



Dear Members,

Well, thank heaven the summer has finally arrived. I seriously thought that I needed to order another load of logs!

I know that I have mentioned that one of the objectives for this year was to encourage more dialogue between us and other U3As. Well, at the last General Meeting, the President of Calpe U3A, Liam McKervey, and two other committee members came along. (Please see e-mail below). It gave us the opportunity to talk about the ways in which we can work together and develop our associations in a constructive and positive way. We are certainly going to build on this new liaison. It also gives committee members a chance to speak to others and share ideas. This makes the committee member's role so much easier.

If you can recall in last month's note, I asked members for ideas on how we can improve the format of the general meeting...so far only one member has replied. I am sure that you have your own ideas so please contact anyone on the committee. We would like to see more of you attending and making the meetings much more social.

Don't forget each month we try to have an interesting and informative speaker. It is not always easy to find such people, so again, let me know if you know anyone who you think would be willing to put together a presentation for us. This month we had Lorraine Bellami and next month it is Tim Watmuff, talking about his recent project work in Sri Lanka, both coming from our own membership. It is wonderful to be able to tap this talent. Regards, Bob.

*Hello Bob, and all at Vall del Pop*

*I just wanted to send a little note of thanks for such a warm welcome today at your general meeting, it was lovely to be welcomed in such style!*

*Thanks also to you and your committee members for sharing their time with us as well, and also for all the tips and words of advice and encouragement.*

*Very much gratefully received by myself, Terry and Marion.*

*I am sure that between us we will be able to keep up the contact and help move things along, lighten the load a little and have some fun along the way!*

*Liam*



**'Fillers' this month with an airline theme....surprise, surprise!  
Cabin Crew safety announcement...**

**"In case this flight becomes a cruise, your seat cushion can be used as a flotation device."**

## U3A Vall Del Pop Committee Luncheon

Peter Sockett, Publicity

Following their election at the General Meeting in March, our new Committee members have been getting to grips with their duties and tasks for the events for the coming year and this initial phase culminated in a Committee Members lunch on Thursday 27<sup>th</sup> April.



This gathering, on a cold and wet day, in the very convivial surroundings of the Awraba restaurant in Orba gave the committee members a chance to review each other's plans and challenges, and to establish stronger communication links and support strategies in a relaxed atmosphere, whilst enjoying the excellent lunch menu, and drinks.

It was a very good opportunity to thoroughly integrate with our colleagues and to exchange ideas for the forthcoming events and group developments, which are continuously being made in our very active U3A group. Your committee are endeavouring to ensure that this, our 10<sup>th</sup> year of Existence, will be well-remembered by all the group members.

*Sadly I couldn't make it due to a prior appointment which I couldn't change, but I can assure all members that the Committee paid for their own lunches! Lorraine*

***Some TCET events to look forward to :-***

***June 7<sup>th</sup> – 10<sup>th</sup> Anniversary Fun Walking Treasure Hunt in Benissa, including buffet lunch***

***June 17<sup>th</sup> - Barn Dance at El Cid***

***23<sup>rd</sup> – 27<sup>th</sup> December 'Xmas 2017 [5days & 4 nights] in Nerja, including trips to Malaga, Almunecar & Frigilana***

**The strength of the turbulence is directly proportional to the temperature of your coffee.**

## Wine Tasting Group at Claudia's Bar, Jalon

Peter Sockett



On 19<sup>th</sup> April, a full house of 40 members of the U3A Vall del Pop attended a wine tasting, held at Casa Claudia in Jalon, where Franco Valori presented five Corcovo wines from the Bodegas J.A. Megia e Hijos in La Mancha. The sampled wines were two white wines, one rosado and two red.

The wines were presented with the usual explanations of how to view the clarity, enjoy the "nose" and finally experience the taste, with fruity flavour comprising of apples, mango, peaches, strawberry and even liquorice being advised as being present depending upon the type of wine. The two whites, the Rosado and the first red were young wines of last year's crop with the last red, Reserva, a wine in its fifth year after being laid down for 15 months in oak barrels, stored underground to maintain standard temperature and humidity.

For me, the judgement of a good wine is focused on the flavour in the mouth, others imagined how the wine would be sitting by the pool or after/during a fine meal. Needless to say, the opinions were many and varied, and seemed to grow louder as the tastings progressed, which in itself is often a good judge of the wines!



Throughout the tasting we were served an excellent variety of tapas, by Claudia and her team, which complemented the wines and prepared our palates for the next bottles.

Why not join us next month at another wine tasting experience?



**DON'T FORGET OUR SMALL ADS ON THE WEBSITE**

**13 ITEMS CURRENTLY FOR SALE**

Contact Steve Taylor to put your 'pre-loved' goodies online before the summer rush!

[steveu3aclassifieds@gmail.com](mailto:steveu3aclassifieds@gmail.com)

Tower: "...and for your information, you were slightly to the left of the centre-line on that approach."

B.A. Speedbird: "That's correct, and my First Officer was slightly to the right"



## UPHOLSTERY GROUP

The group is very keen to attract more members — so if you don't want to sell your favourite chair or sofa in our Small Ads section....why not give it a new lease of life and some TLC???

Please contact the Group Leader for further information.



## Digital Photography Group News

does it again....

The tutorials go from strength to strength, and are proving very useful to the group members. Jalon continues to provide outside opportunities for exploring exposures and metering modes. Spot, partial, centre or evaluative? There's the question and one which most of us couldn't answer until Peter got his flip chart and bits of cardboard out to make it all clear. We also looked at histograms; no, these are not a couple of hysterical strippers (as some wag suggested), but something far more puzzling. A histogram is a moving spiky chart that appears in the viewfinder and bobs up and down as you pan round. It shows if you are over-exposed or under-exposed as it were. Luckily the residents of Jalon had nothing to worry about. Following a trial run of these methods, we went back to Claudia's for the chew-torial which is a long lunch with much chatter.

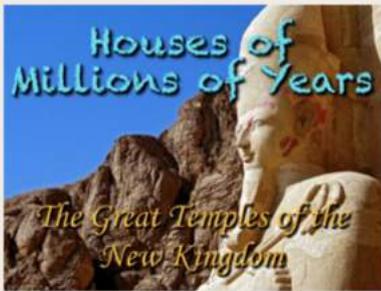
***The DPG group are off to the Valencia Bio-Parc on 24th May, and there are still four seats available on our bus. If you would like to join us, please get in touch ASAP with Peter on [petertomlin80@gmail.com](mailto:petertomlin80@gmail.com) and you don't have to hang out with us shutter-bugs if you want to roam the zoo on your own!***

**After a bumpy landing**

**“We ask you to please remain seated as Captain Kangaroo bounces us to the terminal.”**

**“We are pleased to have some of the best flight attendants in the industry. Unfortunately none of them are on this flight.”**

## EGYPTOLOGY GROUP NEWS



For the May lecture we are going back to basics by studying the development of New Kingdom temples. The presentation is entitled 'Houses of Millions of Years' – a name the pharaohs gave to their stone-built temples.

The venue is the usual place – **Jalon Town Hall on Monday 15th May**. The lecture will start a little later than usual at **11.30** (and will be a little shorter than usual) because I will be showing the **Sangreal Tour** photographic presentation first, **starting at 11 am**, for all those who missed the showing last week at the reunion get-together. I hope you will be able to come along at the usual time to watch this rather dramatic slide show (set to music) and then the New Kingdom temples lecture.

Dear Members,

Following an interesting meeting recently with Pedro, European Residents Regional Co-ordinator for Cruz Roja Española we are planning to offer basic first-aid classes, starting in September through to October. There would be a maximum of 15 per class and the classes would be held at Casa de Animo in Alcalali. I will be assisting with the training and co-ordinating the classes for our U3A and depending on numbers interested, we may need more trainers.



Hopefully, we will be sharing these classes with Jalon Valley Help members who will also be offering the venue. Members from Marina Alta Help are also interested and already a member has come forward to offer help with the training.

The classes would be interactive, light-hearted and of benefit to us all, whether we have none, a little, or a lot of previous first aid training. If anyone is keen on this idea, please get in touch with me— [babsinpego@hotmail.co.uk](mailto:babsinpego@hotmail.co.uk)

Thank you. Barbara Watmuff, Almoner

**British Airways flight asks for push back clearance from terminal.  
Tower :..."And where is the World's Most Experienced Airline  
going today without filing a flight plan?"**

## Thursday Explorers Walking Group



### 6 April – Orba Castle

The good weather continued for this lovely walk from Parcent to Murla and up to Orba Castle. It was so pleasant eating our picnic that no one wanted to start the return journey.

### 13 April – Pinos to Bernia

Another warm and sunny day for this spectacular circular walk from Pinos to the lower slopes of Bernia. In fact the weather was so good that we had to find a shaded area for our picnic lunch.



### 20 April – Castells Serrella Castle

It is usually 3 or 4 degrees colder in Castells than in the Jalon Valley, and today was no exception. So the shorts and shirts of the earlier walks were replaced by warmer clothing today. But nothing could distract from the lovely scenery.

### 27 April – Rain stopped Play

The weather reminded us that it can be cold and very wet in April. The heavy rain was well forecast, so we cancelled this week's walk on the Wednesday.

It is always a difficult decision to make, and in the past we have cancelled and then had a reasonable, dry day. However this week it was heavy rain all day, so at least we did not regret our decision to cancel.



May can also be changeable, but is usually warmer and drier. It is also the last month that we walk before we take a four month break for the hot days of summer. If the weather is very warm we will offer some shorter walks. One of these would be an ideal opportunity to join us and see what you think. If you would like to join us drop me an e-mail and I will send you full details.

For more information contact Paul or Jan

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

Telephone 966 405 335

## BALLROOM GROUP NEWS

### Strictly Come Dancing



Many of us enjoy watching Strictly Come Dancing on the television, and in the spirit of the U3A ethos of “enjoyment and learning” U3A Vall del Pop has its own Ballroom Dancing group. The Ballroom Dancing group meet every week and are shown, and talked through, the intricacies of the many dance steps required to master the waltz, foxtrot and tango etc before being given the opportunity to practise the necessary movements.

The group includes members at all levels of competence, from rank beginners to couples who have been dancing together for many years. So why not find yourself a partner and come along, as there is still plenty of time to master the basic steps before the dinner dance season around Xmas and the New Year. You will find that not only will you be meeting new friends but you will also be improving your fitness whilst enjoying yourself and moving more and more proficiently to the music.

### ***SPANISH CLASSES    Beginners, Improvers and Advanced***

If your mastery of Spanish stops at “dos cafés con leche por favor” then we are pleased to advise you that three levels of Spanish lessons are now available for U3A members, aimed at **beginners**, those wishing to **improve** their existing knowledge of the language, and **advanced**. Maximum class size will be 10 people and we will try to arrange additional classes if we are oversubscribed. Regardless of Brexit we should make the effort to speak passable Spanish - so come and don't be shy, we are all learning.

**Location** - All classes will be held in the purpose-built language school in Jalon called 'Pas a Pas'.

**Times** - Beginners will gather between 10.00-11.00 am (Tuesdays and Thursdays) followed by the Improvers from 11.00-12.00 am (Thursday) and the Advanced class 11.00-12.00 am (Tuesday).

**Dates** - Classes will be held on Tuesday and Thursday each week, but there will not be a class on the first Thursday of each month, so that members can attend the General Meeting, in Murla. In May there will be 9 classes. For June, July and August, and the rest of the year, we will confirm dates in the near future.

***See Group Page for contact details***

## Marine Turtle Conservation – My Volunteering Experience Tim Watmuff is our speaker at the June meeting

I have been a SCUBA diver for 25 years and as a result I am enchanted by all things marine. In those 25 years I have dived across a lot of the globe, but have only seen Sea Turtles in the wild about six times. So when the opportunity arose to volunteer at the Kosgoda Sea Turtle Conservation Project in Southern Sri Lanka, I leapt at the opportunity!

The Sri Lanka Trip was planned as half holiday and half volunteering for Barbara and myself. We saw the delights of Sri Lanka together for two weeks, then each went our separate ways volunteering for two weeks, then got back together again for a couple of days in Colombo for the return journey.



I checked in to the Turtle project on a Saturday afternoon only to find that I was the only male, (ancient at that!), amongst 6 volunteers ranging from 18 to 30 years old and from as far afield as Australia; England; Germany; Norway and Wales.

Literally across the road from the accommodation, facing onto the beach was the Project, where turtles from two days old to five years old were kept in tanks. The project has two main objectives: -

**To increase the number of hatchlings that actually reach the sea, and  
To educate the local population about Sea Turtles and the dangers they face.**

My talk will be about the project and what volunteering involved.  
I hope to make you fall in love with Sea Turtles, as I have!

I could hardly write up my own talk, now could I? Anna Cameron has been press-ganged into service. (next page) I had a nice landing announcement ready, but somehow it went missing. However, I would like to thank everyone who came up to me afterwards to say how much they'd enjoyed it, looked at my 'souvenirs' and asked a few more questions.

I had asked the Committee NOT to give a gift - fine for 'outsiders' who give their time freely. So Sonia got the pot plant (Happy Birthday Sonia) but Captain Ken refused the wine.

*Now, I know that lots of ex-pats who choose to move from the UK are perhaps more well travelled and adventurous than others—so if you would like to share your story with our members, please get in touch with me. Thank you, Lorraine*



## HIGHLIFE AND LOWLIFE IN BOAC Talk on 4th May

Lorraine had obviously prepared very thoroughly for her talk about her years as an Air Stewardess with BOAC - the table was covered with souvenirs, including a lifejacket and the safety cards! She started by advising us all to stand up and move around for a few minutes to make sure we did not suffer from DVT! After a few scene-setting remarks - remember we are talking about the 70's, when men were men and women had to watch out - she introduced 'Senior Captain' Ken Grant, who was in charge of technical flight controls and we took off.

Firstly, we heard about the training: in the classroom where the girls had to be perfectly made-up and coiffed at all times, and then in the pool, where they were more concerned about keeping their bikinis in place under the inflated life-jacket while they learned how to evacuate from a ditched plane. Once trained, the new stewardesses (stewards were trained separately) were assigned to their routes, and Lorraine's was mainly flying to the east, rather than over the pond. Newbies were subject to initiation pranks, including having the whistle in the demonstration lifejacket swapped for a Tampax, and the safety card embellished with a Playboy centrefold!

Most of their stays were at 5-star hotels, except for places like Karachi, where old-fashioned hostel-type accommodation was still available - and, boy, did they know how to take advantage of it for partying! Australian Qantas crews were known for smuggling in alcohol to non-alcoholic countries in a hosepipe, sealed at both ends.

Lorraine listed some of the famous passengers she had flown with, and the audience chose the ones they wanted to know more about. It appears that Joan Collins was a bit precious - she shrugged her Ocelot coat off in Lorraine's direction, who replied, 'I'm so sorry, Miss Collins, but I'm allergic to cat fur!' Whereas, David Attenborough was a very pleasant man, only too happy to sit and chat to her when things were quiet. Des O'Connor turned up in a technicolour outfit with large sunglasses, saying, 'Please don't make a fuss, I'm travelling incognito!' And, as for the England Football team in 1976, who were doing a round-the-world tour on the 10th Anniversary of their World Cup Triumph, apart from saying that they 'behaved like gentlemen', Lorraine was surprisingly reticent. She also mentioned Princess Margaret, who was normally assisted into a single seat at the front by her bodyguards, covered with a blanket, and left to sleep until the journey was over.

The audience were most appreciative of Lorraine's efforts, and asked several questions, including, 'Were you initiated into the Mile-High Club?'. We never got a straight yes or no to that one! (*a resounding NO, is the answer to that! Lorraine*) The President presented her with a bottle of wine and a flowering plant on behalf of the members who continued to cheer her to the echo!

# HELP PAGE



## U3A ALMONERS CONTACT: -

Sue Harvey - 965 730 605

Barbara Watmuff - 965 050 245

[babsinpego@hotmail.co.uk](mailto:babsinpego@hotmail.co.uk)

## JALON VALLEY HELP

[www.jalonvalleyhelp.com](http://www.jalonvalleyhelp.com) Helpline - 659 624 643

RED CROSS - (ENGLISH ASSISTANCE) CALL 678 501 586

For information about their home-help schemes and equipment



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contact in Costa Blanca North: Sue Reula 664 266 991

## MARINA SALUD

[informacion.pacientes@marinasalud.es](mailto:informacion.pacientes@marinasalud.es)

966 429 137/8

## DENIA HEALTH CENTRE

(Screening Tests and Mammograms) 966 429 600

## Fairies At the Bottom of The Garden

Jean M. Watson

There *are* fairies at the bottom of my garden. There must be. Please don't say there aren't. Because there is no other explanation for it all other than that I am going bonkers, loop the loop, losing it.

Please, you sit there at your desk, in your suit, looking as if you could never get dirty, a pen which you keep twirling between your fingers, making me feel, what can I say, inadequate. I wish you would say something, for Pete's sake. What do I want you to say? Well, you're the psychiatrist. I got the train this morning all the way from Lytham into Manchester, just to come and see you. I left all my jobs undone, the washing up, the bed-making. What my husband would have said if he'd seen it, I really cannot think.

Anyway, about those fairies in my garden. They got to be such a nuisance that I took the axe from the shed and tried to kill them. But they must have run away, because all I got was the holly bush. I was so angry about it all. I felt hot, my heart was going so fast and I could hardly breathe. I just had to throw that axe or burst. So I threw it. The person who I nearly hit with it was just passing by, and he called me a megalomaniac, but I don't know what one of those is, so how can I be one? Continued...

***This is just the introduction—the full article will be in the Features section on the website once Anna can fit it in her busy schedule!***



**COSTA BLANCA  
MALE VOICE CHOIR**

### **CONCERT AT THE CAVE**

Cueva de las Calaveras, Benidoleig

30th June at 8pm

Tickets 10€

Tel: 965 744 577

Email: [cbmalevoicechoir@gmail.com](mailto:cbmalevoicechoir@gmail.com)

Proceeds to local single-parent charity Guardian Angels and Proteccion Civil



There were a lot of U3A members in the audience at the recent Welsh Choir concert. The CBMVC sang wonderfully - knocked our socks off, so if you didn't brave the road closures in Teulada, do try to get to the June Caves Concert. Tickets are 10€ and proceeds will be donated to the locally-based, single-parent charity Guardian Angels and Proteccion Civil, Benidoleig. For reservations, please call 965 744 577

or email [cbmalevoicechoir@gmail.com](mailto:cbmalevoicechoir@gmail.com)

Early booking is recommended as seating space is limited.

**As the plane is taxiing to the gate the pilot announces**

**“We are currently recruiting people to clean the aircraft. If you wish to volunteer, then please stand before we have come to a complete stop.”**

## 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.

**NOW WITH A BIGGER, BETTER SCREEN!**

The Cinema is open to all U3A Vall del Pop members, no booking required. Please bring your current 2017 U3A Vall del Pop membership card with you as we need to see it. (Sorry, but 2016 cards are no longer valid.)

### ----- LAST FILM OF THE SEASON! -----



**Monday 22nd May - 'THE LIGHT BETWEEN OCEANS'** - a romantic drama set in the early 1920s in Western Australia. Michael Fassbender plays the traumatized and withdrawn hero from World War 1 who is hired as the sole lighthouse keeper at Janus Rock, where, in the nearby town, he meets and marries Isabel (last year's Oscar winner Alicia Vikander). After the traumas of her own pregnancies, they rescue an infant girl who was adrift at sea. Their strong love for each other is challenged by the events that unfold from the moral dilemma of their actions. Rachel Weisz also shines in a pivotal role. 2h 13min, 2016, cert 12A.

### ----- MORE DATES FOR YOUR DIARY -----

The Cinema will be back in October. Dates we have planned for the autumn are:

**Monday 16th and 23rd October**

**Monday 6th and 20th November**

**Monday 4th and 18th December**

**Films we are expecting to show include:**

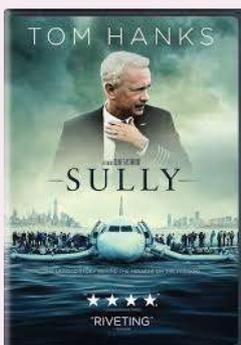
**La La Land**

**Sully: Miracle on the Hudson\*\***

**A United Kingdom**

**Jackie**

**Lion**



**(\*\*Great film...Tom Hanks is excellent! Lorraine)**