



U3A VALL DEL POP

No. 93

2018



NEWS4U



Dear Members,

I would think by now that we are nearly all back from the summer break. I am very happy to see that a number of groups that we thought would cease are now back and up and running. So a big thank to Marie Fitzgerald, our Groups Co-Ordinator for getting these groups back on track.

Next month our speaker is Sheila Ruckley, who will be talking about her cycling experiences. A few days ago I e-mailed Sheila to ask if she would like to meet up for coffee.

“Sorry” she e-mailed back, “cycling across Brittany”. I’m sure she will have one or two amusing tales to tell!



Just to keep everyone in the picture, we have been informed that the British Consulate will be visiting the Valley either in late December or early January to bring us up to date with **BREXIT**.... can’t wait, but at least we haven’t been forgotten. Not sure of the arrangements yet, but we will let you know. Best wishes, Bob.

“Nothing compares to the simple pleasure of a bike ride.”

John F. Kennedy



ALMONER’S ROLE UPGRADED

On the next page you will see our new HELP PAGE, which has been completely redesigned to show the new ‘Sharing and Caring’ team which has been set up for our U3A.

We have someone in each area, with Barbara and Brigid as the Co-Ordinators, so that we can provide a better and more comprehensive service to any of our members in need of assistance.

Please do print the page and keep it handy by your phone — and/or enter any relevant phone numbers into your mobile in case you need to contact someone for help.



Team Leader Barbara Watmuff - 965 050 245 (Pego/Hospital)
babsinpego@hotmail.co.uk

Team: -

Asst. Team Leader - Brigid Redmond - 602 046 129 (Benissa)

Carole Marten 966 482 626 (Alcalali) caroleannmarten@hotmail.com

Sue Harvey - 965 730 605 (Lliber & Seneca)

Sandra Welham 965 581 353 / 634 301 499 (Murla)

Sonia Higginson 966 405 291 / 662 166 756 (Parcent)

ladyrocker2@googlemail.com

TBN—Jalon & Orba



RED CROSS - (ENGLISH ASSISTANCE) CALL 678 501 586 for information

There are several telephone assistance schemes, and a new mobile app (only 10€ pm)

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.



+

DENIA HOSPITAL HELP DESK AND INTERPRETERS
10 am - 1.15 pm 966 429 346

JALON VALLEY HELP

www.jalonvalleyhelp.com



GROUP NEWS



SPANISH - WE STILL HAVE SOME PLACES IN THE PRE-INTERMEDIATE AND INTERMEDIATE GROUPS. TUESDAYS IN JALON.

spanishinteru3a@gmail.com

Flower Arranging will continue

New members very welcome

Contact: - groups@valldelpop.com



KEEPING FIT!

It is good to have a Keep Fit group structured to our needs and abilities, or in my case inability, our Keep Fit class in Alcalali is on! Each week, 10 - 20 ladies, and one man, join this 'feel good' class! Men are welcomed to attend but the current poor attendance by men suggests exercising appears to be a pleasure enjoyed mostly by our ladies.

Strength and flexibility are two aspects of health that are important for all of us, *regardless of age or ability level*. Being strong and flexible enough to move through a normal range of motion makes daily life easier and more enjoyable. The Keep Fit class is varied; aerobic steps, exercises to get your heart rate up, and a relaxing cool down are combined with chair exercises. In situations where standing exercises or mat exercises are difficult, because of knee or back problems, chair exercises are effective and can have a significant impact on health and happiness!

The Keep Fit class makes a real difference in your energy level and mood. Feel free to join at 11.00 am on each Monday at the Multi-Usos building in Alcalali where Jacintha Hoogewerf will be ready to set you on the road to improved fitness.

Please be assured men are very welcome, so now is the time to show our ladies how fit we can become so don't let me down join next Monday!!!!

Peter Sockett



VALL DEL POP SINGERS

Sandra Welham

Over the last few months, including all through the summer break, the VDP Singers have been practicing for a number of concerts that are up and coming. Our first concert is on October the 18th in El Verger , where we join a number of other choirs for a Musical Gala Evening.

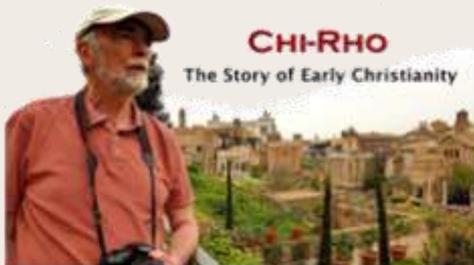
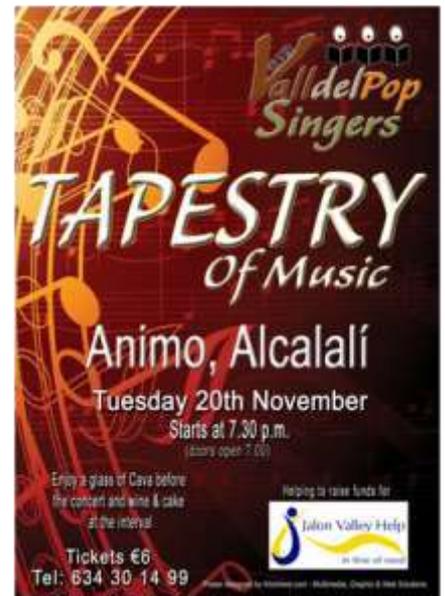
On **November 20th**, we have organised our own concert at Animo called Tapestry.

(Maybe some of you remember Carole King's famous Tapestry Album). This will be a fun night of popular songs. We are starting with a welcoming drink of Cava and at the interval, wine & cake will be served all for 6€.

So please come along and support your very own U3A choir.

We would welcome any new members so please look at the website for details.

We have a very busy time coming with Christmas just around the corner, but it's not too late to come along and get involved.



EGYPTOLOGY GROUP - 1st October
Chi-Rho was the logo used by the earliest Christians to spell out the first two Greek letters of the word 'Christ', superimposed - one upon the other - to represent Jesus on the cross.

David discussed the latest research on the crucifixion site, located outside Jerusalem, before taking us on a journey with Joseph of Arimathea to Albion (ancient Britain) and the building of the first church at Glastonbury. We then headed to Rome, following the capture of the British Christian king, Caradoc (known to the Romans as Caractacus), who lived out his life in **Palatium Britannicum (the 'British Palace') within the walls of the Roman capital. That first Christian residence in the Holy City still exists today ...** and David had some fascinating details about the family who lived there. Finally, we went in search of the graves of the apostles Peter and Paul.

[apologies for this brief synopsis...I didn't get to the lecture this month. Lorraine]

NEXT LECTURE

5th November, Jalon - 'The City of Sokar:
Reading and Exploring the Great Sakkara Necropolis'

Monday and Thursday Hill Walking Groups



It feels like the long, hot summer has gone on forever. Like most local walking groups we take a break from June to September. We were all looking forward to our first walk on Monday 1st October.

Last October was very hot and we all suffered during our first walk. So this year we planned a walk from Jalon to Parcent. This would give us the option of an easy return through the valley, or a more energetic path along the side of the Col de Rates.

The weather was kind, and cooler than expected. There were 15 of us for the first walk, including two new members. Those of us who live here permanently had kept in touch with a monthly lunch. However almost half of the group had spent the summer months away from the heat of Spain. So it was great to meet up with old friends, and have the opportunity to make new ones.

We had our picnic lunch at the font in Parcent. There was some discussion about whether we should visit the Co-Operativa, but wiser heads won the day and we avoided the lure of a long cold drink – or two.



There was complete agreement to take the slightly longer return journey along the side of the Col de Rates. We were rewarded by lovely views of Parcent, Alcalali and Jalon. We also had a short water break to admire the valley.

At just over five hours, it took us slightly longer than usual to do this 15 km walk. But we walked at the pace of the slowest walker and everyone enjoyed themselves,

Everyone also enjoyed a well deserved drink in the bar at the end.

We still have a few vacancies on both the Monday and Thursday groups.

If you would like more details send me an email at pauleniston@hotmail.com

All truly great thoughts are conceived while walking.

Friedrich Nietzsche



U3A's Fundraising Team - Working title...The Goodwill Team

Marie Fitzgerald

This idea follows on from February's General Meeting where the idea of setting up a fundraising team was raised. Our constitution precludes using membership fees as a way of donating to charity, therefore a different approach is being considered.

We have already identified we would need a core team of five or six people to make this feasible and would like to invite people to join the team.

Please contact me if you would like to help (groups@valldelpop.com)

We need to select charities to support. It is intended that the next newsletter will explain this in more detail and will include a mechanism whereby people can nominate charities. This is aimed at people who cannot, or do not attend GM's. Thereafter the Goodwill team can identify the most popular charities and focus on allocating any raised funds for these.

This is not intended to impact upon other Charity fundraising events which happen across the valley, and the team will liaise with JVH, ARC etc., to avoid clashes. Most people in the U3A are pensioners with many demands upon their income – nothing the team does is intended to make people feel obliged to contribute – it is absolutely voluntary.

With all of the above in mind, **the team is aiming to start in the New Year**, And raising funds until June. The actual method of fund raising to be finalised.

Ongoing reports in the Newsletter and at GM's will keep members updated

The Goodwill Team is your opportunity to help others,

so if you would like to make a real difference through our U3A -

please do get in touch with me.

Thank you, Marie Fitzgerald



*"There are two 'i's' in Fundraising –
they should stand for inspiration and innovation,
not imitation and irritation."*

Ken Burnett

CARTAGENA TRIP, and some excellent history...by Peter Sockett

On 27th September, 49 members of the U3A set off from Jalon to stay in Cartagena for three nights to see the re-enactment of Carthaginian and Roman battle, from the Ionic Wars, and to visit the town of Caravaca de la Cruz, where each year on 2nd May, there is a re-enactment of the Knights Templars 'wine run' to break the siege of the Moors in their castle. The visit concluded with a visit to the Vinaelena bodega in Jumilla and to the Sanctuary of Hope in Calasparra. A trip packed with wonderful sights of unbelievable exploits, beautiful scenery and excellent wines.

On Friday 28th, the town of Cartagena was crowded with many people dressed as the old Carthaginians; with costumes of leather tunics and furs with their warriors, both men and women, armed with bows and arrows, spears and swords; or as Romans; in elaborate armour, of gold and silver metal and hardened leather tunics, and with shields that looked as if they could have been finished in ceramics, as the colours and textures were so rich. The troops were armed with shining swords and their Amazonian warriors carried bows and full quivers of arrows; there were plenty of tourists – and the city was packed.

The battle began with the Roman legions coming ashore from their boat, (a modern high-powered tug we all imagined was a Roman galley), under the control of their legionnaires who gathered them on the quayside and marched them off, accompanied by drum beat, to lay siege on the city of Qart-Hadast. Meanwhile the Carthaginian troops, with their loud bands, were making their own way to the battle site, Cuesta del Batel, at the main gate to the fortified city.

As the sun started to set, the sides lined up on the battlefield, and a wonderful sight it was with many hundreds of ornately dressed troops, making threatening gestures at each other – with the Romans bringing their catapults into threatening positions. Once negotiations between the be-robed Carthaginian king and the Roman General in his two-horse chariot, the battle began with stones hurled at the walls and arrows flying back and two between the sides. Finally, the superior numbers and armour of the Roman troops prevailed and fell on the defenders in hand to hand battle – killing all but the most important leaders.

After the proclamation of victory and Roman law, and the raising of the flag at the Plaza del Ayuntamiento, the troops, of both sides and as many female warriors as male, paraded through the streets – with each brigade accompanied by their marching bands. The parade took more than 75 minutes to pass each spot on the route through the beautiful old town of Cartagena.

What an event! Something we will all remember for along time to come. The magnificent costumes and so many people taking part to keep the memory alive at this time of year each year. After a good rest, the next morning we set off for the town of Caravaca, to the south of Murcia. The town surrounds a hill fort which was extended by the Knights Templar, who occupied this area prior to the invasion of the Moors. Legend has it that when the Moors attacked the people of the town sought refuge in the castle, which was then surrounded.

Continued on next page...



Finally, when the water in the castle wells ran out the Knights decided to raid the town and take water from the local wells. Four knights were assigned to each horse, with harnesses on each side of the horses back to carry water casks. The knights found that all the wells near the castle had been poisoned, but discovered that the Moors had left casks of wine. So, they loaded the horses with the wine and beat a hasty retreat up the hill and into the castle, running the gauntlet of the besieging Moors in the final race up the approach ramp to the castle. The legend has it that all this wine was then miraculously turned to water – I think I prefer my idea of what they did with the wine!!

Now, each year on 2nd May, teams of costumed men with their highly decorated horses commemorate this legend and race their teams up to the castle. Preparations begin each year immediately following the fiesta to prepare the horses, and to design and embroider the elaborate costumes worn by the horses (See the photos on the next page). Teams of four men also begin training as, in order to win the prize the team, horse and four runners, must still be together when they reach the castle gate. Whilst now the race is only over the last 80 metres, it is on an uphill grade of 14%, and the record time is an amazing 7.7 seconds – good even for Mr. Bolt!!

The day of the fiesta begins with many hours preparing the horses, grooming, plating the mane and tail and affixing the ornate coverings. Then there is the judging – firstly the best turned out horse, then the best embroidered coverings and decorated horse, finally, when excitement is at its pitch, the race to the castle. Then after an all-night party they all start getting ready for next year. All these festivities take place in the beautiful narrow streets of Caravaca old town.

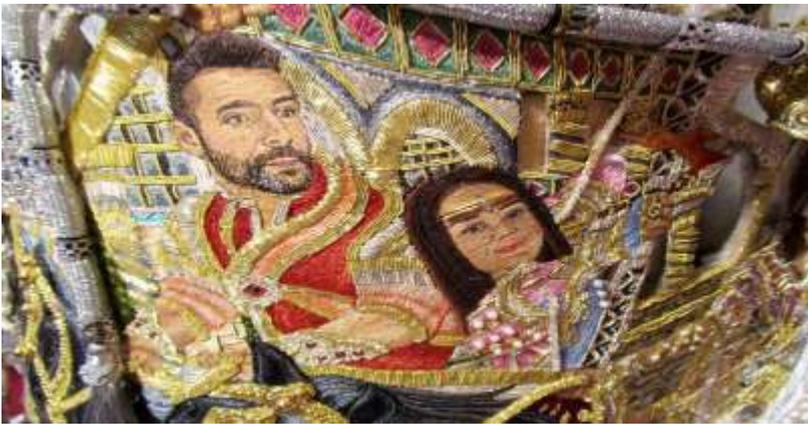
We missed the festivities this year, but after visiting the museum, seeing the video, and some of the costumes, I am sure many of use will be putting this into our diaries for a visit in future years.

All too soon our short break was over but not before we visited the Vinaelena bodega in Jumilla. The family-run bodega was founded in 1948 and is now in the hands of the third generation who produce only one white wine, one rosé and six red wines. We learnt, during an informative trip to the vines and the bodega of the different grapes that are grown, with Monastrell being the major grape which thrives on the dry sunny climate, without the need for watering. Finally, to the tasting – as we certainly needed ‘watering’! An excellent collection of table and drinking wines then joined us on the trip home. Our trip concluded with a visit to the Sanctuary of Hope, in the town of Calasparra, where a shrine has been constructed in a cave where legend says a shepherd sheltering from a storm saw the Virgin Mary.

After a good lunch most of us slept whilst our driver, and tour guide Lesley, brought us safely back to Jalon. Our special thanks to Sandra Welham for researching the sites, the excellent hotel and perfect arrangements – we are all awaiting the next trip.

Photos from this trip on next page...





If you have been inspired by Peter's interesting article about Cartagena... there are still a few places on the Galicia trip (doubles only) So please get in touch with TCET if you would like to book. So much work is put into organising these events and we do need to fill these last places.
Sonia Higginson



GALICIA

U3A Vall del Pop

19th-26th MAY 2019

2* SUPERIOR HOTEL CORREGIDOR FOR 2 NIGHTS (THERE AND BACK) IN SEGOVIA
Bed and Breakfast basis

4* HOTEL CIUDAD DE VIGO FOR 5 NIGHTS
Rua de Concepción, Arenal 5, Vigo
Bed and Breakfast basis
Plenty of restaurants nearby

Price 455 euros per person (couple)
Single supplement 605 euros
50 euro deposit required on 4th October
U3A meeting
Any special dietary requirements let me know plus any medical conditions. Need 1 passport no. or NIE no. when paying deposit.



**Photos of Segovia
Salamanca
and Baiona
which you will visit on
this exciting trip.**





KATE TAYLOR

Presentation on Health Insurance, 4th October
As we don't allow 'sales pitches' at our monthly meetings.
Kate presented a simple over-view of health insurance,
and some of the important factors to consider
when deciding on a policy.

First, she stressed the need for three basic things for a healthy life — a balanced diet, at least 30 minutes exercise every day, and enough rest. Then she explained that more and more people are taking out health insurance - particularly the ex-pats here in Spain, in order to access top quality medical help. Insurance gives immediate and direct access to health professionals, a second opinion if required, 24 hour ambulance provision, and high-tech diagnostics. With good health cover, there are no waiting lists for remedial surgery, the client can choose when and where this will take place, and private rooms with space and a bed for a relative to stay whilst they are hospitalised.

An insurance policy can also provide medical travel cover and repatriation where needed, as well as dental cover. There is usually a good choice of the level of health care insurance which will fit most budgets. A complete annual 'well-women' or 'well-man' check up should be included in your policy, as well as regular bone-density scans for women.

Kate pointed out that some insurance companies offer what is termed "a capture price". Initially, a very attractive low price, which suddenly escalates after a year or two, with premiums increasing as the client ages, or according to the number of claims. It is important to find out exactly what the terms are, before signing an agreement. This seems obvious...but small print can be very misleading—and how many of us really read it? At the end of the talk, Kate held a raffle which was much appreciated by the members present.

1st Prize—a Spa Day for two + a healthy goody bag went to Laura Terry

2nd and 3rd prizes of goody bags to Ian Morton and Elaine Welburn.

I am talking to Kate about her company possibly offering a discount on health insurance to our members, so watch out for an announcement soon. Lorraine

"Reality is the leading cause of stress among those in touch with it."

Lily Tomlin

CINEMA GROUP NEWS



The schedule for films in October and November has changed recently. DARKEST HOUR about Churchill in 1940 will be shown on 16th rather than 15th October whilst THREE BILLBOARDS is delayed until November. Please look at the U3A events list on the website for updated details.

THE GREATEST SHOWMAN on 22 October is a bold and original musical that celebrates the birth of show business and the sense of wonder when dreams come to life. Inspired by the ambition and imagination of P.T. Barnum, it tells the story of this visionary who rose from nothing to create a mesmerizing spectacle that became a worldwide sensation. The songs and lyrics are by writers who won the Academy Award for *La La Land* and the film stars Hugh Jackman as Barnum, Michelle Williams as his wife, Zac Efron as his partner, whilst Rebecca Ferguson sings brilliantly as Jenny Lind, a Swedish classical singer who toured for Barnum.

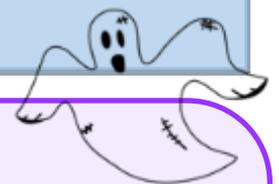


The Greatest Showman was released at Christmas 2017 but was still in cinemas in June becoming one of the highest grossing musicals of all-time.

We thought everyone had seen it, but the demand from cinema club members has been to see it (or see it again!).

So grab your top hat, dream of your trapeze and get ready to experience the greatest show on earth!

The Cinema group will be selling off some of the old DVD's of films which have been shown over the past few years. Most will be 1€ - the more recent ones a tad more...so do come along to the Greatest Show evening...and pick up some bargains.



Movie quotes...

"I've quit better jobs than this. Ghostbusters, whaddya want."

Ghostbusters (1984)

"Really. I have an interesting case, treating two sets of Siamese twins with split personalities. I'm getting paid by eight people."

Zelig (1983)

"Excuse me, sir. Seeing as how the V.P. is such a V.I.P., shouldn't we keep the P.C. on the Q.T.? Cause if it leaks to the V.C., he could end up an M.I.A., and then we'd all be put on K.P."

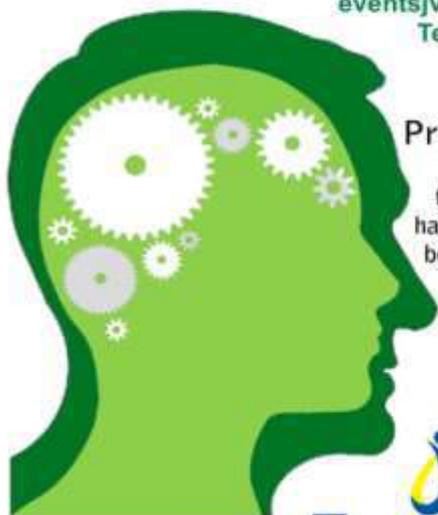
Good Morning, Vietnam (1987)

**GET YOUR BRAIN IN GEAR
FOR THE JALON VALLEY HELP
CHARITY QUIZ NIGHT!**

8th November 2018

Awraba Restaurant, Orba, 19.00 hrs

Contact:
eventsjvh@gmail.com
Tel: 635 873 133



Price 14 euros
includes:
two course meal,
half bottle of wine,
beer, or soft drink
per person



email: jalonvalleyhelp@gmail.com



Tel: 659 624 643

**★ Christmas ★
★ Bazaar ★**

Sunday 18th November,
10.00–14.00 hrs

Pensionistas Building, Xaló

Entertainment by: 'The Elderlys'
Vall del Pop Singers
Fashion Show
Fit Steps

For more information, contact:
eventsjvh@gmail.com
Tel: 634 310 415



www.jalonvalleyhelp.com Tel: 659 624 643

La Asociación está inscrita en el Registro de Asociaciones Alicante No. 1476 Y CIF G3246136



Jalon valley ARC would like to thank all the U3A members who very kindly bought our books that have been on sale at your meetings a great total of 93.50€ was raised and that will help us buy milk

for the six kittens we are bottle feeding at present. we would also like to thank Sandra and Bob Welham for their donation of 6.50€ to make the total 100€
Thank you Jayne (Secretary)

All funds raised through sales at the shop, donations and events such as the Christmas Fair, Race Night and Bag-Packing at Iceland Supermarket, are used to pay for veterinary costs, food and other animal essentials.

It is an uphill struggle to meet the constant financial demands to support the animals cared for by **ARC**.

Contact tel nos: Sally 625 985 689 -
Jayne 679 310 285

**THE JALON VALLEY ARC
CHARITY RACE NIGHT**

ON
FRIDAY 26TH OCTOBER
AT
EL CID'S BAR & RESTAURANT
BENIDOLEIG

TWO COURSE MEAL
&
ENTRANCE
15.00 euro
7.00pm start

RAFFLE
&
AUCTION RACE



TICKETS AVAILABLE FROM EL CIDS
OR

JALON VALLEY ARC CHARITY SHOP JALON
CALL 625985689 /649310285



'YOU RAISE ME UP!'

Popular
& Modern Classics
performed by:

**The Costa Blanca Male Voice Choir
Caprice, Valley Voices, Dolce Divas
& The Costa Barber Singers**

Friday 9th November, 19.30
Salón de Actos Municipal (La Cultural), Benissa
C/Pádre Andrés Ivars No 21-3ª

Donation 15€

Contact: 625 349 599, or eventsjvh@gmail.com

Sponsored by:



Reg. Charity No. 7699 Y CIF G53546156

*How many tenors does it take to change a light bulb?
Five. One to do it, and four to say, "It's too high for him."*

*What's the definition of an alto?
A soprano who can sight read.*



Happy Hallowe'en everyone, see you in November

