

NEWSLETTER

u3a
Vall del Pop



February 2024



Dear Members,

Sandra and I have missed being part of U3A activities these past weeks and have enjoyed reading about various group activities, events and the General Assemblies.

It is comforting to know that things go on smoothly in our absence.

We were amazed to see that the first fundraising event of the year, the OK band picnic party, raised a massive 1951 euros. What an incredible start to the year.

I understand the February GA was well attended, the sausage baps and cakes went down well and the speaker from Closeness was interesting and informative.

Well done to Christine Brazier and her table Team for winning the Valentine's Day fun quiz!

Thank you to everyone for your kind thoughts and good wishes. It has meant a lot to Sandra and me. A special thanks to Paul Corazzo for standing in as Vice President and Paula Barrett as acting secretary. Thank you to all the committee members for their support at this busy time of membership renewal and preparing for the AGM on 7th March.

We always welcome new members to the committee, giving new ideas and perspective and making the U3A attractive and appealing for current and new members.

Please consider applying to join the committee.

The deadline for applications is Thursday 21st February 2024 click form below to apply.

As you know, Sandra and I are stepping down this year. We have thoroughly enjoyed all our years as President and Secretary and have made many valued friendships.



The Annual General Meeting will be held on
7th March 2024

and provides the opportunity
to vote in your committee.

Doors open 10am, meeting starts 11am.



[Form Download Here](#)

Bill White will be entertaining us on his keyboard.

Arne Soeten, President of Project4All, one of the charities we chose to support with the Goodwill funds you so generously donated, will tell us all about the works they do to help the homeless in the Marina Alta.

Finally Paul and Jude Corazzo will sing a few favourite songs for everyone to join in with.

Singing can bring joy and smiles to our faces so great to finish on.

I understand the Goodwill team will be selling homemade scones served with jam and cream.

What a treat!

Regards, Bob



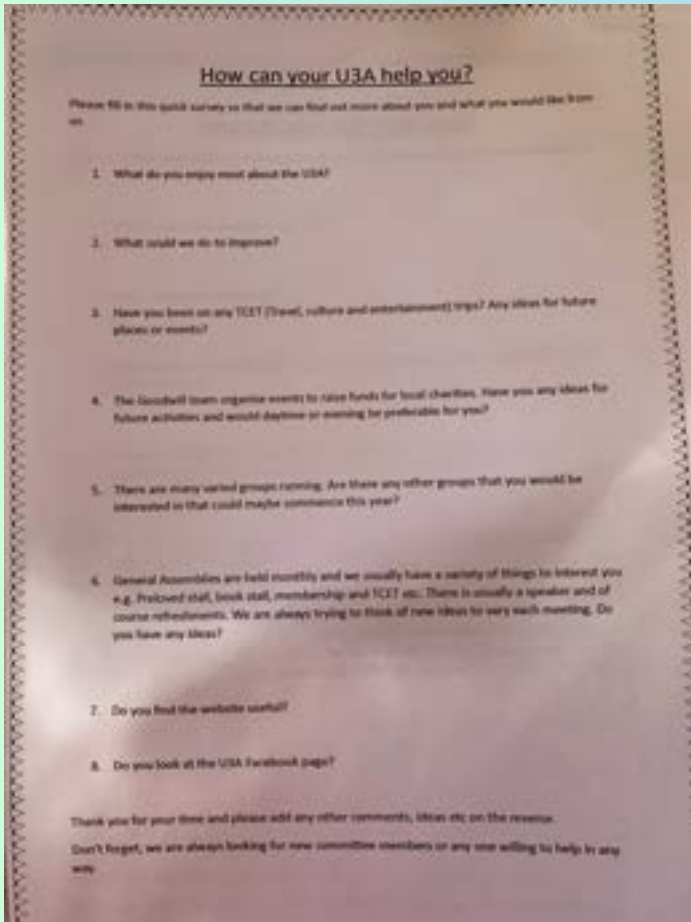
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How can your U3A Help You?

If you didn't manage to get to the January General Assembly you would have missed the survey questionnaire that was on every table asking for your opinions and suggestions re your U3A Vall del Pop.

We received lots of lovely feedback from those present as well as some good ideas for the future. But if anyone else has any suggestions or feedback we would love to hear it. It really helps us to plan trips, events and new groups.

Please feel free to send any comments to me at p.heffron433@btinternet.com or WhatsApp 0044 7766 001035.



MEMBERSHIP RENEWAL

We will be holding Satellite Renewal Sessions at the following provisional times and places :

Wednesday 14 February – Citrus Bar, Orba

Tuesday, 19 March – JVH Animo Centre, Centro Civica, Alcalali

All sessions will run from 11.00am until 12.30pm

Please note that these dates, venues and times are provisional and any necessary alteration will be notified on the website, so keep your eyes peeled!!

The window for renewals will close on 31 March 2024. If you have not renewed by this time then, unfortunately, you will need to re-join if you want to continue being a member of the U3A Vall del Pop.

Barbara Bentley
Membership Secretary



February 2024

OK Band Picnic

Saturday afternoon, 20th January, saw 93 U3A Vall del Pop members and followers of the fantastic OK band partying non stop for 5 hours!

On a gloriously sunny day, Terry and Co, 2 of the band members, kindly opened their beautiful home and rehearsal studio for an indoor picnic concert in aid of our Goodwill charity. Goodwill fundraises on behalf of local charities in need and every euro we raise is donated at the end of the year to a variety of local worthy causes.



Alain and Elena of the super duo, Multipass, kindly opened the afternoon with a fantastic set while guests enjoyed their picnics and drinks from the bar. The dancing and singing had already started! Delicious homemade sausage rolls and cakes were on sale to top up picnics plus homemade marmalades and chutneys.

The incredible OK band then took to the stage and the venue rocked for the next 2.5 hours with non stop dancing and singing along.

If you know the band you will be aware how amazing they are, if you don't then try and catch them at one of their charity events. They are the most generous bunch of people and help many charities to raise funds through their gigs. Last year alone they raised just under 25,000e.

A raffle of some 20 great prizes and an auction of champagne, a Burberry wrap and a restaurant voucher kindly donated by the Vall del Pop restaurant in Lliber saw guests very generously donating for which we are immensely grateful.

In total the afternoon raised 1952 euros, a truly fantastic amount.

Huge thank goes to everyone who came and supported the event, to the OKs and Multipass who entertained us and to all the helpers.

A wonderful first Goodwill event of 2024.

Paula Heffron



February 2024

Goodwill Events

The U3A Vall del Pop Goodwill team is the fundraising arm of the U3A raising funds for local charities.

We aim to provide varied events that our members will enjoy and will want to support.

To this end we are planning the following and giving you plenty of notice to pop in your diaries for 2024. More details will be notified for each one in due course. We very much hope you will come along and support them:

14th April car boot sale on the rastro site, Jalon



11th May a 60/70s summer party and bbq with live music and lots of dancing

29th May a fabulous afternoon tea with cava incorporating a super clothes sale and live music



28th June a wonderful evening with The Entertainers at a bring your own picnic at Los Arcos

In addition at the AGM and General Assemblies we will be hosting:

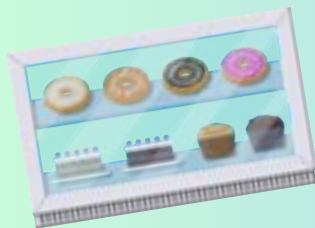
7th March - Scones, Jam and Cream

4th April - Cake Sale

2nd May - Plant Sale

6th June - Sausage Roll

After the summer to be advised.



We will also be holding our pre loved stall at monthly meetings and welcome any unwanted items in good condition to sell. Graham's bookstall will be there too!

More to follow for after the summer.

We hope you will enjoy the variety of great events in the valley.

A lovely way to meet new friends and enjoy old friends.

Paula Heffron

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Sharing and Caring!



Sharing the space and caring about precious time spent together!
Need a helping hand then pop along to a meeting or drop us an email.

Join us on the following dates
The Shack, Jalon
from 10.15am



15th February 2024

20th March 2024

17th April 2024

15th May 2024

19th June 2024



Contact brigred4119@gmail.com for more information



PLEASE NOTE - SHINGLES (vacuna contra herpes)

For those of our Members born in 1944 or 1959, who may not be aware, they can apply to their local main clinic, or ask at your medical centre for an appointment at that clinic.

The SHINGLES jab currently being offered for those born in those years only.

I personally hadn't heard or read any news of this. Only being aware of twp Parcent people having gone through this painful and unpleasant condition, made me ask questions and with my age confirmed at my Orba clinic, I was offered a jab that same afternoon.

I was assured I'd be advised of a follow-up jab in a couple of months and that this was lifetime cover.

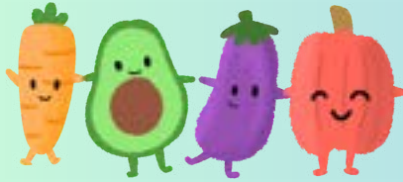
Regards Sheila Skinner

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FROM LITTLE ACORNS



A VEGETABLE PATCH HAS GROWN

ALL DOWN TO A CASUAL REMARK AT A LADIES LUNCH!

It's about a year now since we started our Allotment Group.

The U3A has taken a plot in the municipal allotments in Jalón, and we have split it into individual plots for group members to grow whatever they like, and a communal plot where we are planting herbs to share between the members.



We have found the soil is very good, and the mild climate here means we can grow vegetables throughout the year. Over the colder months we are growing beans, peas, onions, carrots and cabbage, as well as lettuce and rocket, and even asparagus. In spring we will plant tomatoes, aubergines, courgettes and peppers.

As well as the joy of watching our plants grow, and, of course, eating the produce, we have found there is a social side to our gardening. Every Sunday morning we meet to do a little bit of work on the allotment followed by coffee, cake and a chat.

None of us are experienced vegetable growers, but we're learning as we go along, and having fun doing it

Mike Burke



Come along and meet us on a Sunday from 11am in Jalón by the blue bridge
Contact brigred4119@gmail.com for more information



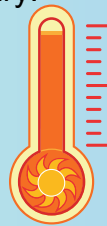
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U3A Walking Group

U3A Monday Ramblers

Having spent Christmas and New Year in the UK it was a delight to return to Spain and the unusually high temperatures and sunny days which we had for most of January.

At times it felt more like March or April than January.



Unfortunately I brought back this year's cold/flu, the one they call the 100 day cough. I cancelled one walk to avoid spreading it to the group, but was ok to walk the following week. By then most of the group had also caught it. So far the cough has lasted three weeks, so I am hoping that it does not really last 100 days.



Because of the cancellation we only did three walks in January

Jalon to Alcalali

Parcent to Murla

Lliber to Senija

For the first two we enjoyed the blue skies and high temperatures, but the last was grey skies and a more usual temperature of 13c. So it looks like we may have said goodbye to this unusual "Indian Summer".



If you would like more details please send an email to paulleniston@hotmail.com



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GROUP ACTIVITIES

Our activity groups meet regularly to pursue common interests, and most of them have room for extra members. You can learn new skills or brush up on old ones, and it's a great way of making new friends!

New Activity, New Friends

Contact group leader for more information

If you lead a group and would like to be featured in a future Newsletter please contact Linda, Editor, at U3avalldelpopnewsletter@gmail.com. Updates of activities always welcome and deadline for next publication is 11th March 2024 for distribution on 18th March 2024.

Please find below and on the following pages current activities and groups with contact details to find out more information about when they meet and cost etc.

Come along and make new friends!

	Activity	Contact
	Allotment - We have a large 6m x18m allotment in Jalon. It is ready to go, having been ploughed. There is a shed and water on site.	SUE HARVEY & BRIGID REDMOND brigred4119@gmail.com
	Ballroom, Latin & Sequence Dancing - Whatever your level of fitness, ballroom dancing is a great way to exercise and meet new friends.	Duncan Thompson foskett54@btinternet.com Telephone: 634 33 46 89
	Bridge - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere.	Wendy Sim wendy.sim1@hotmail.com Telephone: 711090516
	Canasta - The Canasta group is now up and running. New members would be very welcome to join us.	Mary Wood marywoodspain@gmail.com Telephone: 675 674 301

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	Activity	Contact
	Card Making - We are a group who enjoy crafting and, in particular, creating beautiful greetings cards.	Carole Marten & Dee Adkins Dadkins1953@yahoo.co.uk Cvicary2@gmail.com
	Chess - New group starting soon. Contact Ray for further information.	RAY PIERROT raypierrot@btinternet.com
	Cinema - We aim to show a wide range of films in English. We ask for a contribution of €2 per visit. This will go towards annual licence and purchase of DVDs.	CHRISTINE BRAZIER justnanny@live.co.uk
	Digital Photography - We are now operating very definitely as a peer group with members bringing their skills and ideas to share with one another.	DAVID BROCK Davidandeileen50@yahoo.co.uk Telephone: 606 995 919
	Dining Experience - We visit different restaurants mostly within the valley. Members can recommend an old favourite that they enjoy.	DIANE HOLMES ondrakiri@yahoo.com
	Dru Yoga - A gentle but powerful workout. It calms and reduces stress, improves focus, physical strength, balance and energy.	SALLY MILLANE Sallysunshine436@gmail.com
	Game Addicts - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.	GORDON RODMAN boneinjalon@gmail.com Telephone: 693 725 199
	Ladies At Lunch - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.	SALLY ELLIS, LIZ MILLER SANDRA WELHAM, U3aladieslunch@gmail.com
	Let's Sing Together...For Fun - Love to sing anywhere, any place, when a tune pops into your head. We sing songs that we enjoy, are fun and lifts our spirits.	SANDRA WELHAM Sandra.m.welham@gmail.com
	Men Who Munch - What happens at "Men Who Munch" stays at "Men Who Munch" Come on Guys, join in with our get togethers at various local bars or restaurants.	GORDON SIM Thomassim007@gmail.com

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	Activity	Contact
	Mosaic 1 - We create decorative mosaics using glass and ceramics.	LIZ WILLIAMS Lizwilliams2008@live.co.uk Telephone: 684116089
	Mosaic 2 - We create decorative mosaics using glass and ceramics.	SUE WILLIS suewillis2@hotmail.com MONIQUE LECKIE monileck@aol.com
	Open Forum	ANNESLEY SINCLAIR annesleysinclair@gmail.com Telephone: 965730605
	Petanque	GERRY BACON Gerard.bacon@yahoo.com Telephone: 600 652 821
	Spanish Conversation - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN Mikeheidi123@gmail.com
	Spanish Lessons - The tuition is informal, in English, with plenty of opportunities for conversation and gaining confidence in a friendly and relaxed group.	CARMEN carmenmasfemenia@gmail.com
	Walking Groups - Make friends with others who enjoy exploring the excellent hill, valley and coastal walks. When possible we visit a local bar for refreshments.	JAN AND PAUL LENISTON paulleniston@hotmail.com Telephone: 651 633 198
	Yarn & Thread - Anything to do with yarn and thread is welcome.	LORNA BOTTEN lornabotten@gmail.com Telephone: 96 558 3484



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THE ARTS SOCIETY MARINA ALTA

At the AGM and first presentation of the Arts Society Marina Alta this year, we launched an exciting new programme and more membership benefits that include:

- A choice between day or evening venue for 8 presentations per year by prestigious lecturers, covering fine and contemporary art, architecture, collectibles and film.
- Additional lecture home-viewing possibility.
- Customised membership/guest rates, ranging between €7.5 -15 p.p.
- Personal Benefit from our sponsors: Blevins Franks; Inmobres, Calpe; Currencies Direct; Avalon.
- Membership sponsors children and young adults with learning difficulties at the Colegio Público de Educación Especial Gargasindi, Calpe.

Moorish Architecture: The Legacy of a Vanished Kingdom, as presented by Ian Cockburn on 31 Jan, proved hugely popular at the Salones Canor, Teulada and Casa de Cultura Javea venues, which sounded the bell for what's to come in 2024.

2024 PROGRAMME

WEDNESDAY, 31 JANUARY 2024: Moorish Architecture: The Legacy of a Vanished Kingdom

By Ian Cockburn: The classical origins that influenced the Moorish style is well-known, as well as the unique interior decorative style which gives their architecture its beauty and exotic appeal – an appeal so strong that the Christians sometimes copied it, even as they reconquered the territory from its Islamic rulers.

WEDNESDAY, 6 MARCH 2024: Vincent Van Gogh: Madman or Genius?

By Anthony Russell: This lecture considers exactly why, despite never selling a painting and his committing suicide in poverty, an art historian today deems Van Gogh's genius. There are extraordinary, little-known facts to be revealed, while enjoying the remarkable range of his talent. Though seeming so extreme, the tragic story of his loveless life is deeply moving and his lunacy makes a lasting impression.

WEDNESDAY, 3 APRIL 2024: Zaha Hadid: Architectural Superstar

By Dr. Helen Spilling: Dame Zaha Hadid died on March 31, 2016 at the age of 65. Architectural historians of the future will recognise her as one of the most important architects of the early 21st century. She was born in Iraq and her reputation was global, but she made Britain her home. This lecture tells the story of her illustrious career.

WEDNESDAY, 8 MAY 2024: Master of Suspense: Alfred Hitchcock

By John Francis: After moving to Hollywood, Hitch created several masterpieces of cinema including Vertigo (1958) and Psycho (1960). Vertigo has been recently voted by critics as the best ever film, overtaking Citizen Kane. Together we will explore Hitchcock's dark films about human obsession. Taking a shower still fills many people with dread and foreboding thanks to the Hitchcock modern horror classic of 1960.

www.artsocma.org email: marinaalta@theartsociety.org

THE ARTS SOCIETY MARINA ALTA

WEDNESDAY, 5 JUNE 2024: Japonism to Modernism: Japanese Influences on Western Art

By Suzanne Perrin: Following the opening of Japan to western trade in the 1860s, paintings, prints and artifacts from Japan came to Europe and the West, creating new styles and demand for all things 'Japanese'. This continued into the 20th century and inspired artists to create during new designs in architecture, space and design.

WEDNESDAY, 2 OCTOBER 2024: The Anatomy of Collecting

By Marc Allan: This presentation will entertain us through the psychology, folklore and history of collecting through the millennia, as well as featuring great collectors throughout history. It also carries an insight into how the Antiques Roadshow works, is audience interactive and is illustrated with examples from the great historical collectors and with objects from Mr. Allan's own eclectic collection.

WEDNESDAY, 6 NOVEMBER 2024: Hidden Canvases: Street Art & The City

By Doug Gillen: Hidden Canvases explores the key stages in street art's growth examining the different elements and styles that comprise the scene with no rules. From the international superstar to the local underground heroes you are guaranteed to leave knowing your insider from your Aaryz and who knows you might even start looking at the world a little differently.

WEDNESDAY, 4 DECEMBER 2024: Rome, Art & Emperors: The Golden Age of Rome

By Dr. Paul Roberts: Rome's art and architecture were some of the finest of man's creations. In this talk, Dr. Roberts presents beautiful works of art - sculpture, mosaic, wall-paintings, silver and jewellery - to trace the history of this mighty city. The talk focuses on Rome's golden age – from 50 BC to AD 200, when Emperors filled the city with palaces, temples, theatres, libraries and other incredible monuments.

For more information, check our new website: www.artsocma.org or scan the QR code.



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This is a great day out: a lovely setting, browse the stalls, enjoy a glass or two of wine and a snack in the beautiful gardens.

You don't have to be an antique dealer to pick up a bargain.

PAWS Xalo dog rescue are hosting a stall and will be selling reasonably priced items. And the plants from the plant man are fantastic!

See you there!

Paula Heffron



PAWS Xalo have some great events planned too which our members may enjoy:

31st March Adopt a dog day in Moraira - a great day out



21st April Paws fun dog show and BBQ, Jalon

8th May the fabulous spring/summer fashion show at the Pensionistas in Jalon.
One not to be missed!





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FOR SALE



ELECTRIC WHEELCHAIR - Quirumed

Very good condition. Purchased 2019. New batteries 2020.
Has charger & amp; cover included. Genuine reason for sale.

Folds up & amp; can go in car boot.

Travel good distance when fully charged.

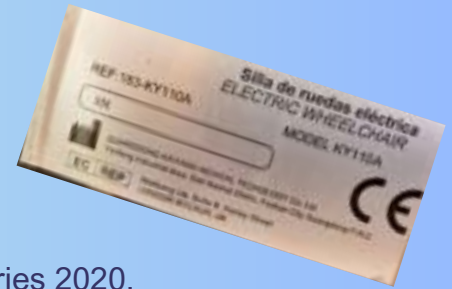
Ideal to give a disabled person some independence.

Can be tested in our garden in Lliber & amp;
can be delivered if necessary.

Please call Carol 616103167. Also on WhatsApp.

Email cazlock@gmail.com.

Current Cost new €835 Selling price €295.



JUCER

Philips HR1921/20 Juicer, 1100 watt. Fiberboost,
Quick clean Technology.

Pre-rinse function. Stainless steel. User manual.

Can deliver to reasonable distance.

USED TWICE ONLY. IMMACULATE. - LIKE NEW.

COST €192 - sell €110

Contact Carol Lockhart 616103167. On WhatsApp.

Email cazlock@gmail.com.

