on livestock. In 2013, the year when wolves were found to be breeding again in Madrid, 15 attacks were recorded. Within three years, the number of attacks soared to 213 and last year, it jumped to 398. Compensation payments have risen from €40,000 in 2014 to €300,000 in 2019.



Spain country is the **third largest consumer of coffee** in the world, with 4.5 kilograms per capita per year. According to the Spanish Coffee Federation, 63% of Spaniards over 15 years of age take at least one cup a day. In Spain, some 40,000 tons of coffee are drunk per year from capsules alone. I thought it might be a lot more.

A school in Barcelona has decided to remove 200 children's books from the infant school library for perpetuating sexist stereotypes. The Tàber school, which is under the responsibility of the Catalan regional government, reviewed its catalogue of books in its library for children up to the age of six, and found that only 10% were written from a gender perspective. 30% of the stories were "toxic" and 60% had less-serious problems. Other schools are also working to fill their libraries with more gender-balanced books. The classic fairy tales **Sleeping Beauty and Little Red Riding Hood are two of the books that been removed from the catalogue.** Catalonia does seem to be a harbour of lunacy. Reminds me of some boroughs in North London!

Sadly, all supplies of Cadbury's **Gravy filled Crème Eggs** have now been exhausted locally. People were heard crying in the Lime Bar.



**WIMP!**

"We have your son," said the kidnapper.

"I don't have a son," says the woman.

"Then who just asked for warm milk and made us cut the crust off his sandwiches?"

"Oh God, you have my husband!"

**What's Up?** Continued.....Maybe I should just call this the Crime Page?

Okay, many of you may have come across an over zealous cop or traffic warden in your travels, but this guy surely is one of the worst. It has only now emerged that during the motorcycling Grand Prix in Cadiz last May, one local police officer in the nearby town of El Puerto de Santa Maria issued a total of **269 fines to motorists and motorcyclists during just one morning**. Now this equates to a fine every two minutes or so during an 8-hour shift! It seems the street signs were changed for the weekend to alter the flow of traffic with some roads now out of bounds. Unfortunately, some of the signage was not visible and the total fines issued on the day came to 451! Now a year later, the council are only just beginning an investigation and have requested that the majority of those fines paid should now be refunded.

In an effort to make drivers more cautious this **Semana Santa (Easter Week)**. The advert begins with the statement that last year, 190 people did not make it back home after the



Easter holidays. 159 did so only after spending time in hospital while the other 31 never returned at all.

The ad went on to present

the 'Top Three' destinations for those who ignored the speed limits, use mobiles while driving and drink-driving: the preferred resorts are, in reverse order, 3, the cemetery ( for a quiet getaway, no noisy neighbours), 2, prison, (plenty of time to meditate with a special taxi service included and 1, hospitals (pamper yourself with specialist carers). The photo shows the 'Welcome to Hospital' section.

The new popularity of **electric scooters** had already claimed its first victim: a 92-year-old woman was mown down by one of them as she went for her daily stroll in Esplugues de Llobregat in Barcelona. The woman was knocked to the ground as she shuffled along a pedestrianised section of the town's Rambla with her walking frame by a young man on a scooter who allegedly didn't see her because he was looking down at his mobile phone. He reportedly had a passenger on the scooter and the pair were travelling at a speed of around 30 km/h when they ploughed into the nonagenarian, who hit her head against the pavement and died in hospital of her injuries a few days later. The driver of the scooter is now being investigated by a judge for involuntary manslaughter. The case has turned the spotlight on the need for nationwide regulations of electrically powered mobility devices such as Segways, scooters and skateboards which now share city streets with cars, cyclists and pedestrians.

Murcia Town Hall has now banned under-15's from riding electric scooters.

Driving and using a mobile phone is becoming increasingly risky in Spain, at least in terms of its legal implications in the case of an accident. From now on, police will be able to carry out checks on the mobile phones of drivers involved in crashes in order to determine whether they were using the device at the time of the crash, and whether it could have had an influence in causing the incident. This will include all forms of mobile communication, including texts, calls or voice messages on WhatsApp, Facebook, Messenger,



Twitter or any other social platform. Spain's top road safety prosecutor Bartolomé Vargas sent out an order to all regional traffic authorities on April 12th, calling on road safety officers to begin implementing the measure from now on. **Using a mobile phone while driving in Spain** is currently punishable with three points docked off drivers' licenses and a €200 fine.

**Catch up:** Last month we reported on the incident where 10 individuals broke into the **North Korean embassy in Madrid**. There, they assaulted the embassy personnel, took computers, cell phones and documents with them. An investigation has now revealed the identities of seven of the ten, some South Korean and most US citizens. One of the group, who claim to be members of a human rights association working for the liberation of North Korea, telephoned the FBI later. The men broke up into four small groups and travelled to Lisbon, where they boarded an plane bound for Newark, New Jersey.

On Sunday, April 7, four people in the centre of Murcia between the ages of 20 and 24, baked some **marijuana sponge cake**. Three of them began to experience chest pains and spasms and called emergency services and were taken to the nearest hospital. The fourth was 'Okay, like everything is cool man!' Experts warn that marijuana takes longer to take effect if consumed with food. This leads to overdosing. The medics confirmed that incidents of this kind are not uncommon.

#### **The Romantic & the Bell End.**

A romantic wife sent her husband a text:

"If you are sleeping, send me your dreams.

If you are laughing, send me your smile.

If you are eating, send me a bite. If you are drinking send me a sip. If you are crying, send me your tears.

I love you!" The husband replied,

"I am on the toilet. Please advise."



**Caring for our community in our community.**

We are a local charity whose aim is to provide free assistance to all nationalities, of any age, who find themselves in difficulty following illness, feeling isolated or struggling to care for a loved one..

The areas covered are from Pilar de Horadada to La Marina, Including Torrevieja, Quesada, Rojas, San Luis, La Zenia, Playa Flamenca, all areas of Orihuela Costa.

## **WELFARE SERVICE**

If you have health or social problems the welfare service can visit you to talk about how this may be affecting you. Our volunteers offer short term support to all ages and nationalities in their own home.

- Social care advice and guidance.
- Family carer support.
- Volunteer transport- health appointments.
- Befriending/companionship.
- Local & UK social services/welfare advice.
- Legal advice
- Translation services.
- Access to other charities.

Our Welfare Team are qualified U.K. social worker & Care Managers who have between them many years of health and social care experience.

**Telephone: +34 965 328 794 / 634324389**

**Email: [charitycentre.helpathomecb@gmail.com](mailto:charitycentre.helpathomecb@gmail.com)**

**Web: [www.helpathomecb.com](http://www.helpathomecb.com)**

### **THE MOURNER.**

A man placed some flowers on the grave of his dearly departed mother and started back toward his car when his attention was drawn to another man kneeling at a grave. The man was praying with profound intensity and kept repeating, "Why did you have to die? Why did you have to die?"

The first man approached him and said, "Sir, I don't wish to intrude on your private grief, but this demonstration of pain is more than I've ever seen before. Sir, for whom do you mourn so deeply? A brother? your father?"

The mourner took a moment to collect himself, then replied, "My wife's first husband."

**GREAT FOOD  
& GREAT  
ENTERTAINMENT**



**CHECK OUT  
OUR  
EXTENSIVE  
MENU!**

VIA PARK III

## **ENTERTAINMENT!**

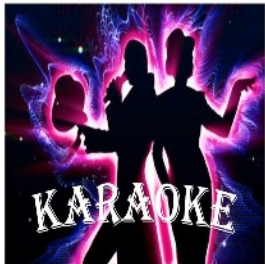
**EVERY TUESDAY - FANTASTIC DANNY 5 - 8PM  
ONE OF THE BEST ON THE COSTA BLANCA**



**Quiz  
night**

**WEDNESDAYS - WITH PAUL AT 8PM**

**BINGO! EVERY WEDNESDAY & SATURDAY  
AT 2 PM COME EARLY!**



**SATURDAY NIGHT KARAOKE!  
WITH THE GREAT JAMES GOLDING**



**SUNDAY AFTERNOON 1 - 3PM  
CROONING SESSION WITH JAMES!**



**SATURDAY NIGHT IS STEAK NIGHT  
PLUS KARAOKE!**

**2 X DELICIOUS RUMP STEAKS  
WITH CHIPS, PEAS & SALAD INCLUDING A BOTTLE OF WINE  
ONLY €15!**

**FOR BOOKINGS TELEPHONE 637 046 438.**

**BAVARIA  
BOTTLES  
JUST €1.20!!  
6 BOTTLES AMBAR  
JUST €5!!**



**TROPICAL  
FROM TENERIFE  
€2.00 A PINT - ALL DAY!**  
**Magner's  
€3.00**

**Wi-Fi!**



**VIA PARK III**

**COMPREHENSIVE MENU FEATURING EVERYTHING  
FROM GREAT STEAKS & GAMMONS  
TO CURRIES, BURGERS AND FISH & CHIPS  
HOMEMADE CHIPS, NEVER FROZEN!**



**BREAKFASTS FROM JUST €3-50!  
WHICH INCLUDE O.J., TEA OR COFFEE!  
STEAK MEAL DEAL FOR TWO JUST €23  
INCL. BOTTLE OF WINE OR CAVA!  
IF YOU ARE REALLY, REALLY HUNGRY  
THEN TRY OUR OMG MENU.**



**WINTER  
OFFER!**



**FRIDAYS - NOON TO 9:30PM**

**FISH & CHIP SPECIAL**

**2 X Fish, Chips, Peas & Bottle of Wine Just €13.50**



**COME AND TRY  
OUR FAMOUS  
SUNDAY LUNCH**

**MAIN COURSE JUST €5.95,  
2 COURSE €6.95, 3 COURSE €9.95!**

**FOR BOOKINGS TELEPHONE 637 046 438.**

# THE BAR NEXT DOOR.

BLACKTHORN  
CIDER

MAHOU  
LAGER

3 SCREENS!



"Throw them farther!"

FIRST FLOOR  
VIA PARK III  
(Sister bar to The Lime Bar)  
*A DEDICATED SPORT'S BAR.*

**POOL KNOCKOUT  
COMPETITION**

EVERY THURSDAY AT 3PM.  
MAXIMUM 16 PLAYERS.

**FUN DARTS EVERY WEDNESDAY  
AT 3PM.**

**GREAT PRIZES!!**

**Pies, Pasties & Sausage Rolls on Match Days.**

**HAPPY HOUR**

**Monday to Friday 2pm - 7pm**



OPEN 3pm - 12am  
Saturday & Sunday -  
12 noon - 12 midnight.

SOUTH  
FACING  
TERRACE

**Win  
Big  
Prizes**

FREE  
WI-FI



*Will the Fun Never Stop?*

## fresh Radio

97FM - Benidorm

91.8FM - Calpe-Denia

104FM - Torrevieja-Orihuela Costa

COMING SOON TO ORIHUELA COSTA AND TORREVIEJA  
WITH OUR OWN STUDIO.

YOU CAN TUNE-IN ONLINE TO OUR SISTER STUDIO IN BENIDORM

AT <http://freshradiospain.com/>

CHECKOUT OUR FACEBOOK PAGE FOR ALL THE LATEST NEWS & VIEWS  
THROUGHOUT THE COSTA

<https://www.facebook.com/freshradiospainCBS/>





**THATCHERS  
CIDER**

# LIME BAR



VIA PARK III

*A warm welcome awaits you from  
Sue & Peter, Carly & Mark.*

**MAHOU  
LAGER**

**15 LARGE SCREENS!**

**2 MAIN SCREENS 75inch TV EACH!**

**EVERY PREMIER LEAGUE GAME LIVE!**

**GAA, RUGBY, DARTS,  
FORMULA ONE, GOLF.**

**LIVE!**



Formula 1



**GUINNESS**

**THE NUMBER ONE SPORT'S BAR  
IN THE COSTA BLANCA!**

**FRIDAYS AT 9PM**

**FUN QUIZ NIGHT  
WITH MEAT RAFFLE,  
STAND-UP BINGO &  
PLAY YOUR CARDS RIGHT!**



**LIVE MUSIC THURSDAYS - 4 'TIL 7ish.**

**SPECIAL OFFER - PERONI - PINT - JUST €3!!**

*While stocks last!*

**ESTRELLA BOTTLES - ALL DAY - EVERY DAY €1**

**FREE  
Wi-Fi!**

**CHECK OUT  
OUR  
SPECIALITY  
COFFEES!**

**GREAT COCKTAILS!**

*South Facing With The Best Views.*

**Happy Hour Mon - Fri 2 'til 7 pm**

*Hangovers installed.....and serviced.*



**Municipal elections** nationally are now due in late May. In Orihuela, we have at present a PP (Partido Popular) mayor. However, the party is badly divided with two of their senior politicians wanting to become mayor. This may be a bit premature as the PP are expecting to get a hammering in the elections - nationally and locally - according to the polls. Ciudadanos (Citizens) Party appear to be gaining in popularity, but I cannot see any one party obtaining sufficient seats to rule in a majority. Once again it will be a coalition type council, I expect, who will rule.

I anticipate it will be much the same in Torrevieja. The council is run at present by a **coalition of the Greens and assorted Socialists**. The new councillors there will probably be much the same.

But politics makes strange bedfellows. In the **O.C. the Claro party** used to be one favoured by many expats. At one time they cosied-up to the right-wing PP. Now however they have formed an alliance with Podemos (left-wing loonies) and Cambiemos Orihuela.

What will be most interesting will be the impact that **Ciudadanos** (centralist party) and **Vox** (far right) will have not only in the local elections but nationally as well.

As you are probably aware, several former PP councillors



are on trial at the moment. One result was that relating to **Pepa Ferrando**, seen here to the left of the former **Mayoress Monica Lorente**, who is also charged with **various frauds**. Pepa has just received a two-year prison sentence (which won't be served) and a ban of more than 15 years from serving in public office. She was found guilty of five crimes of

administrative prevarication and four frauds between 2008 and 2011 for the contracts made at Fitur Tourism Fare in Valencia in those years. Five others received lesser jail sentences and disqualification with four of those sentenced to pay a total of €150,000. Ferrando is awaiting another trial, scheduled in October, for alleged irregularities in the organization of another event, the Fair of Divine Senses (la Feria de los Sentidos Divinos). The Anti-Corruption Prosecutor's Office is seeking a two-year prison sentence and seven years of disqualification for the former president of the PP of Orihuela for alleged irregularities in the collection of about 97,825 euros.

### The Ranch

A farmer had always dreamed of owning his own cattle ranch, and finally made enough money to buy himself the spread of his dreams. 'So, what did you name the ranch?' asked his best friend when he flew out to visit.

'We had a heck of a time,' admitted the new cowboy. 'Couldn't agree on anything. We finally settled on the Double R Lazy L Triple Horseshoe Bar-7 Lucky Diamond Ranch.'

'Wow!' His friend was impressed. But looking around he saw no cattle. 'So.....where are all the cow?' 'None of 'em survived the branding.'

Not really a local story but worth a chuckle. A couple of weeks ago this chap was driving around a roundabout in the municipality of Roquetas de Mar in Almeria, when he spotted a **hippo** crossing a roundabout! He managed to take a short video of it from his car - but not something you see every day!



The hippo had escaped from a circus locally and was recaptured without any injuries. You can see the video here -

<https://twitter.com/JrGuillen90/status/1114244089728458752>

Although initially detected in Torrevieja in 2016, the **Blue Crab**, an invasive species, is now appearing more frequently in fishermen's nets near our beaches.

The crab, *Callinectes sapidus*, is native to the waters of the western Atlantic Ocean and the Gulf of Mexico. Although the crab is of significant culinary importance in parts of the US, Greece appears to be the only Med' country which actively harvests them. This has led to a drop in the crab population due to overfishing.

Several of the solemn Easter parades have been **cancelled** because of the heavy rainfall.

**Lasting Effects**  
●●● Professional Beauty

**Linzi Sullivan**  
FULLY QUALIFIED IN SEMI PERMANENT MAKE UP

Telephone/Whatsapp 656 388 065  
Or Email: [missljs@live.com](mailto:missljs@live.com)

Specialising in Eyebrows, Eye liners,  
lip liner and/or full lip blush

"You will look beautiful bare-faced from first  
thing in the morning to last thing at night"

Qualified, Fully Legal in Spain



# Carol Larrabide Home Care

## Services Available:

- \*Personal Care
- \*Meal Preparation
- \*Help with Shopping/Errands
- \*Dog Walking
- \*DBS Checked



NVQ Qualified Levels 2 & 3  
in Elderly Care

Email:  
carol.larrabide@gmail.com  
Mobile: 0034 692 318 703

### THE PHOENIX GOLF SOCIETY

Sunday 21st April 2019

Golf Cancelled due to inclement weather.

Repair - Upgrade - Optimization - Expert Advice  
for

Computers, Laptops, Tablets, Smartphones,  
TV Boxes, Smart TVs, Surveillance Cameras  
and much more!



Call +34 698 35 79 74  
and we'll send a Viking  
directly to your door!

**(CUT OUT AND KEEP!)**

FEELING **HOT** OR **COLD**?  
WE HAVE THE SOLUTION!

**AFFORDABLE  
AIR CON**



**ALL AIR CON SYSTEMS  
HOT & COLD - SUPPLY & FIT  
OR INSTALLATION ONLY.  
SERVICING, RE-GAS & REPAIRS  
ALL WORK CARRIED OUT BY A  
CITY & GUILD'S QUALIFIED INSTALLER.  
MANY SATISFIED CLIENTS IN YOUR AREA.**

**Call Keith on 649 584 493 or  
Gary on 602 596 492  
or a free quotation.**

# EL CAPITAN



## Lago Jardin II.

**DAILY SPECIALS  
& TAPAS**

**BINGO! Thursdays 3pm**

**Every Friday**

**-Fun Darts at 8pm.**

**Every Sunday**

**Quiz Night 8:30pm.**



Wi-Fi

SOUTH  
FACING

# The Water Filter Co.

**Drinking Water  
Filter System  
Fully fitted  
only €99**

**Filter Changes  
Any system  
only €40**

**694 499 630**

A teacher asks her class, 'Can anyone tell me the name of Robin Hood's girlfriend?'

Little Paddy raises his hand and says, 'Yes Miss, it's Trudy Glen.' 'No Paddy, the answer is Maid Marion.'

'But Miss, what about the song? "Robin Hood, Robin Hood, riding Trudy Glen."'

Alby



**JJ's**

**Café Bar**



VIA PARK V.

**KITCHEN OPEN TUE-SUN 10 - 7pm**

**BAR OPEN DAILY 10am - 10pm.**



**CHECK OUT**

**OUR EXTENSIVE MENU**

**Featuring a Vast Range of Choices from Breakfasts, Sandwiches, Jacket Pot's,**

**Snacks and the Best Salad Bowls To Burgers, Fish Cakes, Lasagne, Poached Cod, Half Roast Chicken, & Much, Much More!**



**Tuesday**

**Coffee Morning from 11am.**



**Thursday**

**Jilly's Slimming Club - 4pm.**

**New Members Welcome**

**Then at 5pm,**

**the "Loose Women Club!"**

**Grab a wine or two, where you can meet new friends and have a natter!!**

**CHANGE!**

**FUN DARTS IS BACK ! Wed 7:30 - 11pm**

**THE BEST FISH & CHIPS - DAILY!**

**ALL SPORTS SHOWN INSIDE & OUTSIDE THE BAR**

**JJ, Rob & Bobby**

**693 985 122**



**TWEET!  
TWEET!**



**FREE  
WI-FI**

## **ELECTRIC BOILERS**

**REPAIRED - REPLACED - RE-SITED**



## **POWER SURGE PROTECTORS**

**YOUR WHOLE HOME PROTECTED  
TV's, COMPUTERS, APPLIANCES.**

**€150 FITTED.**

**TEL: KEITH: 649 584 493**

**& GARY: 602 596 492**

## **DO YOU NEED**



**AN ELECTRICIAN?  
OR A PLUMBER?**



**ALSO GENERAL REPAIRS  
PAINTING & MAINTENANCE**

**BATHROOM & SHOWER-ROOM  
CONVERSIONS.**

**NO JOB TOO SMALL  
& NO JOB TOO BIG!**



**CALL ED ON 693 661 958**



## **High Rates of Driving Test Failure in Alicante.**

Passing the test for a driving licence in Alicante is not easy. Of the more than 39,000 tests undertaken during 2017, 56% of the applicants failed. This trend was repeated in previous years. An association of 52 driving schools in the province believe that in neighbouring provinces, such as Murcia, Albacete or Valencia, the driving tests are simpler. This has led to students from this province going to these areas for practice and tests where the pass rates for students are higher than the failure rates.

The driving school association also complains that the examiners do not release any data about failures and are often rude to young students.

They also complain that in the examination centres, students have to wait for hours sometimes before being tested and there are no toilets or seating in the waiting areas. They also complain that examiners do not carry out any tests during August!

Examiners complain about the lack of staff, saying that each examiner is expected to test 13 applicants daily.

## **THINGS PRISON GUARDS HATE**

- Inmates who look like the sperm used to conceive them was 100% steroids.
- Coming up with one too many during a head count.
- Having to break up a fight in the shower.
- Being asked to be the bridesmaid when two inmates tie the knot.
- Recognizing the newest inmate as your proctologist.
- The fact that inmates get more television channels than you do at home.
- Having a new neighbour move in next door who looks wa-a-a-y to familiar.
- Being on a first-name basis with a serial killer.
- Finding a hole in your glove after completing a body cavity search.
- Learning that your mother just announced her engagement to No. 93A44274.

## **Chemsex and the spread of VD.**

The practice of " Chemsex " is usually between men who have sex with other men, in sessions of several hours or days and with multiple partners. Liaisons are in private homes or in certain locations, such as saunas. Experts agree that new technologies have also had a lot to do with their success, through online searching for partners and a "globalization" through the network of certain sexual practices. "Chemsex" is also associated with the consumption of a very specific type of drugs, "which entail a lower perception of the risk of having sex without any protection," says Mar Vera, a doctor from the Sandoval health centre.

To achieve this there are three main drugs: methadone, methamphetamine and liquid ecstasy. They are drugs that are often taken compulsively, with an average of six doses during a period of nine hours. These drugs stimulate the senses, intensify pleasure and allow long sex sessions. In addition, they reduce judgment, reducing the likelihood of condom use.

In the last year in the province of Alicante alone, 347 cases of gonorrhoea, 228 of syphilis and 352 of chlamydia have been diagnosed. This represents a remarkable increase in cases with respect to the year 2017. The lower use of condoms is behind this worrying trend, which also affects younger and younger men and women. With regard to HIV infections, there have been 135 cases diagnosed in the last year. This figure that remains stable.

The alarm has also been placed on the delay in detecting these diseases, which are on many occasions, highly contagious. "In 28% of the cases, the diagnosis comes when the disease is already at an advanced stage," explains Pep Coll, from the Germans Tris i Pujol University Hospital in Badalona. In the case of HIV, "it has been proven that if the person takes the corresponding treatment, they do not transmit the disease, neither to their partners nor to their children" reported one specialist.

*By the time I'd finished with her, she was like a  
blancmange after a children's party.*

*Swiss Toni*



# SolMed Solicitors

(Formerly Mar Services)

**Excellent Service at Competitive Prices.**

**Non Resident Taxes & Resident Taxes  
(Only €35 per person)**

**All Property Conveyancing -  
Purchase, Sale, New Works etc.**

**Wills**

**Translations**

**NIE, Residencia, SIP Card Applications**

**CEE & Certificate of Habitation  
& much more.....**

**WWW.SOLMEDSOLICITORS.COM**

**EMAIL:**

**INFO@SOLMEDSOLICITORS.COM**

**TEL:0034-640 621 558.**

*We speak your language!*

**Sangria  
Properties**



**PROPERTIES NOW REQUIRED  
FOR SALES AND RENTAL.**

**CLIENTS WAITING.**

**CHECK OUT OUR  
COMPREHENSIVE**

**WEBSITE AND RANGE OF  
PROPERTIES AT -**

**www.sangriaproperties.com**

**Emails:info@sangriaproperties.com**

**Tel: 0034 966 772 553**

May

April showers did not appear  
bad for farms and all  
maybe different next year  
or perhaps rain in the fall

We've seen the end of Holy Week  
and Fiestas fantastic  
whatever religion you may seek  
Spain makes it dramatic

Pensioners arrested for sex offences  
Eighty one and seventy nine  
no condoning what they did  
but they're medication's better than  
mine

Brexit on its crazy way  
extension to Halloween  
couldn't have picked a better day  
monsters, idiots and all in between

Weather fine and sunny  
we're all full of good cheer  
got rid of the Easter bunny  
now time for more cold beer

This is the lovely Month of May  
so look to all your friends  
help them all in any way  
and hope to the World this extends.

**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 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 dressed.

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.

David, at Advocacy Costa Blanca is always happy to meet up for a chat. No charge.

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



# Advocacy Costa Blanca

*Helping you receive the care and support you need.*

**Has your health changed?**

**Thinking about care and support at home?  
ACB provides expert social care, welfare**

**guidance and support.**

*Free home visits and advice from an award*

*winning UK registered local social worker.*



Attendance  
Allowance



Thank you David Minto for all your help and advise.  
David came to my home in Dec. and filled in all the forms  
etc. my claim was turned down so David persuaded me to  
appeal Last week I heard from the court and I have been  
awarded the higher offer plus back dated from January.  
David you are an ultimate professional so once again thank  
you  
RW, El Galan

David Minto gives the most excellent service. I was  
given a couple of groups to contact when I needed  
some financial help for my disability. One group  
just passed me on with tel. nos to contact . David  
was immediately on the case , visited my home,  
filled in forms with the info. No stress for me . Yes  
David charges a fee , you would expect that, but he  
certainly works hard and expertly for it and could  
easily be paid from the award I received. Would  
recommend Advocacy Costa Blanca to anyone  
needing help. GR-San Luis

Contact David on - 602465565 or 966392026.



- [advocacycostablanca@outlook.com](mailto:advocacycostablanca@outlook.com)

**Are you thinking about a return to the UK?**

**Are you aware of the Habitual Residence Test and Ordinary Residence?**

Should you decide to return to the UK, it may be that you could have housing, social services and benefits declined because of Habitual Residency Test and Ordinary Residence.

David, at ACB, has been a UK social worker for eighteen years, many of these at a very senior level and is very accustomed to helping people access UK services on return.

For free advice and guidance regarding a return to the UK please don't hesitate to contact David at Advocacy Costa Blanca on 0034 602465565 or 966392026

I was walking in the jungle the other day when I saw a Monkey with a banana in one hand and a tin opener in the other.

I said to him "You've don't need a tin opener to peel a banana!"

He replied "I know, it's for the custard"

Tommy Cooper



## Could you do with some extra cash right now? We can help with a QROPS.

- **Have you worked in the UK?**
- **Billions of pounds in unclaimed UK pension money. *IS SOME OF IT YOURS?***
- **The potential for full access to your private or company UK pension.**
- **No upfront fees.**
- **No obligation.**
- **Beneficiary options *NOT AVAILABLE IN THE UK.***  
**Protect the ones you love NOW.**
- **Greater investment choice.**
- **Tax efficiency.**
- **Free assessment on your existing QROPS. *IS YOUR MONEY TIED UP?***
- **Free search on lost & forgotten UK pensions. *ARE YOU DUE A WINDFALL?***
- **Free assessment on your existing UK pension. *TAKE THE BENEFITS NOW!***

Are you confused by the recent legislation changes?

Are you unsure of your future pension entitlement?

Contact us now for a free assessment, initial discussions  
are FREE and always without obligation.

**Visit our website: [www.mhpensions.co.uk](http://www.mhpensions.co.uk)**

### Canny Lad!

A Londoner and a Geordie went fishing one afternoon and decided to have a couple of cold beers. After a while the Londoner says to the Geordie, "If I was to sneak over to your house and made wild passionate love to your wife while you were at work, and she got pregnant and had a baby, would that make us related?" The Geordie after a can of beer and a great deal of thought, says, "Well, I don't know about related, but it sure would make us even."





## MR SECURITY ALL IN ONE

**MAKE YOUR HOME SAFE & SECURE  
WITH THE LATEST CCTV CAMERAS  
& ALARM SYSTEMS**

**EXCELLENT LOW COST SERVICE  
FREE QUOTATION**

**TEL: 600 993 667**

**Office: 966 923 441**

Web: [www.alarmastorrevieja.com](http://www.alarmastorrevieja.com)

Email: [lostermansronny@hotmail.com](mailto:lostermansronny@hotmail.com)

**ON  
MAY  
4th**

# SALSA

**Buffet Latino - 1 Cocktail included**

**- Salsa Dances from 20:00pm**

Bar Cortxo Pintxo  
Calle Laguna de  
Ruideras, Via Park V

Tickets 10€  
MORE INFORMATION & TICKETS Facebook: Bar Cortxo Pintxo

**IT'S NOT OFTEN THAT A DOG  
SPEAKS FOR THE NATION**



## TV STREAMING- LATEST

It is interesting to see that Disney have now introduced their own streaming service - Disney+. Although now only available in the States for around \$7 a month, it should soon be available in Europe.

Disney+ will be the home for all theatrical movies released by Disney. It will also eventually be the home for its classic film library (still living in other places under current deals). These will include Star Wars, Marvel, the Avengers and the X-Men series; Pixar films such as Toy Story and Finding Nemo; and its own animated output, including Frozen and The Lion King, and TV hits such as The Simpsons.

Nevertheless, they may find it hard to compete with the established streaming services. Netflix is the king of these with 140 million subscribers worldwide. Amazon and HBO are also worldwide players but with far fewer subscribers. We have all three but find that Netflix has a far larger content on offer in both movies and TV than the others. Netflix is expected to spend as much as \$15bn on making and licensing film and TV shows this year. Netflix and HBO cost approx' €8 in subscription per month. The Amazon service is available to Prime customers.

There are other smaller streamers such as HULU, Warner Media, Comcast's and NBC Universal. Apple is also now entering the market but has little information to offer at present on what it plans to do.

If you don't fancy either of the above and you have a strong broadband signal, it may be worth considering purchasing a suitable Android box or IPTV system.

## Living Alone.

According to the National Statistics Institute (INE), there are more than two million people over the age of 65 living alone in Spain. That's almost half the 4.7 million single-person households in the country. Of those two million, more than 850,000 are over the age of 80, and the vast majority are women (662,000).

## Proton Beam Therapy

Spain is joining a global race to adopt proton beam therapy, a form of cancer treatment hailed as a less-aggressive alternative to conventional X-ray radiation. Two private hospitals are due to open centres in Madrid, where children and patients with rare tumours will especially benefit from a treatment with fewer side effects than X-rays.

It is no real new thing this face transplant technology. For many years the women I know have been having it done. The real mystery is how they manage to get it done between when I go to bed with them and when I wake up.

Anon.



GLUTEN FREE  
SAN MIGUEL!

BOTTLES - 500ML  
OLD SPECKLED  
HEN &  
BISHOP'S FINGER

# BAR DOMINO

LOS ALTOS.

**KITCHEN OPEN MON - SAT FROM 9:30am**  
**SUNDAYS - LUNCH ONLY 1pm - 6pm**  
**KITCHEN SUMMERTIMES**  
**FROM MONDAY APRIL 29**  
**LAST ORDERS 9:30pm**

**NOW WITH AN  
EXTENSIVE MENU**

**Everything from Curries & the best Burgers**  
**To Liver & Bacon and Sausages & Mash**  
**MAIN COURSES FROM €5.95!**

**THATCHERS,  
COORS LITE  
&  
SAN MIGUEL  
ON  
DRAFT!**



LIMITED  
GLUTEN-FREE  
CHOICE  
AVAILABLE

**Homemade Soup & Toasted Sandwich**  
**Only €4.95 from 12:30pm**

**Homemade Pizza**

**Available until 11pm.**

**Full Breakfast €4.50 Mon-Sat 9.30am-1.30pm**

**Sausage, Bacon, Egg, Hash Brown,  
Tomato, Beans, Mushroom, Toast,**

**Veggie Breakfast €4.50**

**2 Eggs, Hash Brown, Mushroom, Beans & Toast**

**Includes tea or coffee & orange juice. Sorry, no changes to menu.**



**2ND WEEK MONTH - PATANCA MELLE!**

**Members €2 - Non Members €3**

**3 Games Timed 45 Minutes**

**EVERYONE WELCOME!**



**Unbeatable Sundays Lunch €6.00!**

**Lunch only 12:30pm to 6pm**

**Booking essential! Always Busy!**

**Choice of Roast Beef, Roast Lamb,  
Honey Glazed Gammon, Roast Chicken**

**Served with Peas, Carrots, Cabbage, Cauliflower, Broccoli, Stuffing,  
Roast Potatoes, Mash Potatoes, Yorkshire Pudding & Gravy.**

**facebook**

**Always a good deal at Domino's!**

**CHECK OUT OUR MARVELLOUS SPORTS COVERAGE  
ON THE NEXT PAGE!**

**FACEBOOK - dominobar Tel: 694 494 697**

**WiFi**



# BAR DOMINO

LOS ALTOS.  
OPEN 7 DAYS FROM 9.30AM

QUIZ  
NIGHT

**NEW QUIZMASTER WITH OUR VERY OWN EINSTEIN!**  
EVERY SUNDAY - 8:30 START.

KIDS  
OUTSIDE  
PLAY AREA  
1 POOL  
TABLE  
2 DART  
BOARDS

WATCH OUT FOR.....

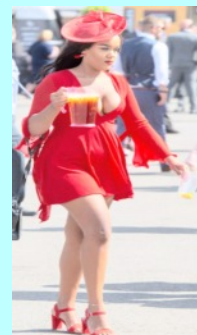
**ENTERTAINMENT**

FRIDAY MAY 10 LADY JAZZ

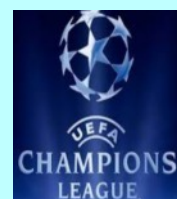
DAVE JOHN - ROD STEWART TRIBUTE  
3-COURSE MEAL AVAILABLE - BOOKING  
ESSENTIAL

Other Acts & Dates to be Confirmed

ROYAL ASCOT -  
LADIES DAY!  
JUNE 20th



All Rangers, Celtic, Man' City, Man' Utd, Liverpool,  
Chelsea, Arsenal, Burnley, Newcastle, Everton,  
Real Madrid, Barcelona,  
Hertha Berlin Games. All International Games Live!  
All Other Games on Request.



**CODERE BETTING MACHINE NOW IN!**

**LINE DANCING CLASS**

TUESDAYS 10:30AM  
FREE OF CHARGE!



**Check Facebook Page for Special Promotions & Events, Updated Daily.**

2 x Darts Teams; 1 x Pool Team; 6 x Petanca Teams Monday & Wednesday  
New Members Always Welcome!

WiFi

To reach Bar Domino, take the road past Via Park III and Consum,  
right to the bottom of the Los Altos hill where you will find our spacious bar and grounds.

FACEBOOK - dominobar Tel: 694 494 697

facebook

# DREAMWORLD TOURS.ES

## BRITISH RUN TRAVEL AGENCY IN TORREVIEJA

TEL: 965 055 462

EMAIL: [INFO@DREAMWORLDTOURS.ES](mailto:INFO@DREAMWORLDTOURS.ES)

### OFFERING A WIDE RANGE OF TRAVEL SERVICES & COACH TOURS

- WORLDWIDE HOLIDAY PACKAGES
- OVER 65 HOLIDAY DEALS
- TAILOR MADE PACKAGES
- CRUISES
- CITY BREAKS
- HOTEL RESERVATIONS
- FLIGHTS
- IMERSO PENSIONERS HOLIDAYS
- TRAIN / BUS / FERRY TICKETS
- VISAS
- TRAVEL INSURANCE
- DAY TRIPS
- COACH TOURS
- ENTRANCE TICKETS

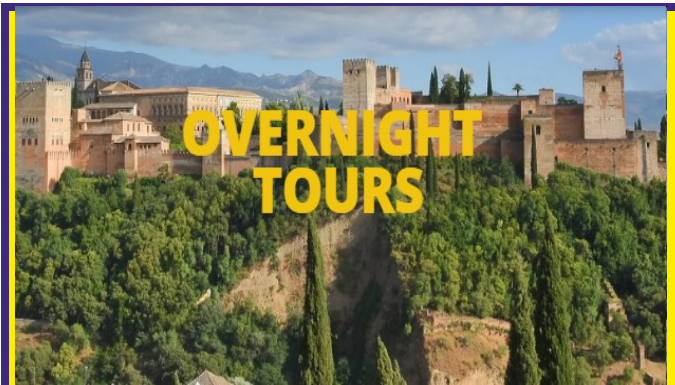


JALON VALLEY WITH LUNCH  
€22

A WIDE RANGE  
OF TOURS & TRIPS  
AVAILABLE  
WHY NOT CALL IN AND SEE US  
OR  
VISIT US AT  
DOMINO BAR

**BENIDORM  
DAY TRIP  
EVERY WEDNESDAY  
€10**

GREAT DAY  
&  
OVERNIGHT TOURS  
CHECK-OUT OUR WEB PAGES



PICK UPS AVAILABLE IN MOST AREAS  
VISIT [WWW.DREAMWORLDTOURS.ES](http://WWW.DREAMWORLDTOURS.ES) FOR MORE TOURS & INFO  
WE VISIT DOMINO BAR, LOS ALTOS EVERY FRIDAY 5-7PM SHOULD YOU WISH TO VISIT  
US THERE

FOLLOW US  
ON  
FACEBOOK



Viajes Dreamworld Registered Agency CV-m-1965-A  
Avenida Doctor Gregorio Marañón 7  
Bloque 1, Local 2 Torrevieja, 03181

I've got to go to a dyslexia support meeting.  
Bugger that for a game of shoulders.



# Tapas & Snack Bar

**Beer, Wine & Selection of Ciders**

**Calle Lagunas de Ruidera  
Via Park V  
Orihuela Costa**

**(E) cortxopintxo@gmail.com**

**Fresh tapas starting  
from 2€  
Sat between 3-6pm free  
tapa of paella with  
consumption.**

**Coming soon:  
Quiz Night**

**Conversational Spanish -  
coffee morning!  
Full menu**



# PIRATES

## tattoos

By our expert and talented artists.  
Pirates is pleased to welcome HECTOR to its expert team. Julio & Hector are available for appointments daily.

## piercings

Ears from 15€ \* Face from 20€ \* Body from 25€ \* Micro Dermal from 40€ \* Ear stretching from 20€ \* Greatest selection of piercing jewellery from 5€.

## barbers

Hair cut from 13€ \* Hair cut & Beard trim 15€ \* Full head razor shave from 15€ \* Boys (under 12) from 10€ \* OAPs (over 65) from 9€ \* \*I.D. may be required.

## hair stylist

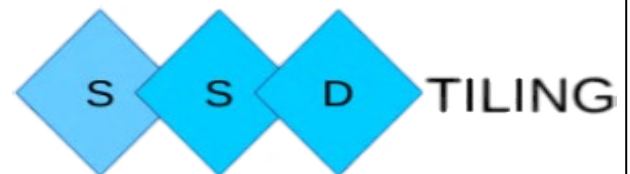
Book your appointment with Tracey.  
21 years experience in top UK salons. Cuts, restyles, colours and blow dries, etc.

## permanent make-up

Jade's Lasting Beauty now offers microblading, micropigmentation, elegant eyeliner, lip liner and full lip at Pirates.

1st Floor, Punta Marina, Punta Prima, Orihuela Costa

**602 587 153**    



## YOUR COMPLETE TILER

**SPECIALIST TILING  
OF SOLARIUMS,  
PATIOS, GARDENS,  
DRIVEWAYS, STEPS.  
LEAKING ROOFS RE-ASPHALTED  
AND RE-TILED.  
BATHROOMS CONVERTED  
TO SHOWER ROOMS  
TO SUIT ALL TASTES  
AND BUDGETS.  
ALSO PAINTING AND  
GENERAL MAINTENANCE.  
CATALOGUE OF  
COMPLETED WORKS  
AVAILABLE FOR VIEWING**

Call Shane on  
693 490 530

EMAIL: [iowthehat@gmail.com](mailto:iowthehat@gmail.com)

## New Flights.

### Alicante-Elche Airport.

Ryanair has announced its programming for the next winter of 2019 at the Alicante-Elche airport, which includes seven new routes to Berlin Tegel, Cork, Haugesund (Norway), London Southend, Marseille, Porto and Toulouse. With all this, the company expects to transport more than 4.9 million passengers a year at the airport in Alicante, which represents a traffic growth of 14%.

The seven new routes are to Berlin Tegel (3 weekly flights), Cork (2 weekly flights), the Norwegian city of Haugesund (2 weekly flights), London Southend (5 weekly flights), Marseille (2 weekly flights), Porto (2 flights) weekly flights and Toulouse (2 weekly flights). Frequencies will be expanded with Edinburgh, Gothenburg, Leeds Bradford, Liverpool, Manchester and Poznan (Poland). In total a total of 54 routes will be covered.

### Corvera Airport.

Corvera opened with a whimper earlier this year. A total of 22 destinations will be available during the spring-summer season from the new airport. The season started on March 31 and finishes at the end of October.

Most of the flights are operated by the so-called low-cost airlines.

Ryanair has flights to Birmingham, Bournemouth, East Midlands, Glasgow-Prestwick, Leeds-Bradford, Luton, Manchester, Dublin and Palma de Mallorca.

EasyJet flies to Bristol, Southend and Gatwick. TUI to Brussels-Charleroi and Antwerp-Deurne; Norwegian to Oslo, Bergen, Stavanger, and Trondheim; Volotea to Oviedo and Smartwings to Prague.

This is still only one café at the airport which opened on January 15.

We English don't have a lot to be proud of but we can be proud of our mustard.

On the continent mustard is used to bring out the flavour of meat, but English mustard really makes your nose bleed.

Jack Dee

**LIME BAR GOLF SCORES - 10th APRIL 2019**

On a very windy day the Lime Bar Golf Society set out at Requelme Golf for what proved to be a difficult day's golf. The match was played in the Stableford format and the following scores were recorded.

**GOLD CLASS**

1st JOHN WILLIAMS

2nd JONNY GREY

3rd TONY BRAIN

**SILVER CLASS**

1st GEORGE RUSHTON

2nd JIMMY O'ROURKE

3rd BAZZA

We returned to the Lime Bar for presentation and refreshments. Thanks to the bar staff for the food and to the ladies for the sweep

NEXT VENUE LA TORRE 8th MAY

Eddie Allan

**CONGRATULATIONS!**

Well done to the following bars for their sterling work in getting some wonderful donations to various charities:

Lime Bar, more than €1,500 for the Daniella Appeal.

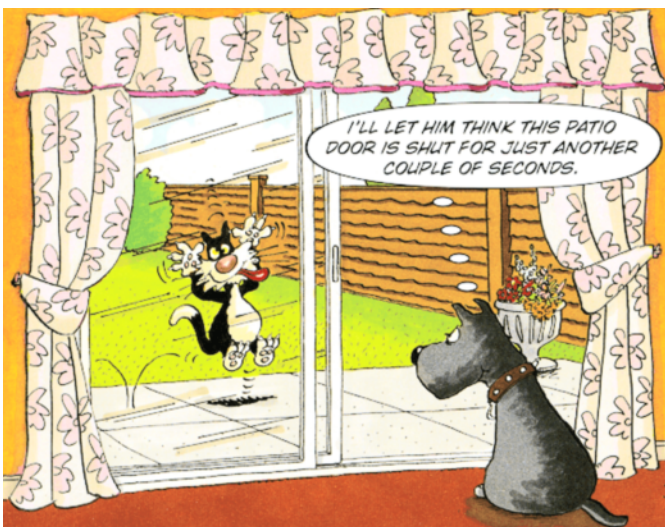
JJ's Cafe Bar, €690.40 for Pink Ladies Cancer Charity.

Bar Cortxo Pintxo, €366.70 for Pink Ladies Cancer Charity.

Jillies Bar, €240 for Horse Charity and €100 for Alimentos San Miguel de Salinas.

(If I've forgotten anybody, well, it's because you haven't told me!)

When I see the generosity of expats and of course the hundreds who also volunteer for the many charitable organisations on the Costa, their absence would turn the area into a poorer and desperate environment.



My friend Harry survived a Kodiak bear attack with just a .22 pistol. Mind you, his friend Larry, who he shot in the knee, was not so lucky.

**“Waggy Tails”****DOG GROOMING**

In San Miguel de Salinas

FOR APPOINTMENTS

Phone Vicky:672 326 979

**LOCKSMITH**

CERRAJEROS - SCHLOSSER  
SEGURIDAD UNION



607 493 118

Antonio

(Cut out & keep.)

**Patches 'n' Pins****Qualified Seamstress**

40 yrs. Experience

Turn-ups to Tailoring  
Patterns taken from  
your favourite clothes.

Reasonable  
Prices

Phone: Sandra 966 799 188

Mobile: 680 486 336

**DALJIT'S****MINI SUPERMARKET & SUN BAR**

We also do Breakfasts, Burgers,

Doner Kebabs & Fish & Chips:

Eat-in or Take-away!

& Much Much More.

**Fabulous Range of Indian Spices**

Greeting Cards,

Off Licence

Credit Cards Accepted

OPEN FROM 10:00am UNTIL 10:30pm










**BIENVENIDO a**  
**BAR KALIMOTXO**  
**Bar y Restaurante**  
Via Park III

**Oxana & Oscar Welcome You to an Authentic Spanish Bar.**  
**WE FEATURE A WIDE RANGE OF EXCELLENT WINES, SPIRITS & SPANISH BEERS.**  
**ALL FOOD IS FRESHLY PREPARED WITH A FRESH SELECTION OF TAPAS DAILY**  
**A WIDE RANGE OF MEAT, FISH, PAELLA**  
**AND SHELLFISH DISHES AVAILABLE**  
**BREAKFASTS, SANDWICHES, BAGUETTES & SNACKS.**  
**SUCCULENT MEATS RANGING FROM ROAST LAMB,**  
**ROAST KNUCKLE OF PORK AND ROAST CHICKEN**  
**TO DELICIOUS BURGERS, WINGS AND WONDERFUL HAND-CUT CHIPS.**  
**MOUSSAKA & LASAGNE.**  
**TASTY FISH RANGING FROM SALMON AND SWORDFISH**  
**TO MERLUZA AND SARDINES**  
**DELICIOUS SEAFOOD WITH PRAWNS, CALAMARES, CHIPIRONES etc.**  
**LARGE SELECTION OF WINES FROM €1 PER GLASS!**  
**A RANGE OF GENEROUS DELICIOUS SALADS ALSO AVAILABLE**  
**¡Visítanos y disfruta los auténticos sabores de la cocina española!**  
**'Come and enjoy the authentic taste of Spain.'**  
Русский говорят.

### PLASTIC, PAPER OR COTTON?

*(Although the massive plastic pollution of oceans and waterways is now evident, here is a fresh look at the supermarket plastic bag.)*

Plastic-bag bans are proliferating across the globe, raising debates at offices, kitchen tables, and store check-out lines. What should we replace them with?

Let's rip this band-aid off right away: There's no easy answer, but at the very least, it's clear we need to end the phenomenon of corporate cotton-tote giveaways.

Most life-cycle assessments of different types of bags have come to the same conclusion: When it comes to climate change and other environmental problems like air pollution and water depletion, plastic is actually "greener" than cotton totes or paper bags, which cost a lot more in terms of resources and pollution to produce. But when it comes to the problem of swirling gyres of forever-materials slowly filling our oceans, plastic is worse.

It seems we can't have it both ways.

A cotton bag must be reused 7,000 times for its environmental performance to equal that of a plastic bag that is used only once, according to a 2018 assessment by Denmark's government. More bad news: Organic cotton

is actually far worse than conventional cotton when it comes to overall environmental impact—requiring 20,000 reuses to match a plastic bag.

That's based on the assumption that organic cotton has a 30% lower yield rate on average than conventional cotton, and therefore uses 30% more resources (like water) to grow the same amount. Even adjusting for less fertilizer use for organic cotton (and therefore less eutrophication caused by growing it), conventional cotton came out on top.

At the end of the day, you're not going to solve climate change with your grocery bag, whatever it's made of. But taken together, how markets as a whole choose to consume and use their bags may have a big impact. The simplest advice to an individual person seems to be this: Whatever you have in your house now—be it a pile of cotton totes, or a jumble of plastic bags—don't throw them out. Use them until they fall apart, then again as garbage bags once you can't use them for other purposes anymore. And whatever you do, try not to buy new ones.

—Zoë Schlanger@Quartz

### The Right Machine!

This old RM soldier, not in the best of shape, was working out in a gym when he spotted a sexy and beautiful young woman. He asked the nearby trainer "What machine should I use to impress that cute young thing over there?" The trainer looked him up and down and said, "Try the cash machine in the wall of the bank next door."





# NICKY'S

CAFE BAR  
Camping Florantilles  
OPENING HOURS

Monday 18:00 - 24:00

Tuesday - Sunday 10:00 - 24:00

Freshly Cooked Food

Served 10:00 - 20:00



Siesta observed 15:00 - 17:00 (except Sundays)

## SUNDAY LUNCHES

1pm - 5:30pm

1 COURSE €7, 2 COURSE €9.50.

**BOOKING ESSENTIAL.**

**APRIL 27 at 8pm**

**JUSTIN SANE**

**LINE DANCING**



Tuesdays - Improvers 10:30 - 11:30 - €5

Thursdays - Absolute Beginners 10:30-11:30 - €5

**Wednesdays 11 - 12pm**

**Spanish Lessons with Adriana €8.**

**TEL: 603 306 458**

# Comfy Carers

Personal Care,  
Light Cleaning,

Shopping,

Doctors &

Hospital

Appointments

Companionship,

Gardening,

Window Cleaning

& other chores

Holiday Changeovers

& Key Holding

Temporary Covers for

Other Carers

**CONTACT**

Terrí

Shirl

634344641

659259706



## Hey Man, Got Any Shit?

The first scientific study of cannabis resin sold on the streets of Madrid reveals that the vast majority contains traces of bacteria from human faeces, and poses a serious health risk to those who smoke it. "Overall, our results showed that most (88.3%) of the hashish samples were not suitable for consumption," concluded the study reported in the journal Forensic Science International. "Hence, illegal street vending of hashish constitutes a public health issue."

The forensic study of 90 samples of cannabis resin sourced from dealers on the street in different neighbourhoods across Madrid, from Majadonda to Alcobendas, was conducted by a team at Complutense University.

When buying from dealers off the street, the drug typically came in two forms: acorns and ingots.

Although foreign elements were found in both, with regards to microbiological contamination, 93 percent of the acorns were contaminated with E. coli compared with 29.4% of the ingots. Photo.

Escherichia coli (E. coli) bacteria normally live in the intestines of healthy people and animals.



Most varieties of E. coli are cause relatively short spells

But a few particularly nasty as E. coli O157:H7, can cause severe abdominal cramps, bloody diarrhoea and vomiting.

Moreover, the study found that 10% of samples contained aspergillus, a type of mold that is usually harmless but can trigger serious infections if those with weakened immune systems, underlying lung disease or asthma, inhale their spores.

The contamination is due to how the drug is smuggled into Spain. The resin is rolled into small balls (acorns), wrapped in cellophane and swallowed. When the smugglers arrive in Spain, they take laxatives to expel the acorns and that's what goes on sale. 40% of the sample acorns smelled of faeces and hashish is manipulated by the hands constantly and the filters of the joints are hollow, so when you inhale smoke you will also inhale other particles!

The report concludes that the average amount of faecal bacteria in each gram of resin is 500 times higher than the maximum limit set by the US legislation for marijuana or by the European regulation for fruit and tea.



harmless or of diarrhoea.

strains, such

My girlfriend accused me of cheating....I told her she was starting to sound like my wife!

M Connell



# Funeral Plans Plus



Unless you speak the language, arranging a funeral in a foreign country can be both very stressful and expensive. To avoid leaving your loved ones with the immense problems and financial hardship on the fateful day, GRUPO ROCAMER welcome you to an all-inclusive funeral plan payable by very affordable monthly contributions

## What is covered? In brief, listed are the important things:

- WORLDWIDE COVER
- ENGLISH SERVICE
- FLOWERS
- CREMATION OR BURIAL
- CASKET
- .....and more

## ALL funeral costs are covered PLUS....

- 24 HR ENGLISH CONTACT
- IMMEDIATE COVER
- NO ADVANCE PAYMENT UP TO 70 YEARS
- NOTHING TO PAY AT DEATH
- NO MEDICAL
- DISCOUNTED MEDICAL SCHEME

**So why are you waiting?  
For less worry and peace of mind**

## Here is a cost example

For a couple 60 & 61 years of age  
Total Monthly Premium 34 €

Persons up to the age of 74 years accepted

Grupo Rocamer are one of only a few companies who offer this type of plan to prepare for your funeral expenses. Rocamer have been in existence for over 70 years and have built up a trust and reliability within the Spanish community and have in excess of 12,000 clients. Now this opportunity is being offered to the British & Irish communities too and you don't have to be a permanent resident in Spain.

Call Keith on 650 461 816 or email [keith.rocamer@live.co.uk](mailto:keith.rocamer@live.co.uk)

[www.rocamer.es](http://www.rocamer.es)

 Rocamer Funeral Service

### Signing on!

This Scouser went down to the Benefits Office, to sign on his dog. The woman laughed and said, "Dogs are not eligible to draw benefit." The Liverpoolian explained to her that his dog is unemployed, idle, can't speak English and has no clue who his dad is.

She looked in her policy book to see what it takes to qualify.  
The woman then said, : "He gets his first cheque on Friday."

**FULLY INSURED** **NO 1 SERVICE**

**HENDERSON REMOVALS**

**RETURN TRIPS FROM UK ASK!** SINGLE ITEM OR FULL LOAD  
LIGHT HAULAGE  
HOUSE CLEARANCES  
IKEA PICK-UPS & ASSEMBLY

FRIENDLY, RELIABLE AND AFFORDABLE SERVICE  
NO JOB TO SMALL

SPAIN TO ENGLAND ENGLAND TO SPAIN

EMAIL: [HENDERSONREMOVALS@GMAIL.COM](mailto:HENDERSONREMOVALS@GMAIL.COM)  
TELEPHONE OR WHATSAPP: 602 458 183

### Rain, Rain, Go Away.....

The Easter weekend saw an deluge of rainfall in the local area. Friday and Saturday were the worst days with almost all roads out of Torrevieja blocked for a period and some roads around Orihuela Costa closed off as well.

I felt sorry for people who came here for Easter Week and had to stay indoors for much of the holiday. (Remindes me of summer holidays in Cornwall!)

The graphic below tells us that 'Everything in Torrevieja is good!'



A thief entered a house mid-afternoon and interrupted a couple having a nice tryst. He tied up the woman and at knife-point asked the man to hand over the jewellery and money. The man started sobbing and said, 'You can take anything you want. You can kill me also. But please untie the rope and free her.'

Thief: 'You must really love your wife!'

Man: 'Not particularly but she will be home shortly.'

Gill welcomes you to

**JILLY'S**

Lago Jardin II

LARGE SOUTH-FACING TERRACE

**FOOD SERVED**

**TUE - SUN 11:30am - 9pm**

Large Coffee Or Tea With  
Homemade Cheesecake only €2.50!

**TUESDAYS AT 8pm FUN DARTS**

**ALL STANDARDS WELCOME**

**Come and join the fun!**

**Thursdays @8pm**

**MEAT RAFFLE & QUIZ**

Wi-Fi

### DREAM SCENE CHARITY APPEAL.

Look, I know that the readers of this newsletter are extremely kind and have in the past been extremely generous to both animal and human charities here on the Costa.

Your generous donations to our recent appeal for the poor young ladies at the Casino Club who had no clothes was inspiring. You would have seen the amazed look on their faces when we arrived and handed out the warming jumpers and cardigans.

However, I am sure, that like me, you were amazed and shocked to recently read that in Vladimir Putin's tax return for 2018, he reported that his income last year from his official salary, a military pension, interest on savings, and investment gains was just the equivalent of US\$135,000.

Now this is of course just income, and I am sure that the Russian president has a few rubles in assets tucked away, but do you think that he is getting a fair deal? Of course not!

This is why I am pleased to announce a new appeal to right an obvious wrong. The **Vlad Charity Fund** is now open and we are pleased to accept sums in multiples of €50 - used notes only please. I would ask you to dig deep into your pockets and donate generously. A winner will be picked from all the donors who will win the prize of a guided tour of the Novochock factory in Siberia. (Return trip not included.)

(No forgeries please, like we had in our last appeal!)



# Macklins

VIA PARK 3  
LOUNGE BAR & GAMES ROOM

**LEGAL**  
**LIVE BETTING**  
AVAILABLE HERE

**FULL SIZE SNOOKER & POOL TABLES**

**POKER & DARTS**  
ASK IN BAR FOR DETAILS

**QUIZ NIGHT HERE**  
SUNDAYS 8PM

**FOLLOWED BY:**  
**PYCR**  
*Play Your Cards Right*

**JACKPOT!**

**DRINK PROMOS**  
ASK IN BAR

**Free WiFi spot**

**DREAMBOX IPTV AVAILABLE HERE**

Out having a few drinks, and the DJ played "Let's twist again", so I did the Twist.  
He then played the Locomotion, and I did the Locomotion.  
It was only after he played "Come on Eileen" that I got chucked out!

# New Initiative to Support People in the Community from HELP Vega Baja

Knowing where you can turn for help is an important issue and one that many people, particularly expats, face day after day. HELP Vega Baja decided they would do something to try to alleviate this problem and recently introduced an Emergency Contact card (in both English and Spanish) providing valuable information of where support may be available.



This full-page card comes already folded to the size of a credit card and therefore fits very easily into a purse or gents wallet. On one side of the card details of charities are listed together with other useful telephone numbers, including hospitals, police etc. On the reverse, there is space for the holder to put as much personal information as they wish. There are boxes for medical conditions, contact information in the event of an accident, allergies, medication and much more – even details of any pets that may be at home alone! President of the charity, Michele Masson, told us “getting this new card off the ground has taken a significant amount of organizing plus of course gaining sponsorship which we were fortunate to receive from Arocasequier, Torrevieja. The card is aimed to provide, for example, emergency services details should the holder be taken to A & E and unable to communicate. We have gained permission to have the cards available at GP surgeries in the area, chemists, town halls and many other outlets have already started to take them in to offer to clients. Certain areas of the police are now aware of the leaflets including the N332 group who have also kindly agreed to circulate them in their talks around the area. We also aim to speak shortly with the ambulance service, again to raise awareness.

This way we can ensure that we have the best chance of people knowing about the card should someone be involved in an accident or perhaps simply found wandering the streets”.

100,000 of the leaflets have been printed and Michele advised that these are available from the charity’s San Miguel Centre if anyone would like to go along to collect one, or if they would like to take a supply to distribute to

perhaps a group that they are involved with.

Michele ended by saying “it is one thing to have the leaflets distributed but the most important thing is for people to ensure they fill them in! They will only help you if you fill in the details and carry it with you at all times.

We will shortly have a copy of the leaflet on our website that people can print off plus details of some of the outlets that have them in stock. If anyone is interested in having a supply they can simply call our San Miguel Centre on 966 723 733 or email [office@helpvegabaja.com](mailto:office@helpvegabaja.com) and we can ensure that some our put to one side. Businesses and other organisations are welcome to have a supply in a display box”.

For more information on the Emergency Contact Leaflet or any of the other services that HELP Vega Baja offer, please visit their website at [www.helpvegabaja.com](http://www.helpvegabaja.com) or their Facebook page.

<p>HELP Vega Baja 966 723 733 office@helpvegabaja.com www.helpvegabaja.com</p> <p>Connections team 965 021 552 support@helpvegabaja.com</p>	<p>AROCASEQUIER ABOGADOS TAKING CARE OF ALL OF YOUR LEGAL, TAX &amp; INSURANCE NEEDS IN SPAIN WITH MORE THAN 30 YEARS EXPERIENCE. See Our Ad Inside for More Details</p>	<p>EMERGENCY DETAILS DATOS DE EMERGENCIA</p> <p>NAME/NOMBRE: _____</p>
<p>How to use this card Fill in this card with all your medical details and other information that can be useful in an emergency. Remember to carry the card around with you at all times.</p> <p>Instrucciones de Uso Rellene la tarjeta con sus datos y lívela con usted todo el tiempo en su bolsillo o en el bolso donde le sea más fácil encontrarla.</p>	<p>BLOOD GROUP TIPO DE SANGRE</p>	<p>S.L.P. NUMBER/NUMERO S.L.P. _____</p> <p>EMERGENCY CONTACT / CONTACTO EN EMERGENCIA: _____</p>
<p>SURNAME/APELLIDOS: _____</p> <p>FIRST NAME/NOMBRE: _____</p> <p>NIE/DNI: _____</p> <p>ADDRESS/DIRECCIÓN: _____</p>	<p>CHRONIC ILLNESS/ ENFERMEDADES CRÓNICAS</p>	<p>DOCTOR'S DETAILS/DATOS DE SU MEDICO NAME/NOMBRE: _____</p> <p>ADDRESS/DIRECCIÓN _____</p> <p>TEL: _____</p>
<p>Passport Number/ Número Pasaporte _____</p> <p>TELEPHONE / TELÉFONO: _____</p>	<p>MEDICATION /MEDICACION</p>	<p>OTHER INFORMATION/ OTRA INFORMACIÓN</p>
<p>DO YOU HAVE ANIMALS AT HOME? ¿TIENES ANIMALES EN CASA?: YES/NO _____ SI/NO _____</p> <p>WHAT TYPE OF ANIMAL? ¿QUE TIPO DE ANIMAL? _____</p>	<p>DO YOU TAKE MEDICINE FOR ANY OF THE FOLLOWING?: ¿TOMA MEDICAMENTO POR ALGUNO DE LOS SIGUIENTES? <input type="checkbox"/> Asthma/Asma <input type="checkbox"/> Anti-Coagulant <input type="checkbox"/> Epilepsy/Epilepsia <input type="checkbox"/> Diabetes <input type="checkbox"/> Heart Problems/Problemas De Corazón</p>	<p>ALLERGIES/ALERGIAS</p> <p>I GIVE MY PERMISSION FOR THE INFORMATION ON THIS LEAFLET TO BE USED TO SUPPORT MY WELL BEING.</p>
<p>ORGAN DONATION I confirm that my organs may be used to help other people after my death. Yo confirmo que mis órganos pueden ser usados para ayudar a otras personas después de mi muerte. Signature/Firma: _____ Date/Fecha: _____</p>	<p>Others/Otros <input type="checkbox"/></p> <p>Details/ Indique detallada: _____</p>	<p>DOY MI PERMISO PARA QUE LA INFORMACIÓN EN ESTE FOLLETO SE UTILICE PARA APOYAR A MI BIENESTAR.</p> <p>SIGN/FIRMA _____</p>

## The Texan

A Texan farmer goes to Australia for a vacation. There he meets an Aussie farmer and gets talking. The Aussie shows off his big wheat field and the Texan says, ‘Oh! We have wheat fields that are at least twice as large.’ Then they walk around the ranch a little, and the Aussie shows off his herd of cattle. The Texan immediately says, ‘We have longhorns that are at least twice as large as your cows.’ The conversation has almost died when the Texan sees a herd of kangaroos hopping through the field. He asks, ‘And what are those?’ The Aussie replies with an incredulous look, ‘Don’t you have any grasshoppers in Texas?’

# How to Reduce the Risk of Cognitive Decline with Age

By Hayley Wright, Research Fellow, Coventry University

Research into how we can keep our brains healthy as we age has gained momentum in recent years. There is now an increased focus on the changes that we can make to our health and lifestyle, which may prevent dementia. Here are some things that research has shown reduce a person's risk of cognitive decline with age.

## Sex

Our latest study shows that having more sex is associated with better cognitive function.

We recruited 28 men and 45 women, aged between 50 and 83, to take part in our study. We found that those who had sex weekly scored on average 2% higher on some cognitive tests than those who had sex monthly, and 4% higher than those who never had sex. These results were shown on tests of verbal fluency (such as naming as many animals as possible in one minute) and visio-spatial abilities (drawing familiar objects from memory or copying complex pictures).

The association could be the result of the heightened levels of intimacy and companionship inherent in sexual relationships (that is, an increase in social contact), or there could be a purely biological explanation – where regular surges in arousal and release of sex-related hormones (such as oxytocin and dopamine) could be affecting brain function. Of course, as with the age-old nature/nurture debate, our answer could lie in a combination of the social and biological impact of sexual activity.

## Sleep

Many studies show that getting enough sleep is important for preventing cognitive decline. A study of cognitively healthy people aged 65 and over showed that daytime napping is associated with a lower risk of cognitive decline at two-year and ten-year follow-ups. Conversely, excessive daytime sleepiness and getting less than six-and-a-half hours of sleep at night are associated with an increased risk of cognitive decline at ten-year follow-up.

A more recent study showed that longer sleep duration and poorer sleep quality are both associated with poorer memory in men and women aged 65 and older. These studies all support the advice that we should be getting around eight hours of sleep a night. Sleep disturbance in early adulthood is associated with poorer cognitive function in later life, which just goes to show how sleep can affect our brain health across the lifespan.

## Active leisure

New studies show that increased participation in social, mental and physical activities is linked to a slower rate of cognitive decline in older adults. This research shows a “dose-response” relationship, where the more activities we do, the slower the rate of decline becomes.

The following activities are good examples of the types of mental, social and physical leisure activities that are good for your brain:

- **Mental:** puzzles, games and quizzes, reading or even adding up your shopping bill in your head as you go around the supermarket.
- **Social:** visiting friends and family, regular phone or email conversations with people, going to the cinema or doing some volunteer work.
- **Physical:** gardening, housework, walking for around 30 minutes a day, or doing chair-based or sitting exercises.

## Gender equality

Studies have found that women may be at reduced risk of cognitive decline, simply because of the activities they choose. There is little that we can do to change our gender, without drastic surgery of course – but we can be aware of the gender stereotypes and expectations that are all around us, which can affect the activities we engage in.

In a study of Australian older adults, there were notable gender differences in the leisure activities that people took part in. For example, women were more likely to engage in social activities, reading and volunteer work, all of which are known to slow cognitive decline. The way that cultures or societies perceive gender roles can affect people's expectations of themselves and others. If this changes the lifestyle and leisure activities that men and women engage in, then it could well have an effect on cognitive abilities in later life.

## Get an early (in life) start

When it comes to doing things to prevent cognitive decline, it's never too early to start. Some studies show that interventions in older adults have little effect – but that could be because the participants are already suffering from cognitive decline. Studies mapping the rate of cognitive decline in older participants who do not yet have dementia or cognitive impairment, however, show promising results.

We all experience cognitive decline as we age. This is a natural process and occurs at different rates for everybody, much like declines in physical abilities with age. But it's time we started addressing this much earlier in life, rather than waiting till middle age or older. It's time for us to take a lifelong approach to keeping our brains healthy as we age.



I could tell you were a pensioner. You've got one of those half-price haircuts.

Ken Dodd

# FAMOUS STEAK - HOUSE

INDIAN RESTAURANT

## Special Menu

Choose from Chicken or Lamb Curry, Pizza or Pasta

Plain naan, garlic naan or plain rice

4 Course €9.99!

Incl. small beer, small glass of wine or a soft drink

2:30 - 8pm



**HAPPY PLATTER ONLY €25 (for 2 pers)!**  
**Starters: Chicken Tikka or Vegetable Samosa**  
**Mains: Lamb Dopiaza, Chicken Korma or Beef Curry,**  
**Rice or Naan, Dessert or Coffee.**



**Free Bottle of Wine with  
Every Take Away over €22**



**Opening Hours**  
**2:30pm to 11:30pm**  
**Calle Panticosa, 14, Via Park III,**  
**Los Altos, Orihuela Costa**  
**965 993 264 632 315 391**



**What's your name?**

Native American boy asks his father why his brother is called Howling Wolf.

Father replies, "Old tradition. At the moment he was born, I looked out of the tepee and saw a wolf howling."

"And this is why my sister is called Flying Cloud?"

"Yes it is. What's with all the questions, Two Dogs F\*cking?"

# PUNJABI PALACE



**THE NUMBER ONE INDIAN RESTAURANT  
ON THE COSTA BLANCA.**

Local 6 Calle Mayor, off CV945, Los Montesinos.

**INDIAN CUISINE AT ITS FINEST.  
OVER 130 FRESHLY PREPARED DISHES  
FOR YOU TO CHOOSE FROM.**

**TRY OUR FAMOUS LUNCH MENU SERVED 12pm - 3pm**

**Papadoms, any Chicken or Lamb dish, Rice or Naan, Coffee or Ice Cream.**

**Includes a generous glass of wine, small beer or soft drink.**

**ONLY €8.95!!**

**facebook**

**FREE  
WIFI**

**Always a warm welcome from Preet & Atul.  
SPACIOUS AND FULLY AIR CONDITIONED**

**Tel: 966 720 383**



**tripadvisor**

*Also at La Murada 966 779 169 & Quesada 966 714 963*

## The Longer Hot Summers.

Those of us who have been living in Spain for some time will now be aware of the longer hot summers and some seasonal shift with flowers blooming in December and January.

A new study by the national weather agency AEMET and the Ministry for Ecological Transition shows that climate change has come to Spain, and its effects are mainly noticeable in the higher temperatures. The summer season now lasts almost five weeks longer on average than it used to in the early 1980's. And it is also hotter.

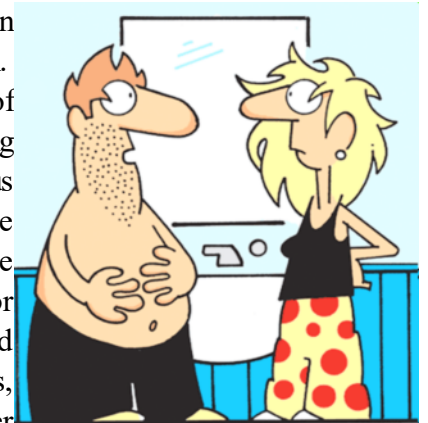
Both institutions have offered data from the Open Data Climático project, which collects evidence of the impact of global warming on Spain in the last 40 years. There has been an accumulation of very warm years in the last decade, and an increase in so-called "tropical nights," or nights with a minimum temperature of 20°C. According to the Madrid-Retiro weather station, in the 1970's the summer used to begin on July 15 and end on September 16. These days, it starts on June 11 and ends on September 22.

The report also analyzed the temperature of surface water in the Mediterranean, and concluded that it has been rising by 0.34°C every decade since the early 1980's. This in

turn is causing the sea level to rise. Since 1993, the global sea level has been rising 3.4mm a year. An increasingly warm Mediterranean has an impact on coastal regions, with a rise in tropical nights. Hotter nights make it difficult to sleep, which in turn has an impact on health.

The first heatwaves of the year are coming earlier and catching us by surprise. These higher temperatures are also bad for cardiovascular and respiratory diseases, especially in older people. The heat also increases visits to the

doctor by people with kidney problems and those with neurodegenerative diseases such as Parkinson's. It likewise causes a rise in premature babies and low weight at birth. The heat is also linked to approximately 1,200 deaths a year in Spain.



**"If global warming can melt millions of tons of polar ice, why can't it melt 10 pounds of belly fat?"**

Out having a few drinks, and the DJ played "Let's twist again", so I did the twist. He then played the Locomotion, and I did the Locomotion. It was only after he played "Come on Eileen" that I got chucked out.



A curious story about a woman who feels no pain! First there was the broken arm as a child that Jo Cameron, photo, didn't tell anyone about for days, until it took on a strange angle. The ability to gobble down superheated scotch bonnet chillies. In later years, the car crash that left her unperturbed, and the bad hip that didn't worry her too much until it collapsed. But it was finally the arthritis surgery known for being "excruciating", which she actually breezed through, that led to Cameron being spotted as immune to pain and stress. Cameron, 71, has a previously unknown double mutation to her DNA that scientists believe plays a major role in pain signalling, mood and memory. "I thought it was just me. I didn't know anything strange was going on until I was 65," says Cameron. The discovery has boosted hopes of new treatments for chronic pain affecting millions of people globally. For Cameron, one downside is the mutation makes her forgetful: "I don't get the alarm system everyone else gets."



'Not dead, not coming back' – The British man who tried to flee Australia on a jetski to escape serious drugs charges left a note on the steering wheel of his four-wheel-drive saying: "If I'm not back by Wednesday, I'm not dead, but I'm not coming back." David James Jackson (photo), 57, was reported to police in Cape York at the farthest tip of Queensland after local people spotted him setting out on a jetski loaded up with supplies, extra fuel and what looked like a crossbow. He made it to the Australian island of Saibai, just 4km south of Papua New Guinea, before Border Force caught up. "He gave it a red-hot go," said Jock O'Keeffe of Queensland police. Jackson faces extradition back to Western Australia where he is a wanted man.



The Hollywood actor Nicolas Cage has officially filed an annulment from his wife of just four days. Cage and makeup artist Erika Koike applied for a wedding license on 23 March and were wed the very same day in Las Vegas, Nevada. By Wednesday, the actor applied for an annulment. This is his shortest marriage yet, topping his 2002 marriage to Lisa Marie Presley, which lasted 108 days before they split.

A Russian perfume maker has apologised for selling a fragrance called Sexual Harassment. "You need to admit your mistakes. I want to do so," said Nikolay Eremin in an emotional Instagram post. He said he'd been so focused on his "ego" and "expressing his creative freedom" while devising the perfume, he'd not thought "about the real victims, about the people who really faced this tragedy". The company has produced other questionably named scents, including one called Gypsy Blood.

Spare a thought for 77-year-old Don Antonio, the parish priest of San Martino in Galicia. He wanted to illustrate an article in his parish magazine about the lack of communication in the family home. He took an image from Google to illustrate the article. Unfortunately the couple whose picture he featured in the article were two porn stars by the names of Johnny Sins and Jayden Jaymes. Although initially aghast when informed, Fr. Antonio commented that in the 28 years of editing the magazine, it was the first time that it received such a wide and curious audience! I googled their names and quite honestly, it put me right off my sausage sandwich!

A large fish has been removed from a man-made lake at an Essex shopping centre after customers became distressed by the sight of it eating passing ducks. The 11kg catfish was one of a number at the Lakeside centre, photo. "It's not great for kids to see these large fish eating the ducks, so we removed it," said an Environment Agency officer.



A US student has revealed that she is paying her way through college by selling her used underwear. The 21-year-old buys the pants in bulk, then sells them for £90 a pair. She came up with the idea while working as a "webcam girl". She'd invite viewers to bid for the pants she was wearing, then post them at the end. Now, she's making £1,300 a month. "Selling my underwear has made me feel really empowered because I'm in control of my body," said the student from New York. "It feels really awesome to be able to provide a healthy outlet for people with these fetishes."

A British Airways plane scheduled to travel from London for Düsseldorf mistakenly flew its passengers to Edinburgh instead. Rather than head east from City airport across the North Sea into Europe, the plane flew due north to the Scottish capital. But the mistake was only spotted while landing, when passengers were welcomed to Edinburgh. According to one account, the pilot then took a show of hands from passengers to see who had expected to land in Germany. The mind boggles!

A Farmer ordered a high tech milking machine. Since the equipment arrived when his wife was out of town, he decided to test it on himself first. So he inserted his "manhood" into the equipment, turned on the switch and everything else was automatic. When the fun was over, though, he quickly realized that he couldn't remove the instrument from his todger....He read the manual but didn't find any useful information on how to disengage himself. He tried every button on the instrument, but still without success. Finally he decided to call the suppliers customer service hot line with his mobile phone (Thank God for mobile phones!) "Hello, I just bought a milking machine from your company. It works fantastic, but how do I remove it from the cow's udder?" "Don't worry," replied the customer service rep, "The machine will release automatically once it's collected two gallons."

*Kath & Jules Welcome You to*




# JESSIE'S BAR

MONDAYS 5:00 - 7:00  
"THE DISTURBED"  
CHARLEY FARLEY & ANDY MCBRIDE  
HAPPY HOUR PRICES 'TIL 7PM

THURSDAY 9pm - QUIZ NIGHT WITH PHIL  
FRIDAY 9pm - KARAOKE WITH ANG & RAY  
ALL LIVE SPORTS SHOWN




**TRY OUR FAMOUS ENGLISH BREAKFAST BAPS  
SERVED 11 - 3.  
PROPER ENGLISH TOASTIES SERVED TILL 8pm**

FREE WiFi

Sunny South Facing Terrace, Opposite Mercadona in Los Balcones

## WATER AND THE LACK OF IT!

Although we have received a considerable amount of rainfall during the Easter period, there is no doubt that the south eastern part of Spain has been experiencing drought conditions now for a prolonged period. It is also fair to say that this will not ease in the future but will soon get much worse, mirroring the desert conditions in parts of the south of Spain. Water transfers from large rivers and desal' plants may help in the future but at what cost?

The Minister for the Ecological Transition, Teresa Rivera, has just announced a project for the interconnection of all the desalination plants in Almería, Murcia and Alicante.

This will be to ensure the distribution of water and almost doubling of production until 700 hm<sup>3</sup> is reached in the year 2022. It will be executed by the Segura Hydrographic Confederation, with a cost of 250 million euros. An additional 150 kilometres of pipes are planned.

At present, this additional expenditure has not yet been approved. Also, the energy cost of the production of desalinated water, is almost quadruple that of the river transfers of Tajo-Segura. Each cubic metre of the water transfers from the Tago-Segura costs 1.1 Kw / hour of electricity. However, in the case of desalinated water, the energy consumption is between 3.8 kw / hour and 4.7 kw / hour per cubic metre. Many academics believe that the cost of desalinated water is very high and believe that

desalination is not the best answer to fight climate change as its energy costs are so high.

Do also remember the water is used as a political weapon in Spain. It was the socialist government in Madrid that approved the building of the Torrevieja desalination plant.

However, the then PP administration denied pipeline access through the town for a considerable time after the plant was built. The PP prefers water transfers while the Socialists prefer desalination plants.

Farmers and irrigators have up till recently been paying 30 cents per cubic metre of desalinated water. This was just about affordable to the end users. Now however, after months, if not years of pressure from the EU (the EU financed the greater part of the construction costs of the desal' plants), the state company Acuamed has informed farmers in the province that mid-April the desalinated water they will receive now from the Torrevieja plant, together with the future one they will have access to after the interconnection of all the plants, will be distributed at a price of 0.62 euros per cubic meter, as it will no longer be subsidized. This despite a drought decree still being in force. Even a 10 cent rise to 40 cents would be catastrophic for many farmers, and would disrupt and reduce production of broccoli, artichokes and citrus fruits, greatly and increase the cost of drinking water.

To the thief who stole all my anti-depressants - I hope you're happy now.



# AQUAQUEST PLUMBING



**GOOD OLD FASHIONED SERVICE AT OLD FASHIONED SENSIBLE PRICES!  
NO JOB TOO SMALL !**

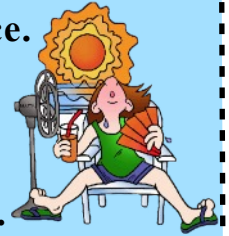


**Electric Water Heaters Replaced, Quick And Prompt Service.  
80 Ltr Capacity Water Heaters Supplied And Fitted  
With A 3 Year Guarantee.**

**Gas Central Heating Supplied & Fitted**

**Both Natural Gas & LPG, With Full Spanish Certification.**

**All Makes Of Air Conditioning Supplied & Fitted;  
Re-gas And Repairs.**



**Contact David on 634 286 590  
or email [davidaquaquest@gmail.com](mailto:davidaquaquest@gmail.com)**

# The Beauty Lounge

**ONE STOP**

## Unisex Hair & Beauty

**Come And Enjoy a Clean  
Comfortable & Spacious  
Atmosphere At a Great Price**

**HAIR  
LADIES  
MENS  
CHILDRENS  
CUTS & RESTYLES**

**NEW SERVICE TO MAKE YOUR LIFE EASIER**  
Weddings Catered For In The Privacy Of Your Home  
Or In The Salon, Call Us For Details

**TATTOO  
WITH EMMELY**

**WAXING  
EYEBROWS  
BODY**

**SPRAY  
TAN**

**ABIERTO  
AHORRA**

**SKIN**

**EYES**

**NAILS**

**NOW  
OPEN**

**966 393 605**

Abierto / Open  
10.00 – 6.00  
Lunes – Sabado  
Monday – Saturday  
C.C. Via Park 3  
Los Altos



THE BEAUTY LOUNGE VIA PARK 111



## UK AND EUROPEAN COURIERS / REMOVAL SERVICE

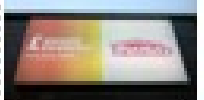
2 RETURN TRIPS PER MONTH TO SPAIN.

OTHER EUROPEAN DESTINATIONS AVAILABLE ON REQUEST.  
COLLECTIONS FROM ANYWHERE IN THE UK TO SPAIN

- Full Packing service available
- Storage facilities available in UK and Spain
- Door to Door and Room of choice
- Assembly service available
- All consignments fully insured Up to £10000
- Nil deposit / Pay on arrival and final delivery of goods
- Secure your delivery slot by calling for a quote. No obligation or hard sell.

**No Hassle. That's a promise**

Do you want goods purchasing from the UK and delivering to your home in Spain? Just call our number, tell us what you require and we will do the rest.



**Contact Mick Church**

**0044 7879604218**

[mick@delta-express.co.uk](mailto:mick@delta-express.co.uk)

DEBENHAMS



Currys PC World

ASDA TESCO

Sainsbury's



M&S

Woolworths

MARKS & SPENCER



**You can also contact Mick Church on  
0034 634 321 372**

Written on a toilet roll in a public lavatory:  
'Sociology Degrees, please take one.'

## Lime Bar Fishing SUNBATHING Club

On the last day of March, the rain gods answered our prayers and it rained nearly all day. The water running off the hills swelled the rivers and gave them a much-needed flush through. That week you had to choose where to fish due to the force of the water, but we were expecting a change in the fish's behaviour (fingers crossed).

This month's meeting was a bit longer than usual but we came up with a different method of choosing our venues (hopefully with lots of fish), organised the annual open pairs match and drew our opponents for the summer knockout competition.

Recently, the Eden canal has been like a stagnant pond infested with terrapins and blue crabs, but as the rivers had been flushed through, now was the ideal opportunity to give it a chance, so this is where we held our monthly match.

Including Ball Boy's mate, we had 13 anglers on the bank between pegs 1 to 17 with NO dry nets. The rain must have done its trick as this is the first time that everyone has caught since last August and very few crabs or terrapins got in the way!

3 Rods and Just John drew the favoured pegs and came 1<sup>st</sup> and 2<sup>nd</sup> with 7.2 and 6.3 kilos respectively. Fagin, just around the corner in peg 15 came 3<sup>rd</sup> with 3 kilos. Same old faces. Ball Boy and the Cheshire Cat decided to use this match to fish their knockout round. The Cat was grinning like his name when he realised that he had beaten Ball boy by 0.5 kilo.

For the pairs match, we fished the Mercadona concrete drain which is near Nancy's on the N332. Several of us had not fished it before, so it was an ideal opportunity to see if we should add it to our monthly match venues. On the day we had a good turnout with 14 anglers. The water was only a couple of feet deep but the current was really fast in a couple of pegs, having said that, these pegs also had some good back eddies which "usually" hold fish. Fishing was hard with 3 dry nets and another 8 anglers only catching 1 fish each.

We weighed in early at 14.30 so that it would give us time to clean up and get up to the Lime Bar for the results and a beer. Although we knew the individual weights on the bank, the pairings were drawn in the bar. The top 7 anglers from the winter league were placed in the 1<sup>st</sup> hat with everybody else in the 2<sup>nd</sup>.

In theory, this meant that 2 "top" anglers could not be paired together.

Earlier, Rodger the Dodger had drawn a fast peg with a large back eddy and he made the most of it. By 12.00 he had landed about 10 fish and lost a few others. Unfortunately, he wasn't a very good boy scout and the knot securing his keepnet came undone which then fell into the drain with all his fish in it. Luckily for him, Anti-social and Fagin were down stream and between fits of laughter managed to rescue his net – but with only one fish left in it.

Undaunted, Dodger went on to catch another half a dozen fish for the best catch of the day.

When the names were drawn at the bar, everybody wanted to be paired with Dodger. How the pairs were drawn would prove

decisive and suspense was raised as Dodger's name wasn't drawn until the end. This meant his partner could only be either Just John or 3 Rods (the last 2 "top" anglers left in the hat). As it turned out, Dodger did have enough weight to win the match on his own, as his partner Just John had blanked.

1<sup>st</sup> Dodger & Just John - 2.29 kilos

2<sup>nd</sup> Eddie & Brian - 1.99 kilos

3<sup>rd</sup> Fagash & Ghost - 1.87 kilos

Anti Social congratulated everyone for taking part and then presented the winning pair with some plonk.

As the fishing this winter has been so poor I decided to spend a day watching some Abbey anglers to see how the "professionals" catch such big weights. Their tactics are not very different to ours and they lost fish and got caught in snags too. Terry B (the paste man) showed me how he does it. He said keep it simple and stick to what you are confident with.

A couple of days later I tried Terry's paste method and had my best catch from El Bosquet, 31 fish for 27 kilos. That's nearly a professional weight! Obviously I'm hooked on paste now.....

A huge THANK YOU to Terry, Ian & Mick.

Next meeting bun fight is at The Lime Bar @ 17.00 Mon 6<sup>th</sup> May.



Fishy Fingers!  
The Ghost

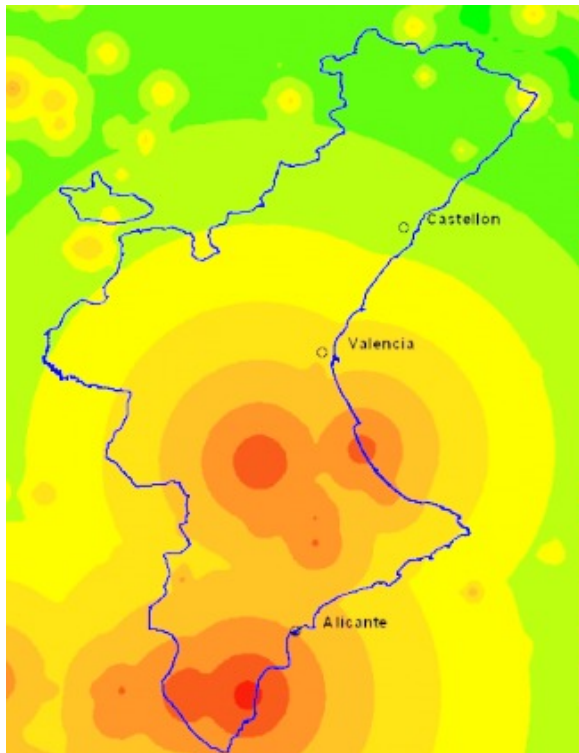
## Did the Earth Move for You?

Cool down, Gladys, I'm talking about earthquakes!

Whether you are just a regular visitor, resident or property owner in the Costa Blanca, you should be well aware that this area is an active earthquake zone.

The province of Alicante is the area of the Iberian Peninsula that has the highest level of danger in terms of seismic risk. On average the province experiences an earthquake once every four days.

The darker coloured circle areas in the graphic on the left highlight the locations which in the past suffered the worst or highest rated quakes in the province. You will note that Torrevieja and Orihuela Costa are in one of the areas which experienced the maximum intensities.



In March 1829, the greatest earthquake recorded in this province in the modern era reached a magnitude between 6.3 and 6.6, with the epicentre in Torrevieja. It claimed 386 lives, 47 churches and four bridges. In the region of the Vega Baja, 2,965 houses were destroyed and another 2,396 badly damaged.

Alicante suffers between 90 and 100 earthquakes every year, of an average intensity of 2, so nothing too dramatic here, .....yet!

(More info' on quakes locally and their cause in future issues.)



# N.A.M.

## Painters & Decorators

**MANY SATISFIED CLIENTS  
REFERENCES AVAILABLE.**

**FAST, FRIENDLY, RELIABLE SERVICE**

**MANY YEARS IN THE TRADE.**

**FREE ESTIMATES**

**ALSO HOUSE MAINTENANCE.**

**CONTACT MARK ON 634 345 096**

**OR NEIL ON 650 842 711**



*Neil, Ade & Mark*

Leroy Merlin are coming to drop a washbasin off that I bought yesterday..

I'll have to make sure that I'm home between 7.30am tomorrow and the 28th of October.

### Need a Spanish Mortgage?

Whether you need a mortgage, a second one or one just to purchase a second property, you should find the following website very helpful.

The site is chock-full of links to information on mortgages, best rates, tips, conditions, process, etc., including a mortgage calculator.

As of December 2018

- Mortgage cost in Spain: newly mortgages issued have an interest rate of 2.6%
- Duration of mortgages in Spain: an average length of 24 years.
- Loan to Value on new Spanish mortgage loans: 66% on average
- Percent of newly issued mortgages in Spain with a Loan to Value higher than 80%: 15%
- Average size of the newly issued mortgages in Spain: € 127.732
- Average monthly mortgage cost in Spain per €100.000: €467

See: <https://howtobuyinspain.com/en/spanish-mortgage/>

### Shake Your Booty!

For those who yearn for a pop/rock/dance concert, but don't want to travel all the way to Madrid or Barcelona, there is always the **Warm Up Estrella de Levante Festival** in Murcia on May 3 & 4.

Friday 3 has Two Door Cinema Club, the Jesus and Mary Chain, 2manydjs Dj Set, Amaia, Roosevelt, Miss Caffèina, Zahara, Javiera Mena, the Sound of Arrows, Carolina Durante, Delaporte, Pedrina, the Shivasrucculla, David Van Bylen, Marcelo Criminal, Claim, Peinetta, the Invaders.

Sat' 4 has Noel Gallagher's High Flying Birds, Vetusta Morla, Teenage Fanclub, the Blue House, Tiga, Second, the Fashion, Carminha Novelties, Alondra Bentley, a Giant Dog, the Molochs, Cariño, Putochinomarcón, Catnapp, Baiuca, Mexican Axolots, Tin Robots, the Incredible Ful, Flash Show Djs.

Plus much, much more!

Day tickets are just €28 each, while a two-day VIP pass costs €100.

This is the third annual festival. More details and tickets here:

<https://www.warmupfestival.es/>

The following is a good information site for tourist info' in the Torrevieja area. It is available in English and a number of other languages.

<http://turismodeorrevieja.com/movil3/indexEN.htm>

### Airport Bus Timetable.

This service will provide eight return trips between Alicante-Elche Airport and Torrevieja central bus depot. It will 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 (I hear that the summer timings are now year round.)

(\* ) - 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.

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.

### 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 most things. The bureaucracy in Spain teaches us all patience.

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 the English language.

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/>

### Lee's Event's List

This helpful and informative internet link was submitted by the late Lee Bell.

<https://www.eurotourguide.com/en/events-calendar/2245/>

### Red Days Valencian Community - 2019

**These are the holidays: January 1 (New Year); March 19 (San José);April 19 (Good Friday); April 22 (Easter Monday);May 1 (Labour Fiesta) June 24 (San Juan); August 15 (Assumption of the Virgin); October 9 (Day of the Valencian Community); October 12 (National Holiday); November 1 (All Saints' Day); December 6 (Constitution Day); December 25 (Christmas).**

And don't forget your local municipality will also have at least an extra two days of holidays, dependent on the local patron saint days, although most stores will ignore these.

DAILY/WEEKLY CAR HIRE - 4 or 6 seater

CALL COLIN (0034) 638 759 774

Chiropodist. Living in Dream Hills. 25 year's experience. Home visits. Professional, diabetic-foot care. Call Mieke on 634050258

Key holding and house, apartment cleaning for people who can't. No job too small. Call Donna or Torri on 603 394 929.

Mobile Unisex Hairdresser - Local

Call Jacqui on 611 371 658

## Lovely Apartment to Rent

FOR HOLIDAYS /SHORTLETS  
IN DREAMHILLS 2

South facing  
Air/con & English TV  
2 Community Pools  
Competitive Rates

For more details

Contact: Jackie 0034 602457631

Or Dave 00441132529884

[www.dreamhills2apartment.com/](http://www.dreamhills2apartment.com/)

## TO RENT

2 Bedroom - 1st Floor Apartment  
Sunny Terrace with Sunbeds

Shady Pergola.

Short Term Rentals

available in Dream Hills 1

Close to Via Park V.

License No. VT 473675A

Contact Anne in the UK

[anne.m.hewett@gmail.com](mailto:anne.m.hewett@gmail.com)

& 07761 85 85 80

## TO RENT

Dream Hills 1, 1st floor  
Roof terrace, English TV  
Air Con & Communal pool  
Holiday Lets.

Longer lets considered

Favourable rates.

Contact Karen / Graham

[phillipsdreamhills1@gmail.com](mailto:phillipsdreamhills1@gmail.com)

Mobile 07967 056420

PLEASE SUPPORT OUR  
ADVERTISERS AND YOUR  
COMMUNITY WEB SITES.

**SAMARITANS in SPAIN**

Lines open 24 hours a day,  
every day.

900 525 100

(016 is the phone line to report  
domestic violence. It is free and  
leaves no trace on your phone bill.)

### DISCLAIMER:

Please note that any information provided is of a general interest & often also of a frivolous nature. You are advised to contact a competent professional for advice specific to your circumstances, in relation to legal, financial, health, medical or any other matters. The DreamScene, its editor or any of its contributors, do not accept responsibility for any claims by advertisers, purchasers or anybody - and remember the old adage - "If something looks too good to be true - it generally is!" You must be really bored if you are reading this!

The DreamScene is plagiarized from a multitude of sources which include ABC, El Mundo, La Verdad, Reuters, El Pais, El Confidencial & Playboy (just for the articles ...honest!) etc - however no part of this publication may be used or reproduced without the consent of the editor - so there! Remember, to steal from one person is plagiarism; to steal from many is research! If you must use some of my stuff, at least quote the source. No small children, trees or animals were harmed in the making of this newsletter.....although several hundred thousand electrons were mildly inconvenienced. And I have CDO. It's like OCD, but the letters are in alphabetical order as they should be. My mind not only wanders, sometimes it leaves completely!

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



You can find archived copies of The Dream Scene  
& much more at <http://www.dreamhills.orihuela-costa.eu/>

The Dream Scene is produced on a non-profit basis.

Any profit is spent by producing extra copies.

You can have a colour copy of the Dream Scene sent to you by email each month (except January) for just €5 for a year. Locally, black & white hard copies can be delivered to your postbox for the same amount, provided your postbox is not difficult or awkward to find.

Images in this newsletter from El Pais, El Mundo, ABC, Informacion, The Week, Wikipedia, EFE, and other fine media sources.