

NEWS4U ! - THE SMALL ONE FOR DIAL-UPPERS.

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

WELCOME BACK ! It's good to be back after the hot Summer break, and our first Autumn Term issue comes a little late due to great holidays away! We are a bit low on pictures this month, due to the holidays, - so please renew the flow for our next issue, back to the normal timetable .

5th ANNIVERSARY U3A VALL DEL POP !

In just five years, we have grown from nothing to a lively membership of 439 ! Lots of exciting celebrations are planned for the year - watch the website for details, and if you haven't yet given your great idea to Sandra - there's still time.

We will be starting our celebrations of our
5th Anniversary at the meeting on the 6th October.
After this meeting, we have planned a meal at Miquel's
(Formerly La Pista), at just 10 euros, to include a starter, main meal and a drink.

*We will also celebrate with the cutting of the Anniversary cake,
and a glass of Cava.*

email Sandra at bob.welham@gmail.com or telephone 965581353

Don't miss a chance to celebrate with us, - places are limited.

NEW OPPORTUNITY - U-FREE-A !!

DO YOU HAVE ITEMS CLUTTERING UP YOUR LIFE?

YOU KNOW, - TOO GOOD TO THROW AWAY, BUT NO LONGER SO IMPORTANT TO YOU ?

Why not GIVE them away to appreciating members of the U3A?

Furniture, electrical items, childrens' toys, bikes, cars, tickets, ... Literally ANYTHING !
(apart from husbands/wives I think).

FOR EXAMPLE - I have recently bought a new computer which means I have no use for my webcam - OK. it's 8 years old but I paid a lot of money for it and used it once ! If someone wants it, I would be pleased to give it away, in the hope that the receiver has something to put into the "pot" in return. Just email me at jazzwaspe@hotmail.com.

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.

8TH SEPTEMBER MEETING

By Sally Clarke

The 1st U3A meeting after the summer break saw us being informed and entertained by Paul Whitfield, one of our members who lives in Murla. Paul was a Fireman/Fire Fighter for nearly 30 years in Hull. The subject of his talk was fire prevention, illustrated by anecdotes of his time in the Fire Service.

His main message was – ‘don’t think it won’t happen to you – BE PREPARED’.

He recommended that you should –

1. Fit fire alarms in your homes.
 2. Ring 112 straight away – but if you attempt to fight the fire yourselves, make sure you have an escape route. Do not breathe in the toxic fumes and hot air.
 3. Do not try to put out a fat fire, such as a chip pan, with water. Put a wet tea towel over the pan to starve the fire of oxygen.
 4. Turn off the power supply, if there is one.
- Do not panic.

During his 30 years Paul climbed the ladder of promotion, experiencing fire fighting not only on land but also in the port area of Hull. He also attended many road accidents. For 10 years he was a Fire Safety Officer. This was an important role advising companies on fire prevention in new buildings and helping improve systems in existing ones. These included residential care homes and shopping malls. At the end of his career he was in charge of a fire station in Immingham, Humberside. This was close to a huge petro-chemical installation!

NEW DISCOUNTS FOR U3A MEMBERS

We have a lot of new discount opportunities this month, all of which are on the website.

The first, here, we briefly mentioned in the newsletter last month, and offers car parking at the airport in Alicante. We are printing the email in full below, as we think it conveys the company’s outlook so well. As always, feedback on your experiences with our discount list would be extremely welcome.

ALICANTEAIRPORTPARKING.COM

I would like to introduce myself. My name is Joan Giddy and I am the Owner of a car Rental and airport parking company operating at Alicante airport in excess of 15 years. We are also members of the Alicante car rental association and our CIF is B-53544714

The discounts I am offering average around 15.6% to 21% from our standard rate card covering the durations between 7 and 28 days. It is not an across the board reduction as that is not always transparent. Other services will also be discounted for your members.

Other services that we are able to offer are discounted car rental rates at most arrival airports in the U.K. and Europe which includes pick up and drop off at different airports. Reservations can be made directly from our website car rental page. www.alicantearportparking.com/carhire.php and are on a secure server. We are able to offer these prices due to our affiliation with Autos Europe. Servicing and ITV Testing can be arranged with our partner workshop in Bigastro as can insurance claims and bodywork repairs. Tyre replacement, brake pads and A/C recharges are carried out at El Altet. We cannot discount on these rates.

We undertake full vehicle interior valeting and a reduction in cost will be made to your members. However the vehicle must be inspected prior to a price being agreed. A mini clean will cost 15.00 Euro and is normally sufficient for most customers.

Reservations must be made only by telephone only (not internet) to our operators on 96-679-93-26 the number is also advertised daily on VIBE FM 90.8 and 91.1. Members would be asked to supply their membership number to obtain the agreed discount. On arrival the membership card will need to be produced. I’m sure you will understand the reasons why!

Message from the President.

It's good to be back, having got the summer recess out of the way with visitors and visits to holiday locations. It's nice to be back home with our friends in Jalon.

It has also been a time when some of our members have not had such a good time with health issues, and it is comforting to learn of how many members have rallied round to offer help and support when needed.

Now we are back we start the 5th anniversary celebrations. A year for us all to get involved and enjoy the many events that we hope to organise. We start, after the general meeting on the 6th October with a celebration lunch at Miquels, at which we hope to have some of our founder members in attendance. We have organised for some of our members to make a very special U3A cake and of course we will toast our association with a glass or two of cava.

Other events in the planning stage are a Hog Roast, a writing competition, a photographic competition details of which will be announced nearer the time, a tea dance and a formal dinner dance. Should any members have any additional ideas, or you would like to be involved with the organisation please let me know.

Good to see so many members at the first general meeting and I am pleased to say that the lunch is nearly fully booked.

What a great celebration it is going to be. Look forward to seeing you on the 6th.

Bob Welham

DANGER FROM THE FIG LEAVES - A MEMBER'S CAUTIONARY TALE

On Sunday last I was cutting my conifer hedge but access was restricted by a low growing fig tree. I cut several branches off the fig so that I could get to the hedge. I resumed my hedge cutting and whilst I was doing so the cut branch of the fig tree rubbed against my calf. I felt a tingle but there was nothing obvious.

An hour or so later I felt a slight itchiness on the calf and noted that there was a reddening on the skin and hives had formed. Over the last couple of days the redness has turned to deep maroon and is very uncomfortable. The injury follows exactly the brushing of the skin by the branch. It feels the same as a burn, except it was caused by the fig.

I have searched the Internet and I have found that the sap of the fig tree can cause an allergic reaction such as I have described. There appears to be no defined treatment and it is indicated that contact with the eyes can be extremely dangerous.

I pass this to you in the hope that you publish this letter as a warning to other people who might be engaged in an activity which has hidden and very uncomfortable side effects.

Carl Gill (Jalon Locksmith)

I have been trading as a fully legal locksmith on the Costa Blanca since 2005 and I am happy to offer a 10% discount to all U3A members and anyone they recommend my services to.

I provide a 24 hour emergency service to open doors, cars and safes and can supply and install additional locks to doors and windows.

I also supply and install safes and concertina rejas and offer a free without obligation security survey of your property. Call and ask for Carl, 639 29 27 16

The Linen Mill, Benissa

We would be pleased to offer your members 7% discount on our products. also our company White Coast Group 2011 sl offers cheap and easy long term car hire from 300€per month. At present we have a Focus and Senic Desil at 450€per month and a 7 seat Kia Carnaval at 250€per week. 5 % can be offered to your members on these.

S.S.Building Services

Established for 10 years in the Jalon Valley offering full building service from start to finish: New builds, plastering, block work, reformations, drive-ways, swimming pools, terracing, plumbing, electrics, garden design and much much more.

All work is guaranteed.

Offering competitive prices for all work under-taken with special discounts for all U3A members.

For references or to view our website visit www.ssbuildingservices.net

Contact Shaun 686 813 148.

Easy Flatpax are a local company offering a professional shopping service specialising in supplying products from Ikea. We would like to offer a 10% discount on all our services to all your members.

We cover the Costa Blanca and Costa Calida areas and have been shopping, delivering and assembling furniture for over 4 years for many satisfied customers. We will shop for small items such as candles and rugs, right up to furnishing whole apartments. We are usually at IKEA twice a week (so no-one waits very long for their order) and we pride ourselves on our low charges and customer satisfaction.

We are also happy to shop at other stores such as Carrefour, Jysk, Leroy Merlin etc. and are also happy to assemble furniture you have bought elsewhere.

If you would like any further information please call me, email me or look at our website www.easyflatpax.com. I am also happy to deliver some catalogues if your members would like them.

Loria 96 647 0770 / 647 790 340 / info@easyflatpax.com

Lliberweb.com / computercare.es

Details are just coming in of a 5% discount offer from this local internet supplier and computer company which have opened a new shop in Jalon, between the garage and the roundabout. See their website or drop in for details.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

One of our members has sent us this invaluable guide to emergency first-aid - for yourself !

Valuable Piece of Information

Let's say it's 6.15pm and you're going home (alone of course), after an unusually hard day on the job. You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to drag 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. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

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

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.

“HELP” ACTIVITIES NEED YOUR SUPPORT !

On Friday 28th October there is to be an auction at El Cid, this has been arranged by Jalon Valley Help, in memory of Sylvia Anderson who started the charity in 1992 with a small group of volunteers.

The proceeds will be used to set up a fund in her memory and her family will decide where the money will go.

Also, on Friday 28 October El Cid are holding a charity auction for JalonValley Help. If anybody wants to donate items they can deliver to either shop from the beginning of September.

Many of us have at one time or another used their services, I am sure that lots of our members will be attending to make this event special.

SPOT FINES CAN BE AS MUCH AS 130€!!

Recently we have seen many reports in the local English press about the pitfalls you may come across when driving here in Spain :

Luggage or **shopping bags** on the back seat must not be loose or unsecured.

Drivers who need prescribed glasses for driving must carry a spare pair **within reach**. (ie NOT in the boot, and NOT prescription sun glasses.)

High visibility vests must be carried for **each passenger**, so 6 people in the car would need 6 vests in the car too.

Pets must be **secured** with a seatbelt attached to their collar or harness, and must carry appropriate documentation.

Driver's shoes must be “sensible” (and ON!) - no backless sandals, no thong sandals.

If anyone has an easy internet link to check these rules out, we'll pass it on to everyone next month.

EVEN MORE DISCOUNTS TO BE HAD

Entertainment Spain

We offer DVD Rental Delivery right here on the beautiful Costa Blanca.

All our details are available on our website www.entertainmentspain.com , which contains trailers of new releases, synopsis for films and series and a complete A-Z of our catalogue along with details on how to contact us. We travel with films/series from all genres to choose from, and many of our clients provide a list of things they would like to see, having them delivered directly to their door

- 1) View our list of Movies & Box Sets online @ www.entertainmentspain.com.
- 2) Let us know the ones you want to watch and we can deliver them direct to your door..
- 3) or choose from the ones we have with us when we see you &...
- 4) ...a week later we collect and deliver some more.

Rent DVD's for a week from only €3 a film!! Call 634304659 or e-mail chris@entertainmentspain.com

**Exclusively for U3A members – Rent 9 discs and receive your 10th FREE!!
Save over 10% on our normal prices!**

How Do You Tell Your Wife?

In 'Stuttgart', by Graham Swannell which opens at the Careline Theatre in Alcalali on Thursday October 6 and plays until Saturday October 8, Terrence (played by Dennis Arthurs) has the enormous problem of how to tell his wife (played by Leigh Patterson) about something that is causing him the gravest concern.

Many men might have a similar problem. How to tell their wives they have been 'playing away from home'; lost the house in a poker game; can't remember which pub they left the dog in. Such confessions pale into insignificance compared to what Terrence needs to tell his wife.

If your place is a seat in the stalls, you are likely to be laughing at Terrence trying to tell his wife about his lack of libido as heartily as his doctor.

This Careline Theatre production is directed by Lee Walker. Curtain-up each evening is at 20.00hrs. Tickets are now on sale from the box office on 652 294 750 priced at 12 euros. A discount of 10% is available to party bookings of ten and over. www.carelinetheatre.com

KNOW YOUR COMMITTEE ! Continuing our monthly delve behind the scenes, here is Treasurer Rod Waspe -

I arrived in the Jalon Valley 10 years ago after a lifetime spent in my own business in the U.K., starting out in 1974 selling Office Supplies and Art Materials, products I knew and loved. Jazz joined me very soon after, and twice during our stressful business life the Company was voted the best of its kind in the U.K.! Reckoning up, I acquired or started up a total of 10 businesses in different locations, mainly in and around middle England. In 1997 Jazz and I decided we had had enough and sold all our business interests including, at that time, 3 stores, a cafe and an office block. I have always had to be "good with money", as my family depended on it and our ultra-straight Company Accountant had eyes like lasers!

Friday 30th September. The well loved quiz at the Bar Nou, Senija to include a fish and chip supper with wine. €10 per head.

Thursday 6th October. Ten pin bowling in Ondara. Starts at 5pm., with an optional meal afterwards at Monroe's. Price only 6€ for 2 complete games each. Ring 965058136

Friday 14th October. The cruise to Madeira and the Canaries. Fully booked, but look forward to the full report at the January meeting.

Friday 28th October. Another ten-pin bowling challenge ! Details as for the 6th Oct.

Tuesday 22nd November. FIDDLER ON THE ROOF - presented by the Footlights Theatre Group in Calpe. 12€ Ring Sharlotte and Brian on 965 058 136

Thursday 24th November. A day trip to Orihuela.

Saturday 26th November BLITHE SPIRIT. At the Rafol Theatre. Monte Pego Theatre Co. Present the evergreen favourite by Noel Coward. 12€(with possible discount if enough tickets are sold). Ring Anne and Derek after 5pm - 966 481 106

Thursday 1st December. A delightful evening at the Union Musical Theatre, Gata to see The Wyrd Sisters. This is a comedy. The times and prices are still to be decided.

Friday 9th December. Another quiz at the Bar Nou, Senija. Starting at 7:30 pm.

FUTURE U3A GENERAL MEETINGS 6TH OCTOBER - A Spanish historian will tell us about the expulsion of the Moors from Spain - followed by 5th anniversary meal at Miquel's.
3RD NOVEMBER - Candy Wright from Careline talks about the history of pantomime.

More forthcoming events

26th October - Paul Rodwell, the British Consul will be visiting Alcalali, where there will be the opportunity to talk individually and ask questions. More details nearer the date.

Www.palauatea.com
- for the list of events at the Palau in Altea. October 2nd - there is an interesting open-air circus-like entertainment for only 5€

HELP !

A Pink Coffee Morning will be held at the Pensionistas in Jalon on Saturday 1 October from 11am until 1.30 pm. Price of tickets is 1.50 euros which can be purchased from either Help shop in advance or on the door. There will be various stalls and a raffle, all with a pink theme, and the Costa Barber Singers will entertain us.

On Monday 3 October we will start a Pink Week in both shops and anyone spending 5 euros will get a free raffle ticket.

We would like your support with either pink donations or your company (or both) and want to donate as much as we can from the week to children's and adults' cancer charities on the Costa Blanca North.