



Dear Members,

Let me wish you all a very Happy New Year. We hope that you are all back in the valley, possibly away from the cold and wet climate of the UK. It is now time to seriously think about the way forward for our U3A. We have our AGM in March and we certainly need your help to enable our association to continue and grow.

Please think that to make us a success, we need members who are willing to be committee members and members who are willing to help. This was very evident at the Christmas Meeting, with so many members selling raffle tickets, cooking cakes and even performing for us all to enjoy. Recently, with the turn of the New Year I have noticed a number of members helping with membership renewals and TCET.

What would we do without them? You would have longer queues when renewing your membership or signing up to book events, so please have a chat with committee members. They will be so grateful for your help.

Can I also say a very big thank to everyone who has sent their best wishes. I am certainly on the mend.

Best wishes,
Bob



Fillers this month from the 'weird signs' library...

On plumbers' vans...

'We repair what your husband fixed'

'Don't sleep with a drip. Call your plumber'

Nominations are invited from all fully paid up members,
**for ALL of the following Committee positions regardless of whether
 someone is standing again.** Voting at the AGM on March 2nd
Nominations must be received by Carole Wardle by 13th February
Proposed and seconded by two fully paid up members of course!

POSITION	CURRENT HOLDER	NOTES
President	Bob Welham	
Vice-President	Lorraine Bellami-Barker	
Treasurer	John Nicholson	Stepping down
Secretary	Carole Wardle	
Membership Secretary	Sonia Higginson	Stepping down
Membership *Representative	David Prestoe	Stepping down
Groups Co-Ordinator	Marie Fitzgerald	
Newsletter Editor	Lorraine Bellami-Barker	
Webmaster	Anna Cameron	
TCET Co-Ordinator	Sandra Welham	
Publicity Officer	Peter Sockett	
Almoner	Sue Harvey	
Assistant Secretary	Vacant	
Assistant Mem Sec	Brigid Redmond	Stepping down
Assistant Groups Co-ordinator	Vacant	
Assistant Editor	Vacant	
Assistant Webmaster	Vacant	
Assistant Almoner	Barbara Watmuff	

Roles and Responsibilities —full information available on the website

**Vice-President's appeal to the members on 12th January
With apologies to Lewis Carroll...!**

**"The time has come," your VP said,
"To talk of many things:
Of groups -- and trips -- and giving thanks
to leaders - and such things
and now the AGM is near
the help we'll need, I think".**

**"But wait a bit," the Members cried,
"Before we have our chat;
for lots of us don't give a toss
and others not a scrap!"
"Oh bugger!" said the President
(They looked quite shocked at that).**

**He said "It's kind of them to come!
I'm sure they are quite nice!"
The Editor said nothing - but
I'll have to ask them twice
Or maybe if they're very deaf --
I'll have to ask them thrice!**

BUT, jokes aside, and in support of Bob's letter, I am not too proud to beg, and previous appeals have mostly fallen on stony ground. In short, we need your help. The AGM is looming, and all the committee positions are up for grabs. Some of us will continue, but others are stepping down. These details will be on the website and are in the newsletter this month.

So, rather than getting 'committee meeting' and negative thoughts in your heads...let me ask you to think of a small group of like-minded people, getting together for a chat, two hours a month.

That is, only 20 hours a year. We talk about what we can do to help this U3A continue to improve; how we can help the members have a better experience. Tea and biscuits, and some laughs - but important work too. And you can make a difference! Please have a think about how you might help—and what you can bring to your U3A.

GROUPS NEWS – Marie Fitzgerald

Two new groups are getting established, so if you are interested, please get in touch with the Group Leader.

1. **WORD ADDICTS.** Geraldine Fee email wightic@gmail.com
Thursday afternoons monthly at the Citrus Bar in Orba.
2. **INDOOR PADEL.** Duncan Thompson email foskett54@btinternet.com
starting in Feb on either a Monday or Friday (to be decided)

And an update for

FRIDAY MOUNTAIN WALKING. John Chilcott is standing down after ten years sterling service...so anyone who was in this group may still like to continue with either the Thursday Explorers for a full day walk, or the Wednesday Wanderers for a morning walk. Both contacts are on the website for these.

MEMBERSHIP RENEWALS OPPORTUNITIES: -

Thurs 26th January

Wed 8th February

Thurs 23rd February

At Claudia's bar, Jalon

The times will be:- 11.00am to 2.00pm

At the February and March General Meetings

10am - 11am

****IF YOU HAVE CHANGED YOUR E-MAIL ADDRESS
SINCE YOU LAST RENEWED (OR JOINED),
PLEASE LET US KNOW WHEN YOU RENEW FOR 2017
Thank you, Sonia and Brigid**

In a Non-smoking Area:

**"If we see smoke, we will assume you are on fire
and take appropriate action."**



**SHOPPING TRIP
TO
VALENCIA**
I don't have a write
up from anyone
on the trip, but
apparently it went
well and everyone
loaded up for
Christmas!



CHRISTMAS DINNER AT CASTELVI



More
Photos
in the
Gallery
on the
website!

Thursday Explorers Walking Group

12th December – Parcent to Jalon

Yet another grey and dismal day, of which we have had far too many since October. We had planned a walk to Col de Rates, but the low cloud made that impracticable. Rather than cancel the whole day we decided to walk to Jalon from Parcent.



As we neared Jalon the rain started, so we made a bee line to the nearest bar. We were allowed to eat our packed lunch there providing we bought a drink. A very reasonable request. Disappointing weather, but a pleasant walk in good company.



15th December – Denia to Javea Windmills

Another less than perfect day, so we opted for a possible wet weather walk. The first hour is along the sea front of Denia, so we could abandon the walk and make for one of the many bars if necessary. In fact it was clearer than expected, so we continued the walk to the windmills. It was rain free until we were almost back at Denia port, when it started to rain.

Fortunately there was a handy bar with a roaring fire. Despite unusually grey weather our Autumn walk programme has proved a great success. At one point we even had to close the list to new members. Many of our group do not live here permanently, so numbers vary greatly from week to week. If you would like to join us drop me an email and I will send you full details.

For more information contact Paul or Jan paulleniston@hotmail.com
Tel. 966 405 335

Steve Taylor handles all the Small Ads

for items for sale/wanted/ freebies

please send all information to him at

steveu3aclassifieds@gmail.com He needs as many details as possible,
with a clear photo as an attachment.

Please note that Steve uploads these adverts direct to the website

DON'T FORGET TO CHECK ONLINE REGULARLY!

FOR SALE!

In a Podiatrist's office:
"Time wounds all heels."

Cruz Roja Espanola

The Spanish Red Cross staff turned up to collect their 200€ cheque from the funds raised at the December meeting. The organisation is very keen to offer ex-pats health advice and assistance, help with documentation, translation help, and also an offer of Spanish lessons!

If you want to find out more, please contact: -



Pedro Javier Dominquez Crego
Regional Technician European Residents
Comunidad Valenciana
Glorieta de la Solidaridad 1 - 03005 Alicante

Tel: 678 501 586

e mail: pdominquez@cruzroja.es site: www.cruzroja.es



EGYPTOLOGY GROUP NEWS

NEXT TALK IS ON FEBRUARY 20th
'Seeing through the Eye of Horus'

Future dates for your diaries : - 18th March and 10th April
(Membership renewals for people coming to the lectures
can be done at the February and March meetings)

David would love to see some new members at these talks. Anyone who has an interest in the ancient past, or archaeology will be fascinated by the immense knowledge he has and his very evident delight in sharing it with the group.

SANGREAL TRIP — IN MARCH

Sandra says there have been some changes to people going on this trip, and if anyone is interested in taking up a spare place, please get in touch with her as soon as possible

travel@u3avalldelpop.com



First time I've seen snow in Spain.

Wish I was in Egypt?

You betcha!



REVIEW OF THE YOUNG POPE Starring Jude Law and Diane Keaton

Pius XIII is not your average Pope. Aside from being young, handsome and American, he smokes (constantly), guzzles diet soda, and delights in doing and saying things that shock the College of Cardinals. Those things include keeping a kangaroo as a pet, violating the sanctity of the confessional, questioning the existence of God, and installing the nun (who raised him in an orphanage), Sister Mary as his closest adviser.

Chosen either by the Holy Spirit or by Cardinals who thought he'd be an easy-to-manipulate, easy-to-market moderate, Lenny is anything but. A Roman Catholic Church that has in large part embraced a "God is Love" theology finds itself led by a Pope who leans toward Old Testament wrath.

That's something of a problem. An even bigger problem is the Cardinals didn't realise they were electing a sociopath, which is strange as, to the viewer, it seems painfully obvious. They thought, at worst, they were getting a rube among the sophisticates. Instead, they got Caligula.

Or so it appears. It's hard to say exactly who Lenny is, or whom Law is playing, because the character is a blank canvas on which Director Paolo Sorrentino seems to project whatever inspires him from scene to scene. Like the Vatican itself, Young Pope is beautiful, lush and carefully, formally composed. It's also rather odd— more a series of striking pictures and unpredictable actions than a living and breathing slice of life. However, Law plays it beautifully - bizarre, slightly over-the-top, and very convincing in his treatment of the other Cardinals who seem bent on molding him to the 'approved' ways.

He is young. He'll be there a long time (unless he's poisoned...). an extraordinary, thought provoking series, which some will denounce as utter rubbish, others will find there is plenty of humour and irony to be enjoyed. God only knows what the Catholics make of it!

In a Vets waiting room:

"Be back in 5 minutes. Sit! Stay!"

In the front yard of a Funeral Home:

"Drive carefully. We'll wait."

Hilarious Things My Mother Taught me...

My mother taught me TO APPRECIATE A JOB WELL DONE.

“If you are going to kill each other, do it outside.
I have just finished cleaning”.

My mother taught me RELIGION.

“You better pray that mark will come out of the carpet”.

My mother taught me about TIME TRAVEL

“If you don’t stand up straight,
I’m going to knock you into the middle of next week!”

My mother taught me LOGIC. “Because I said so, that’s why”.

My mother taught me MORE LOGIC.

“If you fall off that swing and break your neck,
you’re not going to come shopping with me”.

My mother taught me FORESIGHT.

“Make sure you wear clean underwear, in case you are in an accident”.

My mother taught me IRONY.

“Keep crying and I’ll give you something to cry about”.

My mother taught me about the science of OSMOSIS.

“Close your mouth, and eat your tea.”

My mother taught me about CONTORTIONISM.

” Will you just look at that dirt on the back of your neck?”

My mother taught me about STAMINA.

“You’ll sit there until you have eaten your greens.

I remember most of these being said to me. I wonder how many other members have heard these or do you have your own recollections?

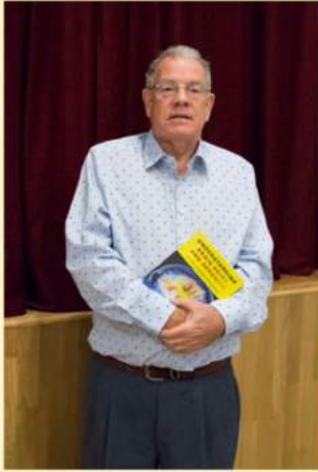
Sandra Welham

On a Maternity Room door:

"Push. Push. Push."

On a Fence:

"Salesmen welcome! Dog food is expensive!"



TALK ON DEMENTIA BY LAWRENCE WHALLEY

This was a most accomplished presentation, geared entirely to our age group, and supported by excellent explanatory slides. Dr. Whalley has been a professional in this field for many years, and although I took notes for my own interest, I am not about to give a detailed transcript in case I get a fact wrong!

I suggest that for an in-depth perspective into this worrying disease, you purchase his book : -

***“Understanding Brain Ageing and Dementia
A life course approach.”***

Amazon UK @ £23.56 + P&P

For further information, he also recommended a diet book for preventative care.

***Healthy eating to reduce risk of Dementia
by Ryman, Ridland, Sharpe and Westcott.***

Amazon UK @ £3.64 + P&P

P.S. He said—stay smart...**learning languages keeps your brain happy.**

NEXT MONTH, A NOBEL PEACE PRIZE WINNER...

Robert Van der Loo

The full synopsis of his talk was very detailed...but here is a ‘taster’ as I don’t want to spoil it for those coming to the meeting to hear him.

I shall be talking about my time in the Royal Dutch Army where I served as a professional logistics officer in the period 1974 till 1997. I separated from the RDA with the rank of Lieutenant-Colonel in 1997. I was sent on assignment with the UN as a UN Military Observer, staff officer and member of a military contingent. I also worked for the UN when I enjoyed 3 years of unpaid holiday from the Royal Dutch Army.

I worked a total of 22 years as a Civil Servant for the UN in Syria, Israel, The Occupied Territories (West-Bank and Gaza), Lebanon, East-Timor, Burundi and Italy. In 1988, I was awarded the Nobel Peace Prize for UN Peacekeepers who served from 1958 till 1988 all over the globe. I retired from the UN in April 2016 and moved to Parcent with my wife Alijke.

I will give a brief introduction of UN Peace Keeping Operations and the role of the UN Security Council. Counterpart is the African Union with a more increasing role. Deployment and sustainability of Peace Keeping contributing forces are some of the Topics I will cover.

This promises to be another most interesting talk, so we hope as many of you as possible will come along.

HELP PAGE



U3A ALMONERS CONTACT: -

Sue Harvey - 965 730 605

Barbara Watmuff - 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

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 CINEMA IN PARCENT

See Cinema Group webpage for details

Now 1.50€, pay on the door, goes towards group costs

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.

The Cinema is open to all U3A Vall del Pop members, no booking required. Please bring your current U3A Vall del Pop membership card with you as we need to see it. (2016 cards are valid until 31st March.)

----- FILMS THIS COMING MONTH -----

Monday 23rd January at 7.15 (doors open 6.45) - 'EYE IN THE SKY'



Helen Mirren stars as a military officer in command of an international operation to capture terrorists in Kenya. Her mission encapsulates the legal, ethical, and political dilemmas presented by modern drone warfare against those involved in terrorist activities. The situation escalates when a 9-year-old girl enters the 'kill zone', triggering an international dispute.

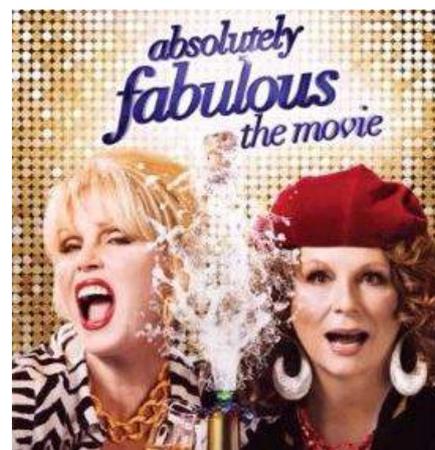
Also featuring Alan Rickman in his last film role.

1 hour 42 mins, 2015, Cert 15. With some violent images.

Monday 6th February at 7.15 (doors open 6.45) - 'ABSOLUTELY FABULOUS: THE MOVIE'

Still oozing glitz and glamour, Edina and Patsy are living the high life they are accustomed to, shopping, drinking and clubbing their way around London. After an incident at a launch party, they become entangled in a media storm and decide to flee to the French Riviera, where they hatch a plan to make their escape permanent and live the high life forever more! With all the usual cast.

1 hour 31 mins, 2016, cert 15.



----- MORE FILMS COMING SOON -----

Monday 20th February - 'IN THE HEART OF THE SEA' - Author Herman Melville goes to visit an old whaling captain, and is told the true story of a monstrous whale, which gave him the basis for writing 'Moby Dick'. Drama and adventure with a strong period flavour.

Starring Chris Hemsworth, Ben Whishaw, Cillian Murphy and Brendan Gleason.

Monday 6th March - 'ME BEFORE YOU' - British romantic drama adapted by Jojo Moyes from her 2012 novel of the same name. A beautiful young woman becomes a carer for a cynical young banker who has become paralysed. Starring Emilia Clarke and Sam Claflin.