

AROUND THE VALLE

MARCH 2018

ISSUE NO.3



CHAIRMAN'S REPORT BY SUE JONES

Welcome to the March newsletter, I hope you have managed to keep warm during February. At last we have some much needed rain, not our favourite but very welcome.

In this edition you will see we have reluctantly taken the decision to cancel our trip to Murcia in May, unfortunately there were too few bookings to make it viable and the hotel need our numbers by the beginning of March. Full refunds will be given to all who had booked. Unfortunately it is too late to come up with an alternative trip for May but look out for further updates as

we hope to be able to offer a different trip later in the year.

At the last meeting we handed out a short survey questionnaire to members present, if you were not at the last meeting please ask a member of the committee for a copy, complete it and return to a committee member as we would like as full a response as possible. I can tell you from the ones already received and collated, they make interesting reading. Our intention is to inform you of the results once we have a wider response. Thank you in anticipation.

I am in the process of updating the website so please keep checking for further information on our trips, events and meetings.

Don't forget we are always available at Meson Sara on a Friday morning between 11:30 and 12:30, if wet or cold we will be located indoors. For one time only on April 20th we will be at Bar Atila due to the Skittles tournament.

I look forward to seeing you soon.

CONTENTS

FEBRUARY MEETING

CHAIR- MANS RE- PORT	1			
FEBRUARY MEETING & ALTERN- TIVE THERAPY	2	Already February, where did January go!!!!!! February 5th and the second El-Valle monthly meeting of 2018. Apologies for my not being available for the January meeting and causing extra work for an already over- worked committee but I was in no shape to leave the house!!!!	Meson Sara. If the weather is particularly cold on the meeting point days check inside Meson Sara and you will find members of the committee only too willing to assist. One of the forthcoming events is the extended trip to Murcia and if you are in- terested then please make this known because if it is felt that there is not suffi- cient interest then it would have to be cancelled which would be a shame as these trips are always well worth attending. At 8pm Sue introduced our speaker, Sylvia, a local gar- dening expert who was prepared to answer any gardening related questions and after a slow start the questions came thick and	fast and Sylvia was able to answer each and everyone. After around 20 minutes Sue thanked Sylvia for her time and knowledge and an- nounced that the cash box stood at €196. Sadly no one was fortunate enough to draw the correct key and the prize rolls over to next month. Sue closed the meeting at 8.30pm but before I sign off a reminder that the El-Valle AGM is looming and if you would like to offer your help please consider standing for the committee, it would be greatly appreciated as the committee is short staffed and without them there is no El-Valle!!!!!!
FORTH- COMING MEETINGS & EVENTS & WALK SCHEDULE	3	All recovered now though and it was heartening to see approximately 40 members brave another cold night to support their club.		
FEBRUARY WALK	4	Sue opened the meeting at 7.40pm with, as usual, the overview of past and forth- coming events all details of which are readily available on the web site, in the news- letter and at the meeting point held each Friday at		
SUPPER NIGHT	5			
COMMIT- TEEE	6			
	7			
	8			
	9			

ALTERNATIVE THERAPY AT THE APRIL MEETING

Tracey Webb & Sandra Huellebrand will be hosting a presentation at El Valle

Tracey is the director at Centro Dharma, Alternative Therapy Centre in El Trapiche. Tracey will be providing information regarding the range of natural therapies available at Centro Dharma, including a short description of the treatments available.

What are alternative therapies? Complementary ther-

apies are used in place of, or in addition to conventional medical treatments. They encompass a broad range of disciplines, aiming to treat the physical & emotional well-being of the client.

We also offer a brief explanation of non-invasive diagnosis procedures, such as; Medical Thermography, & Bio-resonance Diagnosis.

Sandra is a Dorn practitioner, who will give a presen-

tation on The DORN Method; this is a form of manual therapy to treat symptoms related with the spine and joints in a holistic, effective, safe and non-manipulative way and a true self-help method.

FORTHCOMING MEETINGS

March 5 th	Visit by the Mayor of Viñuela who will answer pre set questions from members
April 2 nd	AGM followed by Alternative Therapy Demonstration by Dharma Therapy
May 7 th	Photo quiz by Sue and Elaine
June 14 th	Mr & Mrs

THURSDAY, 15TH MARCH



MENU DEL DIA

1:30 FOR 2PM

PEPE MOLINAS

ALMAYATE

€10

SKITTLES MATCH

ATILAS, PUENTE DON MANUEL

FRIDAY 20TH APRIL

11:30 FOR 12:00 START

**FOLLOWED BY A 2 COURSE MENU AT
ATILAS**

PRICE €11 MEMBERS €12.50 NON

PLEASE NOTE PRICE REDUCTION!!

**REFUNDS WILL BE GIVEN TO ALL WHO
HAVE ALREADY BOOKED**



14TH - 17TH MAY 2018

TRIP TO MURCIA & CARTAGENA

UNFORTUNATELY, DUE TO LACK OF INTEREST

WE HAVE TO CANCEL THE TRIP.

**PLEASE SEE THE COMMITTEE AT THE MONTHLY
MEETING OR AT MESON SARA ON FRIDAY FOR A FULL
REFUND**

OUR APOLOGIES FOR ANY INCONVENIENCE

WALKS SCHEDULE

MARCH 8TH	Led by Rebecca and Martyn Higgins. Start will be from the multi-story car park in Canillas de Aceituno at 11:00
APRIL 12 th	Led by Rubi and Jane Frost. Walk will be out of Guaro, just north of Periana, start at the Bar/Restaurant in the village and after at the restaurant. 11:00
MAY 10 th	Led by Ray and Caz Edwards TBA Start 11:00
JUNE 14 th	Led by Graham & Sue Smith Start TBA Start 11:00
JULY 12 th	Led by Stewart & Elaine Start 19:00 TBA

FEBRUARY WALK BY ALAN IMPEY

Thursday 8th February 2018 and time once again to put on those walking shoes!!!

This month's walk was routed and led by yours truly!!! It should also have been led by "she who must be obeyed" but unfortunately, due a tumble whilst walking on Sunday, Maureen had to miss out!!!

The meeting point was just outside Nerja, on the Torrox side, and on the car park of Venta San Miguel.

There were 25 walkers gathered at the start time of 11am and after a quick head count for food choices for the meal following the walk off we went.



It was a great walking day weather wise, nice and sunny but not hot nor too cold.

We started off heading inland, north, until, after some 10 minutes,



we went left, east, and passed under the A7 Motorway.



We then went right, west, and paralleled the A7 until eventually we turned to a more north westerly direction and on reaching a small hamlet the real work of the day started with a long, steep ascent.



On reaching the end of the hamlet we turned right, South, for a long, but gradual descent towards the A7 again with sea views all the way.

We eventually passed under the A7 at a different point to our outward journey and then we had a level route back to the coast and out starting point.



It was not far to our restaurant, we were parked outside it!!!! but sadly I chose to forgo the meal and return home to "she who must be obeyed" I have however contacted three different walkers who were there for the meal and I was assured that the food was excellent and good value.

Facts and Figures.

Distance	7.76kms
Total Time	2 hours
Moving Time	1hr 48mins
Stopped Time	12mins
Average Speed	4.2 kms per hour.

ASOCIATION EL VALLE DEL EMBALSE

FINANCIAL ACCOUNTS JAN 1ST - DEC 31ST 2017

<u>Income</u>	<u>2016</u>	<u>2017</u>
	€	€
Subscriptions	1640	1450
Cash Box	190	-
Donations	=	60
	<u>1830</u>	<u>1510</u>

Expenditure

Newsletter and Website	-	90
Members Meetings	417	632
Social Events Subsidy	554	429
Stationery	141	242
Telephone	120	100
Almoners Expenses	8	63
Bank Charges	102	88
Laser Printer/Printing	220	22
Speaker System	-	7
Cash Box	-	12
	<u>1562</u>	<u>1685</u>

2017 SUMARY

INCOME	1510
EXPENDITURE	1685
EXCESS EXPENDITURE OVER INCOME	<u>175</u>
BALANCE AT 31ST DEC 2016	<u>5938</u>
BALANCE AT 31ST DEC 2017	<u>5763</u>

Chair
Sue Jones

Treasurer
Chris Wishart

SUPPER NIGHT BY ALAN IMPEY

Friday 16th February, and another of the popular El-Valle supper and film nights.

Venue as usual in the rooms under Maroma Estates, (no I am not on commission for mentioning them!!!) and the usual doors open time of 7pm (and not a second earlier!!!)

Working on the premise of "if it ain't broke don't fix it" twenty nine of us turned up with seat cushions, bags clanging with bottles and cans of drink and expectations of a good meal, a nice drink and an enjoyable film. The meal was very good, more later, the drink, always good, but for me the film somewhat lacking.

The film was entitled, "Inferno" and was based on the book of the same name by Dan Brown and was the third in sequel following Da Vinci Code in 2006 and Angels and Demons in 2009.

It starred Tom Hanks was directed by Ron Howard and first released in 2016.

With a run time of 121 minutes it had a budget of €61,000,000 and made €178,954,000 at the box office.

The plot was very simple in that Professor Langdon, played by Tom Hanks had to find and prevent the release of a Domsday Virus, YES, of course he succeeded!!!

Back to the food!!!!!! we had two choices, Tuna Pasta Bake and Salad, prepared by Bethune and Thai Green Curry and Rice prepared by Elaine.

Both were very popular and both very good, YES, I sampled both, but only by virtue of wanting to give an accurate report!!!!!!

Set up of the room was by Stewart and I understand he was ably assisted by Louis, who may soon become a familiar name in El-

Valle events. No pressure Louis!!!

I know that I usually finish these reports by thanking all concerned for the work they put in but I do not do this lightly as without their efforts there would be no El-Valle, no events, no trips and so forth!!!!

Leading on from this it will soon be time for the El-Valle AGM and the election of committee members. If you feel you can help and can give a little time to the El-Valle please contact any committee member at the monthly meeting of the meeting point at Meson Sara on a Friday morning and they will help you with the simple procedure. The more that becomes involved the better.

ASOCIACION EL VALLE DEL EMBALSE

COMMITTEE 2017/2018



Chair & Newsletter Editor Sue Jones Tel: 680407894



Secretary: Stewart Common Tel: 647076177



Treasurer: Chris Wishart Tel: 609952926



Joint Vice Chair Barbara Jenkinson Tel: 616264067



Almoner: Christine Goreham Tel: 635361233



Joint Vice Chair Dorothy Girvan Tel: 676320615

MEMBERS



Elaine Edwards Tel: 647076177



Carol Caldwell Tel: 635291532



Peter Girvan Tel: 676320615



Bethune McCarroll Tel: 634404169



Yvonne James Tel: 666619145

INFORMATION

NEWSLETTER EDITOR newslettereditor2012@gmail.com

WEBSITE - www.el-valle-asociacion.com

A REPRESENTATIVE OF THE COMMITTEE WILL BE ON DUTY EVERY FRIDAY BETWEEN 11:30 AND 12:30 AT MESON SARA EXCEPT IN AUGUST