

U3A Vall del Pop

No. 83

2017



Dear Members,

Well we are nearly ready to present to you all the changes that are needed to make our constitution “fit for purpose”. You may be asking yourself why we have taken so long and made so much effort, but the committee felt it necessary to bring this document up to date – so watch this space for the date for the EGM for you to have your chance to contribute.

At our last meeting I was so pleased to see what a talented group of people we have in our association. The presentation was made by Byron Dawson on Astronomy and some of the facts that he gave were amazing. Yes, I use the word amazing because I still have one or two of them that are still spinning in my head, five days after the meeting. I especially liked the fact about Milky Bars and how many you needed to eat to get anywhere near the next galaxy. I really like this one ... I love chocolate!

Also at the meeting we celebrated the launch of David Jeffrey’s new book entitled “The Place Where Time Stands Still”. David has kindly donated the proceeds from this launch to Jalon Valley Help. A very generous gesture.

To finish, I do hope that none of you have been badly affected by the collapse of Monarch Airlines. Many members who I have spoken to have been able to re-book, but it does cause us stress and anxiety. Let’s hope that Ryanair can keep flying especially with many of us making plans for the festive season. Best wishes, Bob.



This newsletter is more of a ‘skinny latte’ than a full cream frothy cappuccino ...more news next month I hope!





GROUP NEWS



J.U.G.S.

On Friday 22nd September, we held our first meeting in the Animo building in Alcalali. It was a good meeting and the input on how we should take our club forward came from everyone present. Thank you to Sonia Higginson for providing the cakes to go with the coffee, worth coming off my diet for??

Our next meeting is on 20th October at 2pm. We are delighted that Louise Catterall is coming along to talk about Forever Living products which are based on the wonderful Aloe Vera plant, which has been used for centuries by people such as Gandhi, Cleopatra and Christopher Columbus. It has many properties which make it beneficial to us, brim full of vitamins, minerals and amino acids. We offer products for your health and well-being and you will be able to try a selection of these products. Come along and join us, you are all welcome.

Margaret Carney



DIGITAL PHOTOGRAPHY GROUP

Our leader is taking a temporary sabbatical, so the group has gone 'self-motivated' for the time being. David Brock kindly stepped up to the Blue Peter Podium this month, and gave us a great tutorial on the intricacies of FastStone Image Viewer. This is what people used to do in a Dark Room, only you can leave the lights on now.

For anyone wishing to 'tweak' their photos on their own computers, it is a very good editing suite (a free download) where you can remove irritating power lines, shade and re-colour areas, and generally make all your work look much more professional, and no chemicals involved.

David showed us how to 'clone and heal' by removing busy backgrounds—people walking across the shot, and a parked car in the way. All very clever, and he did a great job explaining a complex programme.



I want to be something really scary for Halloween this year so I'm dressing up as a phone battery at 1%.



Thursday Explorers Hill Walking Group

Nothing really to report this month, because we do not start the autumn walking season until October. However we do normally put something in the Newsletter each month, so this is by way of a stop-gap filler.

We have had a lot of interest in the group during the summer months. About one third are non-residents, and have promised to give us a go when they are next in the Jalon Valley. One of them has joined us for the first walk after summer and has apparently much enjoyed the experience.



The rest have received details of the walks, but have not yet replied. I suspect this may be because they may be daunted by the description of the walks. I know that the Wednesday Wanderers, the other U3A walking group, are oversubscribed and are not accepting new members at the moment. It may well be that some of the members who would rather do a morning walk have asked us for details and then decided it is not for them.

We do day walks, and most are five hours. They are also mostly mountain walks, and that involves some climbing on rough tracks. So it would be wrong to say that they are easy walks. However we take them at a moderate pace and have regular water stops to enjoy the scenery and half hour picnic lunch breaks. So anyone who is reasonably fit and has done some walking should be able to complete them without any problem.

We want to keep numbers on each walk down to about 20, and currently have a nominal membership of 30. However at least two-thirds of them do not live here permanently and can only join us for a month or so at a time. So we do have space for a few new members.

All of our members love walking in the hills in and around the Jalon Valley. Some have discovered them by joining our group. We are a very friendly group, and new members always comment on how welcome they were made to feel on their first walk. Most who found the walks too difficult wrote to say how much they would miss the group, if not the walks!

So if you would like to discover this wonderful area in the company of a very friendly group you could do much worse than walking with us.

For further details contact Paul or Jan on paulleniston@hotmail.com

Telephone 966 405 335





A new Advanced Spanish group is starting soon on Friday mornings and there are places available. The Spanish classes are proving to be very popular. So do get in touch with Brigid if you are interested.
brigred4119@gmail.com



The First Aid Workshop is planned for early November [ask Almoner Barbara Watmuff for further details] Sue Harvey is currently recovering from her hip operation so we wish her well for a speedy recovery.
babsinpego@hotmail.co.uk



Keep Fit afternoon alternative classes being arranged [hopefully in Sports Centre—more news soon] Contact Brigid if you prefer afternoons to the morning classes.



There is a change of the Petanca venue from Castell de Castels to Rafol d'Alumunia on Sundays. Contact Jim Lockhart
jimwla14@ooglemail.com for further information.



ANCIENT EGYPT GROUP, Moraira

On the basis that this group is open to all U3A members, and our U3A is keen to develop a good relationship with others in the area, this is a great opportunity to catch up with any of David's previous lectures you may have missed, and maybe make some new friends as well.

The next Egyptology meeting at La Senieta in Moraira is on Monday 16th October starting at 10.30 am. Please try to get there in good time, as the last meeting was just about full with only seven seats unoccupied.

The lecture is entitled '**Seeing Through the Eye of Horus**' and covers some of the conceptual and philosophical ideas behind Egyptian civilisation – especially how the landscape and environment of the Nile valley and deserts affected kingship and religion in the Land of the Pharaohs.

Last month, David said there will plenty of additional NEW information from recent discoveries and excavations.



Ladies Pamper Day at Mountain Retreat Spa, Finestrat



12 ladies from the U3A Vall del Pop travelled to the Mountain Retreat Spa in Finestrat on Friday, 28th September, for a Ladies Pamper Day of spa treatments, tasty food, lots of champagne - and not a husband in sight!!!!

They all agreed the Spa team treated them like royalty and made them all feel very special, and after a start of bucks fizz and tapas the treatments started. The Spa offers a very extensive range of massages, hot wax treatments, facials and manicures. The ladies focussed on the full body massage, to relax and remove stresses, facials – both deep cleansing and non-surgical facelift – and hot wax feet. They freely admitted that at one stage they all looked like aliens with wax face masks, which left their skin feeling wonderful – no comments from the husbands please!

None of the treatments were hurried and plenty of champagne flowed throughout the day to help the processes along. The Spa Team helped to identify ways of self-treating problems and introduced new creams and potions as appropriate. In the afternoon, they had a fabulous lunch and time to relax by the pool, doing what all ladies enjoy most - relaxing, having a laugh, and getting to know other members who previously they only knew by sight.

The ladies returned to Jalon in the early evening relaxed, refreshed and keen to do it all again, and wish to send their thanks to all the Spa personnel for making it such an enjoyable and pleasurable day – and to Sonia, who arranged the day, their thanks and a request for a follow-up visit in the near future. Here's to the next time!!!

One of the lucky ladies wearing her lunch...
cucumber, mayonnaise, and olive oil
used in the full body massage later perhaps???



Guesses as to who this in a plain
brown envelope to the Editor please!



Over 40 people attended a cava and cake afternoon in Bob and Sandra's garden, with the intention of raising funds to buy some long overdue equipment for the U3A Vall del Pop Singers. (The singers were in desperate need of new microphones and stands, and this seemed like a great idea.)

The songs ranged from I'm a Believer, Sway and of course the big finish with Abba's 'Thank you for the Music'.

The weather certainly helped to make the afternoon perfect. We had the visitors singing along, tapping feet and enjoying the event. All the members of the Singers had produced cakes and with glasses of cava being readily available, it certainly made the afternoon go with a swing.

Luckily, Bob and Sandra don't have very close neighbours but I sure that those passing by were wondering what was going on.

We hope to hold another afternoon next year, so don't miss an enjoyable afternoon with the U3A Vall del Pop Singers. They will certainly be in appearance over the coming months with celebrating singing 'Carols in the Square' in Jalon, Alcalali and Parcent. Flying the flag for the U3A Vall del Pop.



The Yarn and Thread Group is off to a flying start, but there is still room for more eager participants - contact either Anna (annabcameron@hotmail.com) or Rebecca (rebecca.ainsworth@gmail.com) for more information.

The next meeting is at 11am on Monday 13th November in Orba.

STAR PERFORMANCE IN THE NIGHT SKY OVER JALON

Byron Dawson, 5th October



Time = 40 minutes. Space = infinite.



One won't go into t'other, but Byron managed to persuade Matt Damon to convince us that it's BIG out there.

Blink, and light has travelled round the Earth eight times. Our local star, the sun, is 93 million miles away, and its light reaches us in eight minutes. Our nearest star neighbour, Proxima Centauri, is 4.2 light years away. Our solar system is part of the Milky Way galaxy which has 300 billion stars, and is 150,000 light years across.

Home sweet home! The Milky Way is one of over two TRILLION known galaxies. Andromeda is the nearest galaxy and that is 2.5 million light years away, and consists of 1 trillion stars. Apparently the Milky Way is closing in on it, and eventually there will be a cosmic melding. Not in our lifetimes!

OK, that's enough noughts for now.



Byron gave us some 'if you've nothing better to do' ideas, like checking out www.heavensabove.com to find out what is hurtling around above us. The ISS, International Space Station catches the sunlight nicely, and you can track it going across the Iberian peninsular to the north east. For example, on the 12th October, it will be visible (NNE) for just over a minute, between 20.53 and 21.45. so grab those binoculars and have a look. Saturn is very bright in the south at the moment, and Venus and Mars in such close proximity in the early mornings they look like one big glow. I was so dazzled by it all I quite forgot to write down where to look. UP, I think! Great presentation, and awe inspiring, yet humbling information.

Lorraine



**Correction to a published recipe, local paper: -
"The recipe for French Coconut Pie incorrectly suggested that it called for a pint of vodka".
(that would certainly make a Halloween Party go with a whoosh)!**





SPEAKER NEXT MONTH DANIEL HERRANZ

Daniel spoke to us earlier in the year, and is coming again to give us important updates about post-Brexit changes, new tax laws, and any other new information we need to know.

Daniel Herranz started his career as a Lawyer in 1995. After his beginnings in an associated practice in Valencia, he was selected to be member of the European Young Lawyers Scheme in England, where he obtained a Diploma with merit in English Commercial Law from the College of Law, a Proficiency in English degree from Cambridge University, and was a trainee Lawyer in the Shipping law firm Dabblestein & Passehl in London.

In 1999 he returned to Spain and established his own practice and worked as a Consumer Arbitrator and, from 2005 he has been working almost exclusively for British, Dutch and Eastern European clients, both individuals and companies; specialising in taxes and company law, inheritance, conveyancing and urban law, including court litigation in these fields. His office is in Benissa (Alicante), and website www.dhtaxandlaw.com Daniel is also a lecturer at Valencia CEU Law University, Valencia Legal Bar, the Chamber of Commerce and has given numerous seminars to companies and associations such as the U3A, PEPA Spain, and British Legion.



British Legion Poppies and other items will be on sale at the November meeting.

*For those of you who prefer to honour the
peace those brave soldiers bought us,
I have some white poppies to give away
as I make a donation to PPU every year.
Lorraine*



NEW 'MEMBERSHIP ASSISTANT' ANN MARTIN WRITES: -

I was born and brought up in North London and did a Computer Science degree at Hatfield. I spent my working life writing/designing computer systems for businesses, on the old jumbo computers not p.c's. I also moved around a bit, starting in Hertfordshire and gradually moving west via High Wycombe, Aylesbury, Bath area until I reached Launceston in Cornwall. When both my parents had died and I had retired my horse, I was free to move a bit further afield. Never having travelled much, I decided to up sticks and move to Spain - I thought it would be an adventure (which was totally out of character). I have only been here for 1½ years but I am enjoying it, especially as I get involved in more activities.

We welcome Ann to the exciting world of renewals soon...!

HELP PAGE



USA ALMONERS CONTACT: -

Sue Harvey - 965 730 605

Barbara Watmuff - 965 050 245

babsinpego@hotmail.co.uk

JALON VALLEY HELP

www.jalonvalleyhelp.com Helpline - 659 624 643

RED CROSS - (ENGLISH ASSISTANCE) CALL 678 501 586

For information about their home-help schemes and equipment



CALLING FOR AN AMBULANCE

Always USE YOUR MOBILE PHONE

This has in-built GPS and the ambulance service is now linked in to the system and they can find your house more easily.

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

*Also, for those of us who live alone,
do keep your mobile phone by your bed at night (preferably switched off)
in case you have to call someone in an emergency.*

It's a good idea to print this page and keep it by your phone...

CINEMA GROUP NEWS

On 23rd October, we will be showing *Sully : The Miracle on the Hudson*,



Directed by Clint Eastwood. US Airways pilot Captain Chesley “Sully” Sullenberger took off from La Guardia airport in New York on 15th January 2009 to fly to Charlotte. Three minutes into the flight, the Airbus A320 hit a flock of birds disabling both engines. Judging that the plane is unable to reach nearby airports, Sully ditches the plane onto the Hudson River saving the lives of all 155 people on board. Whilst Sully is being praised for his bravery and skill, an investigation begins which threatens to destroy his reputation and his career. Tom Hanks stars as Sully whilst some of the passengers and their rescuers reprise their real-life roles in the drama.

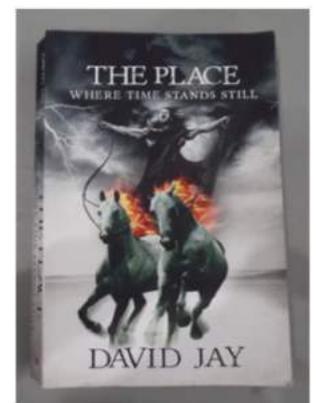
“A United Kingdom” on 6th November depicts the events in 1948 when Seretse Khama, a Prince of Bechuanaland (now Botswana), falls in love with London-based office worker Ruth Williams. Their inter-racial relationship is not approved of by their loved ones, nor the British and South African governments. Together, Seretse and Ruth have to defy family, apartheid and the might of the British empire. The film stars David Oyelowo, who played Martin Luther King in ‘Selma’ and Rosamund Pike (Gone Girl). The cast also includes Nicholas Lyndhurst (Only Fools and Horses, New Tricks), Laura Carmichael (Lady Edith in Downton Abbey) and Tom Felton (Draco Malfoy in Harry Potter).



**Details of the forthcoming films are on the “Events” list of the U3A website.
All films are shown at La Musical in Parcent, next to the Town Hall.
The Cinema Group is open to all U3A Vall del Pop members,
who show their current 2017 membership card. Cost 1.50€**



Another of our talented members launching his new book—writing as David Jay
‘The Place where Time stands still’
Sales are raising funds for JVH and David has agreed to come and talk to the Word Addicts Group soon.



**What is a vampire’s favourite dance?
I don’t know. What?
The Fang-Dango?**





RAISED 2700€ FOR MABS and HELP of Denia at their
 launch bash at El Cid. Attended by more than 200 people
 They wished they'd had more room!
 A great evening, and a thanks from Vernon
 for our mention last month.



JALON VALLEY HELP EVENTS
 (Their website is undergoing a revamp so information
 here till they are back online)

JVH 2018 calendar—pictures painted by local amateur
 artists available at the JVH shops only 7€

+

Sunday 29 October – Table Top Sale

10.00 to 13.00 outside Animo in Alcalali. Just 5€ for a pitch
 to sell your unwanted items, payable on the day.
 Further details from Sandra Welham.

Sunday 19 November – Christmas Bazaar

10.00 – 14.00 at the Pensionistas building in Jalon as usual.
 Lots of stalls plus entertainment by The Nomad,
 U3A Vall del Pop singers, and a fashion show.



Wednesday 22 November – Wine Tasting

19.30 at Los Amigos, Alcalali. Get your wine for Christmas
 12.50€ to include a 2 course meal and showcasing wines from Corcovo,
 (all under 5€) Wines ordered can then be collected from Animo.
 Further information and tickets from Sandra Welham.



CARELINE THEATRE ARE PRESENTING

'NIL BY MOUTH' ON OCTOBER 19th, 20th and 21st curtain up at 8pm

Tickets 12€ NEW BOX OFFICE No. 605 181 726 for bookings



RACE NIGHT 3rd NOVEMBER

+

A.R.C. APPEAL

Any donated items can be taken to the ARC Charity shop on Carrer Valencia 1,
 Jalon (opposite The Cut Hairdressers) or Contact Tel No
 Sally: - 625 985 689 or Jayne:- 649 310 285.

Please call them for details of what they most urgently need.

ARC is most grateful for all the support we receive both in donations and
 voluntary help and it makes a huge difference to the care we can give to the
 rescued animals. THANK YOU

ARC CHRISTMAS FAYRE - SUNDAY 3rd DECEMBER

Pensionistas, Jalon

