

U3A Calpe NEWSLETTER

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In this issue

February 2016.....	1
Coming events	1
Dinner Dance.....	1
Members' News.....	2
Travel and Culture ...	2
Coming trips	2
Groups.....	2
Tennis For	
Beginners	2
Men's Dining.....	2
Discussion Group .	3
Stretching is Good for	
You	3
Hacked Email and	
Social Network	
Accounts: Actions to	
Take.....	4
Answers to Last	
Month's Quiz	4
February Quiz	5
Peter's Curious Corner	
.....	5
A late Xmas heart-	
warmer	5
Astonishing find in a	
Birmingham library	
.....	6
Climate change	6
A message for new	
members	6

Groups to join!

The Tennis, Men's Dining and Discussion groups can all now accept new members

You may like to look at their reports in this edition.

Hello everyone.
Welcome to your
February newsletter.

New members

We are pleased to welcome the following members who have joined us since the beginning of the year and hope our association will be a long and happy one with much to interest you.

Ray Whittaker-Hall,
Graham Llewellyn,
Shirley Gledhill,
Patrick Grady, Terence
Anthony Buxton, Jose
Weber, Thomas Pearl,
Raymond Isenbaert,
Gilbert Radino, Andre
Beaurin, Barry
Leonard Harrison,
Rosalie Joan Harrison,
Floris Krullaars, Philip
Diamond, Eric Demey,
Magda Garcia-Allen,
James Wainwright
Jaqui Standen, Pierre
Van Uxem, Martin
Perrin, Esmeralda
Perrin. It is very nice
to see some non-UK
folk among the list.

Please note my
message to you all at
the end of this
newsletter!

Coming events

The next General Meeting will be on **Thursday, 18th February** at the *Hotel Ifach*, at 10:00AM for 10:30.

Our speaker at the meeting will be one of our own members, namely Noel Jackson.

Noel is an AFPO (Association of Foreign Property Owners) committee member and helps out at the *Salud* as an interpreter.

The proposed title for his presentation is 'No Fixed Address' and he will talk about his childhood which was forever on the move.

Dinner Dance

We are pleased to say that over 120 people have signed up for our dinner/dance on **27th February**.

Ann Melling, our social group leader, says we can still accommodate a few more so if you wish to go please contact Anne (full details on our Web site).

Members' News

The first piece of news we have for you is that two of our members, Rose Sommerford and Arthur Chapman—long-term partners—have married.



We are delighted for them and wish them every happiness as a married couple!

Travel and Culture

Contact Penny and Ellen on the travel team for details of forthcoming trips: ellen.mitchell1@btinternet.com or penelopebrighton@hotmail.com

Also Rod Anderton if you wish to be added to his Cultural Interest Group: tranderton@yahoo.com.

Coming trips

A quick 'taster' of our trips on offer.

A day trip to Villena on 23rd March at a cost of 35€pp.

A coach trip to Murcia for 10€pp on 14th April. This is another popular 'do as you please' trip.

On 15th May visit Córdoba during the Patios: you won't be disappointed. We have some spaces available for this fantastic trip.

See our Web site for all the details of these and other trips on offer.

Groups

Tennis For Beginners

By: *Roger Milsom*

This group was started to cater for complete beginners to the game, or those who hadn't played for some time. Now approaching its tenth year the title is a misnomer, as group members are consistently playing to a very reasonable standard, some more so than others, as is natural.

We play all through the year at *Golf Ifach*, where there are three good courts and a bar to refresh our weary bodies afterwards. Thursday and Friday mornings are playing times, from 9:30 for an hour and a half—and **we currently have a few vacancies for Thursdays.**

If you wish to join us the only equipment needed is good trainers, as I can loan you a racket for a short time while you decide if tennis is the game for you.

Our longest serving member is Sandra Llewellyn, whom many will know from meetings, and who of course runs a Canasta group.

Ian Taylor is our newest member, and in less than a year has become one of our better players, I'm pleased to say.

I'm also pleased that the group is a very social one: we meet up through the year for a dinner or two together, and, as I say, coming into our tenth year we must be doing something right.

Men's Dining

By: *Roger Milsom*

This group does exactly what it says on the tin. We meet monthly on the last Thursday, most often at a Calpe restaurant, though we have been

known to venture further on the odd occasion.

We try for a restaurant recommended by a member, go for choices off a set menu to include wine, and try to put the world to rights.

There are currently thirty members, though not all come to every dinner. We have eaten Spanish, German, Indian and British over the years, and generally had very pleasant evenings.

If you are interested and not already joining us, my contact details are in the Groups List and on our Web site, and new members are always made very welcome.

It is important to remember that for any U3A Calpe group, you must be a member.

Discussion Group

By: *Peter Purvey*

At the Discussion Group's January meeting we looked at the Science and Ethics of Old Age. It would appear that recent experiments in longevity have been successful in mice. We are born with extensions called 'telomeres' on our chromosomes which become shorter the longer we live.

Science may be on the brink of enabling us to live to 100 or even longer. But would we want to, or should we want to? There are many pros and cons. Would it mean that we lived longer in poverty or serious affliction before we died. Would euthanasia be legally available? For myself, I would want my exit pill ready!

Our next meeting is on **Thursday, 25th February**. We shall discuss the current situation of European

Immigration In the light of a recently published book on the immigrant problem in London and various remarks made by EU leaders at Davos, plus the fact that the whole situation seems to be getting worse, not better.

If anyone has views they would like to express, please feel free to join us.

(Peter's contact details are in the Groups List and on our Web site.)

Stretching is Good for You

By: *Pat Spencer*

The desire to stretch is a natural impulse; you stretch to relieve tiredness or stiffness after being in one position for too long. As a form of exercise **stretching** is easy, safe and enjoyable. It is the perfect antidote to physical and mental tension.

Stretching is good for the entire body, above all the spine. It releases tightness in the muscles; it improves the circulation and relieves stress, leaving you fresh and relaxed.

By practising regularly you will not only undo recent muscle tension but, gradually, long-standing ones as well, so that slowly your posture and your whole range of movements will improve.

Stretching is however, far more than the undoing of tension. It is the dynamic extension of the muscles, while you focus your attention on the movements of your entire body, rather than just working on a particular group of muscles of a particular joint. This concentration brings insight and awareness of the way the body moves. You will find your physical, mental and emotional energy reviving.

Breathing deeply is part of stretching. When you stretch to relieve fatigue, you tend to yawn at the same time, taking a deep breath in, followed by an out-breath at the end of your stretch. This link between the movement of your body and your breath is developed when you stretch regularly. Take care not to hold the breath and to breathe slowly and evenly. After a while breathing as you stretch will come naturally.

Hacked Email and Social Network Accounts: Actions to Take

(Looking at Google's home page on 28th January I saw that it was Data Privacy Day. Coincidentally, the following, forwarded from a member, may be relevant and useful to you)

There are posts you never made on your social network page: these posts often encourage your friends to click on a link or download an App; a friend, family member or colleague reports getting an email from you that you never sent; and/or your information was lost via a data breach, malware infection or a lost/stolen device.

If your account has been compromised or hacked, there are ways to regain control.

Take the following steps:

1. Notify all of your contacts that they may receive spam messages that appear to come from your account.
2. Tell your contacts they shouldn't open messages or click on any links from your account and warn them about the potential for malware.
3. If you believe your computer is infected, be sure your security software is up to date and scan your system for malware.

4. Change passwords to all accounts that have been compromised and other key accounts ASAP. Remember, passwords should be long and strong and use a mix of upper and lowercase letters, numbers and symbols. You should have a unique password for each account.

If you cannot access your account because a password has been changed, contact your Internet Service Provider (ISP) immediately and follow any steps they recommend for recovering your account.

Answers to Last Month's Quiz

1. Who was the oldest Bond Girl?

Answer: Monica Bellucci

Bond girls, the on-screen love interests and foils for James Bond in the numerous Bond films over the years are typically in their 20s (over half the women who have portrayed a Bond girl were in their 20s). The youngest Bond girl was Daniela Bianchi; when she appeared across from Sean Connery in *From Russia with Love*, she was only 21 years old.

Prior to Monica Bellucci, the oldest Bond girl was 39: Honor Blackman, starring across from Sean Connery in 1964's hit *Goldfinger*.

Bellucci's casting in 2015's Bond franchise film *Spectre* breaks the pattern for the Bond films in that Bellucci is now the oldest Bond girl at 50 years old.

While we're playing with age-related trivia from the Bond films, the distinction of biggest real-life age divide between the actor that played Bond and the actress that played the Bond girl in the films goes to 1981's

For Your Eyes Only (there was a 30 year age gap between Roger Moore and his younger co-star Carole Bouquet) and, in the opposite direction, the aforementioned *Goldfinger* (at the time of filming Honor Blackman was five years older than Sean Connery).

2. Apple's original logo features which inventor?

Answer Sir Isaac Newton

While 21st century Apple fans are most familiar with Apple's minimalist logo, a monochromatic apple in silver silhouette, the very first Apple logo looked quite different. Designed by early Apple employee Ronald Wayne, the logo depicts Sir Isaac Newton sitting under an apple tree reading with that infamous apple dangling over his head.

That bookplate-style logo was in use for less than a year, in early 1976, before the rainbow apple seen on early Macintosh computers was introduced. The rainbow logo was in use from the end of 1976 to 1998, where it was finally replaced by Apple's current monochromatic silver logo.

3. The largest gold statue in the world is a statue of what?

Answer Buddah

In 1955, workers in Thailand performing some routine work stumbled upon the discovery of a lifetime. The workers had been hired to move a large plaster Buddha statue from an abandoned temple to a newer temple where the old plaster statue was to be restored. The statue proved heavier than they anticipated and, despite the addition of extra ropes and pulleys, the statue broke through the ropes and crashed to the temple floor. Sections of the plaster

cracked and several pieces fell off the statue revealing the true source of its weight: gold.

Beneath the plaster shell, believed to have been added sometime prior to 1767 to protect the statue from looting via the invading Burmese armies, was an extremely sophisticated gold statue. Sitting 9.8 feet tall, the statue weighs 5.5 tons and, cultural and artistic value aside, is worth around 250 million just for the raw gold alone. The statue is actually composed of nine separate pieces with a golden key that unlocks the statue so that it may be broken apart and transported. The priceless artefact is now housed in the Wat Traimit temple in Bangkok along with an exhibit detailing its discovery, restoration, and transportation to the new location.

February Quiz

From: *John Pickford*

1. Which company created the first digital camera?
2. Extensive human engineering helps preserve which natural wonder?
3. The tomb of which famed ruler is said to be hidden beneath a diverted river?

(Answers next month)

Peter's Curious Corner

By: *Peter Purvey* (Discussion Group leader)

A late Xmas heart-warmer

Workmen demolishing a chimney found a letter written to Father Christmas asking for a "Rupert Annual and any toys you might have to spare." Signed, David Haylock, aged 6.

keep the Groups list 'topped up' with fresh new ideas.

Janet Bond

The workmen who found the letter traced the writer, now aged 78, living in Caversham, near Reading and greatly surprised him by bringing the presents he had asked for 72 years ago!

Astonishing find in a Birmingham library

The recent discovery of two pages from an early Koran that had lain unrecognised has been hailed by experts as of the utmost importance. The pages may well be from the earliest known Koran and there is speculation that the writer may even have known Mohammed and heard him speak.

(Value? probably worth more than the entire library!)

Climate change

Scientists are suggesting that the first two cities that climate change could make uninhabitable due to flooding are Singapore and Paris. Bangladesh could disappear!

A message for new members

We are always pleased to hear from you: not everyone manages to get to the monthly meetings, sometimes because they are participating in group activities or because they simply 'don't do meetings', and so a little story about you, how you came to live in Spain, what you did in a former life, etc., is of interest to us all.

Please let me have any little stories you have and of course if anyone would like to start up a new group then our Groups Coordinator Diane Putnam can tell you how to go about it. Over the past few years we have lost a number of groups, as leaders have returned to the UK or for other reasons, and so it is important to