



U3A Vall del Pop

FEBRUARY

NEWS4U

No. 67

2016



Dear Members,

ELECTION TIME

Welcome to our February U3A Newsletter. It's hard to believe it's nearly 12 months since our last Annual General Meeting so again it's time for me to come out with my "begging bowl", not for money but for help in running your U3A. Being a democratic organisation, all committee positions—including my own—are available for nomination and will be voted on at our Annual General Meeting on 3rd March. If re-elected, John Nicholson (Treasurer) and I have offered to stand for another term but unfortunately Jennifer is standing down as Secretary, so we desperately need a new Secretary. It's not an onerous task and whoever is appointed will be fully supported by the Committee with Jennifer in the background helping in the handover.

If you are interested then please contact Jennifer on secretary@u3avalldelpop.com or me on jimwla14@googlemail.com for more information.

Not wishing to be a scaremonger, but, if we are unable to appoint a Secretary at our Annual General Meeting, under the terms of our Constitution we are not able to operate, something none of us wants.

Also for those of you who are interested, we would welcome nominations for: - Groups Co-ordinator, Members Representative and TCET Representative.

We look forward to hearing from you,

Kind regards

Jim



WELCOME to Steve Taylor who has bravely ventured forth to join the Editorial Team and will be helping me with the **SMALL ADS** to begin with. ALL small ads to be e-mailed to Steve from now on, please.
His e-mail details are on the FOR SALE page.

Sara Munsterhjelm from the Consulate has sent us this important information



British Consulate
Alicante

I am writing to you because the British Embassy and Consular network in Spain is supporting a global campaign, led by the Electoral Commission, to encourage British citizens overseas to register to vote in the referendum on the UK's membership of the European Union. Some 283,000 Britons are registered on the padrón in Spain and many more are resident for all or part of the year. Yet just 11,000 were registered to vote in last year's UK General Election.

Very many are simply unaware that they may be eligible to have their say in the EU Referendum. This is where you - and our other partners with contacts in the expatriate community - can help raise public awareness. The British Ambassador Simon Manley launched the 'Register to Vote' campaign at an event in Javea, Alicante province on 1st February. The Embassy has sent a news release to all the English-language press in Spain, with articles expected in many of the leading expat newspapers. We are also spreading the message via our 'Brits Living in Spain' accounts on Facebook and Twitter. We would be delighted if you can further help spread the word, so that expatriates become aware of their potential eligibility to vote.

At the General Election last year nearly 106,000 Britons worldwide were registered as overseas voters, three times more than at the previous Election in 2010. But that compares with estimates of 3.5 to 5.5 million Britons who live abroad. Very large numbers may be eligible to vote yet be unaware that they can have their say in this historic referendum.

The Electoral Commission will be grateful for any activity that will make British expatriates in Spain aware that they may have the right to vote and that encourages them to register, quickly and easily, at www.gov.uk/register-to-vote.

Editor's note: - I have just registered online, and it was very straightforward. You can request a postal vote or arrange for someone in the UK to vote for you by proxy. This was recommended by the authority where I last registered as the "post from Spain can be unreliable".

The appropriate forms are sent to you by e-mail, with further information and contact details.



**NEXT satellite meeting
for RENEWALS is
25th FEBRUARY 11am - 2pm
at BAR L'ASSUT in Jalon**



HELP PAGE



U3A ALMONER CONTACT: -

Sue Harvey - 965 730 605

Barbara Watmuff (**new contact for assistance**)

965 050 245 babsinpego@hotmail.co.uk

Aims of the Almoners:

- To help members feel they are part of a caring organisation
- To offer sympathy to bereaved or hospitalised members with cards, flowers, E-mail and phone contact
- To make available appropriate information about other organisations which can provide suitable assistance
- For Christmas and New Year periods—to try to bring people together if they are otherwise on their own

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JALON VALLEY HELP

www.jalonvalleyhelp.com Helpline – 659 624 643

MABS

www.mabscancersupport.org

contact in Costa Blanca North: Sue Reula 664 266 991

MARINA SALUD

informacion.pacientes@marinasalud.es

966 429 137/8

DENIA HEALTH CENTRE

(Screening Tests and Mammograms)

966 429 600

STEPPING STONES GROUP—634 362 498

THE LISTENERS—965 996 678



U3A MEMBER CELEBRATES HER 80th BIRTHDAY

Carol Lockhart

At the U3A Vall del Pop General Meeting on 4th February Ann Williams was presented with a posy of flowers and a card to mark her 80th birthday, which falls on 15th February. Originally from Staffordshire where she was a secretary at a Secondary Modern School, Ann moved to Spain with her husband in 1990 where they had a house built in Parcent and moved into it in February 1991. In those days there were few English people living in the area so she has witnessed many changes.

Sadly Ann's husband died in Fontilles in 2006 after suffering with Alzheimer's disease but she has continued to live in their home and enjoy the Spanish way of life. Ann has 2 sons, 5 grandchildren and 3 great grandchildren all of whom live in the UK, so they come to visit her here and she also goes to the UK to see them. Ann worked in the first Red Cross Charity shop in Parcent when it opened in 1992. Her interests include Tai Chi, Line Dancing, Swimming, Knitting, Sewing and Card-making so she is a very active octogenarian. She will be celebrating her birthday with a lunch time party at the Citrus Bar in Orba with family and friends. We send her our best wishes for a Very Happy Birthday and many more years enjoying her activities with the U3A.

HAPPY BIRTHDAY TO U3A HOSPITALITY MEMBER



Judith Evans, leader of the hospitality group of ladies at our U3A Vall del Pop meetings, recently celebrated a special birthday. Not wishing for publicity Judith was happy to just accept a 'Happy Birthday' wish from the members; however, she had been surprised by her friends at another club of which she is a member when she was presented with cards and a lovely bouquet. Judith celebrated her birthday on 28th January with her husband and friends at a restaurant in Calpe.

**Other birthdays this month: - Anna Cameron, Ditas Rohl and Brigid Redmond.
Apologies to those we didn't know about, hope you all had a great day.**

Roman General Julius Caesar implemented the first Leap Day in his Julian Calendar, which he introduced in 45 BCE (Before Common Era). A leap day was added every four years. At the time, leap day was February 24, and February was the last month of the year.



GROUP CO-ORDINATOR NEWS

At this month's General Meeting Stewart Beattie, the Groups Co-ordinator, invited all new members to get involved in their U3A and browse the many activities offered on the website to see what might interest them.

We are particularly looking for any members interested in joining Tennis, Chess, Book or DVD Swap, Yoga, Genealogy, Upholstery and Casual Choir.

We do also need people willing to look after and organise the running of some Groups, so if you can spare some time please send Stewart an email on: groups@u3avalldepop.com with a phone number and he will be happy to talk to you.



Using Facebook in the Digital Photography Group

Stewart Beattie, our Groups Co-ordinator, has suggested that Groups consider whether they might usefully set up a Facebook page to help with their administration. As we already have one in the Digital Photography Group, I thought that a little more information might help members and Leaders to decide whether it would be of benefit to them.

We set up a private page, which means that it is not visible to other Facebook users; in fact, they cannot access it even if they know the full name of it. Members of the Group need to join Facebook and can then be invited to join the private group by the administrator. We use it to provide information about photoshoots – where and when to meet, details of car sharing, if lunch is included, etc – and also for any last minute changes to the arrangements. We can also post photos that we have taken, comment on photos that other members have uploaded and ask for help in sorting out problems.

It has proved useful for us – with a little consideration you might think of ways in which it could help your group, too. Please contact me if you would like any further information. Just one last point – for anyone who doesn't want to use Facebook in its usual social sense, you can access a group like this without having anything to do with the public side of the jamboree, if that is what you would prefer.

Anna Cameron

annabcameron@hotmail.com

Leap day is also St Oswald's Day, named after the Archbishop of York who died on February 29th, 992. His memorial is celebrated on February 29th during leap years and on February 28th during common years.

PRAISE FOR THE DRAIN TEAM – One of our discounters



We had cause recently to call out the above company because our house sewage system went into complete shut down, apart from the mini eruptions in the showers and toilets!! Willy Wonka's chocolate lake had nothing on us as it crept across the garage floor—UGH!!

Stephen and Damien were absolutely brilliant, they never left our side for four days and, without going into all the sordid details, they coped with the amazing antiquated pipework that the Spanish builders had cobbled together in the 1980s. You just wouldn't believe what was underneath our house! Needless to say, we had to have a few trenches and holes made before all this could be sorted out.

It has all been left repaired and tidy with inspection points for easy access for any future problems. We wouldn't hesitate to recommend this friendly local company and they are on call 24 hours a day.
Sonia and Graham Higginson.

Andrea Cronk has just notified us that the Drain Team are having to reduce their discount to 10% from 15%. They have also just opened their Property Sales office in Jalon. The Property Team. www.thepropertyteam.es Andrea is very willing to negotiate a package deal with any U3A members wishing to sell, buy, rent or 'blitz clean' their property prior to selling or renting - and currently only charge a **3% commission on sales.**

And talking of chocolate...RICH AND GOOEY CHOCOLATE MOUSSE

Serves 4 (but why share???) - 4 ramekins or pretty individual dishes

Ingredients

100g dark, rich eating chocolate
(70% solid cocoa is best)
4 whole eggs
6 egg whites
50g caster sugar
Chocolate shavings



Melt chocolate in heatproof bowl over simmering water, set aside to cool
Whisk egg yolks and 40g sugar till mixture thickens, and is pale and fluffy
Add chocolate mix (must be cool-ish, we don't want chocolate scrambled eggs)
Whisk egg whites and remaining sugar till mixture is glossy and in soft peaks
Slowly fold this into the chocolate mix and then pour into your pretty dishes
Decorate with chocolate shavings - or simply grab large spoon and start eating...

Valentine's Day is for couples.

All singles can enjoy themselves for the other 364 days of the year.
(and eat chocolate – plus we get an extra day this year!)



Tai chi group news from Krystyna



On Friday 29th January some of our Tai Chi Group enjoyed our belated festive meal at Rte Lluna Llunera in Jalon. A great time was had by members and their guests along with group leader Krystyna and hubbie Mike. Next event planned is on Good Friday - "Tai Chi on the beach" in Calpe - followed by a meal - again!

U3A PETANCA GROUP NEW YEAR LUNCH

On Sunday 10th January, following their game of Petanca in Castells, the U3A Vall del Pop Petanca Group, together with their partners, met at the Tramonti Restaurant, Parcent for their annual get-together. 31 people enjoyed a three-course lunch that had been organised by Group Leader, Jim Lockhart. There was a lot of joviality and good humour and everyone enjoyed what they all agreed was a very pleasant way to while away a Sunday afternoon.



Do you remember the Swinging Sixties? Are you a born-again teenager? Can you play an instrument or sing? If the answer to these questions is 'yes', then maybe you'd like to join The Popsters, the Vall del Pop U3A's own rock and pop group! We get together in the Social Centre in Lliber on Wednesday afternoons to play and sing well-known songs from the 1960s onwards. We have a very good female **lead** singer, but she'd love to have some company, either as backing vocals or other

lead singers. We also have several guitar players, a bass player and a drummer, but we'd love to have some more musicians, especially if you can play other instruments like harmonica, saxophone, keyboard, or anything that will fit in with different pop styles. If you are interested, please ring the group leader :

Mike Burke on 96 648 2172, or email him at: mike_heidi@hotmail.com

A link to our page on the U3A website can be found under 'Groups' or at:

[Popsters web page](#)

You can also click on the link below to send Mike a message:

[mailto: mike_heidi@hotmail.com](mailto:mike_heidi@hotmail.com)





Thursday Explorers Walking Group

14 January – Lliber Hidden Valley

A nice easy walk after the Christmas and New Year break. This is a shorter than usual walk, which gave us more time to spend at the bar in Lliber.

21 January – Tormos to Campell

This walk took us to Isbert Dam for our banana break, and up to Campell for lunch (where the photo was taken). At 14km and 5 ½ hours this is longer than most of our walks. But on such a pleasant day and at a reasonable pace everyone enjoyed it.



28 January – Combre del Sol to Granadella

This is perhaps the best coastal walk in the area. Only 9km but with 378 metre of ascent it still took 5 hours. It includes a visit to a coastal fort which was destroyed by the British in the Napoleonic Wars, an exciting coastal path and a relaxing picnic on the beach. The sting in the tail is the steep climb back up to start point.

Three varied walks this month all under blue skies with cooling breeze.

This really is excellent walking weather, and makes them a real joy.

If you would like to join us and experience for yourself some excellent walking in good company and at a moderate pace you can be sure of a warm welcome.

For more information contact Paul or Jan.

Email: paulleniston@hotmail.com Tel: 966 405 335

Unlucky in Love

In Scotland, it used to be considered unlucky for someone to be born on Leap Day, just as Friday 13th is considered an unlucky day by many.

Greeks consider it unlucky for couples to marry during a leap year, and especially on Leap Day!



10th Anniversary - ideas please



There are a few plans afoot - but we would love to hear from members who may have ideas about how we can best celebrate our 10 years this October.

A Party instead of the October meeting?
Wine, dine and dance evening?
A Quiz night with appropriate questions?
Fancy dress competition?

Ideas please to anyone on the committee, or in the suggestion box at the meetings.

ASTRONOMY

Possible new group at Vall del Pop???

At the General Meeting on the 4th February, Jim asked the members if anyone would be interested in an Astronomy talk - lots of people were, so we are in the process of organising something that may possibly develop into a new group for the Vall del Pop.



There is an Astronomy group in Denia - details below.

If anyone is interested in coming along to the group, they would be welcome.

We meet on the first Tuesday of each month at a school in Denia from 4 pm to 6 pm. I can send directions to anyone interested. At the meeting we have a talk from one of our members on a topic of interest followed by a review of what is good to see in the sky that month then local and international Astronomy news stories. Anyone can come along as a visitor to see whether they enjoy it and if they would like to join, the fees are 5€ per year.

In addition to the monthly meeting, we organise observing evenings, beginners' courses, an annual social event, an 'Awayday' (where we go to a darker site for a couple of nights at a hotel) and we invite professional speakers twice a year to give public talks.

We have a website at <https://costablancaastronomers.wordpress.com/>

where your members can see a bit more about what we do.

Contact: Christine Ord cbastronomy@gmail.com

ALMONERS - 965 730 605 (Sue Harvey)

We urgently need a couple of volunteers to cover both the Jalon and Orba Valleys for occasional assistance.

See HELP PAGE for more details.

NEW DISCOUNT FOR U3A MEMBERS

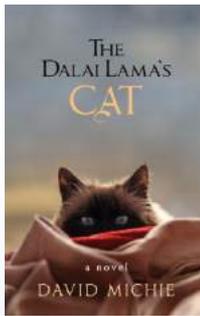
Miriam Huecas Martín

OFFERS Spanish lessons on a one-to-one basis. Usual price: 12€ per hour

Discount to U3A members is 5%

649 453 747 salissa1967@gmail.com

Please contact her if you are interested - she may consider two-to-one classes, and also offers translation services for doctors/hospital visits. (POA)



BOOK REVIEW - THE DALAI LAMA'S CAT

By David Michie

Catnip for the soul. If you love cats, and are even slightly interested in mindfulness, spirituality and finding some 'inner peace' in your busy lives...this is the book for you. I read it so quickly the first time I had to go back and absorb it again. His Holiness's Cat's eye view of the world from her privileged position on his windowsill...

Rescued from an imminent and grisly death in the gutters of New Delhi.... Rinpoche is a cat with a pampered existence but has lessons to learn and teach the denizens of Dharamsala, India. On the surface it's pure, simple entertainment but layered in metaphors of great wisdom. (She has many names, as you will discover.)

Every reader will enjoy a different layer. The best way to achieve happiness is to give happiness to others and I believe this book will provide some meaningful insights. I loved it because it took me back to my own Buddhist studies and practice years ago - and of course I adore cats. This book lifted my spirits during my recent bout of 'less-than-wellness'.

David Michie is a best-selling Australian author, meditation teacher and authority on Tibetan Buddhism and a life-long cat lover. The book was inspired by and is dedicated to Michie's own beloved Himalayan cat, Princess Wussik of the Sapphire Throne who died at age 17, just before the book was published.

*There are two equally good sequels - **The Art of Purring, and the Power of Miaow.***



I am sure that nearly everyone in our U3A enjoys the opportunity of visiting places, meals, events and holidays. The TCET now need your help. We need members to join the team and spread the load of organising these events. Perhaps some of our many new members would like to get involved, so please don't be shy, have a chat with Sandra on 965 581 353 or email bob.welham@gmail.com

Egyptology group talk on 8th February

David guided us safely through the minefield of Egyptian 17th dynasty names... Ramesses and Tutankhamun are easy enough, but what about Djesezare Amenhotep (the star of Monday's talk), Vizier Khaemwaser, Ahmose, Nefertari, Hatshepsut, Inhapi, Sobekemsaf, not forgetting Intef-aa and his faithful hound Bahuka!!



The beginning was fairly easy, then it got complicated, and then we had another easy bit. A sort of Egyptian Club sandwich - lots of complex stuff between the easy-to-swallow bread. Our quest was to determine which King started the tomb burials in the Valley of the Kings.



Deir el Medina, the village where the Tomb builders (and raiders...) lived. They were kept isolated and strictly policed as the workers knew where all the treasures were buried.

Archaeologists have been trying to find the missing tomb of Amenhotep I for years. Howard Carter tried, but misinterpreted the ancient writings, which led him in the wrong direction. Zawi Hawass muddies the waters deliberately, but that's another story. David assured us he was a heterodox, which is someone who challenges orthodox views...and there is plenty of scope for that amongst modern Egyptologists!

He leans towards the views of Arthur Weigall, who was convinced Amenhotep I was the first King to be buried in the Valley. There is a very early shrine to the Deity of the Village at Deir el Medina - with a statue of Amenhotep, which was taken up the big hill to a 'stopping place' for festivals and celebrations.

Let me simplify: the workers walked over the mountain to get to the Valley of the Kings where they were digging tombs. It's a long hot walk - so they had a small stopping place known as a Way Station (Ahay in ancient Egyptian) where they spent their weeknights, but then went down to their proper village for their weekends off with wives and kids. They were split into teams - people who carved and painted only the left side, and those who did the right. The Way Station was split the same way. They 'competed' - but, oh dear, apparently one team forgot to paint in a nipple on one of the drawings!! Oops.

Papyrus writings were clear - the tomb of Amenhotep was 120 cubits down from the Ahay. There had been some digging around the area, which uncovered a deep shaft known as the Royal Cache, where the mummies of many famous Pharaohs were found - Ramesses II and Seti I to name a couple. (Information acquired in 1881 by applying a bit of torture to some robbers' feet...)

Onwards and downwards...a tomb (known now as KV39) was mentioned in the old writings, as the place where the mummies had been 'stored' and **“where Amenhotep I IS”** ...important bit of info! How did Howard miss this? Some previous excavation had been done - piles of rubble a bit of a giveaway, but friable rock crumbles, and then a big rock fell and covered the entrance.

continued...

BUT, if you are brave like David, off you go down the crumbling rocky hill with your tape measure, 120 cubits (69 metres) to a place 'under the Ahay' ...and you find this KV39 tomb. The mummy, when discovered, was found to be covered in wonderful garlands—the ONLY mummy to be so treated and revered—and it still has not been unwrapped to this day. (*Thank God Carter didn't find him or he'd have been stripped*).

Then it all got quite detailed - the long search for the locations of the Amenhotep of the Garden and the Amenhotep of the Court, but then the tomb builders became tomb raiders and many of the treasures were looted. The coffins were scraped clean of gold and jewels, so it was decided to protect the mummies by moving them up out of the Valley of the Kings - to the Royal Cache (DB320) via the KV39 tomb. All done at night by three guys with the extraordinary names of Djedkhonsefankh, Iufenamun and Wennenefer... (imagine introducing them at a dinner party!) only David could possibly pronounce these! 'Papyrus Abbott' describes the inspections of the robbed tombs to the Vizier Khaemwaser, and gives details of how and where the mummies were moved.



The big mountain at the head of the Valley (Qum) is shaped like a natural pyramid, and the entrance to KV39 is set in the north face, exactly as the entrances were to the tomb pyramids at Giza....and the first king to be buried in the Valley, at that high point was our missing hero Amenhotep I. So he started it. **QED.**

NEXT TALK ON 7th MARCH in Jalon
ROSETAU - the history of the Giza plateau before the pyramids
and the dating of the Sphinx.

Also
29th February, a FREE talk by David
'In the Footsteps of Moses'
10.30 - 12pm At Salon de Actos, Moraira

Planned for the summer - David's film (in Lliber - TBN)
AND
A fantastic 35mm slide show - A journey up the Nile from Aswan to Luxor
December group meeting - TBC

NB You MUST be a member to come to these talks - so please do join at the door,
or at one of the general meetings in Murla.



WANTED PLEASE
OCCASIONAL LOAN OF HEAVY DUTY STRIMMER
Lorraine on 965 577 480

**SHORT PRESENTATION BY OUR GENEALOGY GROUP
AT THE GENERAL MEETING ON 3rd MARCH**



What is the link between this magnificent painting of Henry VIII and one of our Genealogy Group members? Come and find out!



**Great Valori for money!!!
At the Wine Tasting evening in
Bar L'Assut on 28th January**

A good crowd, great tapas, and some wine thrown in. What better way to spend a pleasant Thursday evening? Star of the show was the very jovial Franco Valori, proud of his Calabrian roots, and equally proud of these excellent wines from the Corcovo bodega in Valdepeñas.

We tasted (and in some cases glugged, no names mentioned, she who got the giggles!) five wines - two fragrant whites, one fruity Rosé, and two meaty reds. Prices from 3€ - 5€ a bottle which is extraordinarily cheap given the quality of these wines.

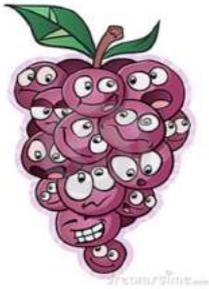
- 1. Verdejo, silver medal award.**
- 2. Airen, gold medal award.**
- 3. Rosado Tempranillo, gold medal award.**
- 4. Roble Tempranillo. Gold medal award.**
- 5. Reserva Tempranillo. (One for special occasions without breaking the bank).**

These wines are not available in any commercial outlet - ONLY from Franco, whose contact details are below....it is his hobby—NOT his business!

You may order these wines by the case of 6 bottles, direct from Franco, and he will arrange collection either near Javea, or in Jalon. These wines are really delicious, and incredible value for money. If you get together with friends for a 'multiple' order you could swap around to get a mix of the wines.

**Phone Franco on 670 745 330 for further details.
Please mention you are a U3A Vall del Pop member when you contact him.**

And looking over the rim of a different glass...Carole Wardle writes...



This was the first Wine Tasting Group Meeting of 2016 and coincidentally our first “Wine Tasting” with the U3A! We arrived to find tables ready with glasses, nibbles and a “Wine Tasting Note” – things were looking promising! We were to sample a selection of wines from the Bodegas J.A. Megia y Hijos S.L., Valdepenas – which we learned was a relatively small bodega. After a welcome and introduction from Sandra Welham and Brigid Redmond we met our guide through the tastings - he was Franco Valori – an Italian whose day job was insurance but his passion was wine!! His enthusiasm was infectious and he proved to be a very enthusiastic, knowledgeable and informative tutor! Thanks to the organisers – what a great evening for 9€ a head! Here’s to the next one – Salud!

- First to be poured was the **Blanco Verdejo** at a slightly higher price of €4,25. Good depth of flavour to this one and, on our table of five, a winner with four of us!
- The second wine tasted was a white **Blanco Airen** with the grapes of La Mancha. It was a young wine only bottled in September 2015 – this was VERY easy to drink – I thought a good BBQ wine – it gave a lovely apple/pineapple flavour and only €3 a bottle! None of this wine was rejected on our table– all glasses were emptied!
- Our third wine was a **Rosado**—not to our taste as we are not Rosado fans but an absolutely beautiful colour!
- Fourth up was the **Roble Tempranillo** – matured in barrels of American oak for five months, and a very palatable wine at €4 a bottle.
- Our final wine of the evening was a Reserva – matured in oak barrels for 15 months. This was a beautiful smooth taste at €5 a bottle.

All these wines were accompanied by a selection of delicious tapas served by lovely smiling Claudia and Franco. Following the tasting and as the volume in the room increased a raffle was held and the lucky winners could pick a bottle of wine we had tasted during the evening. In summary, a fabulous first time at the Wine Tasting Group which we hope to repeat during the year.

WARNING

From the militant wing of Springwatch!!!

**If a tree on your urbanisation is infested then tell whoever is in charge about the problem...
The council has an obligation to remove them...**

Most importantly—Keep your pets away from the caterpillars and out of pine woods at this time of year; keep your dog on a lead...bad news if your beloved pet finds some on the ground and gets one in his mouth.



Another suggestion is to close your car windows, and KEEP YOUR CAR AIR VENTILATION SWITCHED TO 'INTERNAL' ONLY. These prevents air (and toxic hairs) being drawn into your car through the external ventilation system.

ALL SALE/WANTED ITEMS

are now being handled
by Steve Taylor on
steveu3aclassifieds@gmail.com

Find Something
You'll Love with
February's Deals



if you wish to place an advert PLEASE use this e-mail address from now on.

.....
Ikea corner unit 197cms high 96cms wide 60€
Margaret Chapman margarechapman607@gmail.com

Solid pine table (NOT chipboard or veneer!) 70 x 70 cms square, 55 cms high. 30€ and
matching oblong coffee table 60 x 120 cms, 55 cms high. 50€
Or 70€ the pair taken together. Both in good condition.
Lorraine 965 577 480

Gent's Sheepskin Coat, 42" Chest, 36" long. Immaculate, worn only couple of times. Originally from Street, Somerset. Cost £250. Accept 100€ ono

Gent's Charcoal Wool/Cashmere Overcoat. Never worn. 48" Chest, 46" long. cost £200, accept 80€ ono.

Gent's Black Jones Shoes. Size 9xx. Immaculate, worn only few times. In original box with shoe trees. Cost £89, accept 40€ ono.

Carol & Jim Lockhart 616 103 167 cazlock@gmail.com

CHOCOLATE CUP CAKES

Makes 12. You will need: - sieve, muffin baking tray and paper cases
a piping bag with nozzle for the icing (optional)

Ingredients

85g dark cooking chocolate 85g soft butter in 2cm cubes
100g soft brown sugar 1 whole egg, 1 yolk 1/2 tsp vanilla essence
1 tbsp sour cream - or similar 75g self raising flour 1 tbsp cocoa powder
Pinch of salt



Method

Preheat oven to 180C; line tin with 12 paper cases. Put chocolate, butter and sugar into heat proof bowl, simmer over water, stirring then allow mixture to cool once fully melted. Whisk the eggs, vanilla essence and cream, then stir into cooled chocolate mix. Fold in the flour and cocoa powder, then spoon into paper cases - about 2/3rds full. Bake for 20 mins until risen Allow to cool for 5 mins then transfer to a cooling rack. Chocolate icing if you want to be really extravagant.



A Life In Model Making Howard Parker

Debut pièce de resistance by Steve Taylor
(our new Assistant Editor-in-Training)



Having assured us that he would not be going into the private lives and goings on of celebs such as Lesley Hornby (that's Twiggy not a train set) and Naomi Campbell, Howard provided us with an alternative definition of a 'model' thus:- *"A three-dimensional representation of a person or thing or of a proposed structure, typically on a smaller scale than the original"* in order to set the scene for his audience who were by now firmly glued to their seats. (Airfixed???)

His opening remarks had every male at least, smiling with their personal memories. Howard described how it all began for him with the receipt of his first Airfix model, a Christmas present of the famous Spitfire airplane. From then on he was hooked, and spent the next few years' pocket money and time engrossed in his passion for kit models.

Then came the time for him to "put away childish things" with the discovery of motor-cycles and girls (it happens). His model-making interest was renewed after he had been to the Grand Prix at Silverstone in 1973, and he decided to begin making serious 'scale' models. He subsequently won several public competitions, and was approached by the Scale Models magazine, who commissioned him to submit articles and photographs of his efforts.

Nigel Mansell then commissioned him to make a 1:20 (a 20th size) scale model of his famous 'Red Five' race winning car. In 1989 Howard resigned from the Police Force in order to take up employment as a full time professional model maker. The creators of the Wallace and Gromit series asked Howard and his team to produce the motorcycle combination as ridden by the cartoon pair. Other projects that Howard was involved with at this time were a model of the new German Reichstag building which was commissioned by its designer, Sir Norman Foster; a model replica of Harlech Castle which is housed at their Visitor Centre museum; a full-sized replica of Nigel Mansell's winning Grand Prix car; and a model of London Docklands.

In 1999 Howard started work at Sunseeker Boats, based in Poole, Dorset, and was involved in the manufacture of ocean-going yachts and motor boats, constructing the patterns and moulds for the boats' hulls and fittings. Retired, he has come full circle and spends his leisure time assembling and adding to his extensive model railway set up. He's offered to talk to us about his time in the Police Service - as they prefer to call it now.

(Bet he was a model Policeman! Lorraine)

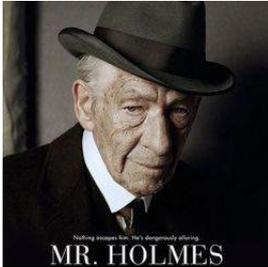


According to an old Irish legend, St Brigid struck a deal with St Patrick to allow women to propose to men—and not just the other way around—during a Leap Year.

U3A CINEMA IN PARCENT

1€ requested on the door, for group funds.
See Cinema Group webpage for details.

All films are shown at La Musical in Parcent, next to the Town Hall,
just off the main square at the top of hill in the centre of the village.



Monday 15th February at 7.15 (doors open 6.45) - 'MR HOLMES'

Ian McKellen plays an aging Sherlock, retired and living in a village in Sussex with his housekeeper and her young son. Reminiscing about his past, he finds himself haunted by an unsolved case from 30-years ago, however he now only remembers fragments of the case: a confrontation with an angry husband, a secret bond with his beautiful but unstable wife. With Laura Linney, and a cast including many well-known faces. 1 hour 40 minutes, 2015, cert PG.

Monday 7th March at 7.15 (doors open 6.45) 'THE WIND THAT SHAKES THE BARLEY'

First released in 2006, this award-winning film by British director Ken Loach follows the lives of two fictional brothers living in rural Ireland during the Irish struggle for independence in the early 1920s. One brother, played by Cillian Murphy (*Peaky Blinders*) is about to travel to London to take up a position as a trainee doctor, but reluctantly finds that he must give up his plans and stay in Ireland to help. The film is a realistic period drama with many fine performances, which shows how the turbulence of those years affected the lives of many ordinary Irish families. 2 hours 6 minutes, 2006, cert 15. There are several violent scenes.



The Cinema is open to all U3A Vall del Pop members, no booking required. You can use your 2015 membership card up to the end of March if you haven't been able to renew yet, but 2016 cards will be needed from April onwards. We hope to see you there soon!

ALSO



**NEWS OF 'CINE LA PAZ' RE-OPENING in Gata de Gorgos
Renovated and redecorated, now showing UK and US films
on Tuesdays and Fridays at 8pm.**



Their website coming online soon - but they do have a facebook page.



**A mammoth Valentine's
Leap Year Edition...
hope you've enjoyed it!**

