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or listen to our programmes in English on Radio San Miguel 107.4fm Global

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# RUFE'S BAR

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See our main advert on page 11



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- Presidents Liaison Group
- Reader's Article on Tone Zone
- SMdS Top Restaurant - Market Street
- Map - Ciudad de las Comunicaciones
- WYSIWYG - What you see is what you get
- Youth Centre Activities & Courses
- Help Ass. of The Vega Baja - regular events
- What's On Guide - monthly quiz - Capt.Pratt

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## Welcome to the June edition of The New Angel Monthly Magazine 2008

In June, we feature 'Ciudad de las Comunicaciones' as part of our 2008 pledge to promote all the urbanizations within the municipality and we add our map to the collection. This issue is reduced in size for economic reasons - many businesses are feeling the pinch with the slight reduction in the number of visitors due to the exchange rate and this does have an effect on advertising budgets. But, we remain dedicated to providing information about San Miguel de Salinas for both residents and visitors alike. Our popular What's On Guide is on Page 8.

We have an article on The Tone Zone sent in by a regular reader + one on San Miguel's premier restaurant -Market Street. And there's WYSIWYG – 'what you see is what you get' on the re-sale property We include details of courses at The Youth Centre + below is information about The Presidents Liaison Group.

Our extended circulation area includes many new outlets within the municipality and surrounding areas of La Vega Baja + the magazine published via the internet - [www.san-miguel-de-salinas.com](http://www.san-miguel-de-salinas.com). Our advertisers are also promoted on our Radio San Miguel 107.4 Global programmes and included in the Trade Directory of the website. Our message to the reader - make sure to tell those that offer their services in the magazine where you found them. You can meet The New Angel team and find out how to advertise or contribute to The New Angel Magazine on See page 22.

President of San Miguel's Liaison Group, Terry Watson, asks, "Does the President of your Urbanization attend the monthly 'Presidents Liaison Group meeting at Cheers Bar? IF NOT ASK HIM WHY NOT?"

The Presidents Liaison Group is non-political and was formed to represent every urbanization, residencial and resident within the municipality and form a good working relationship with The Administration of San Miguel de Salinas in seeking solutions to many issues. These range from serious matters, like the replacement of the potable water supply to some areas, to specific matters, like refurbishment of green areas. It has proved very successful – at the last meeting on 13 May 2008 Councillors Sergio Correas Ferrer and Jesus Ballaster Sáez attended the meeting to provide updates and answer questions.

The Next Meeting, always on the second Tuesday of the month, is at 11am on Tuesday 10th June 2008 - Cheers Bar at Eagles Nest. Minutes are posted on the website [www.san-miguel-de-salinas.com/community.asp](http://www.san-miguel-de-salinas.com/community.asp)

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(ALICANTE)

## USEFUL TELEPHONE NUMBERS

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Other Council Nos: 965 720 787 / 965 720 001

Centro de Información Juvenil / Youth Centre - 965 720 614

Centro de Turismo – Tourist information and Foreigners Office - 966 723 466

Radio San Miguel 107.4fm - 965 720 671 - Programmes in English 662 060 717

Taxi San Miguel - 608 767 673

Salud / Health Centre - 965 720 000 / 965 720 025

Torre vieja Hospital 965 721 200

San Jaime Private Hospital 966 921 313

Ambulance - 966 776 728 / 965 144 000

Cruz Roja / Red Cross - 965 711 818

Help Association of the Vega Baja (24/7) - 965 704 282

Guardia Civil San Miguel de Salinas - 965 720 004

Policía Local / Local Police - 965 720 787 - mobile 639 620 022

Bomberos / Fire Brigade - 085

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C.E.I.P. Gloria Fuertes School - Primary - 965 720 828

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The acclaimed Market St. Restaurant of San Miguel de Salinas is now entering its third summer and its success is very much a tribute to the hard work of Alan Byrne and his kitchen team, working at times as long as 16 hours a day. The secret of success is simple, it's hard work and determination.

With a background of running two highly successful restaurants back in the UK over 15 years, Alan is not an average chef because he is always willing to offer recipes and advice to customers as well as being accommodating to those with common food allergies and intolerances, provided he is given advanced notice.

Food like everything falls in and out of fashion and Alan spends what little time he has away from his kitchen with his head buried in his extensive collection of cookbooks or surfing the internet browsing the websites of the world's top restaurants to find exciting new dishes to set before his clients.

Market St. prides itself on crisp clean flavors and using the finest ingredients in a no-nonsense way. As the summer arrives, Alan has made changes to the menu, putting a lighter twist on it for the warmer months. Modern dishes such as the stunning goats' cheese tower and the spiced prawn skewers now share the menu with the exquisitely cooked old favorites, those that have brought Market St. its reputation, such as Honey Roasted Knuckle of Pork and the great selection of succulent steaks and, of course, the trademark decadence of those puddings.

The specials board is always worth looking at because it hosts the best of seasonal dishes and often boasts some of the best fish dishes in the area. There's also a wine specials board that adds to the regular wine menu of over 70 different wines.

Market St. serves a classic British three course Sunday lunch for 16€ and it is advisable to reserve a table at any time (Call 966 723 965 or 600 371 706)

Alan and his team understand that in the current economic climate the indulgence of dining out is one of the first luxuries to put to one side and he is always mindful of making it very special experience for all Market St. clients. Many people now like to try just a starter and a dessert or enjoy one of their generous salads over a relaxing glass of Chardonnay.

Alan and Alison Byrne and all the staff at Market St. would like to thank their regular customers and they look forward to welcoming new ones.

# Market St.

Restaurant

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### WYSIWYG - what you see is what you get - The re-sale property.

In our welcome on page 3 we mentioned the term 'economic reasons': much is happening with the Spanish economy, one that has relied unduly, some say solely, on the property market. A downturn in that market creates opportunities for those looking to buy a property in Spain but buyers should be aware of certain dangers.

A number of big developers have felt the pinch to such an extent that some have voluntarily applied for court protection against their creditors, blaming the credit crunch and market conditions for their impending demise. However, this short article is not about developers, it is about the consumer... people buying houses with their life savings; don't they deserve the same protection?

The effect of developers taking this action means that anyone who has put a deposit down on an off plan property essentially has to join the creditors list to try to get their money returned by the developer. Many unsuspecting and/or ill-advised purchasers may be particularly worried because they do not have bank guarantees and recovering money in these circumstances is going to be a long and complicated process with no guarantees of success.

New Angel source, a UK law firm with great experience and expertise in Spanish cases, told us that there are essentially three groups of creditors, when it comes to purchasers of property from developers that go bust...

- Those with bank guarantees have the best protection and should be ok.
- Those without a bank guarantee, who used a lawyer at the earliest stage – may have a case for suing the lawyer.
- Those with no bank guarantee and no lawyer have very little chance of recovering their deposits.

This basic information supports the need, more than ever before, for dealing with reputable estate agents and independent lawyers whenever considering the purchase of property.

Many people who have moved to this area of The Costa Blanca, including San Miguel de Salinas, have recognised the re-sale market as being the safest choice of property investment, WYSIWYG – what you see is what you get! The integrity of the construction and its location can be inspected and the legal title of the property can be verified. Sellers that offer special properties at realistic prices to allow market forces to dominate (e.g. those adjusting for both the poor exchange rates and the amount of stock at over-inflated prices) are selling their properties.

San Miguel de Salinas continues to be a unique pueblo because it has retained its character. This is why so many people have bought property here. With a good stock of good quality properties for sale and in a buyers market there are some great opportunities to invest in a Spanish property here. The market will turn full circle and anyone that has done their homework will recognize that San Miguel de Salinas, described as being The Balcony of the Costa Blanca, is in a location that will always prove to be a popular destination and place to live.

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FRIDAY 1pm - **REGULAR LINE DANCING PLUS QUIZ NIGHT**  
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## Urbanization Ciudad de las Comunicaciones

Map C on [www.san-miguel-de-salinas.com](http://www.san-miguel-de-salinas.com)

- |                  |                       |
|------------------|-----------------------|
| Albacete – 3     | Holanda – 19          |
| Alemania – 13    | Huesca – 8            |
| Alicante – 1     | Hungria – 25          |
| Austria – 20     | Jaen – 9              |
| Baleares – 18    | Leon – 2              |
| Belgica – 21     | Murcia – 4            |
| Copenhague – 10  | Norvega – 12          |
| Cordoba – 6      | Oslo – 17             |
| CV 941 Campoamor | Polonia – 23          |
| CV 952 Rebate    | Republica Checa – 26  |
| Dinamarca – 5    | Stavanger – 11        |
| Eslovenia – 24   | Suecia – 14           |
| Estocolmo – 15   |                       |
| Finlandia – 16   | Residencial Los Pinos |
| Granada – 7      | Torrestrella          |
| Grecia – 22      | Villas Maria          |



Next Month we are returning to the casco with the Pueblo map

## Regular Weekend Entertainment for June 2008 San Miguel de Salinas

- Mondays** **Cheers Bar Restaurant** - 11am Weight Watchers, 8pm Bingo  
**Chimes Bar** - 3.30pm Line Dancing Class for Absolute Beginners  
**Radio San Miguel 107.4fm** - 6.30pm The Monday Show with David, Caz & Stu – News Views Whats On & Music
- Tuesdays** **Snack Shack** - Bingo Night  
**Chimes Bar** - 2.30pm Slimming Class + 8pm Texas Holdem Poker  
**Bar La Oficina** - Regular Tuesday Night Pool Nights  
**Radio San Miguel 107.4fm** - 6.30pm Tuesday Live
- Wednesdays** **Chimes Bar** - Popular Bring & Buy Auction (200 lots)  
**Cheers Bar Restaurant** - QUIZ night - come early for a seat!  
**Snack Shack** - Regular Quiz Night + Pie and Mash  
**Radio San Miguel 107.4fm** - 6.30pm Stu's Music Show + Sport
- Thursdays** **Chimes Bar** - 8.30pm Salsa Class  
**Cheers Bar Restaurant** - 11am Ladies Coffee Morning  
**Radio San Miguel 107.4fm** - 7.30pm Top DJ Stevie C with a double top 10 selection from 50s, 60s or 70s
- Fridays** **Chimes Bar** - 1pm + 9pm Advanced Line Dancing + Open the Box  
**Bar Rufe's** - Regular Karaoke - All house spirits are 1€ at weekends  
**Radio San Miguel 107.4fm** - 6.30pm Friday Fever with Caz 'The Barber of Quesada' Music + News Update + What's On

See Special Weekend Entertainment for June 2008 on page 12

### Concejalía de Juventud anuncia l announces Events for Junio | June Youth Centre Information - Centro de Información Juvenil

Creando tus propias joyas. Taller de bisutería.  
Creating your own jewels. Workshop of  
costume jewellery.  
Fechas | Dates: 18, 24 y 26 de Junio  
Horario | Hours: de 18 a 20 h. | Gratuito/Free

Taller de Vidrio Pintado.  
Workshop of Glass Painting  
Fechas | Dates: 19, 23 y 30 de Junio  
Horario | Hours: de 19 a 21h. | Gratuito/Free

Descenso en Piragua. Desde Cieza a Blanca  
Descent in Canoe. From Cieza to Blanca  
Fecha | Date: 21 de Junio  
Horario | Hours: desde las 8h. hasta las 17h.  
Precio | Price: 25 €  
(incluye monitores especializados, equipo y bus)

More information - Cij La Kasika  
C/ Galant Delgado, 26  
03193 San Miguel de Salinas (Alicante)  
Tel/Fax: 965 720 614 (tardes de 16 a 21h. l  
4pm – 9pm)

## JUNE QUIZ

### MONOPOLY

- Name the heating engineer who invented the board game Monopoly.
- Name the cheapest property on the board.
- Atlantic City is used in the American version of Monopoly. Which is the most expensive property?
- Bow Street, Marlborough Street and which other street make up the orange properties?
- Which railway station on the Monopoly board, in real life was built in 1853-54 by George Berkeley, of the London, Tilbury and Southend Railway Company?

### TELEVISION'S BLUE PETER

- What was the title of John Noakes spin-off series? Featuring his daredevil exploits?
- Name the long serving female programme editor who retired in 1988.
- Which presenter was sacked in 1998 for admitting cocaine abuse?
- Which CK the daughter of Gloria Hunniford, a former presenter died in 2004?
- Which former presenter went on to commentator on televised darts?

1) Charles Barrow 2) Old Kent Road 3) Boardwalk  
4) Vine Street 5) Fenchurch Street 6) Go with Noakes  
7) Biddy Baxter 8) Richard Bacon 9) Carol Keating  
10) Peter Purves



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David's Monday Show - news views and music - 6.30pm to 8pm  
Wednesday - The MD's CUT with STU & TONY midweek sport - 6.30pm to 7.30pm  
DJ Stevie C's Thursday Double Top Ten Show music from 50s 60s 70s - 7.30pm to 8.30pm  
Friday Fever - CAZ 'The Barber of Quesada' music and 'What's On' Guide - 6.30pm to 7.30pm  
B2B Saturdays - a selection of the week's shows - 7.30pm to 10.30pm

Listen and watch via the website: [www.san-miguel-de-salinas.com](http://www.san-miguel-de-salinas.com)

Emisora Municipal - Radio San Miguel 107.4fm - Excmo. Ayuntamiento de San Miguel de Salinas

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For details of our entertainment  
see the New Angel What's On Page

## Special Weekend Entertainment for June 2008 San Miguel de Salinas

- Sunday 1** Chimes Bar - 9.30pm Karaoke | Cheers Bar Restaurant - Just Music
- Thursday 5** Cheers Bar Restaurant - 9pm "ROD STEWART" Great Tribute Show
- Friday 6** La Oficina Bar Restaurant - Marcias Karaoke for all!  
Bar Rufe's - Suzy Gibb the brilliant Hypnotist entertains  
Cheers Bar Restaurant - "PROTOCOL", Regular Top Duo
- Saturday 7** La Oficina Bar Restaurant - Keith Lennard strums his guitar  
Bar Rufe's - singer Lucy J entertains  
Cheers Bar - 9.00 "JAMES GOULDING" KARAOKE at its best!  
Chimes Bar - Sat sports + entertainment + 9.30pm Karaoke
- Sunday 8** Chimes Bar - 9.30pm Karaoke  
Cheers Bar Restaurant - "JEFF ALLEN" 60s & 70s Dancing & Music
- Thursday 12** Cheers Bar Restaurant - 9pm "ROD STEWART" Tribute.
- Friday 13** Bar Rufe's - Lucy Jay - excellent singer entertainer  
La Oficina Bar Restaurant - Gemini Karaoke  
Cheers Bar Restaurant - "PROTOCOL", Regular Top Duo
- Saturday 14** La Oficina Bar Restaurant - Miss Suzy G dances the night away  
Cheers Bar Restaurant - 9.00 "JAMES GOULDING" KARAOKE Chimes Bar - Saturday sports + entertainment + 9.30pm Karaoke  
Bar Rufe's - regular Saturday Fun Night entertainment with DJ Nessie including Play your cards right, Karaoke, and Disco.
- Sunday 15** Chimes Bar - 9pm Fathers Day Special - with great entertainment from singer Claire Daniels and a free buffet.  
Cheers Bar Restaurant - 7.30 "BEATLES" An Unbelievable Tribute to the Beatles by "The Liverpool Band", a 4 man band playing LIVE music with the look and sound of the originals. Tickets are 20 euros including a 2 course meal and your seats reserved for the night!
- Thursday 19** Cheers Bar Restaurant - 9pm "ROD STEWART" Tribute.
- Friday 20** La Oficina Bar Restaurant - Marcias Karaoke  
Cheers Bar Restaurant - "PROTOCOL", regular top duo
- Saturday 21** La Oficina Bar Restaurant - REFLEX The top 20 sounds  
Cheers Bar Restaurant - 9.00 "JAMES GOULDING" KARAOKE Chimes Bar - Saturday sports + entertainment + 9.30pm Karaoke  
Bar Rufe's - Stevie Spit - back by demand (Adult comedian)
- Sunday 22** Chimes Bar - 9.30pm Karaoke  
Cheers Bar Restaurant - "MIKE LOVEIT" Great Male Vocal with plenty of Sixties and Rock 'n Roll
- Tuesday 24** Cheers Bar Restaurant - Fashion show + singer Peter John
- Thursday 26** Cheers Bar Restaurant - Semi Final Euro 08 + later "ROD STEWART" Tribute.
- Friday 27** Cheers Bar Restaurant - "PROTOCOL", Top duo La Oficina Bar Restaurant - Karaoke with Gemini Sounds
- Saturday 28** Bar Rufe's - top entertainment with Suzy G  
Chimes Bar - Female vocalist Jo Sutherland.  
La Oficina Bar Restaurant - Miss Kerry Knight is Cher.  
Cheers Bar Restaurant - 7.30 "ABBA" A Massive Live Tribute Show by ABBACADABRA - Tickets are 16 euros including a 2 course meal and your seats reserved for the night!
- Sunday 29** Cheers, Chimes, Rufe's, La Oficina (wide screens) - 9.00pm FINAL UEFA EURO 08

For the latest updates visit the website [www.san-miguel-de-salinas.com](http://www.san-miguel-de-salinas.com)





San Miguel's **TONE ZONE** has been successfully providing individual exercise and weight management programmes for 3 years. The **SIX TONING TABLES, A PROVEN SYSTEM FOR INCH LOSS FOR THE PAST 30 YEARS**, now incorporates **PILATES** exercise to allow a full body workout designed and supervised by fully qualified staff. As **THE TONE ZONE** has grown new therapies have been added creating a **"ONE STOP SHOP"** that offers a variety of great treatments.

During June 2008 the Tone Zone's team of fully trained therapists, Bev, Julia, June, Marie & Kim have special offers for a range of treatments. Why not come in and see for yourself, or try one of THE TONE ZONE's Golden Saver Afternoons - **FOR DETAILS call in or ring the numbers below:**

### SPECIAL OFFERS FOR THE MONTH OF JUNE – SEE BELOW

#### Week One: 2 - 8 June - 1 week only

MARIE - Swedish back, shoulder & neck massage = 10 euros  
Full leg and foot massage = 10 euros  
30 Minute Facial = 10 euros

#### Week Two: 9 - 15 June - 1 week only

BEV offers  
Manicure = 10 euros  
Pedicure = 10 euros

#### Week Three: 16 - 22 June - 1 week only

JULIA offers  
Full Indian Head massage incorporating  
Upper back & shoulders = 10 euros  
Hot Ear Candling = 15 euros (1hr)

#### Week Four: 23 - 29 June - 1 week only

JULIA offers  
Ionic Foot Detox Therapy = 10 euros  
approx 30 mins  
to include consultation.

### KIM OFFERS HALF PRICE WAXING FOR THE WHOLE MONTH OF JUNE

The Tone Zone, just up from the Church Square. Call for an appointment on  
Tel: 966 723 748 or 630 760 767 Email: kim-thetonezone@hotmail.com

**New Angel reader Celia Mack tells us about The Tone Zone** – Although I've lived in San Miguel for 6 years and passed The Tone Zone almost daily it never occurred to me what toning table exercise entailed and what other treatments were on offer, so I thought I'd give it a go.

I was warmly welcomed by Kim Chenery who gave me an information pack and we discussed which treatments I would like to try. Kim explained that the toning tables are designed to provide a balanced Pilates based exercise regime to achieve a gentle full body workout.

So, I started on the toning tables moving between all six, each one gently exercising different muscles and finishing with a cool down. Kim told me that my introductory 'gentle workout' could develop over time to exercises that provide a full cardio vascular workout where I could work as much or as little in helping me to tone up and even lose inches. I am certain that the tables found a few under-exercised muscles.

My next treatment that day was a Swedish back, shoulder and neck massage by Marie, the qualified masseuse. Marie made this a wonderfully relaxing experience paying particular attention to my knotted shoulder muscles. I was advised not to have more than one massage in 48 hours and I returned 3 days later to see June for an Indian Head Massage. When I entered the tranquil, candlelit room I immediately felt relaxed and after completing the questionnaire, June applied oils and started her work. I found it brilliant in clearing my sinuses and June explained that it was good for treating a variety of complaints including stiff neck and insomnia.

After resting with a cup of coffee, Julia was ready to start my next treatment - an Ionic Foot Detox therapy. Unfortunately, due to a back operation I had some 30 years ago, I have metal components that prevented me having this treatment because it uses electrical impulses; So, I decided to send my normally sceptical husband to try this Detox system. I was very surprised when he returned walking on air and spouting all the scientific facts and clear benefits of this simple treatment to stimulate the body in self-detoxification that he had discussed with therapist Julia; he is now less sceptical and is on a self imposed 'more water - less coffee' regime and has another appointment.

You can also get a manicure and pedicure from Bev and Kim also does waxing, and I am going back to have my eyebrows done. I must say I felt in very safe hands and I would certainly recommend The Tone Zone to New Angel readers.

PELUQUERIA  
ESTETICA - UNISEX

**SPIRAL**



Tel.: 966 723 938  
Plaza Juan Carlos, 1 bajo 9  
San Miguel de Salinas

## HELP

Association of Vega Baja  
Calle Lope de Vega, San Miguel de Salinas  
Tel: 966 723 733

### DETAILS OF REGULAR EVENTS

#### Mondays 14.00-17.00

HELP Friendship Centre, The Baker Foundation Hall,  
Playa Flamenca for those who tend to be  
housebound or isolated.

#### Wednesdays Book Stall 10.30-13.00

QUESADA WELLBEING CENTRE,  
AVDA LAS NACIONES  
(between Diamond Flores and Clapton's Bar)

#### Thursdays 14.00-16.00

Friends Unlimited, a HELP social group, offers the  
chance to make new friends of both sexes.  
El Corazon Hotel, Calle Apolo,  
Urb Pueblo Lucero, Rojas

#### Saturdays 10.00-13.30

Charity Markets behind the Rendezvous Bar,  
Tiro de Pinchon, Pueblo Principe and at Casa  
Ventura San Luis, Torrevieja.

#### First Tuesday in the month 13.00

HELP lunch in Guardamar. Book through our office

#### Last Wednesday in the month 11.00

HELP Diabetic Support Group meets  
in Hoggies Bar, San Luis, Torrevieja.



## SUN SERVICES AND TRANSLATIONS



### ALL LEGAL SERVICES:

Conveyancing, Legalisation of building works, Wills, Probate, Inheritance,  
NIE Numbers, Residencia, Medical Cards, Tráfico, etc.

**ACCOUNTANCY:** for Self-employed and Companies, by a Spanish Registered Accountant

**TAXES:** Residents' RENTA and Non-Residents' WEALTH TAX

**INSURANCES:** House, Car, Health etc.

**TRANSLATIONS** of all documents.

Are you buying or selling your property?

Please call for an honest, experienced answer to all your questions or doubts. Reasonable Fees.

### IF YOU HAVE A PROBLEM ... WE CAN HELP !

Ronda Oeste 40, San Miguel de Salinas

All enquiries on 965 720 534 or via e-mail: [info@sstspain.eu](mailto:info@sstspain.eu)

Office Hours: Monday to Friday: 09.00 - 14.00 Monday and Wednesday: 16.00 - 18.00

*Español - English - Nederlands - Français - Deutsch*

**Please visit our website: [www.sunservicesandtranslations.com](http://www.sunservicesandtranslations.com)**