

NEWS4U! - THE SMALL ONE FOR DIAL-UPPERS.

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

HAVE A GOOD SUMMER - No newsletter after this until September

JUNE MEETING - AND A SPEAKER WITH LOADS OF ANIMAL EXPERIENCE

Report by El Barbado.

The speaker for the meeting, Ellen Mitschke, presented an absorbing talk on Physiotherapy for Dogs and People. She explained that she had worked with people for 18 years and had qualified last year to work also with dogs. The similarities in anatomy between people and dogs were identified and Ellen emphasised that the techniques used were also very similar between the species.

Ellen, the clarity and comprehensive of whose presentation belied her native German, provided a thorough explanation of Orthopaedic Manual Therapy; Lymphatic Drainage and (Swedish) Vibrosphere therapies, together with photo slides of dogs and humans undergoing treatment.

In Orthopaedic Manual Therapy, the importance of tests prior to treatment and the importance of movement of the affected area was emphasised , as well as obtaining as much data and information as possible from the vet and the owner on the complaint. Dogs apparently recover from trauma injuries more quickly than humans.

Her confidence in the techniques and treatments she employed was emphasised by pictures of her own dog Luna and her own mother under treatment. The understanding and trust she had experienced between her and her dog clients was quite remarkable, with one dog, by rubbing its back against her leg, telling her it had a back problem in addition to the complaint she was already treating it for.

More information in English is available at www.physio4dogs.net (which is well worth a browse

HELP MAY FAYRE

Thanks to all those who spent a cold, wet day on the Jalon rastro to help raise funds for HELP. Even with last-minute planning, the U3A managed to raise 61€!

A New Pottery Group ?

Are there any U3A members out there who have an interest in pottery? We have had a query from a member who would like to start up a new group. She has no previous experience, but would like to learn, so hopefully we have a closet potter or two in our ranks. Are there any takers?

Ken and Dierdre eat your hearts out!

ORGANIC MURLA - by Pat Thorpe

The highlight of the meeting in May was the talk on Organic Existence based in Murla. This was led by Fernando, Virginia and Chi, with a further talk and translation by Trish. Bruno gave a good preamble on the subject which was followed by a short video explaining the thinking behind the group. Their aim is to promote the growth and sale of genetically free fruit, vegetables and other food products with members buying into the system with a "pod". This enabled them to order and to collect their items from their local representative, or to shop at the market in Beniarbeig

This was followed by a talk given by Chi. He is a holistic doctor, originating from Argentina, but having travelled and studied in many places including India. He gave a very interesting talk on holistic medicine.

... AND MORE ... As the meeting in May was not particularly well attended, we asked Trish for a little more information to pass on to the members who couldn't be there. She tells us that she is in the process of compiling a newsletter, and would welcome suggestions or comments. Their organic organisation is called Moviments, and they have a Valencianan website at www.moviments.org.es. For more details, Trish can be found on 966480138 in the evenings.

Pirate Party at Bar Nou

Wednesday 11th May saw the first invasion of brigands and vagabonds to the area for several hundred years. There was no need to worry however as this was not due to fleets arriving in Calpe or Moraira, but due to the pre cruise get together.

This was yet another fine evening of ribaldry organised by Ann and Derek Martyr, and was to enable those U3A members who are signed up for the forthcoming cruise in October to get together and meet one another.

There were many fine costumes and the evening ended in them being judged, with prizes being awarded for the best. This was won by Sylvia Parasram, who quite frankly looked more like Johnny Depp than he does!!

If this evening is a precursor to the cruise, then we are all guaranteed a fine time.

PHEW! THANK YOU, COMPUTER GROUP !!

The U3A Computer group is considering putting in a section to it's website (www.silversurfers.com), for any members who have problems or queries relating to computer subjects. There are many members with varying degrees of knowledge and competence re computing and it was felt that there must be many times when pooled knowledge would be of benefit. The idea is to lodge a query on the website and for one of the four leaders of the group to be able to publish an answer. This would obviously be of benefit to group members and non-members alike.

NOW CRISTALERIA BENISSA ON THE INDUSTRIAL ESTATE ARE OFFERING MEMBERS 10% DISCOUNT! SEE WEBSITE FOR DETAILS.

A FEW WORDS FROM THE PRESIDENT

“ Vall del Pop, University of the Third Age (U3A) celebrates the fifth anniversary of its formation this year.

AT this very moment, somewhere in the Vall del Pop, a group of people sit together, deep in discussion, analysing and sharing their thoughts. Somewhere else, another group of people may be playing bridge, canasta or chess.

Perhaps, another group might be out with the Wednesday Wanderers, on a walk, sharing their observations on the environment they are exploring together.

Each person is enjoying the opportunity to share with others their own store of knowledge and experience...this is U3A!

When we consider how time flies, it is a sobering thought that we will be celebrating our 5th Anniversary on the 4th October.

During these 5 years, it makes interesting reading, from the general meeting archives, of the hard and dedicated work that those early pioneers spent with a vision to arrive at the active and proactive organisation of which we are now all proud to be members.

Paid up active members were at the last count 419, with some 42 groups. Future group ideas could include taxidermy, leeching, and hand gliding, the sky is the limit.

Back to a serious note, we would like to start the 5th Anniversary with a programme of activities for us all, the community in which we live, and charity aspects.

We would welcome any suggestions for any activities. With your input we can make this year a special time for all its members.

Contact a committee member if you would like to help. Come on we need your ideas!

We have had the last meeting before the summer break. We hope you all have a relaxing time, travelling, visiting friends and family and we look forward to seeing you and hearing of your experiences in September. Remember that the next meeting will be on the 8th September.

Bob "

CONGRATULATIONS !

- to Peter and Shirley Bambridge, who have recently celebrated 50 years of marriage ! They are off to Canada to celebrate this golden achievement!

ITEMS OF INTEREST FOR THE NEWSLETTER ?

If you have anything you would like to share in the newsletter, let us have it in a Word document, about 200 words or less by the 6th of any calendar month. Send to pands_thorpe@hotmail.com.

GENEALOGY EXPLAINED -

By Group leader Angela Vickers.

There is a lot more information available on the internet these days which can make your research fairly easy, but not all the information is there waiting for you to log into, sometimes you have to take a different approach to find what you want. Parish Registers are not the only source. It could take some years to discover a way back and everyone hits a brick wall somewhere along the line, but you occasionally get those 'eureka' moments.

One such moment for me was while researching by husband's surname of Vickers. It took us quite a few years to get back to around 1780, as nothing was on the internet when we started. There we stuck, unable to discover the baptism of an Edward Vickers c1761, we searched all the parishes in the areas of London that they had lived without finding him. His son Edward born 1807 married Mary Cronin. Edward died in 1858, and his wife Mary died in the workhouse 1878, so I decided to see what more I could find out about her time in the workhouse, unfortunately the records for the workhouse no longer existed for that year. A further search found some statements that had been made by people entering the workhouse, these were usually inquisitions to find out if the entrant originally came from a different Parish so that he/she could be returned there instead of becoming their responsibility.

Mary's statement was in 1868 and said that 'Husband not apprenticed. Son of Edward and Ann Vickers his father was a Sawyer he never kept House to my knowledge he was a Native of Buckingham. None of husband's relations living. I never was yearly servant. I am the daughter of Martin & Mary Cronin father died in this workhouse more than 20 years ago. He used to Blow the Organ at Trinity Church, St. Giles'

So in a totally unexpected source, there it was. After 8 years of searching we had discovered where Edward had been born, we found him in Little Horwood and now have the line back to c1693.

WANTED - Exercise bike, preferably with adjustable seat and various programmes. Suitable for large man (6ft and 16st approx) & small woman (5ft 2" & 9st 6lbs.)

FOR SALE

Mercedes Benz sportscar, SL 320, 1997, 100.000 km approx., repainted not long ago, very good condition, €6900.00. Contact: 965 97 32 86 (best early in the morning, lunchtime or evening)

A TRIO OF TELES ..

14" Sanyo 15€ - 22" Blue Sky 25€ - 32" Thompson 50€ ONO.

All look good, if a little bulky compared to the latest models. Call Rod on 605 231 331

Three Day Visit to Cartagena

56 'young at hearts' excitedly boarded the coach in Jalon car park at the unearthly hour of 8.30 a.m. on what promised to be a beautiful clear day. Antonio our driver took us down country to the region of Murcia.

On arrival at our destination we piled out of the coach and dispersed either into the archaeological town of Cartagena or for a stroll into the port where some of us promised ourselves a trip on a boat if time allowed later in the week. Time for a spot of lunch and a bit of sightseeing. The bus later collected us and we were on our way to our hotel Costa Narejos in Mar Menor. The accommodation was 4*, included breakfast and evening meal, also the free use of the Spa if we so desired. We unpacked and readied ourselves for an enjoyable evening meal and social gathering.

That was Tuesday. Wednesday was a tour morning with an excellent guide, called Pedro (El Gordo). We learnt that Cartagena was a 1000 yr old city with many archaeological sites and museums, in particular the Roman Theatre and the City Hall: a city where history and culture could be relived. We were very impressed by the cleanliness and calmness though there were many group visitors taking in the sights of this beautiful architectural city.

The rest of the visit provided for free time and yes quite a few of us availed ourselves of the promised boat trip on our last morning.

We arrived back safely in Jalon tired but happy having benefitted from the fresh sea air and lovely Spanish weather. As someone remarked ... what a lovely time we had, lovely company, lovely food and a lovely city.

By Val Blakeman

Money bags

This year, July has 5 Fridays, 5 Saturdays and 5 Sundays. This happens once every 823 years. This is called money bags and is based on Chinese Feng Shui.

This year we're going to experience four unusual dates.

1/1/11, 1/11/11, 11/1/11, 11/11/11 and that's not all...

Take the last two digits of the year in which you were born - now add the age you will be this year. The results will be 111 for everyone in whole world.

This is the year of the Money!!!

In previous issues, we have featured a recommended tax accountant. We have now received a members' update

"Mine was a simple tax return with Astrid at A&M in Jalon. Fees: either 40 or 60 euros: mine was 40."

BIG THANKS TO BYRON

In appreciation of the work in setting up our News Letter a presentation was made to Byron Dawson at a meeting of the Astronomy group meeting.

It had been planned to give the vote of thanks at a general meeting but unfortunately his commitments has made it impossible. Byron along with Madeleine set up and ran the News Letter entirely from scratch, producing immediately a publication equal if not better than any publication put out by any U3A..

The retired president thanked him for his commitment and wished him well for the future. Byron continues to be active in our organisation as leader of the astronomy group as well as participating in many others.

This month we have received the following disconcerting email from one of our members ... It is so worrying, here you have it in its entirety ...

I thought our members maybe interested to know of my experience of a locksmith I used just a week ago. I live in Senija.

My granddaughter locked me out of my house. Now my key was on the inside of my door so another spare key would not allow me to open it! On my drainpipe there has been placed several companies to call with a 24 hour service. I called Techiniexpress about 2.30pm. They asked where I had got their number from and I said from a sticker on my drainpipe, they said they would be here within 30 mins. I was not told that they add a surcharge of 60€ if they get to you within the 30 mins! They arrived in 20. I was charged 30€ for a call out plus 60€ as they were in the 30 mins of my call. 140€ to drill out the old lock and replace with a new one plus 40€ for the keys. A total of 270€ without iva! I feel I was done big time. Maybe some fault of my own as my Spanish is not that good but none the less I thought people should know to ask the price before asking for their service. Also a probable mistake was to pay without a factura so paid no iva as now I have no proof to go to Omic with. A lesson learnt!!

Anne McLaughlin

DISCOUNTED CAR PARKING AT EL ALTET AIRPORT.

More details will be on the website soon, but we have (literally) just heard of a company offering special discounts to our U3A members when parking at the airport in Alicante. They are COASTLINE PARK AND FLY, are on the list of U3A Torrevieja's discounts and offer proofs of legality, having been in existence for 15 years. Discounts are up to 21% for a 7 to 28 day-stay, for example 9 days cost 32€ and 21 days cost 45€ with transport to and from the airport and a car wash thrown in.

Ring 96 679 93 26 for more details and to book. You will need to show your membership card when leaving your car.

This seems like a very good deal and very genuine. If anyone uses it, we would welcome comments for publication in future issues of the newsletter. Please don't forget !!

KNOW YOUR COMMITTEE ! Continuing our monthly delve behind the scenes, hard-working secretary Sandra tells us about herself....

Sandra Welham. Proud to be Secretary of U3A Vall del Pop.

I grew up in the West Midlands, and went to Anstey College of Physical Education to complete my teacher training. Yes, I know it's hard to believe that I taught PE for over twenty years.

Bob and I met in 1981 and things have never been the same. After only 3 months of being married he moved to Jeddah, KSA leaving me to follow three months later. This time was certainly an exciting one. Yes, I had to wear the abayah (Black silk over-gown) but you get used to it. I had a very full life with learning how to scuba dive, ride a power boat (out of sight of the coast guard), lace making, all whilst teaching at the International school. Whilst in Jeddah we brought our first holiday home in Tenerife, and this gave us a taste for Spanish life.

On our return to the UK we moved to Bath and I quickly realised that I would have to develop my teaching skills and started teaching Religious Education and Life Skills. Yes, again not sure what has surprised you most, teaching RE or Drugs, Sex and "Rock and Roll!"

I retired (early) nearly three years ago and haven't looked back. Its given both of us a chance to enjoy travelling and Spain certainly has a lot to offer.

I became your secretary over two years ago and there is never a dull moment. It's fantastic to see how our U3A has grown and how much it has to offer its members.



Pearls of Wisdom

" One of the very nicest things about life is the way we must regularly stop what ever we are doing and devote our attention to eating".

Luciano Pavarotti.



" Come to the edge ", he said.

They said " We are afraid"

" Come to the edge ", he said

They came.

He pushed them.... and they flew.

Guillaume Apollinaire.



We learn wisdom from failure much more than success.

We often discover what will do by finding out what will not do.

And probably he who never makes a mistake never makes a discovery.



Samuel Smiles

From the minutes of the last General Meeting ...

DEPUTY PRESIDENT, PETER RYAN, TO CREATE A VOLUNTEER CORPS.

Peter has come up with a plan which he hopes to initiate in the future, and form a new group with 3 aims:

1. Identification of members who need assistance. Through an organisation of members to provide that assistance.
2. Identification of persons throughout the U3A catchment area who need assistance, and with their consent alerting appropriate agencies
3. Participation in community projects in the U3A catchment area.

All this is going to need a great deal of thought and organising. Peter will need a group leader, a co-ordinator, village co-ordinators for every village and volunteers. If you feel you can help him get hugely worthwhile scheme off the ground, let him know on peterxalo@hotmail.com

5TH ANNIVERSARY CELEBRATIONS!

U3A secretary Sandra is busily thinking about how to celebrate the 5th anniversary in October. How about a year-long series of events? Do you have any ideas? We could organise sponsored walks, a photographic competition (with the best 12 pics going into a calendar), barbeque, subsidised party. Etc. Sandra would appreciate any ideas / offers of help on secretary@u3avalldelpop.com or 965581353.

GROUPS - GROUPS - AND ANY MORE GROUPS ??

Harry Roskoss is just waiting to hear from you! He needs folks interested in playing tennis, gardening/flora in Spain, and Spanish history. He also would like to hear from anyone who has accumulated management skills and who would be willing to help organise keen groups with currently no leaders. Even though September seems years away at the moment, please help him if you can, and send him your thoughts on harryroskossu3a@yahoo.co.uk.

CARD MAKING GROUP NEWS.

Following the success of their demonstration at the General Meeting last month, Rena from the Card-making Group has written to tell us about the group ...

The U3A Card Group meets Mondays, fortnightly at members' houses. We are a self run group open to any ideas as to skills or techniques that can be used to make cards.

So far we have had demonstrations about Pergamano (a delicate, almost lace like work with parchment). Various types of paper folding, tea bags (it is amazing the beautiful things you can do with little squares of paper) - Kirigami, (delicate folds and paper cuts) and Iris folding (think of a camera lens effect only in paper).

The U3A has recently helped us to purchase a "Big Shot" cutting machine and we in turn saved to fund the accessories needed. We have recently demonstrated some of our work at a U3A monthly meet and are pleased to have sold some of our cards, (more euros to the card group fund). This machine will give us a whole new approach to working with paper. Watch this space!!

We are a group that is communally led (everybody has the opportunity to lead for a few months at a time). We openly share ideas, problem solve and generally have fun. If you would like to know more or have a skill to offer or are thinking of joining us please contact Sandra Peers on 96648 2825 or Rena Roskoss 96648 0321. You would be most welcome.

WHAT'S ON ?

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

JUNE 24TH

Javea Players present their summer play and BBQ. At La Micheta Restaurant. A Mad Breakfast— a comedy. 8pm 16€ This is always a popular event, and places are limited. Tickets at the May meeting, or ring Derek and Anne (after 5pm) 96 648 1069

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.

SEPTEMBER 30TH

Another great quiz night! Details as before.

NOVEMBER 24TH

Day trip to Orihuela. 19€ Guided tour included. Places of interest : Church of Santiago, City Walls, Subterranean Hall, Church of Santa Justa y Rufina, Palace of Count of La Granja, Cathedral. Lunch is an optional extra. Afterwards visit the Convento Santo Domingo. Tel Annie on 965 732 771 .

FUTURE U3A GENERAL MEETINGS

8th SEPTEMBER - Paul Whitfield, a firefighter in his previous life talks about his experiences.
6TH OCTOBER - A Spanish historian will tell us about the expulsion of the Moors from Spain.
3RD NOVEMBER - Candy Wright from Careline talks about the history of pantomime.

Concert for the Orphanage.

Future speaker Eric Olverton would like you to know about a concert being held on the 25th June.

The reason he cycled across Africa was to raise money for an orphanage in Port Elizabeth, S.A.. This concert is for the same cause; all monies will go direct to the orphanage.

We shall hear from the 30-member Costa Blanca Male Voice Choir, Jane Betsworth (soprano) who sang with the Scottish Philharmonic and is flying over specially from the UK to sing for us, and John Butson (trumpet).

The setting is quite special and I am sure the evening will be wonderful. Tickets are 10 euros each.

Ring Sandra for more details 965 581 353

More Forthcoming Events

Weds 8th June at Inn on the Green, Javea. Health, Beauty & Wellbeing Day, 11am to 4pm, raising money for APASA (Javea Dog Pound) Lots of health & beauty treatments to try and products to buy. Email Nicola at info@highstreet-heaven.com for further information. (High Street Heaven is also on the U3A Discount List so worth a visit)

Weds 15th June at Javea Golf Club, Raising money for EMAUS, 11 - 5 pm. (Being organised by Lliber residents) email nylagill@terra.es for more information

Carol Lockhart
96 573 2607 616 103 167