



U3A Vall del Pop

No. 90 2018

NEWS4U

Dear Members,



Well, we finally got there! After months of preparation for the EGM, it took us just a few hours to put what we hope will be our constitution for the next 10 years.

What an achievement! A very big thank you to everyone involved.

Next month the Vall del Pop is hosting a meeting for all the U3A Presidents on the Costa Blanca. This provides us with a great opportunity to discuss our associations and plan the way forward. A number of Presidents are new to the job, so it's a good way to meet and share ideas ... sometimes it's not necessary to re-invent the wheel.

Next month's meeting, will be the last one before the summer break, we have Izzy Hardy as our speaker, who will be discussing Internet Security. I know that a number of us have an issues with this, especially when we receive a personal telephone call from India offering to help. Or those messages that appear on your screen and you have no idea what they mean.

It's just another language which I think I have not been a party to. Maybe Izzy can help us out.

Best wishes,  
Bob.



"The world's favourite season is the spring.  
All things seem possible in May."  
- Edwin Way Teale

## NEWS FROM THE EGM MEETING

**Peter Sockett**



An interested gathering of members attended the Extra Ordinary General Meeting on 3<sup>rd</sup> May to hear the U3A Vall del Pop New Constitution Sub-Committee present the updated Constitution. This sub-committee has spent the last several months updating our constitution to reflect our present operations approach and to bring it up to date with current legislation. The New Constitution, comprising 74 amendments from the previous version, has been presented to our Committee and this was the first opportunity for the members to be appraised of the thoughts behind the changes and the new legislation which must now be referenced.

Three members of the sub-committee [Sandra Welham, Ken Grant, and John Nicholson] presented the proposed amendments to those parts of the New Constitution, grouped into their fields of interest [Administration, Legal and Financial]. Each amendment was presented in a visual on-screen display and read aloud with a detailed explanation of the proposed change and the reason for the change. The amendment was then proposed and seconded by a member of the forum, before being reviewed and debated by the members, and finally being voted on, with members able to vote for or against the proposed amendment or to abstain.

The majority of the amendments were carried without query. However, there was some lively and informed debate on specific important issues, and not least on the introduction of the terminology "General Assembly" into the New Constitution. In consequence the sub-committee has been asked to review the sections relating to General Assembly and General Meetings in order to clarify the proposed terminology. Once this review is completed these few revised amendments will be presented to the members at the next, or next but one, Monthly Meeting.

Once the New Constitution has been approved by the members, it will be translated into Spanish before being presented for legal approval in Alicante. It is vitally important therefore that the terminology is clear in both languages as it is expected that this Constitution will direct our operation for many years into the future.

The members thanked the sub-committee for their efforts in drafting the New Constitution and for the careful presentation to the members.



"Be like a flower and turn your face to the sun."  
Kahlil Gibran

**FURTHER TO THE EXCELLENT INFORMATION GIVEN BY ELAINE HORTON LAST MONTH...**

**Put some 'ice' into your mobile!**

**In your 'contacts' listings, add the following: - (eg)**

**ICE EMERGENCY**

**Then enter the phone numbers of any people who should be contacted in an emergency. The local services do look in people's mobile phones for this information.**

**I am aware that people put lockscreen/passwords etc, so the phone can't be accessed — so it might be worth having a list of these numbers tucked into the phone cover if you have one, or somewhere that can be found easily in a handbag or wallet.**

**AND/OR**

**You might consider this Binatone GSM large button + SOS phone @ £25 from Amazon**



**Big button back lit keypad  
1.7 inch colour LCD display  
SOS emergency button  
Five speed dial emergency numbers  
Integrated torch**



**When the SOS button is pressed, the phone keeps dialling until one of the five numbers you have programmed in answers.**



**A member also sent me this — folders with 10 pockets that could store all your 'JUST IN CASE' information Rapesco A4 Flexi Presentation Display Book, Assorted Colours, 10 Pockets -**

**Pack of 10 @ £11.92 + P&P, again from Amazon and cheaper per folder than the Chinese shops+ spare to share?**

**These are only suggestions - but we feel it is important that all our members are aware of the necessity of having emergency contact details available in case of a crisis!**

**The Emergency information forms are currently being re-printed and will be available soon from the Animo Drop in Centre on Tuesday mornings 10 am—1 pm**

**Or from the JVH shops, Monday—Saturday, same hours.**

**Elaine is also planning to bring some to the June GM....**

**and may I politely suggest you make a donation if you take one!**

**Thank you.**



# ***HELP! PAGE***



## **U3A ALMONERS TEAM CONTACTS: -**

**Sue Harvey - 965 730 605**

**Barbara Watmuff - 965 050 245**

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

**Brigid Redmond - 602 046 129**

**[brigred4119@gmail.com](mailto: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](http://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***

Sightseeing in Valencia, followed by Retail Therapy.  
by Wendy Cummings.

On April 6th about 50 of us went to Valencia. We set off from Jalon with a mixed weather forecast. However, apart from a few spots of rain in the afternoon, the weather was very pleasant.

We were dropped off in the centre by the famous railway station, with about three hours to do whatever we wanted. Some chose to head for the market, or a quick visit to the Cathedral, while others went sightseeing taking in the amazing architecture of Valencia. Our group decided to head for El Cortes Ingles for a lovely cup of coffee and some retail therapy.

The bus picked us up at 1pm and took us to Bonaire Shopping Mall, where we had plenty of time for lunch and to search the shops for bargains. I have to say that I didn't see many return without a carrier bag or two.

We arrived back in Jalon tired, but having had an excellent & enjoyable trip. A big Thank You to Jean Coe. This was Jean's first trip after joining the Travel Group and we were all impressed with the organisation.



## GOLF GROUP NEWS



The plan is to play at regular intervals, at different local courses. Even if you have never played on a regular basis, the group could start with a 9-hole round, and use a Stableford format. If you have any ideas or suggestions on developing this idea... OR

If you would like further information, please contact Wayne on [d.roberts7@sky.com](mailto:d.roberts7@sky.com)

**The Upholstery Group is restarting on 23rd May at 10.00**

**Contact Gwen Asprey for more information.**

**Her number is on the website.**

**Marie Fitzgerald. Groups Co-Ordinator**

## Monday and Thursday Hill Walking Groups



We were fortunate to have excellent walking weather for both groups during April.

We did five walks with the Monday group.



Pinos to Marnes Valley  
Parcent to Orba Castle  
Jalon to Parcent  
Denia to Javea Windmills  
Gata to Tossel del Moro



Only four walks with the Thursday group

Lliber to Senija  
Castells to Serella Castle  
Olta Summit  
Benimaurell circular

Just one more month of walking before the summer break.

New members are very welcome for both groups

Further details from  
[pauleniston@hotmail.com](mailto:pauleniston@hotmail.com)

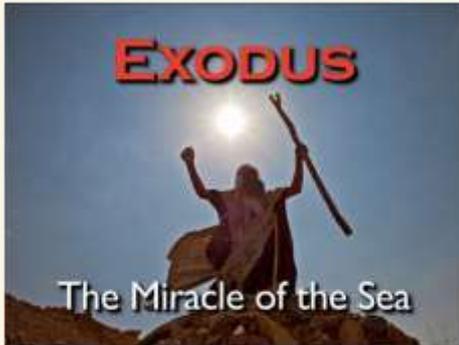
*These walking groups are a great way to meet new friends, keep fit, and enjoy the wonderful countryside we have here.*



## EGYPTOLOGY GROUP NEWS

David Rohl

Well, I am back from my travels and busy getting the presentations ready for my last two talks before the summer recess ... and these are going to be 'must sees', so please be sure to add both dates to your diaries ... and let your U3A friends know about it!



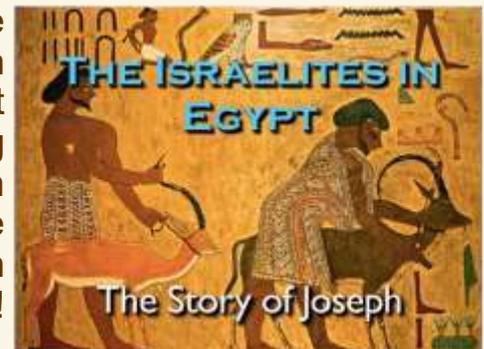
The first of the two lectures is 'Exodus: The Miracle of the Sea', in which I will be presenting news of the latest discoveries and scientific research concerning the Israelites' crossing of the so-called 'Red Sea', made famous in Cecil B. DeMille's movie 'The Ten Commandments'. But it will cover much more than that in fact, as I will be laying the groundwork for the following three lectures, taking us from the arrival of the Israelites in Egypt under Joseph and his father

Jacob, through the slavery period, to the journey to Mount Sinai and the subsequent Wandering Years, plus the Conquest of the Promised Land under Joshua. So it is important to attend this first lecture in this biblical mini series in order to understand and appreciate all the new archaeological discoveries that have come to light over the last five decades.

### **The meeting will be on Monday 21st May.**

Usual time (10.30 start) and usual venue (La Senieta). Hope to see you there!

The second lecture in the biblical series will be 'The Israelites in Egypt', covering the Sojourn period, when the Israelites first arrived in Egypt and settled in the land of Goshen. Amazing archaeological finds have been made by an international team of Egyptologists under the directorship of Manfred Bietak of the Austrian Institute for Egyptology. Again, not to be missed!



### **The meeting will be on Monday 18th June.**

Usual time (10.30 start) and usual venue (La Senieta).

Then in September we will be travelling in the footsteps of Moses as the Israelite former slaves wander through the wilderness in search of a new home, before (in October) we explore the archaeological evidence for the Conquest of the Promised Land.

David is bringing this group back to Jalon later in the year —details TBN!

## DIGITAL PHOTOGRAPHY GROUP NEWS

Our April excursion was to the Fonts D'Algar, near Callosa d'en Sarria. We met at Alcali, stocked up with anti-mossie lotions, and headed for the hills. A vertiginous roller coaster ride along the narrow twisting roads, wondering whether our breakfasts might arrive before we did.



The brief, for this field trip, was to take photos of the water with a slow shutter speed, giving it that milky 'slow-mo' look you often see on postcards and calendars. Exposure, composition, dealing with the contrast, in the midday sun, all adding to the pressure of getting all the shots absolutely right, as well as getting good colours.

The falls were not torrential, but doing a good job of thundering down the hills convincingly. Trying to find the optimum spot for the camera, and avoiding shutter shudder, loss of focus and general blur was more challenging. Even with only a few people visiting the place, someone always seemed to step in the way of the shot at the wrong moment.



Our tutorial on 2nd May, was the second part of our 'Portraiture' set up. We had two willing volunteers - Jennie Tollan who brought half her wardrobe of scarves, hats and Spanish fans, and Adrian who was less flamboyantly bedecked, but posed nicely nonetheless. A big thank you to both of them for their patience while we all lined up to try and get the best angle.

Our next outing on the 16th May is to the L'Albarda gardens in La Sella - hopefully the late spring sun will have persuaded something pretty to come into flower or we'll all be practicing portraits of each other!



Lorraine



**OUR SPEAKERS AT THE GENERAL MEETING IN APRIL  
would like to say...**

Thomas and I would both like to thank the committee and members for their lovely welcome at the April meeting, and also for the unexpected and much appreciated gifts! We would be happy to come back again if you'd like us to.

Our information is:

Lazuli Psychotherapy and Counselling (incorporating Lazuli Couples Therapy)

[Carrer Cabot, 1, Benissa, 03720](#)

**654 065 721**

[helen@lazuli.es](mailto:helen@lazuli.es)

[thomas@lazuli.es](mailto:thomas@lazuli.es)

Website: [www.lazuli.es](http://www.lazuli.es)

We offer a free initial session for clients to meet either myself, or Thomas, and to find out more about the therapy process.

We work with a wide range of life challenges, and offer both individual and couples therapy.

Kind regards

Helen Siddall-Butchers



SPANISH INTERMEDIATE CLASSES

**CLAUDIA'S BAR, JALON**

TUESDAY AFTERNOONS

There are two places available on the pre-intermediate group

At 2 pm—3 pm

**and four places on the 'bit better' group**

3.15 pm—4.15 pm if anyone is interested.

Only 4€ per class, in an informal setting, relaxed and enjoyable...

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](mailto:spanishinteru3a@gmail.com)

Or call 965 583 640 for further information

Lorraine

## Celebrations at Jalon Valley Help May Fayre.

Over 5000€ raised for the charity!



A number of volunteers from the U3A Vall del Pop enjoyed last Sunday when setting up a skittle alley to raise much needed funds for Jalon Valley Help. (A big thank to EL Cid for allowing us the use of this skittle alley).

The day started really early at 7:00 helping to mark out pitches before the stall holders arrived. Our equipment arrived just slightly **later and it was all 'hands to the pump'** to set up the alley, making sure it was level.

The stall was decorated with flags and banners marking the Mexican theme. The volunteers got into the theme with wearing sombreros and ponchos, much needed in the hot sunshine.

The main prize was a voucher for a meal at EL Cid was won by Ann Cattrell, U3A member, and the second prize of a large beer selection was won by Carole, a local hairdresser. The children of course were not left out and lollipops were given to everyone who took part.

We managed to raise over 70€ and went home feeling exhausted!  
Sandra Welham



**THERE ARE STILL LOTS OF GREAT BARGAINS  
TO BE HAD ON OUR SMALL ADS PAGES  
CONTACT STEVE TAYLOR**

**[stevetayloru3aclassifieds@gmail.com](mailto: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**



**FROM JAVEA TO KINGS BROMLEY !!!**  
**Carole and John Wardle**  
(Carole was our Secretary for two years)



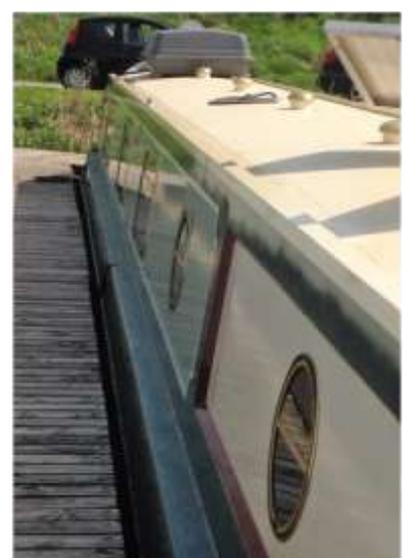
Sunday 4<sup>th</sup> February saw John and I, plus two cats, a car and trailer leave Javea for the long drive back to the UK. We had bought two large cages for the car as you cannot put Sara and Sylvester in one cage! With only stopping for diesel a couple of times we reached the Eurotunnel after 22 hours – the cats had been fantastic in the car and settled down very well.

Once in the UK we drove the 180 miles to their cattery where they had to spend the next three weeks whilst John and I moved our newly acquired Narrowboat “Arlanza” from her original berth at High Offley on the Shropshire Union Canal to our home marina at Kings Bromley on the Trent and Mersey. We did this trip in three days – it had been 20 years since we had previously owned a boat but how to get through locks came back to us very quickly! Luckily we managed to move her before the awful snow and ice appeared – it was great moving back to the UK in the worst winter for many years!

However much to the surprise of some people we do have central heating and a coal burning stove on the boat and were very cosy indeed! Once settled in our home we picked up the cats from the cattery and introduced them to boat life. We kept them onboard for approximately a month but they are now very adept at hopping on and off the boat. We also have nesting ducks and swans very near our boat which gives them plenty of action to watch! On our marina there are 245 boats with approximately 80 of them occupied by “live aboards” such as ourselves and there are numerous cats and dogs living on board!

Obviously we are enjoying being back to the UK and close to our family and eagerly await the arrival of our first grandchild on the 27th May... but do we miss our life in Spain?

**OF COURSE WE DO!!**



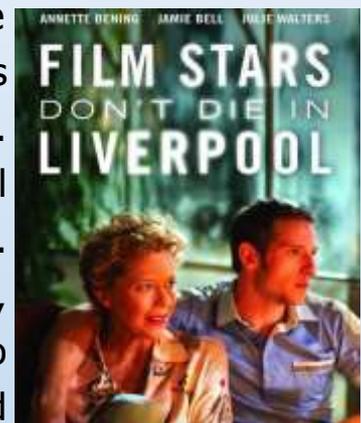
## CINEMA NEWS



**On 21<sup>st</sup> May** we will be showing "Breathe" a biographical drama about Robin Cavendish. When Robin (Andrew Garfield) is paralysed by polio at the age of 28 in 1958, he is confined to a hospital bed and given only a few months to live. With the help of his wife Diana (Claire Foy), her twin brothers (both played by Tom Hollander) and the groundbreaking ideas of his friend inventor Professor Teddy Hall (Hugh Bonneville), Robin escapes the hospital ward.

Together they seek out a full and passionate life - raising their young son, travelling and devoting their lives to helping other polio patients. The supporting cast also includes Dame Diana Rigg and Stephen Mangan. The film is produced by Jonathan Cavendish, the son of Robin and Diana, as a tribute to his father's fight against polio. 2017 Cert 12A 1 hour 57 min

ONE WEEK later, on **28<sup>th</sup> May**, the last film before the summer break is "Film Stars Don't Die in Liverpool" which is a romantic drama based on the memoir of Peter Turner. Turner was an aspiring actor in 1979 when he met and fell in love with the 1952 Oscar winning Gloria Grahame. With a 28 year age gap and separated by the Atlantic, the relationship was a challenge. When Gloria returns to London for a stage production later in her career and becomes ill, even more challenges arise for Peter Turner.



Annette Bening is excellent playing the real-life Hollywood actress (for which she was nominated as Leading Actress at the BAFTAs), and Jamie Bell, (as Turner) has developed since playing the lead in "Billy Elliot". Julie Walters is the stereotypical Liverpool supportive mum whilst Vanessa Redgrave makes a short appearance as Gloria's mother and the real Peter Turner has a small role.

This is an appealing film. 2017 Cert 15 1 hour 45 min

**"May and June. Soft syllables, gentle names for the two best months in the garden year: cool, misty mornings gently burned away by the spring sun, followed by breezy afternoons and warming nights. Peter Loewer**



## JALON VALLEY A.R.C.

Charity Reg No CV-01-054107-A



### "DIVINO" OPEN DAY AT 'LA FINCA' IN SUPPORT OF JALON VALLEY ARC BY KIND INVITATION

**THURSDAY 24<sup>TH</sup> MAY FROM 11 am till 4 pm**

Come and join us in the beautiful garden for scrumptious cakes and refreshments. Visit the wonderful stalls with a vast array of gifts, homewares, handmade accessories and gorgeous, very affordable, bags and jewellery ready for the summer season. Plus Aloe Vera Health and Wellbeing products.

Buy a ticket for the Raffle and win a fabulous prize!

Come and enjoy a lovely relaxing day and raise money for a worthwhile cause.

All proceeds from the cakes, refreshments and raffle go to ARC to support the animals in their care

**Cake bakers required to provide cakes, scones etc to be sold on the day. Email [jalonvalleyarc14@yahoo.co.uk](mailto:jalonvalleyarc14@yahoo.co.uk) if you can help or call the numbers below.**

Further information & directions from  
ARC Charity Shop, Carrer Valencia 1, Jalon.  
Tel 625 985 689 or 649 310 285.

## A.R.C. BOOKS TABLE

The June GM will be the last opportunity before the summer break to buy your books and DVD's etc. WE DON'T NEED ANY MORE...!

Just come and buy lots.  
Thank you

Jalon Valley Help  
in time of need

Saturday  
30th June 2018, 19.30 hrs

**The Brink Band**  
at the Bullring  
Alcalali

Bring your own food  
Drinks from the bar

**10 €**

For tickets, contact:  
[jvhevents@gmail.com](mailto:jvhevents@gmail.com)  
Tel: 635 873 133

## Jalon Valley Help Event Saturday 30 June –

**The Brink Band at the Bull Ring.** This should be a very lively evening in a lovely setting. I have it on very good authority that The Brink Band is brilliant at getting everyone up dancing. It is a bring your own picnic event but as we are being given the venue for nothing we ask that you will buy drinks from the bar rather than bringing your own with you.

Tickets are only 10€ .