



CHRISTMAS QUIZ AT BAR NOU

The evening began ominously. As we were getting ready I glanced at Derek and thought "shorts? Why is he wearing shorts?" He explained that it would be prudent to be decently clad underneath his Santa outfit. Good thinking, as it happened.

His Santa outfit wasn't new and of dubious quality. By the time we had driven to Bar Nou in Senija the trousers had become transparent in some places and developed holes in others.....more than a few eyebrows were raised when we arrived.

'Holey' Santa aside, the Christmas theme was warmly embraced by a few of our 48 quizzers. One team decorated their table with lights, glitter and special napkins, others wore Santa hats, tinsel necklaces, festive earrings, red dresses and jumpers. However, David Brain and Theresa Boyle astounded us all as they entered the bar in their impressive outfits of Christmas Fairy and Christmas tree. David looked especially cute in his long flowing dress. (I think trips to the Gents might have been a bit of a trial though!) They were our very worthy winners of the chocolates and Cava.



All the quiz questions related to Christmas in some way or other. Even the 'Bonus question' concerned the amount of mince pies purchased during a particular year! Mike Burke was delighted to be the nearest to the answer of 175 million!!

Congratulation to our prize winners -

- 1st The Snowmen
- 2nd The Pheasant Pluckers
- 3rd The Brandy Snaps
- 4th **Santa's Little Helpers**



After our fish and chip meal we all sang 'The 12 Days of Christmas' led by Bob and Sandra, I thought we sounded great but a second rendition was declined for some reason.

The evening's exertions sadly got the better of Santa's trousers. They had disintegrated and were quite beyond repair. Upon returning home they were abandoned in a corner and have since made their way to the basuras.....

Anne Martyr.

(.....anyone seeing a festively dressed cat in the area, do please send us the photos.....

Lorraine



Choir news and forthcoming diary from Maureen Quirk

Last week our Casual Choir performed at the Jalon Valley Help Christmas Bazaar, and was very well received.



On Thursday, we were invited to sing Carols at the Benimeli Residencia which the residents enjoyed enormously. They loved our silly hats, and many of them joined in enthusiastically.



13th December the choir will be at the U3A general meeting from 10.30 onwards.

14th December at 7.30pm the choir will be joined by the Parochial Spanish Choir, from the local church, with a lantern procession up the Calle Mayor to the Plaza. Could we please encourage as many U3A members as possible to come to the square to listen and join in the carols. Some carols will be in Spanish but you will recognise the tunes. Wine and mince pies will be available to all who attend.

On behalf of the Casual Choir we would like to wish all members a Merry Christmas and a Very Happy New Year.



YOGA CHRISTMAS PRESENTATION

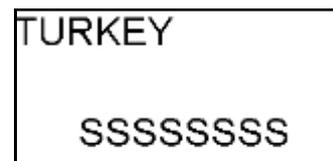
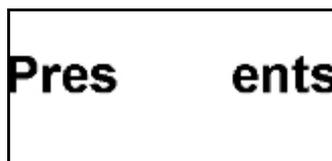
Trudi has been teaching us Dru Yoga since September, running 2 very enjoyable classes on Thursday afternoons. These are held in the Dome in Alcalá. We feel very fortunate to have such a lovely teacher and such a wonderful location for our sessions. Wanting to say a big thanks to her at Christmas we all collected to buy a bouquet as a mark of our appreciation. This was a complete surprise to her and received with delight.

Anne Martyr.



CHRISTMAS Dingbats

Dingbats are visual word puzzles from which a well known phrase or saying has to be identified. What are these? Answers are somewhere in this newsletter written in blue.



VALLEY VOICES NEWS

Group Leaders: Joan King and Jennie Tollan

965518377 or 965581519

OR joanstockking@yahoo.co.uk

Location: Casa Julio, Parcent, but may change to the

Music Room, Jalon, in January

Meeting time: 10.30 to 12.30 Monday



We are a new choir which started in October 2012 with about 20 enthusiastic members of mixed musical ability! We have an excellent choir mistress, Eileen Lightfoot who keeps us in order. She plays several musical instruments, writes her own music, and has a great sense of humour. Her husband, Gordon, is a top man on the keyboard too

Like all choirs we seek to boost our numbers. Young and old. Male or female. Please contact the group leaders directly if you are interested. They would be delighted to hear from you, and give up-to-date information.

Details of our first public performance - watch this space

Our repertoire includes: Catch a Falling Star, Hey Jude, You Raise me Up, Feeling Groovy, Snow is Falling ... and various Seasonal songs



QUOTE OF THE MONTH

Vincent Simone on Strictly It Takes Two

“it was very good, we got a standing ovulation at the end”



21.12.12

The Mayans believed that the world existed in 26,000 year cycles, and the current cycle ends on 21.12.12.

There have been plenty of doom-laden end-of-the-world scenarios offered, as well as polar shifts, Galactic Beings landing, teleportation to other solar systems.... to a shift in humanity so enormous that everyone is instantly telepathic and all wars will cease forever. (Now that would be nice!) A more rational approach suggests that the central focus of the 2012 prophecy is for humanity to confront our severe disconnection from Nature, and re-establish our harmonious interconnection with all of life that

we may awaken our human potential and align with the next evolutionary stage that Earth is entering. As supreme masters of time, the ancient Maya understood the power of calendars to harmonize the human being with the natural cycles of the universe and access the wisdom of the Cosmic Whole. Today, people all over the world - in over 90 countries - are aligning with Natural Time cycles to guide and empower us during these critical times on Earth, supporting us to activate the cosmic potential of our humanity.

Have a good end-of-world party, and see you all on the 22nd!

Lorraine Barker

Dear Members,

The time of year has arrived when we look forward to Christmas and the New Year.

I always tend to look back to all that has happened in the year, both good and bad, and look forward to the new year, as a new start.

It is always sobering to know that at some point, this time will be looked back on as **"the good old days"**.

My sentiment is that it is a good time to be enjoying retirement and all that it offers.

U3A Vall del Pop is now in its 6th year and we have grown to over 700 members, and still growing. We must be doing something right! I feel that we offer so much to our members, and with the membership still being at 5 euros, where could you find a better deal?

With so many new members, we must have people with skills and talents that need to be tapped. May be you would consider offering your talents to either starting a new group, or even joining the committee. If you feel that you can help, please let me know. Thanking you in anticipation. Anyway, let me tell you a short story that might bring a smile to your face.

Two Russian Peasants walking across Siberia to their home.

The man said to his wife as a drop of water hits his nose " I think it's raining"

His wife said " No! I think it's cold enough to be snowing"

At this point the local communist official came along called Comrade Rudolph.

"Comrade Rudolph" said the man "Is it raining or snowing?"

" Its raining of course" he told the couple

The man said to his wife " There you are, I told you so - Rudolph the red knows rain dear!

Enjoy this very special time and I'll see you all in the new year.

Best wishes, Bob.



U3A Cinema in Parcent

The Cinema is held twice a month on Monday evenings in Parcent village. No tickets needed in advance, but we ask for a contribution of €2 per head towards running costs. For more details about the Cinema, look on the Cinema Group webpage.



Monday 17th December, 7.15 (doors open 6.40pm) - "Vicky Cristina Barcelona".

Javier Bardem, Penelope Cruz, Scarlett Johansson and Rebecca Hall star in this interesting and unusual romantic comedy.

Two young American women spend a summer in Barcelona, and meet an attractive local artist.....

Directed by Woody Allen. Penelope Cruz won an Oscar and a BAFTA for Best Supporting Actress for her role in this film.

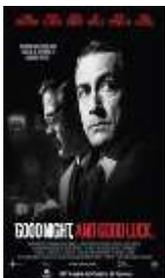
92 minutes, cert 12, 2009.

Monday 14th January, 7.15 (doors open 6.40) – "Good Night and Good Luck".

David Strathairn and 'gorgeous' George Clooney.

Based on real events, this film chronicles the conflict between CBS news man Ed Murrow and the infamous Senator Joseph McCarthy, who instigated the anti-communist "witch hunts" in the USA in the 1950s. Murrow and his team help to bring McCarthy down, behaving with courage and integrity against a man who held great power at the time. Senator McCarthy is not played by an actor, but is shown only in original footage of the time, and the rest of the film is also shot in crisp black and white to add to the period feel. Highly recommended!

90 minutes, cert PG, 2005.





Tennis Group celebrate Christmas!

Enjoying a game of tennis in SUNSHINE in December is still a novelty to the tennis group, remembering far-off days of battling for the ball in winds and snow! After the game this week, all the players enjoyed a Christmas turkey meal - Spanish style! The turkey was there on the plate ... but so were prunes and apricots, roast pumpkin and chips! ¡Viva España! As a group, 2012 has seen us fill to a maximum capacity of 22, all of differing levels of skill and joint creakiness, but all revelling in the wonderful facilities at Rafol and the wonderful sociability of the group. (... at the 18th hole? What IS the tennis equivalent?).
Rod and Jazz Waspe.



LINGUAMON XALO

Those at Jalón Town Hall have recently taken unprecedented steps to set up a language **exchange scheme, similar to Denia's Intercambio Project.** The plan is for two individuals of different nationalities to be paired together, and then sit down each week to speak for an hour in one language and an hour in the other language. They envisage the scheme to last for ten weeks, which may include workshops and visits. **Cost will be €10, all of which will be donated to local charities, including Jalon Valley Help and Caritas.**

If you are interested in this fascinating idea, ask the Secretary, Graham Quirk (gqsec@yahoo.co.uk) for more details.

HEART ATTACK

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

Let's say it's 6:15 p.m. you're driving home alone after an usually hard day on the job. You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw.

You are only about five miles from the hospital nearest your home.

Unfortunately you don't know if you'll be able to make it that far.

What can you do? You've been trained in CPR but the guy that taught the course didn't tell you what to do if it happened to yourself.

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

The sugarcraft class have been enjoying preparing their Christmas cakes.

We have been working outside in the SUNSHINE making SNOWMEN and FATHER CHRISTMASSES in icing!

The pictures show the class in action and some of the results.

Mary Wood



The Christmas Story

The story of Christmas as told by the children of St Paul's Church, Auckland, New Zealand.

<http://www.youtube.com/watch?v=ttlnl1ewJVo>

by stpaulsartsandmedia



Charming, and very funny!

A Christmas Ditty.

Clarence Desmond Bickerton Tuck,
Was a white and very well fed duck.
His pride and joy it was to roam,
But one day failed to come back home.
His fate is very sad to relate,
He finished up roast on a Christmas plate.
The moral is he should have been thinner,
When he wouldn't have become a Christmas
Dinner !

Roger Davis

NOVELDA TRIP

Our destination was something of a mystery to most of us but our guide Ula filled us with enthusiasm with her historical knowledge and anecdotes. Before we set off to explore this delightful, rediscovered historical town we needed breakfast! This was a case of “all hands on deck” to feed the group, with even our own organisers helping to serve the tables.



First stop the Casino – not a gambling den, but an elegant Gentleman’s Club in the Phileas Fogg tradition of cigars and brandy and men putting the world to rights. Ladies are now accepted within the hallowed walls, and for 25€ annual membership, it’s a real bargain!

Next we explored the treasure that was once the home of Antonia Navarro. (“La Pichocha” – the Strong One) The local area is renowned for its trade in spices, red marble and wines. La Pichocha took over her husband’s business after his death, and brought back many ideas from her travels – the house is full of the most wonderful fabrics and designs.

A gazpacho and profiterole lunch feast was followed by a visit to the beautiful Sanctuary of Maria Magdalene, designed by Gaudi student Jose Sala Sala. We were also entertained with a genuine rendition of music played on the yet to be completed marble organ. A fantastic day out.



Gail Stewart (submitted by Mike and Anne Hawker)



CHRISTMAS Dingbats

Kisses under the mistletoe
White Christmas

Opening presents
Turkey leftovers



A NEW FUN QUIZQUIZINGO !!

Join us on Friday January 25th, 7.30pm at Los Amigos Restaurant, Alcalali for this fun event.

What is QUIZINGO ? It's our usual quiz but run on Bingo rules. We can promise you a very sociable evening with prizes for '4 corners', a 'line in any direction' and of course a 'Full House !'

Remember, you don't need to be Brain of Britain to enter - just come along and enjoy yourself. The entry fee of 11 euros includes a 3 course meal of seafood cocktail, chicken and chips and ice cream dessert. Beer, water or half a bottle of wine.

It will be played in teams of 4. Teams made up from pairs of players to be drawn on the night. Single people very welcome...we can pair you up with another person if you come alone.

We are looking forward to launching this new slant on our 'normal' quiz and hope you will help to make it a success. Derek's reading the questions and Anne is being trusted with the 'Bingo Machine' ...help !

Sign up for it at the next meeting - places only confirmed with payment.

Derek and Anne Martyr



RECIPE FOR DECEMBER

These are a great way of using up a glut of fruit and keep for 3- 4 months. They make a lovely, economical Christmas gift . The fruit is delicious with Greek yogurt or on top of a cheesecake, the orange flavoured brandy can be served separately as a liqueur.

1kg satsumas with peel and pith removed

450 gms granulated sugar

1 litre water

250 ml cheap brandy

Optional extras - a couple of clementine/ satsuma leaves, a few shreds of fresh ginger, 1/2 cinnamon stick

2 - 3 jars with screw top jars (pretty jars can be purchased cheaply in the larger Chinese shops)

Put the sugar and water in a pan, stir until the sugar is dissolved and boil rapidly for 5 minutes.

Add the fruit and simmer for an hour.

Meanwhile wash the jars and lids and place the jars in the oven on a low heat to sterilise or wash in the dishwasher

Scoop the fruit out of the sugar water and place in the hot jars with the ginger, cinnamon and leaves.

Boil the sugar again rapidly until the syrup is reduced and thickened (113 C, if you have a sugar thermometer).

Allow to cool a little first, then add the brandy and pour over the fruit.

Seal the jar and labels and tie with ribbon

They are ready to eat after 1 month

NB slices of oranges or clementines can be used instead of satsumas

Theresa Boyle



Additional Discount offered to U3A members

Reflexology and Reiki. 15% discount
(Normal costs are 35€ for 1 hour or 20€ for 30 minutes)
EMAIL: michelle@milo-holistic.com,

Michelle Lodge, Benitachell.
Full details from 633 725 667
WEBSITE: www.milo-holistic.com

FOR
SALE

✚ Fold up Dining Table – cream/pine effect - suit small apartment / granny annex , with 4 pine chairs store inside folded table - very compact - 3ft x 1ft when folded - 4ft6in x 3ft when open. Hardly used. Collect from Calpe 50 euros o.n.o
Call Mike or Krystyna mobile 671701624

✚ PET CARRIER Cat/s or small dog, with food tray.
H 53cms x W 53cms x L73cms. FULLY IATA APPROVED, all airlines. Used once – cost €70 new, will accept 60€ ONO
e-mail sekhmet1948@gmail.com



What's On?

Once again, this month, we are showing you the list you can see under "Upcoming events" on the home page of our website. When you pay the site a visit, simply hover the mouse over each event for more details. Click on the details to get even more.

Many events get fully booked at the General Meeting, so make sure you reserve your place by attending the next meeting on December 13th.

EVENTS FROM THE WEBSITE

Mon 17th Dec - FILM. Vicky Cristina Barcelona
Mon 14th Jan - FILM. Goodnight and Good Luck
Thur 17th Jan - MYSTERY TOUR
Mon 21st Jan - FILM. My Week with Marilyn
Fri 25th Jan - QUIZINGO
Fri 8th Feb - QUIZ
Mon 11th Feb - FILM
Sat 16th Feb - CURRY LUNCHEON
Mon 25th Feb - FILM
Mon 11th Mar - FILM
Wed 13th Mar - MURDER MYSTERY
Mon 18th Mar - FILM
Sun 27th Oct - ADRIATIC CRUISE

CARITAS

OUR COLLECTING BOX FOR ITEMS FOR LOCAL PEOPLE IN GREAT NEED WILL BE AT EVERY GENERAL MEETING. ANY ITEMS OF NON-PERISHABLE FOOD OR HOUSEHOLD ESSENTIALS WILL BE APPRECIATED BEYOND MEASURE.

DON'T FORGET - ANNUAL RENEWAL OF MEMBERSHIP IS DUE ON JANUARY 1ST. YOU CAN PAY YOUR 5€ AT THE DECEMBER MEETING OR LATER ... SEE THE MEMBERSHIP PAGE OF THE WEBSITE FOR ALL DETAILS.

FUTURE U3A GENERAL MEETINGS

DECEMBER GENERAL MEETING.

On December 13th, the General Meeting will be held in the Multi-Usa building in Alcalalí. Everything is being done to make this FUN! There's no speaker, but lots of Christmas entertainment, carols, Cava and Cake, displays by groups and the winning entries in the Photographic competition. PLUS a few surprises! Come along! Where else can you get all this FREE!!

JANUARY 10th

Back to Jalon Town Hall. Speaker this month will let us all into the secrets of Spanish Inheritance Tax.

ITEMS OF INTEREST FOR THE NEWSLETTER ?

THE NEWSLETTER TEAM

This newsletter is specially composed by a small team of Editor, Jazz: Assistant Editor Lorraine who is our reporter and collects items of interest: and Assistant Editor Alan who masterfully puts it together in this colourful and lively format.

We hope you enjoy reading it and will continue to send us interesting items to include. Please try to keep below 200 words and get all articles to Lorraine before the 6th of any month. Email

lorraineu3a@gmail.com.

