

NEWS4U ! - THE SMALL ONE FOR DIAL-UPPERS.

- all the news from the newsletter , without file-consuming graphics. April 2011

TAI CHI DEMONSTRATION

At the last General Meeting, U3A members were treated to a very calm and controlled display of this ancient Chinese system of gentle exercises . Teacher Krystina Rogers and her husband, Mike encouraged their U3A group to show the audience how beautiful and flowing the routines can be. Congratulations to the whole group for showing us their expertise !

Tai Chi is thousands of years old, but it is only fairly recently that the medical profession are recommending it for a whole range of disorders including diabetes, arthritis, rheumatism, fibromyalgia, heart disease and stress. Krystina runs groups for all levels on a Friday morning in Alcalali—details on the

FOR SALE

YOUR U3A NEWSLETTER HAS A NEW SECTION STARTING THIS MONTH!

We will advertise your articles for sale—or wanted. Just let us have your text by email before the 6th of the month.

Pair of peachfaced lovebirds, 5 mths old. (Miniature parrots with big personalities) 25€each. Mum already has another clutch! TEL 966 480 879 or 679855198

Second-hand Optolyth TBS 80 telescope,30X lens in good working order: complete with case. Price: €350 o.n.o. Bill Bradley - bilbrad@hotmail.com Tel : 96 573 1091

Two "Jet2" air tickets from Alicante to any chosen airport in the UK used by this airline. Vivien Johnson has a number of vouchers in units of £100 and £10, selling for €100 and €10. Booking must be made before July 22nd for flights of your choice in dates. Email johnsonmnv@gmail.com.

A FEW WORDS FROM THE PRESIDENT

' I must say what an honour it is for me to take up the position of President, for U3A Vall del Pop, and having been on the last 2 committees where so much eager talent was present.

I must say that the present committee has a consistently talented group who bring enthusiasm and skills to provide you with a proactive and fresh approach to your U3A.

We have changed the name of the 'wish list ' to Group Development Fund to better reflect what it is there for, and to make applications for the groups development more straight –forward to the committee. Any application should be to Harry or Jean, Groups Co-ordinator and Assistant Groups Co-ordinator, with a copy to the Secretary or Assistant Secretary, Sandra or Graham. An application form is being devised and will be available through the Groups Co-ordinator shortly.

The U3A, which Sandra and I joined some 3 years ago, has enabled us to pursue interests and meet a wider circle of people from different backgrounds, all of which are like-minded in their life styles in the area.

I would encourage you to take full use of the groups and activities that are on offer and are continually expanding and to develop a network of 'friends' who will be there if you have a problem.....No man is an island and all that.

Thank you for your support.

Bob Welham

BARN DANCE THURSDAY 3RD MARCH 2011

What a night !! Around 60 U3A members enjoyed a wonderful evening dancing to the music of the Shamrockers Group in the Ballroom of the Esmeralda Hotel, Calpe.

The dancing started at 8 p.m. and finished at mid-night, with a supper break at 9.30 p.m. The supper was tasty and generous and in addition drinks were reasonably priced.

The caller was brilliant and we danced the night away with such dances as “Strip the Willow, Virginia Reel, Lucky 7 and 8 Around 8”. It was great fun and when you fall about laughing it really does you a power of good.

Personally, this was my first barn dance for many, many years but I can wholly recommend it as a good form of meeting people. Don't forget to come along to the next one. You won't be disappointed.

Ann Williams

DO YOU HAVE ANY BOXES OF CHOCOLATES (EVEN THOSE HALF-EATEN ONES WITH YOUR FAVOURITE CHOCS MISSING!) OR TALKING BOOKS ?

Michael Bulleid and his “Pop-I n” group do a very valuable job, visiting lonely older people in a Calpe home. They would appreciate anything which will add warmth to their lives. Ring him on 96 550 2013

Jalon Valley Help May Fayre....Sunday15th May . Can you help?

We have booked a stall for this event. What we need now are your ideas?

Let us know your fund raising idea. Ring Sandra 96558135 or email secretary@u3avalldepop.com

KNOW YOUR COMMITTEE !

Over the next few issues, we aim to introduce you to the new U3A Committee. President Bob told us about himself last month, and now Vice-President Peter Ryan and publicity man Bruno Goffin tell us about themselves ...

Peter Ryan - Vice President since March 2011—

Born 1948 in Doncaster. I spent the next 18 years moving around the South Yorkshire coalfields as my father progressed through the ranks of the NCB. At the age of 10 My father took me down a mine one Sunday morning. This prompted a momentous decision - no way was I going to work ‘darn't pit’. I attended a Grammar School where I learned the greatest skill of my life to date, how to play rugby. I continued playing until I was 40, the second spell of walking round with my neck in a collar persuaded me it was time to pack it in. I am now an armchair player so I know what every player should be doing at all times!

My academic education ceased without accolade age 17 and off to Farming College I went. As an educational venture this was a failure but was the most important time of my life as I met my wife to be, Rhonda. We married when I was the tender age of 21, she a mature 22. We are still together. After a few years working as a herdsman I joined Sussex Constabulary which changed to Sussex Police at great expense and absolutely no difference to anything. I had a wonderful time and reached the dizzy heights of Sergeant. I was in uniform for my 26 years service which covered town country training and city (as Brighton and Hove became).

In 1999 we moved to Spain, a small apartment in Moraira. We started a small villa cleaning service and I ran an urbanisation. This soon palled and we started to look around for somewhere with a bit of land. We travelled the length and breadth of Spain but eventually found our nirvana in the hills above Jalon. It was love at first sight for both of us. The place was a junkyard! The previous owner had owned a skip hire business and I think most of the contents of the skips ended up at his home. He cleared a lot of it and we cleared much more. The house and gardens were all unfinished. We have spent the last 10 years finishing and developing. We have chickens, ducks, cats and dogs and a large Vietnamese pig called Bessie (she was left by the last owner) We have recently sold our herd of goats, but only yesterday we were talking of how much we missed them, so watch this space!

Bruno Goffin - Publicity Secretary

In 1943 I decided to come to Mother Earth in the Flemish city of Antwerpen. Having been a working student, I graduated as a teacher from the University of Gent in 1966. Opening a pilot store at Staples' Corner in London in 1980, I introduced the Leatherland franchise concept for leather suits in the UK.. With the help of the Guinness Mahon merchant bank, we launched a very successful business expansion scheme. A bit later I got in touch with a brilliant teacher in clear canine communication. Her name was Babette and she was my first Labrador bitch. Since then it has been my privilege to help many hundreds of dog owners on the long and winding road to a better understanding of their pets. Some people call me a dog whisperer, but I prefer to call myself a dog listener. Today my dogs are still my teachers.

DID YOU KNOW ?

More information on M&A Assessors on the corner of Jalon Petrol Garage — Compare their fees. One is tax expert Astrid Moncho Monserrat, the other is Mavi Avella Alos, the solicitor. 96 648 06 29

TRAVEL INSURANCE

Rock Insurance is a UK website on 0844 428 3394 extension 2833 (Tracey). Their rates are worth looking at, for example for: 2 people aged 67 and 62. Worldwide. Annual. EU residents. £100.24 (For anyone under 60 it comes down to £58).

THE PROVINCE OF ALICANTE EUROPEAN RESIDENTS UNIT

More than 15% of all Alicante residents are 'ex-pats' from across Europe and the above unit has been set up with the brief to help all European Residents to integrate into the Spanish 'system'.

Two very detailed booklets, in English, are available from local HELP shops:

Handbook of the Province of Alicante for European Residents, and
Resource and Information Guide for European Residents.

For personal copies send an e-mail request to residenteseuropeos@dip-alicante.es. Their website address is www.residenteseuropeos.com.

ALICANTE CAR PARKING Probably the cheapest rates Claus Parking tel 965 680 941

NEW DISCOUNT OFFERS EXCLUSIVELY FOR U3A MEMBERS

(Full details on the website)

ART Y FACTS

A wonderful craft studio at the Arenal in Javea. Courses too!

HIGH STREET HEAVEN

All your UK reliable brand-names, already at amazing prices, even before the discount! At the Inn on the Green near Benitachell.

ORBA GARDEN

On the Benidoleig road—a family-run garden centre

ETERNAL HEALTH

Natural health products from a Lliber-based supplier with her own website.

Remember—you will need to prove your membership to get these offers, so always carry the card!

TOO SECURE?A SAD TALE.....BUT COULD THIS HAPPEN TO YOU?

By Graham Quirk

Denia Help recently advised us of a lady, living alone in a nearby town, who had suffered a stroke. She had been able to contact the ambulance service, but unfortunately was not able to unlock any of the four locks on the door to her apartment. The fire brigade were eventually called but as she lived on the second floor the only way to get into the house was via their extension ladder up to her balcony, and then in through the patio door.

From suffering the stroke to arriving at hospital had taken five hours, a time which could have had a tragic outcome. In the event we are pleased to advise that the lady survived, but it does raise a number of questions regarding security in the home:

1. Where possible a spare front door key should be left with a neighbour, as the emergency services would undoubtedly check with the nearby neighbours if they need to get in.
2. After locking your door from the inside always remove the key, but keep it near the door. A key on the inside would normally prevent entry by a key from the outside.
3. Are additional locks on the inside of your door really necessary?
In the circumstances outlined above they prevented entry by the emergency services?

PERSONAL EMERGENCY SITUATIONS

The following suggestions might be useful :

1. The Red Cross are able to supply details of home personal security buzzers, which connect to an emergency centre, and which can be pressed should an emergency occur.
2. Enter the name "ICE", in capitals, into your mobile and then a number to be contacted 'in case of an emergency'. Emergency services know to check mobiles for this number.
3. Persons with serious medical conditions already know to carry with them at all times details of their name, blood group, essential medication, emergency phone number etc. .
Why not the rest of us?

The local Lions club have produced a very informative document, entitled "Data Link EMERGENCY INFORMATION", on which you write your personal health details. The document comes in an easy to carry plastic wallet and the local Help Shops carry a small supply.

A WORD OF WARNING

Persons with Private Medical Insurance contracts should also register with the Spanish Health Services. We have been advised of one ex-pat who did not register and ended up with a bill in excess of 20,000€ for a course of chemo therapy, an exclusion under her Private Medical Insurance contract! Younger spouses of those of retirement age may also be eligible for this "National Health Scheme".

**Careline Theatre's production of Sand Castles by
Bob Larbey, directed by Jim Sissens, plays their
Alcalali theatre from Thursday 26 to Saturday 28 May.
Curtain-up each evening is at 8 pm.**

This gentle comedy illustrates once again how brilliant The Good Life writer, Bob Larbey is at bringing together the 'haves' and the 'have-nots' for our amusement and pleasure. In Sand Castles his 'haves' have beach huts and his 'have-nots' have to make do with the public beach.

Tickets are priced at 12 euros with a 10% discount for party bookings of ten and over and are available from the box office on 652 294 750.

www.carelinetheatre.com

WHAT'S ON ?

MAY 3rd.

3-day 2-night Trip to Cartagena in 4-star hotel a few minutes walk from the beach. Breakfasts and Evening meal plus a spa visit included for only 99.50€ per person. Now fully booked, but Annie has a waiting list. 965 732 771

JUNE 9TH

Day trip to Alicante to enjoy a day out sightseeing, shopping or adding a little culture to your life! 10€ Call Sandra.965 581 353

JUNE 10th.

QUIZ NIGHT ! Bar Nou, Senija at 7.30. Only 10€ includes the marvellous fish and chips, AND prizes! Teams of 4 drawn from a hat on the night. Book fast – these places go very quickly! . Anne and Derek. 966 481 069 after 5pm

SEPTEMBER 13TH—16TH

4-day trip to Barcelona. With guided tours and plenty of free time. Three star hotel , bed and breakfast. 235€/per person. Tel Sandra 965 581 353.

NOVEMBER 24TH

Day trip to Orihuela , 19 euros. Guided tour included , places of interest we hope to include are Church of Santiago, City walls, Subterranean hall, Church of Santa Justa y Rufina, Palace of count of la Granja , Cathedral. Lunch in Casino (optional extra) and afterwards visit the Convento Santo Domingo. If you would like to go on this trip please Tel. Annie on 965 732 771 or book at next meeting.

FUTURE U3A GENERAL MEETINGS	MAY 12TH	Carlos and Virginia talk about “Moviments”, a co-operative in Murla selling organic produce. Plus display by the card-making group.
	JUNE 2ND	Talk by a physiotherapist who specialises in working with animals.

HOH ! - HELP OUR HEROES !

Keith Deacon (who is a U3A member) is a keen supporter of the charity Help for Heroes and has been organising a series of fund raising events for this very worthwhile cause.

One of his future events is to be an

AUCTION at EL CID in BENIDOLEIG.

This will be held on 22nd April. He is keen to collect as many goods as possible to auction on the day.

If anyone has items to donate to this very worthy cause,

please contact

Keith on 96 558 1472

Amadeus in Merrie England

“A sideways glance at all things English.

Saturday 30th April 8pm
At Casa de Cultura, Orba.

Tickets are normally 12€ but Eve Fisk on 96 557 7463 has them at 11€ for U3A members.

***DON'T FORGET! We are back in Jalon for the general meeting next month - note the date!
We meet on the SECOND Thursday of the month (NOT the first as usual!)***