



U3A Vall del Pop News4U

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Dear Members,

Welcome back! What lovely weather we have been having. Perhaps too hot for some! Whether you stayed in Vall del Pop and were hosts to family and friends, or travelled further afield, I am sure our newsletter team would like to hear of your adventures.

Have you read about our new MAG team? If you think that you could help out, please let **Margaret know. (Picture of my favourite penguin, making new members welcome... I hope!) I** think this is a great idea and with new members joining all the time, it gives a good first impression as we prise 5 euros out of their pockets.

The committee has been busy over the summer preparing the autumn/winter programme and have managed to secure an international singing **star, Peter P, for the Christmas meeting...but more of this later.**

Lastly, I would like to thank all the groups that managed to keep going throughout the summer. A sterling effort.

Best wishes, Bob (President).



U3A VALL DEL POP MEMBERS CELEBRATE A 70TH BIRTHDAY & 50TH WEDDING ANNIVERSARY

Jacky Hatley celebrated her 70th birthday on 6th August, AND, with husband Stan, celebrated her Golden Wedding Anniversary on 31st August with a party at a restaurant in Parcent. They met when Jacky was 15 and Stan was 17 at the Odeon Cinema in Hornchurch. They married in 1963 and lived for 25 years in Blackmor. Jacky originally worked for herself and then became an auxiliary nurse. She also qualified as a Reflexologist and Aromatherapist, skills she still uses to this day. Stan trained and worked as a Chartered Surveyor. They moved to Chelmsford for a while before buying their home in Alcalali in 1988 and moved to live here permanently in 1995 where they are very happy.

We wish them many more happy and healthy years together.



Could you be a MAG?

MAG's are members who do a fantastic job of 'Meeting and Greeting' our new members at the beginning of our General meetings.



I have always thought it must be very difficult for new members to know how to 'break the ice' when joining, so we came up with the idea of MAGs.

Margaret Carney, a member of the committee would like to have a small team of volunteers, who she can call upon.

With a small team, Margaret believes that we can certainly help our new members to feel more at home. You may only be required to help out once or twice a year, so you are not signing your life away!

Bob Welham

If you think that you would like to be more involved email Margaret on margaret.eric@gmail.com, she would love to hear from you.

Have you registered to Vote in UK Elections?

Most people living abroad haven't. Of the 1.4 million brits living elsewhere in the EU, only about 19,000 have registered to vote in UK elections.

Perhaps that is why successive UK governments have targeted expats as an easy and popular target. Just think of the devaluation of the £, increased passport charges and the winter fuel allowance. Now with the possibility of an in-out EU referendum we could find ourselves further seriously disadvantaged.

Under current rules, it is only because of EU regulations that increases for inflation in UK pensions are paid to expats, as, with few exceptions, pension increases are not paid to those resident outside the **UK. Unless there are special arrangements (don't hold your breath) to protect expats, then if the UK** left the EU, index linked increases in pensions may no longer be paid. This might not sound much, but even at a 2% rate (which the Bank of England consistently fails to achieve), the loss over 20 years amounts to £2,783 pa.

For those with a government career pension (Civil Service, Local Government, Police etc) of say £10,000 a year the loss in 20 years would be, at 3%, a staggering £12,678 pa on the combined pensions.

Why does registering to vote matter? Most politicians only really care about the views of those who can vote them into office. With such a small percentage of expats bothering to register, the politicians feel able to ignore us.

Can I register? At present you can register to vote for the first 15 years after leaving the UK, at the last address you were registered at.

Is it difficult? No! If you go on to the web site www.aboutmyvote.co.uk and enter your last postcode in the UK you will be presented with a form to complete and the address of the District Council to whom it needs to be returned.

Alan Baldwin

CASTELL DE CASTELLS WEEK OF CULTURE INTERNATIONAL DAY PETANCA COMPETITION



As part of the Castell de Castells Week of Culture there is an annual Petanca competition held on International Day in memory of Sn Maximo, the only Spanish villager resident who used to regularly join the Brits at their Sunday Petanca. The competition was held on 27th July and it was hoped the Spanish residents of the village would participate, but unfortunately their disco on the previous evening didn't end until 7 a.m. so it was just the Brits, all members of U3A Vall del Pop, who played. Sixteen members participated in a stiffly fought competition with the final being played between Harry and Tony against Shirley and Jim. Shirley and Jim triumphed and were presented with their trophies by Señora Maria Pérez, the Alcadesa of Castells, who also arranged drinks and a paella lunch for everyone at the Social Centre.

To reciprocate, the Brits treated Spanish villagers to a traditional English tea party. Home-made cakes and pastries of all shapes and sizes were produced, all served with traditional cups of tea and thoroughly enjoyed by over 100 local residents.

Recently Rosa has had a third Petanca court built because the U3A Group has grown so large. Thanks must go to Rosa and her team for looking after the Group so well and for her generous hospitality.

Jim Lockhart



WINNERS!!

Congratulations to Rod and his chess group, who successfully took on the challenge of the Moraira U3A back in July! Score? 3.5 against 1.5.



NEVER HAVE A BORING DAY - IF YOU'RE A MEMBER OF THE U3A!!

It's amazing to look down the list of our U3A groups and realise that there are more than 50 to choose from! The group news is that Line Dancing is about to start up in Casa Julia, Parcent. Rummikub is now running at the Texas Bar in Jalón. Ten Pin Bowling and Tap Dancing are on their way and other groups are in the pipeline, just awaiting a little push – OR often, awaiting a member to come along and give a little bit of time to the new group. We could have Cycling, Keep Fit, a Band, Bible Reading, just name a few!! Look at the Groups Page on the website and contact the Group Co-Ordinators Harry and Jean for more details or with offers of help to get a group together.



A SALTY TALE – BY ANN MARTYR

A 'Pirate Party' was held on Friday 18th June at Bar Nou, Senija for our members who are on the forthcoming 'Autumn on the Adriatic' cruise.

42 of the 58 sailors were able to attend and we enjoyed a full menu which of course included FISH and chips (in keeping with the sea theme !). Most of us dressed up in pirate gear. There were some very imaginative costumes indeed. 'Salty Steve', 'Jolly Jane', 'Blind Pugh' and a 'Purveyor of Pirate Parrots' amongst them. Some costumes were homemade, some were off the peg from Chinese shops and some used recycled materials. One enterprising chap had beer cans for earrings. He claimed he had swapped his parrot for a Toucan (two cans – oh, dear !).



Of course we had to have prizes ! Jan Sutherland won first prize with her glamorous lady pirate with flowing blonde locks, Sue Thorpe a close second with a hand sewn outfit complete with sexy long boots. Sue's husband, Patrick won the male pirate section with his ragged trousers, authentic frilly shirt and jaunty hat. Steve Ward with 'Salty Steve' came second sporting a red bandana, spyglass and sword.

A free raffle completed the evening. We all enjoyed ourselves, having made some new friends and are now looking forward to our adventures aboard the 'Grand Celebration' in late October and early November.

Anne Martyr.

ANDALUCIA TRIP Alan's Diary.....

Sunday 28th April

A good start with all travellers at departure point in Jalon ahead of time allowing bus to depart early. Arrived in Cordoba at about 6pm after three stops en route for coffee/comfort breaks and lunch. On our way through Andalucia we were informed by our courier, Rolf, that over 220,000,000 olive trees were growing in the region. Although rain showers were experienced on our journey to Cordoba they eased sufficiently to enable some of us to take a stroll around the vicinity after dinner.

Monday 29th.

Following a buffet breakfast, the group met for a guided tour of the older parts of the city where, Arabic, Jewish and Christian people had all live together in perfect harmony. The tour terminated at the Mezquita where it's history was explained to us and we were informed that at its height up to 40,000 worshippers could be accommodated at any one time. After the guided tour, free time was available with some of the group electing to visit the Alcazar Palace.

" Alan Gill sent us a really detailed diary piece way back in the summer, but unfortunately it just missed the June deadline. The whole diary is online - see the features page - where we store all those pieces which are just a little too long for this newsletter! Thank you, Alan! "

NEW DISCOUNT OFFERS - EXCLUSIVELY TO MEMBERS OF VALL DEL POP U3A

Over the summer, we have added five more discount offers to the list available on our website. That brings the total to 57 establishments - mostly very close to home - from Almacera Restaurant to White Coast Car Hire! **Already more are in the pipeline ... keep watching!**

ISSY MITCHELL - PERSONAL AND HOME CARE

Issy is a U3A member with many years experience in the care field and excellent references. From care in the home, respite care, visits to the doctor or hospital or general help around the house - she is happy to help.

U3A members will receive their first hour at half price when booking 2 hours or more.

To discuss your requirements please call Issy on 660 970 250 or email isomitchell@yahoo.co.uk.



NUTRITIONIST - ANN MATHER

U3A- member Ann offers a range of nutritional services at special prices for other Vall del Pop U3A members, including ...

Body Composition Analysis and Food Quantities, Food Intolerance Testing, and Eat For Your Age - Individual Nutritional Consultation. All consultations are individual and most are backed up with plenty of booklets or handouts so that you can continue to improve your health at home. There are more details online.

For lots more detail, contact Ann on 647 844 260

GANDIA TOURS - MORAI RA GandiaTours are offering a discount to our U3A members, varying according to the type of holiday. So before booking any item from the brochure, get in touch with the TCP Group Leader, Sandra Welham, on 965 581 353. Sandra will give you details of the next step on the road to a real saving!

You can see all the tours on www.gandiatours.com - click the right flag to get the brochures in English!

HELEN'S VILLAS & GARDENS

Helen Smith offers a complete maintenance service for your home and garden - changeovers, cleaning, rentals, pool services and gardens.

Anything you need doing, give Helen a call!

Offering competitive prices and a 10% discount for all U3A members.

Yearly contracts available.

Living 12 years in the Jalon Valley, Helen is the former owner of Rte. Salamanca and has now started a new career chapter, developing the villa and garden area and working alongside her husband Shaun, S.S. Building Services (see his discount under Repairs and Services). 628 538 323 or helensmith@live.com



All-Round Maintenance Service for your Home & Garden
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T: 965 734 318 M: 628 53 83 23
E: helensmith@live.com

CASA MANOLO - SENI JA

Situated in the centre of the village, this typical old Spanish restaurant offers a range of home-made food at really economical prices. For only 10 euros, you can enjoy menu-del-día of three courses plus wine, bread and alioli and mistela, or you may opt to pay just a few euros more for a more extensive choice. All the food is delicious and home-made. Elena and her chef-husband have been running the restaurant for a year and have brought it back to its former personality when their Uncle Manolo was at the helm!

"COMIDAS TRADICIONALES CON UN TOQUE DE INNOVACIÓN. POSTRES CASEROS - BUEN AMBIENTE."

As a special offer to U3A members who show their current card, Elena is offering free coffee to round off this authentic experience. (An offer of more than 10% !)

Ring 96 573 02 80. Closed on Tuesdays.

FOR
SALE

TomTom Satnav XXL IQ Route

European maps, include UK, Spain, France & Portugal. Hardly used.
only €60 (£99 at Halford)

Alan Barwick alan.barwick@gmail.com 96 648 0538



MERCEDES CAR FOR SALE

Mercedes SLK 2.3 litre automatic, in beautiful condition, lady owner, silver with black leather seats, year 2000, 118,750 Kms., new tyres last year and fully serviced, 7,500 euros or sterling equivalent.

Barbara (Barbie) Rigg. Tel. 96 607 4485. Mobile. 63 431 5836.

asrandbar@gmail.com



Rosetta Stone Language Course: Total immersion in the Spanish language. Five disc set with only the first disc used. Only 150€€.

L & G vacuum cleaner. Rarely used. Latest turbo design. Only 60€.

Sony radio, tape, CD player. Twin speakers. Only 20€

Karaoke system: Comprising an external hard-drive containing 70,000 songs and a Dell laptop computer. Words and pictures on laptop. Audio to external device from laptop. Only 180€.

Lowry pictures: Three, fifty year old limited edition classic framed prints. Outstanding value at 80€

Golf clubs – ladies. Half set of graphite shafted irons comprising 3, 5, 7, 9 and wedge. Suit a beginner. Only 25€.

Willow pattern vase with top. 48 centimeters tall. One crack. A collector's item. Offers.

Card table. Antique collector's item. Only 40€.

ALL OF THE ABOVE FROM JOAN STOCK KING

Telephone 965518377 or email to topvallpop@gmail.com for further information on any item



FOLDING CAMPER.

We've had some great holidays in this – but now we would like to try something new. Trigano Ranger (Google it!) bought new in 2008. Sleeps 4 (2 double beds - one unused) with hot water, fridge, electricity, gas cooker, sun canopy, etc.. Needs a little bit of attention but tows well. Folds up into a small trailer and unpacks ready for use in about ten minutes.

Only 500€ . Rod on 605 231 331.

TO LET

Annabelle Nyren is letting her **house in Alcalali.**

2 double bedrooms, 2 bathrooms, large open kitchen
Peaceful, secluded location – quiet, rural cul de sac

Phone 966 482 696 or 679 807 476 for more details.



Restaurant of the Month - free draw!

SEND US YOUR REVIEW OF YOUR FAVOURITE RESTAURANT AND WE WILL PRINT ONE EVERY MONTH. THE NAME OF EVERY MEMBER WHO SUBMITS A REVIEW, WHETHER IT IS PRINTED OR NOT, WILL GO INTO A HAT. IN DECEMBER, ONE LUCKY WINNER WILL RECEIVE A PRIZE OF €50 !

SEND IT TO THE USUAL NEWSLETTER ADDRESS (lorraineu3a@gmail.com) BY THE 6TH OF THE MONTH. KEEP IT UNDER 200 WORDS, NO FANCY FONTS OR FORMATTING PLEASE, AND SEND A PHOTO IF YOU WANT TO. TELL US ABOUT YOUR DINING EXPERIENCE - **BUT ONLY IF IT'S GOOD! WE WANT HAPPY STORIES, NOT HORROR STORIES!**

€50! NOW THAT'S WORTH HAVING !

This month's restaurant pick

EL PATACON Argentinian restaurant
Calle San Rafael 4
Jalon
96 648 0887.
(2 minutes from the Jalon Sports Centre)

Two menus priced at 12 or 15 euros. ½ bottle wine pp incl.

Both have a choice of four starters with a three or four main course. Both include beef medallion (a steak) served with new potatoes (or chips if required) and kebab salad. Other main courses are pork ribs, swordfish or lemon chicken. My favourite is chicken stuffed with prunes.

Starters include creole pasty or creole sausage with Russian salad - delicious and another favourite. On Sundays Antonio prepares a 'Sunday lunch' comprising of roast beef, chicken and spare ribs, Yorkshire puddings, assorted vegetables and gravy - for most of us far too much to eat.

It is owned by Antonio and his wife Claudia.

John CHILCOTT

EMAIL RECEIVED BY LLÍBER RESIDENTS from Susanna at the Ayuntamiento- important to us all. Take note!!

I have just received a phone call purporting to be from Repsol Benissa wanting to come and inspect the gas installation at my house. On checking with Repsol Benissa this is not from them and their advice is to not let anyone into your premises as they are not official and any certificate they give will be invalid and probably cost a lot of money for nothing.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day The vinegar kills the bacteria.

Personally I prefer the sore throat—Alan

DO YOU KNOW..... HOW TO CONTACT LOCAL ANIMAL RESCUE CENTRES?

AKIRA does have a Foster Scheme, which enables people to help out on a short term basis, so if you feel that you might be able to help please contact info@akira-animals.com or, failing that, give any support you can which will be gratefully received.

The AKIRA kennels, when built, will be the closest amenity for our area and will, I hope, be able to accept and rehome the many abandoned creatures that we see roaming our streets or just put into the basuras to be thrown out with the rubbish.

SCAN – El Verger

SCAN does a lot of fund raising in the area – their vet bills for neutering animals needing rehoming is currently running at 2000€ a month, even with the local vets offering the charity a discount. They have a shop – all donations gratefully received.....located at **Calle Marques de Estela 29, El Verger**. They will attempt to help any animal in need, and are always looking for foster homes.

OR

655 803 005 (for Adoptions) 626 550 864 (for general enquiries)
615 408 788 (for cats) 655 588 239 (for dogs)

Also – does anyone know what to do if any of the local wildlife is found injured?

It seems there are no wildlife rescue centres in Spain, so what would be the best thing to do to help such an animal? Your knowledge/experience of this would be appreciated as we Brits are such a caring lot.

Thank you. Lorraine

PRAISE FOR AKIRA CHARITY Carol Lockhart



On Thursday 8th August this Pointer was cruelly dumped by an uncaring individual who just drove off and left her in Lliber. The dog, a Pointer bitch that appears to have had several litters, is blind in one eye but had, presumably, simply outgrown her usefulness. **She has a lovely temperament and promptly 'adopted' me. After five days of putting up posters, checking with the Vet and phoning and emailing numerous people, AKI RA finally came up trumps and I was able to take her to their rescue kennel. Whether she will find a home is another question.**

AKI RA have named her Emily and when the vets examined her they noticed that she had a swelling on one of her front knees. They did an x-ray and found lead everywhere in that leg! All tiny bits, perhaps 10 or 15 in total, so she had been shot in her leg, which had caused an infection so she had to have surgery. The blood test showed that she has Leishmania, for which she now gets injections. She also has Rickettsia (illness due to the ticks) for which she gets an antibiotic. Her blind eye is probably due to the Leishmania and/or Rickettsia and may improve with the treatments. The pictures show her when I rescued her and with a puppy at the shelter looking quite happy. A fantastic example of the lengths AKI RA will go for an animal in need.



Doing Stuff!

There's such a lot to do in our area - no need to stay in and get mouldy and oldy!
The U3A website has always got plenty of "Upcoming Events", so go there, hover your mouse over the event you see and get more details. The "TCP" are the Travel and Culture People of the U3A who work voluntarily throughout the year to bring you a wide variety of things to do.

EVENTS FROM THE U3A WEBSITE

SEPT	Sat 14th	Grape treading at Maserof
	Wed 18th	Day trip to Sagunto
	Sat 21st	Hog roast
	Fri 27th	Trip to Cartagena
OCT	Thurs 3rd	U3A General Meeting. Speaker - Vic Delanche on climbing Mount Everest.
	Fri 4th	Quiz for Caritas
	Mon 7th	Film in Parcent
	Tue 22nd	Guitar Group's curry evening
	Sun 27th	Adriatic Cruise commences!
NOV	Fri 1st	Day triup to Cocentaina
	Thurs 7th	U3A General Meeting Speaker - Mike Rendell on Christmas celebrations in Meieval times.
	Fri 15th	Day trip to Novelda
	Thu 28th	Cirque de Soleil
DEC	Thurs 5th	U3A Very Special Christmas Meeting
	Fri 6th	Quiz for Caritas.
2014	Fri 23.5.2014	FABULOUS FJORDS CRUISE

There are 11 events to enjoy between now and Christmas!!

But they get booked up quickly - see the details and book your places ASAP!



CAKEY COMP EXTENDED!

It seems that lots of members are still enjoying their summer breaks, so we have extended the summer cake competition for another month. See the website for full rules and set about winning a big prize - simply for having a bit of fun!!

FROM THE GENERAL MEETING ...

- Our U3A has 6000€ in the kitty! Thanks must go to the committee for this for pretty good housekeeping!
- We now have 848 members! In just 7 years - thanks to the committee once more (and our welcoming members) for making membership so enticing!
- Subs for 2014 are going to be 5€ again. Do we know ANY other organisation which is so cheap?

Valley Voices - our choir in the U3A needs MEN!! See the Groups page for details. Are YOU a man?? Can YOU sing a bit? If so - YOU ARE NEEDED!!

Did you know?

★ Jalon Valley Help's shop in Jalon has moved to the far corner of the Ocas square - the one opposite Casa Caty. The new shop has a nicer atmosphere than the old one - and still needs your contributions to their stock or till!!

★ There is now an organic food market in the centre of Jalón on the first Saturday of every month! Well worth a look for fresh veg., free range eggs, organic wine, etc..

★ "We don't stop being British just because we live here" - was a comment at the General Meeting. Google e-petitions for a load of ways YOU can add you views to Government plans.

★ The Newsletter would like to follow up the article on rescued animals on a previous page. If YOU have photos or success stories of any dogs and cats - send them to Lorraine and we'll do a collage in the next issue. Please label every photo though - or they tend to get all jumbled up in Lorraine's in-box. lorraineu3a@gmail.com

★ The digital photographic Group has a new leader and a new venue, and is open to anyone with any sort of camera. See the Groups page for details. ★

COULD YOU CONTRIBUTE TO THIS PAGE? DO YOU KNOW OF EVENTS WE ARE MISSING?
THE NEWSLETTER TEAM WELCOMES INPUT FROM ALL U3A MEMBERS, SO JUST CONTACT
THE EDITOR, JAZZ, AT jazzwaspe@hotmail.com with your ideas.