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# The Sierras

## Apr 09

See inside cover for contents

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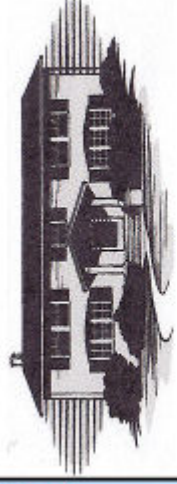
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# A change to this month's Sudoku

Just fill in the grid so that every row, every column and every 4x4 box contains the digits 1 to 16

Complete el cuadro de modo que cada fila, cada columna y cada cuadrado 4 x 4 contenga los digitos del 1

				9	5	1	15			4	6	
				13	7			12			2	
1	2					11	8	10			7	
4	6	8		3	14			16			9	
4	13	5			10			8		14	15	12
15		12	11	4		8	2	7	14			3
				12	6	3	14	13				9
6				5	7							8
10						16		12				11
	12					2	3	7	1	4		
9				5	8	1	15		6	13	12	2
6	7	1		11	9					3	5	15
		2		14		4	13		3	5		12
	15		4	1	13					3		10
	11			3		2		10				
	3	14				12	9	8	2			

# Local Markets

<b>Monday / Lunes</b>	Pozo Alcón / Cullar
<b>Tuesday / Martes</b>	Cuevas del Campo / Freila / Caniles
<b>Wednesday / Miercoles</b>	Baza / Gorafe / Galera
<b>Thursday / Jueves</b>	Huésca / Campocámara
<b>Friday / Viernes</b>	Castril / Puebla de Don Fabrique

**Saturday / Sabado** Castillejar / Cortes de Baza / Guadix / Zujar  
**Sunday / Domingo** Benamaurel / Bacor / Car Boot Sale Hotel Abadi, Baza (9 - 2pm)

## Answers to last month

# Motoring in Spain

## NEW VEHICLES TO HAVE LOW TYRE-PRESSURE INDICATORS AS STANDARD

The EU has just announced the in the near future (2010?), all vehicles are to have built-in gauges for the driver to see showing when tyres are low on air pressure. These have been available in recent years as an option on new vehicles. Now I have been driving and riding (motor-cycles) for over 50 years now, and one of the safety points I learnt when I was very young riding my old first moto 1939 Velocette 350 cc motor-bike around the English country lanes especially on wet or damp surfaces is that correct tyre pressures are very important if you do not want to end up sliding on your bum along the tarmac, or even worse if other vehicles were around. I soon got into a lifetime habit which I still practice of checking tyre pressures once a week or more if we are about to go on a long journey, especially with heavy luggage and extra people etc. which means the tyres need more air to compensate. Even driving at higher speeds means more pressure is needed, and one benefit is lower fuel consumption because the rolling resistance of the wheel is lower.

Driving around here in Spain, I have seen many vehicles with soft tyres being driven but nowadays it is difficult to tell the drivers as many criminals use this as a reason to stop and rob unsuspecting motorists. The new device, which is available as an option on most new cars, is now to be made compulsory and will probably add about €400 to the vehicle selling costs depending on the make of car. Well, Mercedes and BMW owners can afford to pay more, can't they? It is part of the "mystique" of owning such a vehicle. We recently bought a new Ford Focus to replace our old 2001 model that we bought with cash then. You see we do not believe in credit and we are old fashioned that way, so we started saving for the new car in 2001. A young lad (about 35 years of age, well to my 71 years) just out from the UK bought the old Focus and so far he is very happy as although it has done high mileage, it has been serviced properly and looked after well. I am confident that if he looks after it as I did, it will last many years and give him little trouble.

Continued/...

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# Culture Shock - Part 1

**Culture shock** is a term used to describe the anxiety and feelings of surprise, disorientation, confusion, etc. which you can feel when you operate within or deal with an different cultural or social environment, such as a foreign country or person. It causes difficulty in knowing what is appropriate and what is not. In its most extreme, it can lead you to feel disgust (moral or aesthetical) about certain aspects of a different culture. However, culture shock can also lead to positive effects, like increasing your knowledge and resilience. The most important quality you need to manage culture shock is your resilience. We all possess this quality to a certain extent and anybody can learn and develop it.

**Resilience** is a term used to describe the ability to recover from or adjust easily to misfortune or change. It is rooted in your support systems (e.g. family, friends, people and places you know where to find when and for what you need, your own personality, knowledge and skills, your values and the meaning you attribute to your life and experiences). The irony of the situation is that moving from one culture to another, changes us and our connections to those support systems, at a time when we need and expect to rely on them the most. In fact, we have to re-establish a large part of these support systems in the new culture and this makes us re-assess and re-appreciate our life and situation. It is also a great opportunity to change, improve and grow as a person.

# Choque cultural, parte I

**Choque cultural** es un término utilizado para describir la ansiedad y los sentimientos (de sorpresa, desorientación, confusión, etc.) causados en un individuo por el contacto con un medio social totalmente distinto, por ejemplo en otro país. Se creando dificultades en saber que es apropiado y que no. Frecuentemente se combina con un rechazo (moral o estético) a ciertos aspectos de la cultura ajena. Sin embargo, el choque de cultura también puede tener efectos positivos, como el aumento de su conocimiento y resistencia. La calidad más importante usted tiene que manejar el choque de cultura es su resistencia. Poseemos esta calidad hasta cierto punto y alguien puede aprender y desarrollarlo.

# Clubs and Societies

The Royal British Legion Baza &  
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# Why have a Spanish Will?

We are often asked whether it is important to have a Spanish will when you purchase a property in Spain. We recently spoke with Jose Maria Ruiz Castillo, a Spanish Lawyer based in Granada and Baza, who speaks good English and he advised as follows:-

As soon as you purchase a Spanish property it is necessary to make a Spanish will. It is essential and needs to be put in place immediately upon the completion of a property. The Spanish legal system is based on Roman Law and this means that everything must follow a set procedure.

## The process if you have a Spanish will

If you take out a Spanish Will the legalities will usually be processed within in almost two weeks of dying.

The "**Escritura de Herencia**" will be prepared in a notary and it will be necessary to provide the following to the notary:

1. The death certificate
2. An official authorized copy of the Last Will and Testament of the deceased. This will be filed in the Notary.
3. A certificate from the "**Registro General de Actos de Ultima Voluntad**" to prove that the will that is being executed is the last valid one of the deceased.

Upon receipt of these documents the "**Escritura de herencia**" will be prepared and signed in the presence of the notary. You will not have to pay taxes on this document because tax on wills is most non-existent in Spain. However it will have to be presented to the Tax authorities as a formality. Once this document has been completed and accepted by the tax authorities it will have to be submitted to the Land Register in the area where the assets of the deceased have been registered.

Upon receipt of the document at the Land Registry office, they will accept the document and they will change ownership of the assets on behalf of the person to whom the ownership now legally corresponds to. This will complete the process.

Continued/....

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## Motoring in Spain continued/.....

In fact the local Ford dealer service advisor tells me he has several Focus diesel cars that have completed 250,000 plus Km with no serious problems and modern vehicles will last a long time if serviced properly and not abused. Most problems appear to be with the electronics on many of the expensive German models according to surveys carried out.

Anyway, how does the new system work you may ask as it is a fiddly job using a tyre pressure gauge to check a tyre. Well, again electronics are used. Inside the wheel, a sensor unit a little bit smaller than an old box of matches is glued to the rim inside away from where the tyre seats. This is set to react when the pressure in that wheel goes below the setting and a short range radio signal is sent to a receiver unit inside the vehicle this being connected to the gauge on the dashboard which usually shows a plan view (from over the top) of the vehicle with the four (or more for a large truck) wheels shown. When the pressure is not within the preset lower set limit, the colour of the particular wheel changes to red so you then know that the tyre needs attention. There are other indications available depending on the set up of the system, some with audible warning sounds.

Now all well and good, but why insist on having the device on new cars? Well it appears that global warming, as we know, is the big reason to insist on many changes to our lives, a serious one being the increased taxation to force us to be green, although listening to many "Greens" in the past has landed us all in the situation where we desperately now need nuclear powered electricity stations to lower CO2 and pollution levels in our crowded lands as well as provide electricity for the plethora of electrical city cars that are being made now, but that is another story. Why will this device please the Greens? Soft tyres are not only dangerous (very dangerous in some conditions so there is also a safety aspect) but they cause extra drag which means the engine has to work harder causing higher fuel consumption/pollution as well as some toxic fumes being given off by the over-heating tyres. Soft tyres lessen the life of the tyre as well and also, a more direct note for drivers, cause the driving experience (pleasure) to be spoilt. So there we have it, but if the driver ignores the indication on the dashboard, the same effect

Continued/...

will be as before where the tyres are run soft. Incidentally, if you are involved in an accident and the insurance inspecting engineer or the police inspection unit (if injuries or especially death occurred) see that your tyres were too soft or far too hard (too much air in them), you can be charged with driving an un-roadworthy motor vehicle, and your insurance claim, as far as your personal damages are concerned, could not be paid out, so it is very important to make it a good habit to check the tyres at least once a week or ten days, no more. Even sitting in the sun or garage will cause air loss.

Anyway, the EU is once again making laws to overcome the problems caused by those who do not do what sensible and good drivers already do, and with that in mind I also see that drivers are soon likely to be given penalties for running out of fuel on fast roads such as motorways/autovias. Accidents have happened where a vehicle has suddenly lost power for this reason while in the passing/overtaking lane, and as with most laws, anything caused by silly drivers such as this means that we all must suffer for the ineptitude of the few—but as they say, that is life.

One last note, I recently advised that the Plan FIVE where all Spanish registered vehicles are on a central data-base set up by the Spanish insurance companies (with Trafico approval) means that such vehicles do not need to carry their insurance certificate but I did stress **ONLY SPANISH REGISTERED** for foreign vehicle are on this database, **NOT** the foreign plated e.g. UK registered ones, even if they were insured in Spain. The reasons are given in my book, but other English language newspapers have failed to stress the fact that foreign registered vehicles still need to carry the original of the insurance certificate and one reader has sent me an email where they were fined €90 for driving a UK plated car with no insurance certificate to show the police-man in the road-block. Unlike the UK, here you must carry all vehicle and driving licence **original** documents, or **notarised copies** with you when you are on the road, and this applies throughout the EU, so forget about presenting them a few days later at your local police station as in the UK. They do not do that here and the UK is expected to change to this Continental sensible system soon to cut down on the extra police administration there. As far as I know, the UK is the only country to offer this facility.

**Brian Deller author and publisher**  
**Motoring in Spain Third Edition**

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## Distributions Points for The Sierras

**Baza:** The Corner Shop, Baza Books, Donnellys, Allsorts  
**Castillejar:** Ferreteria, Cueva Pedro B&B, Yoga with Jane & Town Hall

**Castril :** Castril Information Centre & Pharmacy

**Chirivel :** Bar and Pie Shop

**Cullar:** Upper

**Galera:** Cien 100 Services

**Guadix:** Mercado de Muebles

**Huescar:** Little Britain

**Velez Rubio:** JC's

English Store

*The distribution points have changed - if you would like to see the magazine in your area, please contact The Sierras.*

## **What's inside this month's edition**

- Visiting the Doctors - useful phrases
- Motoring in Spain
- Spanish Wills
- Immigration and Shock Culture
- **Not wanting to blow our own trumpet but a Testimonial to The Sierras!**

**Apologies for the somewhat small title on the front page. Hopefully things will pick up and we can go into another colour page soon!**

I am sure you will agree when you first make the move to Spain it is somewhat of a "Shock Culture"! This month Jolanda G. Tromp (PhD) has written an article about her experience and what Culture Shock and Resilience is.....this will continue next month and will be available on the website too....

**Bye for now.....Lorraine, The Sierras**

## The Deadline for The Sierras

The deadline is now 25th of each month. The Sierras will usually be on the shelves in the 1st / 2nd week of each month depending where you live.

For all enquiries please contact The Sierras by email: [thesierrascastril@yahoo.com](mailto:thesierrascastril@yahoo.com)

or call Lorraine on 610 965 143

(If you are calling from a mainline in Spain I can call you back).

[www.castril-information-centre-spain.com](http://www.castril-information-centre-spain.com)  
(now incorporating The Sierras Magazine)

Thanks to all those who have contributed and sent in their ideas.

If you have time on your hands and would like to write adhoc articles about your local area, we would also be interested to hear from you (these will also be published on our website in due course).

## **Payment Terms**

When placing an ad with the Sierras, payment is due in advance. Once an invoice has been raised and issued, payment is due within 3 working days via bank transfer. Not everybody likes to pay by bank transfer so if you do prefer to pay by cash, this can be arranged as long's as it is paid before the magazine goes to print.

We can of course provide a Factura for those who want one (IVA is charged at an additional 16%).

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# Choque cultural, parte I

**La resistencia** es un término usado para describir la capacidad de recuperarse de o de ajustar fácilmente a la desgracia o de cambiar. Se arraiga en sus sistemas de ayuda (ag. familia, amigos, gente y lugares usted sabe dónde encontrar cuando y para lo que usted necesita, su propia personalidad, el conocimiento y las habilidades, sus valores y el significado usted atribuyen a su vida y experiencias). La ironía de la situación es que la mudanza a partir de una cultura a otra, cambia nos y nuestras conexiones a esos sistemas, en un momento en que necesitamos ellos más. Tenemos que restablecer una parte grande de estos sistemas en la nueva cultura y ésta hace que re-apreciamos nuestra vida y situación. Es también un gran oportunidad a cambiar, a mejorar y a crecer como persona.

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### WANTED

Display Boards and/or paste tables. Our Baza branch of The Royal British Legion requires boards for events and displaying information. Tel: 958 065 966 or 655 165 929

**Email: [enquiries@castril-information-centre-spain.com](mailto:enquiries@castril-information-centre-spain.com)**

# Thank you Sierras !!

**I have received the following below from one of our regular advertisers and not wanting to "blow our own trumpet" I thought in this climate, it would be fitting to share with our loyal readers and advertisers!!**

\* \* \* \* \*

Yet another "monthly" mag has disappeared leaving the regular advertisers out of pocket. It seems to be an annual event in the Baza area.

Why are so many Brit's ripped off by the British Expats who feel it's their right to take money and walk away without explanation?

We understand that the publishers have to cover their costs and also that they have to pay in advance for the printers etc. and therefore do not mind paying in advance and enjoying a discount for doing so. We do mind paying in advance and watching people walk away with our money without offering explanations. An answer to a 'phone call or email or even an advance warning printed in the last edition would help, but no, Nada / nothing, every time!

I came here expecting the Expat community to help and support each other. How wrong (and disappointed) I was. For those out there that are, like me, just trying to earn an honest living, I Thank you, and feel for you.

Thankfully, The Sierras, with both Ladies at the helm are the one constant we seem to be able to rely on and are the only publication to be there every month and actually contact advertisers if there is likely to be a delay or a problem that they cannot control.

On behalf of all the local honest "paying" advertisers, I would like to thank you both for your integrity and for demonstrating that there are some honest Expats here.

So come on local traders, get behind the honest, well meaning Brit's. We can help each other through these difficult times.

Good luck to Wendy and Lorraine for the future, in your separate ventures. I feel sure this sentiment is echoed by many others.

**Steve Mackie (Sierra Satellites)**

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# Visiting the Doctors (cont'd)...

**You often have to wait in a queue so it is important to know who is last, otherwise you will be waiting all day!**

Who is the last person in the queue?      ¿Quién es el último?

## Describing your illness and pain:

I became ill on	Me enferme el día y hora ...
It started suddenly / gradually	Empezo repentinamente / poco a poco
I am allergic to drugs / Food / chemicals / pollen	Soy alérgico a medicamentos / alimentos / químicos / polen)
I think I may be suffering side effects from taking this medicine.	Creo que sufro de efectos secundarios al tomar este medicamento.
I have a pain here...	Tengo dolor aquí
The pain is	El dolor es
• continuous / intermittent	• continuo / intermitente
• dull / sharp	• sordo / agudo
• stabbing / throbbing	• punzante / pulsante
I ache all over	Me duele todo el cuerpo
It is better / worse when	Está mejor / peor cuando
• I exert myself / I move	• Hago un esfuerzo / me muevo
• I sit up / I lie down	• Me incorporo / me echo
I have (never) had a pain like this before.	(Nunca) he sufrido un dolor como esta antes.
It has moved from here to here (point to the pain)	Se ha movido de aquí a aquí.
I am still in pain, despite the pills.	Sigo teniendo dolor, a pesar de las pastillas.
I have a tingling feeling in my ...	Siento hormigueos en ...
I cannot feel a thing.	No siento nada.

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# Immigration: Dream and Reality

When we first emigrated to Spain we got "culture shocked" pretty badly. We were a small team that originally met in London. We had great dreams and big plans. Everything was going to be different and better. We were going to leave the stress of our jobs in the big city behind us and live the life of our dreams. We were ready to go. Finally our dream-life was becoming reality!

Almost as soon as we set off, it became clear that the dream we had of our new lives was rather different for each of us. It was also very different from the reality we found, once we arrived. Stress!! Adapting to the unexpected and to disappointment it never easy. We all do this in different ways, at a different pace and with different outcomes. In our case, the stress and the culture shock were too much for us. Some of us decided to stay, some didn't. I stayed.

Immigration psychologists have documented that those immigrants who arrive with the least expectations thrive the most. Being open minded makes you more able to adapt and make the best of those opportunities that are available, rather than pinning away in disappointment. It is good to be open to the new country, new culture, new environment and new opportunities. It can give you the inspiration to, if necessary, adapt your plans. Whichever route we choose in life, there will always be occasions where we have to adapt our dreams to the reality we find. Whatever you do, don't stress and do remember there is a Spanish proverb for this situation: "Mas vale tarde que nunca".

Immigración: Sueño y Realidad

Cuando nosotros inmigrado hasta España estafamos "choque de la cultura" bastante mal. Eramos un equipo de gente de Londres. Teníamos grandes sueños y grandes planes. Todo sería extinto y mejor. Éramos dejando la tensión de nuestros vidas de la ciudad. Tan pronto que hubiéramos llegado era claro que cada uno, tuvo en sueno distinto. La tensión !! Adaptando a la inesperado nunca es fácil. Los psicólogos de la inmigración ha documentado que esos inmigrantes que llegan con las menos expectativas prosperan más. Es bueno se abierto a la cultura nuevo y al nuevo ambiente. Ser abierto puedes dar inspiración para hacer lo mejor de las oportunidades en frente. No importe lo que haces, es importante no tensiona y recuerda hay un proverbio inglés para esta situación: "Better late than never".

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# Visiting the Doctors!

When you're new to the area with little understanding of the Spanish language it can be quite daunting when having to visit the doctor surgery. On a recent visit to our doctor surgery our receptionist told us some common problems when the English speaking people visit the doctor surgery. She said many people don't know how to make an appointment let alone say where they have a pain! So for the next few months, we will cover an interesting topic on visiting the doctors, medical terms, going to hospital and visiting the dentist. This month we will start with general sentences needed at a doctors surgery and explaining pain. We will also start to compile a section on the website so that we will gradually build up a catalogue of interesting terms that people can refer back to...

**In an emergency, please dial 112 for an ambulance** and ask for someone who speaks your language.

## Phoning for a doctor:

My name is ...

Me llamo (Mi nombre es...)

My address is ...

Mi dirección es ...

I am ill

Estoy enfermo

My husband / wife / child is ill

Mi marido / esposa / niño está enfermo.

Can you come immediately / ASAP

Puede usted venir inmediatamente / lo mas pronto posible.

## At the doctor surgery:

Can I see a doctor immediately?

¿Puedo ver al médico inmediatamente?

I want to make an appointment to see the doctor / with the nurse / for these tests

Tengo una cita con el doctor / con el practicante / para hacerme estas pruebas

I want to see a nurse for an injection / a dressing / a blood pressure check / a blood sugar check

Quiero ver al practicante para una inyección / una cura / tomar la tensión / una prueba de glucemia

I need a repeat prescription

Quiero reptir esta receta

I have an appointment to see the doctor...

Tengo una cita con el doctor...

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# Spanish Will's cont'd/.....

## What happens if you don't have a Spanish Will

If you do not take out a Spanish Will the process is long and drawn out and can take up to two years to resolve.

The reason for that is that once you have a Will it will be possible to make "*Escritura de herencia*" immediately. The purpose of this "*Escritura de herencia*" is to legally distribute the assets in accordance with the deceased instructions.

If no Will is drawn up it will be necessary to prepare an "*Acta de Declaracion de Herederos*". This declaration is a substitute to the Will and is compulsory where no Spanish Will exists. It is necessary by Spanish Law to confirm that the deceased is the legitimate owner of the assets. If the deceased is not the legitimate owner of the assets e.g. a property here in Spain, this will need to be transferred to the legal owners. This declaration can be done either in the Notary or in the Courts of Justice in the area where the deceased passed away. It is usually done in the local Notary.

The declaration will be presented to the Notary and there will be a need to determine who is legally entitled to the assets (in accordance with the Spanish Law). Once ownership of the assets has been confirmed, the assets will be distributed in accordance with the articles and principles included under the Spanish Codigo Civil.

**If you would like further advice or assistance regarding a Spanish Will please visit: <http://www.ruizcastillo.com/> or contact Jose Maria Ruiz Castillo on 0034 618 31 40 62**

**Email: [josemaria4941@hotmail.com](mailto:josemaria4941@hotmail.com)**

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Stunning cave house with large front garden, 4 beds, living room, dining room - 114,400€ C804  
Villa in Castril, 3 bedrooms (1 ensuite), walled plot (700m2 approx.) - 165,000€ C136  
Cortijo for reform, 3 large parcels of land, water and elec close, stunning views - 99,000€ C168

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