



# U3A Vall del Pop

**No. 82**

# NEWS4U

**2017**

Hello Everyone,

Welcome back after what appeared to be a very long and hot summer. The humidity certainly took its toll on many of us. Family and friends have possibly all returned home and you can put your feet up and take a well-earned rest.

At our meeting on Thursday it was delightful to see so many of you and a number of new faces with 17 new members.

The presentation from Angela Chantry was very interesting and it highlighted how the U3A has over the years moved into the digital age offering so many sources of information. When you have a spare minute or two take a look at what is on offer. On another note, this has not been the most peaceful of summer breaks with the concern regarding Brexit, North Korea, monsoon rains in Asia and the hurricanes in the USA. What turbulent times we are living in.

During what should have been a relaxing break a number of us have been working extremely hard. These include the Constitution Sub Committee, the Treasurers and the TCET. The changes to the constitution will be presented to you later in the year when you have an opportunity to see where the committee have made suggestions for change to bring our constitution up to date. Not an easy job, but nearly there.

I know that the TCET have also been rather busy planning for next year, so keep an eye on the website and monthly bulletin.

I do hope to see you all at the October meeting on the 5<sup>th</sup>, where our presentation is from Byron Dawson. I'm sure some of you will remember Byron's last presentation which was called a 'Post Card from Space'. This time it's the 'Night Sky Over Jalon'. Really a talk that I know you will all enjoy.

Best wishes, Bob.



**A very warm Autumn welcome back to your monthly Newsletter.  
People sent me loads of amusing space 'fillers' during the summer—  
I have included a few this month...hopefully in appropriate places!**

\*\*\*\*\*

**"I don't have grey hair; I have 'wisdom highlights' - I think I must be very wise".**

## U3A Vall del Pop: Keep Fit Classes



### GROUP NEWS

We are planning to start Keep-Fit classes in September with a focus on exercises beneficial to our age range and open to both men and women. The following information is intended to give you an insight into where, when and what will happen and to help you decide if a class is for you!

We anticipate offering a free weekly one-hour U3A Keep-Fit class which will start on Monday mornings in Alcalali, with instruction by a U3A volunteer.

The programme will be broadly linked to school term times... Sept–Oct, Nov–Dec, Jan–March, April–June. If you are interested but cannot make that day a weekly alternative class could be held in Alcalali in the early evening, 17.00 to 18.00 hours, on a day to be confirmed, once interest has been established. This class will have a professional instructor and members will need to pay 5€ per session.

You will need comfortable suitable footwear i.e. trainers or something similar, an exercise mat (thin foam ones about 5€ from any Chinese Bazaar), a towel and, most importantly, a bottle of water.

Before joining you will be required to complete a form giving background information about any medical issues, such as back, shoulder, hips and knee problems. Classes will start with warm up, followed by cardio-vascular exercises for about 20 minutes, a cool down and then focus on all-over-body wellbeing.

If you are interested in joining either class, to register your interest, please send your membership number and email contact details to **Marie Fitzgerald (Groups Co-ordinator)** [groups@u3avalldelpop.com](mailto:groups@u3avalldelpop.com).

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If you have any additional questions, please do send these also.  
Confirmation of start date/time will follow shortly.



**“If God wanted me to touch my toes, He would've put them on my knees”.**

**“I didn't make it to the gym today. That makes five years in a row”.**



## **SPANISH CLASSES**

### **Beginners and Improvers**

We are pleased to confirm that three levels of Spanish lessons will restart week commencing 18<sup>th</sup> September 2017 available for U3A members, aimed at beginners and those wishing to improve their existing knowledge of the language.

#### **LOCATION**

There are the following classes, Beginners, Intermediate (Lower level) Intermediate (Higher level) all held at the lovely purpose-built school in Jalon/Xalo called 'Pas a Pas' and the Director is Ferran. It is next to 'Casa Caty' on the opposite corner, and near the Square where the HELP Charity Shop, El Mosset and La Luna are located.

#### **TIMES**

##### **Beginners – two classes a week per group**

Beginners class (A) on Tuesdays and Thursdays from 10.00 - 11.00 (Full)

Beginners class (B) on Tuesdays and Thursday from 11.00 – 12.00 (Limited Space)

Beginners class (C) on Wednesday and Fridays from 10.00 – 11.00 (Full)

##### **Intermediate – one class a week**

Intermediate (Lower level) is on Tuesday from 12.00 – 13.00 Limited Space)

Intermediate (Higher level) is on Thursday from 12.00 – 13. (Limited Space)

Maximum Class size 9 people. Please register and if there is sufficient interest additional classes can be arranged.

#### **FEES and ADMINISTRATION**

Each session will cost Euros 5 per person and fees for the entire month are payable in advance (to be paid at the first class you attend)

#### **DATES**

Dates for the remainder of 2017 are published on the Group page on the Website . There are dates when no classes will be held because of public holidays, and no classes are held on the day of the U3A monthly General meeting.

Contact for further information

Marie Fitzgerald Email [groups@u3avalldelpop.com](mailto:groups@u3avalldelpop.com)

**Why do I have to press 1 for English when they're just going to transfer me to someone I can't understand anyway?**

**DON'T FORGET OUR POPULAR WINE TASTING GROUP!**

**LOTS OF WONDERFUL EVENTS BEING PLANNED**

**FOR THE AUTUMN**

**Please contact Brigid Redmond  
at [brigred4119@gmail.com](mailto:brigred4119@gmail.com)**





**The U3A Computing/IT/Technology group  
has been running since the start of the Val del Pop U3A  
11 years this autumn.**

Since then we have moved forward from Windows 95 and XP to a plethora of devices, tablets, phones, media devices all with different control systems (Apple, Windows, Android etc).

Things are not standing still; we now have alarm systems, TVs, security cameras and even refrigerators adding to the list of items requiring an internet link. We have regularly demonstrated features and systems in a light-hearted social group. However, with all the different permutations and varied user abilities it has become difficult to interest everyone on a regular basis. We intend to provide a group more like a surgery in a bar or café, giving help and advice (not repairing broken equipment) suggesting where to find further help and services.

We hope this will allow a social group to continue on a self-help basis. Any and all input from members will be greatly appreciated.

If you are interested and would like to be advised as to when and where the "Surgeries" are taking place please e-mail [switchedonsurfers@gmail.com](mailto:switchedonsurfers@gmail.com)

We send out an email to let members know what is going on before meetings.

We will start on a once per month basis and review this when we are clear how things are working.

Roy Deavin



**Searching for Aaron and Moses in Jordan  
David's swan song in Jalon on 26th June**

This was the talk about the trip of the filming of the programme (on TV September 2018) Involving a cast of thousands... well quite a few, mostly wearing Levi's, watches and false beards. Aaron and Moses were **Levites** you see...

June seems a long time ago and my memory and hastily scribbled notes have long since faded, but it was a much longer time ago for the Israelites plodding through the Wadi Mujib and Plains of Moab. Moses struck a rock at Ain Musa to obtain water. You can go to bathe and worship in the shrine even today. Aaron made it as far as Mount Hor, now known as the Muslim shrine Nubi Harun. Moses managed to get up Mount Nebo at 120 years of age... and then disappeared. His bones were never found, so it was then assumed he had ascended into God's tender hands. (Check with the local vultures about that though)!

*David gave us a lot more information than I have room for here, and I don't want to spoil your excitement before the TV programme is shown next year!*

*Lorraine*

**Last year I joined a support group for procrastinators. We haven't met yet.**

## NEW U3A BOWLS GROUP



Every fortnight on Monday afternoons at 1.30 pm,  
started 11th September, @ 8€ per session

Whether you have played before, or never picked up a bowl in your life, FREE COACHING is available for new players. This is a very friendly, relaxed group and we will help all new members to get started. Bowls and shoes are available from the Club. We play for enjoyment and don't get too wrapped up in stringent rules.

If you fancy giving it a go, please contact the group leader Stewart Beattie on [beattiesinspain@gmail.com](mailto:beattiesinspain@gmail.com) for further information

## JUST US GIRLS (JUGS)



### New group starting on Friday 22nd September

Once a month on Friday afternoons at Animo,  
2 pm - 4 pm. 1€ or 2€ depending on activity

The group will meet in a pleasant social atmosphere  
and develop a programme of demonstrations and activities to include: -

Coffee, chat, possibly cake...  
Health issues  
Fashions  
Make up  
Eating out  
and afternoon trips...to be decided

**Group leaders are**  
**Margaret Carney and Jennifer Beattie**  
Please contact them for further information

[margaret.eric1942@gmail.com](mailto:margaret.eric1942@gmail.com)  
and  
[beattiesinspain@gmail.com](mailto:beattiesinspain@gmail.com)  
or call Jennifer on **634 301 483**

They would also like to encourage a new men's group – JUMs?

*(I think 'Just Interested Males' would be good = JIMs  
Then they could all say they were going to the JIM regularly...  
Lorraine)*

## Thursday Explorers Walking Group



Jan and I started this group in October 2015, so we are about to start our third year. We have developed into a friendly group of regular walkers who share a love of exploring the wonderful mountain, valley and coastal walks for which this area is rightly well known.

Each week we meet for one of the moderate or moderate to strenuous walks discovered by the Costa Blanca Mountain Walking group. They are 4 to 5 hour walks at a moderate pace. We have a couple of ten minute water stops, and a half hour picnic lunch. We usually find a spot with a particularly attractive view for these stops.



You do not have to be super fit to enjoy these walks. We avoid the more strenuous and challenging walks in favour of good views with minimum effort. The moderate pace makes them suitable for anyone who is reasonably fit.



All walks are in or near the Jalon Valley or within half an hour drive. We usually meet to car share if the walk is outside the Jalon or Orba valley. We normally start the walk at 10am and aim to finish at a suitable bar/café around 3pm.

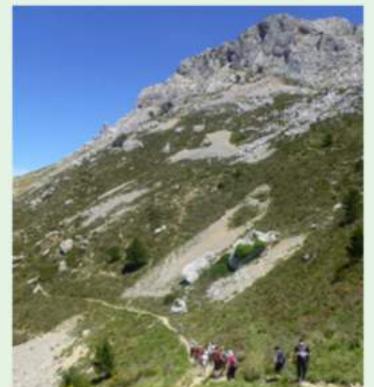
At present we have a total membership of 30, however about half are non-resident. So we usually have about 10-15 on each walk. This suits us fine because it avoids the impersonal feel of very large walking groups. Most of the group walk each week if they are here, making it a very friendly group.

We always have vacancies for the right sort. If the idea of exploring this lovely area with a friendly and like-minded group appeals you should give it a try. If you have never tried one of these day walks you are in for a real treat.

For further details contact Paul or Jan

Email [pauleniston@hotmail.com](mailto:pauleniston@hotmail.com)

Telephone 966 405 335



"At these times, the things that troubled her seemed far away and unimportant: all that mattered was the hum of the bees and the chirp of birdsong, the way the sun gleamed on the edge of a blue wildflower, the distant bleat and clink of grazing goats."

—Alison Croggon, *The Naming*

## NEW GROUP starting in September.... YARN AND THREAD



Do you have fond memories of knitting jumpers, scarves, socks? Or crocheting matinee jackets and bootees? Or, alternatively, do you wish you had had the opportunity to learn when you were younger, so you could enjoy it now? The advantage for some of us these days is that the internet is full of free patterns and tutorials, and grandmothers usually have more time to indulge themselves with making tiny baby garments than they had as new mothers.

And what about cross-stitch, tapestry, embroidery and patchwork?  
Or any of the other crafts that use yarn and thread?

If you like the idea of relaxing in a group of friendly people, with a cup of tea and a piece of cake by your side, chatting, sharing patterns and hints, and encouraging each other to attempt something new – anyone fancy lacemaking? Intarsia? – then contact **Anna at 966 408 165** or email her at [annabcameron@hotmail.com](mailto:annabcameron@hotmail.com) to express an interest in our new U3A Group, Yarn and Thread. Rebecca Ainsworth, who is a professional needle-woman, as well as an avid knitter, will also be a group leader. You'll love the bags she makes...

We shall be starting on 18th September at 11am – once a month at first - at the Cappuccino Coffee Bar in Orba. Come along and see what you make of it! And remember that many of the modern designers are men – we would be happy to welcome any man who wants to explore his creative side!

**IF YOU ARE NOT A MEMBER OF THE U3A VALL DEL POP,  
YOU ARE WELCOME TO COME ALONG FOR ONE  
MEETING AND SEE WHETHER YOU WOULD LIKE TO JOIN**

There is idle speculation, rumour, and gossip... that I may be considering stepping down as Editor—possibly in March at the AGM, or by the summer break in 2018. It might be true!

SO..

If anyone is interested in taking this newsletter forward (I've been doing it for six years, so maybe it's time for a new look, new brain, new ideas?) please do get in touch with me on the usual newsletter e-mail address, or at one of the meetings.

If nobody shows up, I'm happy to continue for now.



Lorraine

## Egypt goes to Moraira with David Rohl

There have been many new members since David began his lectures three years ago for our U3A who will have missed his early talks. He has decided to open these to a wider audience, based in Moraira.

Although this is no longer officially a VdP group,

**Vall del Pop members are MOST welcome at the new venue.**



David explains: -

The summer interlude is over and I start the new series of lectures on Ancient Egypt and the Ancient World in general at the theatre in Moraira.

The first lecture will be on Monday 18th September. The regular monthly meetings (**on the third Monday of the month**) **start at 10.30 am and end before 12.30 pm.** The location is the splendid and comfortable 400-seater Salon de Actos theatre, La Senieta, Moraira. There is ample free parking in the large car-park located at the back of Moraira (where the Friday market is held). The building housing the theatre is in the corner of the carpark, right by the main roundabout in Moraira (the one with the grand old olive tree at its centre).

The lecture this time is a general introduction to the entire series, explaining what the topics will be and introducing myself to the audience with a brief history of my research and interests. Entrance to all the lectures is free, so why not pop down to Moraira, enjoy the presentations, and then have a spot of lunch by the seaside for a nice day out once a month?

**I look forward to seeing you again on the 18th! David.**



**EVER THOUGHT THAT TAI CHI MIGHT CHANGE YOUR LIFE - IT CAN!**

Krystyna's popular Chi Kung / Tai Chi classes resume in the autumn. Existing 'students' will continue Fridays at 10.00 am. KRISTYNA is now offering classes to total newcomers at 11.00 am - subject to sufficient demand. The classes are NOT DEMANDING either physically or even mentally but offer a GENTLE and ENJOYABLE way to improve your overall health, balance and suppleness whilst also aiding concentration.

If you are even vaguely interested PLEASE come along to the library/pensionistas in Jalon (near the Lliber roundabout on Friday 30th September at 10.00 am and watch the group enjoy themselves - or even join in -- NO CHARGE for looking!

Depending on interest the new beginners classes will start soon . Krystyna

**Sign on Great Wall of China... (exactly as written)**

**MATTERS TO BE NOTED. DON'T CARVE OR WRITE ON THE GREAT WALL. DON'T EAT OR LITTER. NO SMOKING IN THE AREA. GO AHEAD ON THE RIGHT SIDE DON'T STAND ON THE LEDGE**



Following my resignation as VP, Bob has asked me to place a 'wanted' advert. Now, as you all know, we don't do want ads in the NL...but on this occasion he thought I could be persuaded! SO: -

**The prestigious position of Vice President is available for consideration by interested parties.**

No salary, long hours, boring Committee Meetings...  
standing in at meetings when the President is bunking off on one of his many holidays...

Nah, I'm kidding! It's interesting, challenging and important work in support of our U3A.

Please apply, by e-mail to Carole Wardle for further information.

**secretary@u3avallpop.com**

and please do talk to me, if you want to know the ins and outs of the job I enjoyed for three years. Lorraine



(Formerly known as  
the Casual Choir)

" The U3A Vall del Pop Singers  
are presenting a concert entitled  
'Thank You for the Music '  
on 10th October.

Details are:

Venue : Bob and Sandra Welham's home  
at La Ruina, Murla.

Time: From 3 pm to 5 pm

Refreshments: Cake and Cava Cost: €7

As only limited numbers can be accommodated  
please book with Sandra on 96 558 1358. "

### What's in a Name?

You can see above that the Casual Choir have changed their name to U3A Vall del Pop Singers. You may be asking yourself why? Well we have a new Musical Director and we are very keen to attract new members. Some members have told us that the term choir sound very formal... well we are certainly not that. We all just enjoy singing . I know that many of you will be sitting reading this saying " I can't sing" usually this has come from a comment from a friend, but if you enjoy singing in the shower, or when doing the household chores or gardening then we want you!

We meet every Tuesday at Animo, Alcalali from 4:00 until 6:00. Come along and join us.

You will receive a warm welcome ... so give it a go.

Contact: Pat Osborne or Sandra Welham.

Email address [noeljalon@yahoo.co.uk](mailto:noeljalon@yahoo.co.uk)

**If Jimmy cracks corn and no one cares,  
why is there a stupid song about him?**



**DON'T FORGET OUR SMALL ADS**  
**LOTS OF GREAT ITEMS CURRENTLY FOR SALE**  
**Please e-mail Steve Taylor direct on**  
**[steveu3aclassifieds@gmail.com](mailto:steveu3aclassifieds@gmail.com)**  
**[Not from the website link please](#)**

**Advert in local paper...**

**LAWN MOWER FOR SALE**

**Tends to catch on fire but easily put out with garden hose. €30**

**Angela Chantry at the September General Meeting**  
**Peter Sockett was our 'on the spot' reporter.**

Our speaker started the year off with a well presented and interesting history of the U3A, and an insight into where the new initiatives are heading. The concept of U3A, as a programme of university-led courses for the elderly, was conceived initially in France, in 1973. This is called the Academic Model.



The idea was taken to the United Kingdom in the early 1980s, but with a modified format without the link to universities but with a self-help model, where the members share Knowledge – Skills – Experience through member-led groups. The basic operating system of the U3A is self-governing, open to all persons interested in educational opportunity in the fields of Leisure and Social activities, in a democratically run group. The first UK groups started in 1982.

The self-help model was introduced into Spain in the early 21<sup>st</sup> Century with the group in Calpe being established in 2002. Our own Vall del Pop group was established in 2006. The majority of the U3A groups in Spain are in the Marina Alta area, with its large expatriate population. The U3A idea has subsequently spread across the world in one format or another.

The U3A continues to develop with new initiatives addressing the opportunities of the internet and video conferencing, so that it is no longer necessary to physically attend the meetings, as we were, but through the internet members can continue their learning experience even when in remote areas or are unable to physically attend the meeting. We thanked Angela for a most interesting talk, and I take with me the message: **“Why join U3A? – To keep old age at bay”**.

**NEXT MONTH — BYRON DAWSON PRESENTS ‘NIGHT SKY OVER JALON’**



## We'll Meet Again.... U3A Vall del Pop met for a Coffee and Chat

Sandra Welham

On 7th July, over 30 members of the U3A Vall del Pop met for a 'Coffee and Chat Morning' at Bar Mossett in Jalon. The association went into recess for the summer after the last General Meeting in June, but you would think that everyone had not seen each other for months. Lots of chat and laughter were interrupted when Coffee and Apple Pie with lashings of cream arrived, which got everyone in the right spirit. The event finished with a raffle, raising 50 euros for Jalon Valley Help. The event was very successful and the final comment of the day was ... when are we doing this again? Literally just after the last member left, we made a mad dash for cover when the heavens opened and we were met with a surprising summer storm with flashes of lightning and thunder. Certainly not predicted by the weather apps.

A big thank you to the organisers and especially Bar Mossett.



### U3A Vall del Pop: First Aid Course

A knowledge of basic First Aid is important to us all, and especially as we get older. Early and appropriate action is of fundamental benefit in assuring successful and swift recovery. However, with so much changing advice of what to do and what medicines to take, it is difficult to know what is appropriate action. Therefore, we need to ensure our basic knowledge is still up to date, and that our long-remembered actions/remedies are still appropriate and available – and that our home First Aid kit is correctly stocked.



U3A Vall del Pop has recognised the importance of updating and renewing these skills. In consequence, we are working with the Spanish Cruz Roja to arrange a practical First Aid course which can hopefully cover minor health issues, such as treating minor cuts, bumps etc, to recognise the early signs of health problems and the actions to be taken, to advise on new treatment practices and medicines, and to recommend on a balanced home First Aid kit and actions that can be safely applied – even by the less dexterous and blood-fearing males of the family!!

One of our members, Barbara Watmuff, who is already a trained nurse, has completed an Induction Course with Cruz Roja and is now working through the remaining updates and new procedures. She will also be working with Cruz Roja to finalise their course content and programme, details of which will be released in the next few weeks.

The course will be held in the autumn on dates and at a location yet to be decided.

In order to finalise these important course details, we need to know who would be interested in attending and learning potentially life-saving skills. If you like the idea or you want more information – then contact [Marie Fitzgerald](mailto:groups@u3avallpop.com), our Groups Coordinator, by email at [groups@u3avallpop.com](mailto:groups@u3avallpop.com).

# HELP PAGE



## USA 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



## 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](http://www.mabscancersupport.org)

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

*For the benefit of new members —  
you may wish to print this page and keep it by your phone!*

*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.  
I had a bad scare recently and couldn't get to the phone in my lounge.*

## U3A Vall del Pop - Benissa Treasure Hunt on 7th June

Alan Dilgert



A group of hardy U3A members faced a number of tricky clues which led them a merry dance round Benissa. One of those happy hunters, writes...

Treasure, what treasure?

At about 10.30 in the morning we set off on the U3A Vall del Pop 10<sup>th</sup> Anniversary Benissa Walking Treasure Hunt. We were some of the last people to pick up our sheet of cryptic questions, photo clues and directions from the start point in Av Constitucio. We clutched a map of Benissa and started our search, trying to follow the instruction - "Keep your eyes open".

We were directed around the town looking to solve clues, the solution to which taught us some interesting things about Benissa. Some of the clues and questions were straightforward but others defied all efforts to solve them, although some people managed - I claim diminished brain power due to advanced age!

We walked for nearly 3 hours, stopping briefly for some refreshments in a little café bar about half way. At 1.30 we reached the end of our search and could sit for a while in a restaurant where we were treated to an excellent buffet lunch, whilst the organisers toiled to mark our papers.

Eventually we learned that we had scored 42 out of a possible 51 points - we were not the high scorers but I felt we had done quite well, and I was satisfied with the results of our efforts.

We learned that Benissa is a town with a rich history spanning more than 1000 years, but the real lesson for me was that all too often we walk around without seeing the interesting things that surround us.

I will in future try to see "con otros ojos".

Thanks to Brigid Redmond and her helpers, for a great excursion,  
and the Benissa Cultural Centre who did us proud.

1st prize: - a bottle of wine and ceramics went to John Ball and his team

2nd prize: - ceramics, and some gold chocolate 'treasure'  
coins went to Alan and Ann Gill



'Could do better' prize of a magnifying glass  
went to John Guest and Ann Elliot

and talking of digging for treasure...???

**"there are times when there is a need to dig deep and find another gear  
while never losing sight of the bigger picture..."**

(Commentator Steve Cram)



# Cinema news



**Richard and Elaine Welburn** passed their 'MGM Screen Test' and are now the new Cinema Group leaders, so we would like to welcome them and wish them well in their new enterprise.  
**So, a new look Cinema page!**

## Are BOATS a BORE?

Don't worry Film Fans, we are not asking your views for a film about yachts in Denia!! BOATS are an acronym shorthand for "Based On A True Story" and BOREs are "Based on Real Events". In films, scriptwriters and directors obscure the difference but the important thing to remember is that neither are an accurate representation of the true story of the events that we would expect in a pure documentary.

There have been a lot of films released recently that are BORE or BOATS and we aim to show a number of them during our new programme for 2017/18 starting in October. They are entertaining films that may inspire you to read more about them on Wikipedia or on the International Movie Data-base (IMDb) However, we hope you will see the film first rather than finding out the discrepancies from the truth before seeing it and then spoiling your friends' viewing of the film!! We won't be showing them in one batch as they will be interspersed with lots of other good films, which will be romance.



Because of the Valencia holiday on 9 October, we will start our season on **16th October** when we will be showing "**La La Land**", the musical that had 14 nominations for Oscars in March, and won 6 of them including Best Actress. It also won 5 BAFTA awards including Best Film, Best Director, and Best Cinematography. La La Land pays tribute to the 'City of Stars' in charting a couple's relationship. In a modern-day musical comedy-drama. In Los Angeles, a coffee shop worker Mia (Emma Stone) aspires to escape her humdrum reality and become a celebrated actor and playwright.

Meanwhile, musician Sebastian (Ryan Gosling) refuses to give up on his dream of owning a jazz club. They first meet on an LA freeway before passing each other in a restaurant. They are destined to be together, but the course of true love is never an easy one. Tender romance mixes with song and dance numbers. It is a story of Love Ambition Los Angeles - truly LA LA!

Later in October, we will be showing **Sully : The Miracle on the Hudson** directed by Clint Eastwood. On January 15, 2009, US Airways pilot Captain Chesley "Sully" Sullenberger took off from LaGuardia airport in New York 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.



**VENUE— PARCENT CINEMA AS USUAL. 1.50€ . Doors open 6.45pm**

# OTHER NEWS AND EVENTS

The Orba valley has a brand new local radio station called Valley FM - a community radio station aimed at the English-speaking residents of this part of Spain. We aim to be multi-lingual but our core is in English. Our coverage area is from the villages in the Vall de Laguar, Orba, Tormos, Benedoleig, Sagra, Rafol, Sanet y Negrals, Beniarbeig, Ondara and El Verger

**www.valleyfm.es or 94.5 FM**

For info about their opening bash at El Cid, 3rd October  
Call Tina on 646 713 226 or email [events@valleyfm.es](mailto:events@valleyfm.es).



Guardian Angels Charity Black & White Ball will take place  
**on Saturday 23rd September at La Sella Golf Resort in Denia.**

We are very excited about this annual event and with cava on arrival, a 3 course meal including drinks, a raffle and auction and live band and DJ you will be crazy to miss it.

There are limited seats for this event so please book early. You can book your ticket at 45€ per person or have a great night out with your friends and reserve a table of 10. Contact [gill@guardian-angels.es](mailto:gill@guardian-angels.es) or [michelle@guardian-angels.es](mailto:michelle@guardian-angels.es).



## **FORTHCOMING FUND-RAISING EVENTS**

**ARC RACE NIGHT - FRIDAY 3<sup>rd</sup> NOVEMBER**

**At El Cid Restaurant**

Tickets €13.50, this includes 2 course meal, entrance and raffle ticket.

Tickets can be purchased at the ARC shop.

**ARC CHRISTMAS FAYRE - SUNDAY 3<sup>rd</sup> DECEMBER**

**Pensionistas Social Centre, Jalon**

This is the 3<sup>rd</sup> year of the fair and it has become a really popular event with a great selection of gifts, super atmosphere and great entertainment.

We have many kittens, cats and dogs needing homes. Dog walkers are always welcome and people to adopt and/or foster. Sally:- 625 985 689 or Jayne:- 649 310 285.

I am happy to include fund raiser event information from local charities, and events of interest to our members, depending on available space of course.

First come, first served basis only! Thank you, Lorraine