

U3A Vall del Pop



No. 89 2018

NEWS4U

Dear Members,

What a busy time Sandra and I have had since the last Newsletter. We have just returned from New Zealand. What welcoming people and such a beautiful country.

We spent a whole day with a Maori family, enjoying their stories, food and marvelling at the warrior chant of the Haka. I think I would run a mile if they came anywhere near me!



Those of you who attended the April meeting received a very informative talk from Elaine Horton, on Awareness, and collected the new Emergency Information Sheet. I can't emphasise enough how important it is to carry this document with you. I listened to this talk and it really made me start to think. So come on, pop along to their shops or Animo and collect yourself a copy.

Not going to say too much about the EGM but it would be lovely to see more of you attend meetings. At the June meeting, we have a talk from Izzy about internet security. I don't know about you but sometimes I just can't fathom out what they are talking about... it's often like another language.

Hope you all had a very enjoyable Easter... not too much chocolate.
Best wishes,
Bob.



JUST IN CASE...

Elaine Horton, GM 5th April

Elaine gave us some very comprehensive and important information based on her vast experience with Jalon Valley Help, and the problems that can occur if one is 'not prepared'.



Her recommendations are on **pages 3 and 4**, and she strongly suggests that U3A members read through the advice carefully, and ensure that they have all their important documentation updated, copied, notarised where necessary...and kept somewhere 'just in case'.



Thursday May 3rd. Extraordinary General Meeting

STARTS AT 10.30

**To vote on the proposed amendments to our constitution,
which we hope will make our U3A membership
more comprehensive and user-friendly.**

**All members have received a copy of the proposed amendments
and everyone has had the opportunity to add their input.**

**There is no speaker for this meeting, so there will be plenty of time
to go through the amendments and make the
right improvements to our Constitution.**

This is a really important step forward for our U3A

PLEASE come to the meeting, and get involved!

Thank you Bob Welham



SPEAKERS AT THE GM, 5th April

Helen Siddall-Butchers and Thomas Shaw

Helen and Thomas presented the lightest touch on the deep and complex subject of psychology. There are many different 'therapies' dealing with what is now known as mental health care. It was pointed out (the aberrations of technology notwithstanding) that many of our habits become characteristics, and eventually our personality. These can come from parental conditioning—an excellent example given of a small child who was told by its mother what it "liked and didn't like" to eat, thus setting the child up for a lifetime of eating disorders and unhappiness. We have perceptions (often negative) about ourselves which affect how we live and relate to others. The Three Pillars of Psychotherapy are honesty, unconditional positive regard, and not judging. Helen discussed how these judgmental viewpoints can be harmful, and suggested an exercise where the members present spoke for one minute to the person next to them WITHOUT BEING INTERRUPTED. In other words, really being listened to.

These days, when you are constantly bothered by people answering their mobile phones in the middle of a conversation with you...what a change!

It would have been nice to have a longer look at this fascinating subject, and I hope we can invite them back for a more in-depth talk later in the year.

Lorraine



Elaine appreciates that most people will have ‘thought of everything’...

(I thought I had - with a Funeral Plan, my Will in English and Spanish, and copies lodged with the appropriate people. What I hadn't considered, is how I would manage in a medical situation living alone. I have always bolted and chained the door at night...but if I couldn't get to the door, how would anyone get into help me??? 've had to do a complete rethink).

Here are the things she would like you to consider—or reconsider: -

Life planning

What are my/our plans?

What are we going to do when we get frail?

What are our options—stay in Spain or return to the UK?

What will I do if my soul mate passes away and I'm left alone?

Is my home suitable if I/we become disabled in any way?

When should we consider downsizing? (or getting off a mountain/campo or isolated area).

When should I/we consider a personal alarm?

What about potential future needs - are there sufficient funds, and what preferences do we have?

.....

In an emergency, there is some essential information you need to carry with you...

Your name, age, address and SIP/European EHC health card

Your medical information: - your blood group +
any heart problems, diabetes, asthma, epilepsy,
allergies - and if you carry an epi-pen etc

What medication you take, when and what dosage?

Do you take anti-coagulants?

Doctor's name and contact details

Next of kin, family contact details etc

Key holder/s to your property contact details

Are there any dependents at home - partner, pets etc

What emergency arrangements do you have in place for them?

+

Your religion if applicable/important to you
and have ICE in your telephone

(Elaine will be happy to explain any of this to you)

Jalon Valley Helpline - 659 624 643

ESSENTIAL DOCUMENTATION you need in your 'just in case'...

Originals and several copies of each - kept in different locations
and notarised where necessary

If you are unable to communicate this information, your next of kin
need to know how and where to access it immediately!

Passport—make sure your next of kin information is shown inside

Your NIE details

Birth, marriage/civil partnership, divorce/death certificates

Photocopies of your NHS/SIP EHC cards

Padron and Residencia certificates

Will = Spanish and English versions/where original held?

Insurance policies - life, house, car, health etc

Pension details; State, personal, private, with relevant contact details

Are these transferable to a surviving spouse, and what %?

Social Security benefits, which, and their office details

Investments, stocks and shares, Premium Bonds (NS&I)

Bank account/s, details, and access codes

Who has power of attorney? - contact details

Is there a Living Will, and where is it?

Credit cards, rental agreements, HP etc

Home safe, or Safe Deposit Box - location, keys, access codes etc

Property details, escritura, cedula etc

Car/vehicle documents and where spare keys are

Funeral Plan?

Is there one, what are the contact details and arrangements?

Do you have your wishes clearly documented?

and finally....

An up to date address book where someone can find it!

Now, obviously this is a long list, but next of kin can find themselves in
a horrible mess if they can't access the information they need.

Please don't leave this for your loved ones to cope with.

An emergency is bad enough without their having
to turn the house upside down looking for important paperwork.

Please do contact Elaine if you need further advice on any
of the information published here.

HELP! PAGE



U3A ALMONERS TEAM CONTACTS: -

Sue Harvey - 965 730 605

Barbara Watmuff - 965 050 245

babsinpego@hotmail.co.uk

Brigid Redmond - 602 046 129

brigred4119@gmail.com

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.

JALON VALLEY HELP

www.jalonvalleyhelp.com Helpline - 659 624 643

For the benefit of new members —

you may wish to print this page and keep it by your phone.

Hopefully everyone will have a happy and safe 2018

but keep this handy just in case!

Also, for those of you 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

and that rescue services can gain access

if you are unable to open the door.

RESIDENCY CERTIFICATE INFORMATION

After several conversations with the British Consulate in Alicante, I would like to give you some updated information with regard to renewing your Residency. The Green Form.

There are rumours that this needs to be renewed to a PERMANENTE status. This is NOT obligatory.

However, if you are a permanent resident, fiscally resident, and have your Padron, NIE etc, you may wish to contact the person who does your Spanish Tax and check whether they feel it is advisable to make the change if you registered more than 5 years ago.

The PERMANENTE is a 10-year certificate, and will cost 11.71€ to do. Appointments (in Denia) are about a six week wait. Your tax person/agent can apply and do the documentation. You pay at the bank, keep the receipt, and then take everything, with your original Green form and passport to their office.



Daniel Herranz has spoken to our U3A twice, and is always happy to advise.

www.dhtaxandlaw.com

**Llorca Assessores in Orba will also offer advice
and make the appointment for you if you wish to proceed.**

965 584 112

Walking in the woods is a definite theme this month!

John Chilcott's daughter Debbie Garandeanu writes...

We have been celebrating his 86th birthday today walking through the Jalon Valley



Monday and Thursday Explorers Walking Group

March has been a month of mixed blessings as far as the weather is concerned. Fortunately most of the rain either fell at night or avoided both Monday and Thursday!



Both groups are doing well, though both also have a few vacancies. If you would like to give us a go you can be sure of a friendly welcome

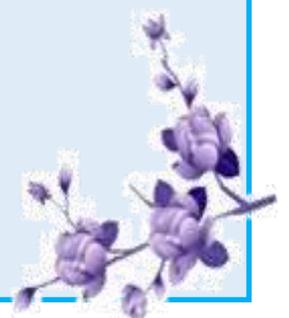
With two walks each week we are no longer able to publish a photo from each walk. But I did want you to see this one from Col de Rates, one of our favourite walks.



April is often the best month for hill walking, it is usually dry and not yet too hot to enjoy walking.

For more information contact Paul or Jan
paulleniston@hotmail.com

Telephone 966 405 335



Wednesday Walkers Group

Ann Martin



The Wednesday Walkers are a more relaxed walking group than the Thursday Explorers. Last week we assembled at the car park at the shooting club on the Montgo to walk to the mills above Javea. The weather was pleasant and the wind had not yet increased and, walking through the pine trees, we could see the pollen, which is afflicting everyone this year, hanging in the air.

After a gentle walk, we arrived at the mills. There are 11 mills and they were built from the 14th Century onwards to grind corn and have impressively thick walls.

After a break, we continued on to the convent la Ermita de Nuestra Señora de los Ángeles.

We were able to go into the entrance hall and look into the chapel.

We then made our way back to cars, stopping for a coffee on the way at a convenient restaurant/bar.

WINE TASTING GROUP NEWS



We propose the next event to be at Casa del Vino in Javea on **Thursday Apr 19th at 7pm.**

This is a revisit to a successful event we last attended 2 years ago.

Casa del Vino is a retail Bodega in Javea - This an open event and there is **no charge** for the tasting - you are simply invited to purchase the wines you enjoy. The wines on offer are the personal choices of the Casa del Vino's staff. They have a [website](#) as well as a [Facebook](#) page.

As before, we suggest car sharing, but we can make arrangements nearer the time. If you are interested in going please let us know **asap** as places are limited.

Gordon, Brigid and Agnes
(contact info on our website)



Always be yourself because the people that matter don't mind and the ones that mind don't matter.

A U3A Fallas Trip to Start the Week (19th March)



With Sonia's faultless organization of the two-day Fallas Trip, it was down to the merry band of 27 members on Monday to enjoy themselves in Valencia - - and they certainly did! The trip turned-out to be more of a **unique experience where all of one's senses were pleurably assaulted**. Our trip allowed a full afternoon to walk the City to admire the workmanship, beauty and humour of the monuments. The visit included the final *Mascletà* in the Plaza del Ayuntamiento; a very loud explosive barrage of coordinated firecrackers where the force of the explosions gradually rose to a dramatic conclusion - - it is difficult to describe the intense noise, smoke and the huge physical vibration that was felt through the ground. We observed *casals* launching kilos of firecrackers around their fallas together with small children to elderly people taking delight in throwing firecrackers (some felt more like thunderbolts!) in the streets.

The evening visit spanned a period from 10pm to 2:30am. Four awards were given to the *casals* that display the best street lighting - - and they were spectacular. At 10pm the burning (*Crema*) of the **children's sculptures began and two hours later we saw the turn of the large monuments**. The *casals* launched firework displays around their fallas before the burnings. The Valencians certainly take their fireworks seriously with an almost unbelievable display of pyrotechnic magic in the Plaza del Ayuntamiento at 1 am. A lasting memory will be that of streets filled with only friendliness, and the hustle and bustle of the festival and street food vendors. The humour and banter of our group when asked to decant the coach home for a group photo late next morning (after a 3:00 am return) reflected that all had enjoyed a great experience. Yes, a good way to start the week.

Nero Blaze (*really???*)

Also...

Hi Sonia and, thank you for organising such a great trip to the Valencia Fallas. We had a great time, enjoyed the sights, walked our socks off and made some new friends.





SPANISH INTERMEDIATE CLASSES

CLAUDIA'S BAR, JALON

TUESDAY AFTERNOONS

Two places on the pre-intermediate group
2 pm—3 pm have just become available
and four places on the 'bit better' group
3.15 pm—4.15 pm if anyone is interested.

4€ per class, in an informal setting, serious, but with good humour.

Pauline works so that everyone is included,
nobody gets left behind if they miss a class,
and a little homework is sent out each week.

Please contact me on spanishinteru3a@gmail.com

Or call 965 583 640 for further information

Lorraine



THERE ARE CURRENTLY 34 GREAT BARGAINS

TO BE HAD ON OUR SMALL ADS PAGES

A CAMPER VAN, HOUSEHOLD GOODS, DIY TOOLS

ELECTRICAL AND EXERCISE EQUIPMENT,

AND LOTS OF GOLF GEAR

CONTACT STEVE TAYLOR

stevetayloru3aclassifieds@gmail.com

Please send your information in an e-mail, and **ATTACH JPEG photos**

In as small a format as you can — or 'zip' the attachments

THANK YOU



*There are worse things than getting a call for a wrong number at
4 am; for example, it could be the right number...!!!*

BATTLE OF THE BASURA BINS



To those of you who live outside Orba be warned...this nightmare may be coming to a town or village near you in the future.

Two months ago, 'they' took 18 large, perfectly adequate bins off the Orbeta/El Aspre urbanisation. The plan being that a shed would be built, with passcode access, into which the whole urbanisation would place their bags of rubbish...including, for the first time, separate food bins.

In the meantime, while the shed was being built, we had nowhere to put rubbish apart from two small 'general' bins. The queue to 'register' your house for your individual barcode was up to 90 minutes. Finally the shed was built and a few bins of all colours put in. Many of these are padlocked down, so there is little space to push in your bottles, cardboard, envasos etc. However, the food bins have lids that open wide, thus allowing the small biodegradable food bags to pile up and overflow for a week.

These bins don't hold very much so food bags have been dumped on the floor...the shed is quite accessible to flies, wasps and cockroaches, the code access doesn't always work so sometimes the door is left open, or **people can't get in at all. It already smells in the shed...and we aren't even** having warm spring weather yet. Imagine the summer! Many of the houses are **holiday homes or short lets, and won't have been registered for their** bar code. Oh, and did I mention rats and maggots?

In the town the food bags won't be a problem as people will only leave them out the day of collection. One hopes. Complaints have been made to the Ayuntamiento, and a few more bins have been put on the other side of the hill. Still not enough, particularly in the summer when the Urb, is full. Health and Hygiene??? Yeah, right.



So, if you get a letter from your local Ayuntamiento describing this new system coming to your town...beware.



EGYPT WILL BE COMING BACK TO JALON IN SEPTEMBER



David Rohl will be starting another series of lectures for our U3A from September.

Details will be sent round as soon as he has confirmed everything and we are delighted to welcome him back after his sojourn in Moraira.

If you would like to join this group when it restarts Please contact the Groups Co-ordinator.

CINEMA NEWS AT PARCENT THEATRE



Don't be put off by the title! "THE BIG SICK" (to be shown on 23rd April)

is a funny, heartfelt romantic comedy which proves that this kind of film still has fresh areas to explore. Kumail is a budding stand-up comedian when he meets Emily (Zoe Kazan), but his unwillingness to oppose his family causes them to break off their relationship. Then suddenly Emily becomes critically ill, Kumail gets involved, and finds that he doesn't want to let her go, especially when he starts getting to know her unusual and interesting parents!

Holly Hunter gives a particularly good performance as Emily's feisty mother. Written by Kumail Nanjiani and his actual wife Emily Gordon, and based on their real-life story.

2017 Cert 15 1h 59min



On 7th May we welcome back our favourite Bear.

The sequel to the hit family film finds Paddington happily settled with the Brown family, where he has become a popular member of the community, spreading joy and marmalade wherever he goes. While searching for the perfect present for his beloved Aunt Lucy's 100th birthday, Paddington spots a unique pop-up book in an antique shop, and embarks upon a series of odd jobs to buy it. But when the book is stolen, it's up to Paddington and the Browns to unmask the thief.. The original family cast (Hugh Bonneville, Sally Hawkins, Julie Walters and Ben Wishaw as the Bear), are supplemented by Hugh Grant, Brendan Gleeson, Jim Broadbent, Peter Capaldi and Ben Miller.

2017 Cert PG 1h 43min





This is an event our U3A support, so do put the date in your diary so you don't miss out! Looks like a fun opportunity for some creative costumes too.



A.R.C. WILL HOST PET IDOL COMPETITION AT HOMES, GARDENS & LIFESTYLE SHOW

At Villa Gadea Hotel, Altea –

21st & 22nd April.

ARC will be on Stand 68 and, as well as promoting the charity with pictures of the cats and dogs currently in ARC's care and needing to be homed, there will also be information about the charity and how you can support it. Further information about ARC can be found on Facebook at 'Jalon Valley A.R.C.' or by email to Sally or Jayne on

jalonvalleyarc14@yahoo.co.uk.

Charity Reg No: CV-01-054107-A.



boxoffice@javeaplayers.com



**SPANISH PREMIERE of
SANDI TOKSVIG'S LATEST PLAY
SILVER LINING**

Presented by The Javea Players

Directed by Penny Grant

at the Unión Musical, Gata de Gorgos

from 16th-20th April at 20.00

Tickets €12.50, available online at www.javeaplayers.com

You can choose your seats. Any booking problem e-mail

boxoffice@javeaplayers.com

Groups of 10 booked together will receive a free pre-show drink.

Details of show: www.javeaplayers.com



**COSTA BLANCA
MALE VOICE CHOIR**

CONCERT AT THE CAVE

Cueva de las Calaveras, Benidoleig

15 & 16 June at 8.30pm

Tickets 10€

Tel: 965 744 577

Email: cbmalevoicechoir@gmail.com



Supporting Proteccion Civil Benidoleig

Tickets for the concert, which starts at 8:30pm, are 10€ and part of the proceeds will be donated to the Proteccion Civil Benidoleig. For reservations, please call 965 744 577 or email cbmalevoicechoir@gmail.com

Early booking is recommended (in fact bookings are already being received) as seating space, which will be in the open air, is limited.

I can tell you that we have already sold over 160 of the 400 seats available over the 2 evenings!
Vernon Pearce

Spring has returned.
The Earth is like a child that knows poems.
Rainer Maria Rilke

