

NEWSLETTER

u3a Vall del Pop



May 2024



May 2024

President's Message

Dear Members,

We held another well-attended General Assembly on 3 May, with a great atmosphere in the room and plenty of praise for our two speakers.

The first was Rhett Groom, who explained what motivated a 50 something man to ride the Tour de France not just once but twice, raising very considerable funds along the way for Cure Leukaemia.



Rhett was followed by Vince O'Brien, the first volunteer for the new 'Meet our Member' segment, answering questions from Paula. He talked about his career as a contact lens optician and shared a few stories, as the Irish always do best. The most memorable of these involved a Thalidomide victim, whom he taught to put her lenses in and take them out using her feet!

In the business part of the meeting Barbara Bentley reported another 24 new members, 16 who had joined through the month and eight on the day of the Assembly, continuing the recent very positive trend in new joiners.

Later Brigid Redmond and Sally Ellis explained what we are doing to raise the profile of the 'Sharing and Caring' group and to communicate more clearly what the 'hand of friendship' means in practice. Sadly, several of our members have been in and out of hospital in recent weeks, a reminder that any of us may need a little support at some time in the future.

Next month we shall have another full agenda for our meeting on 6 June, again with two speakers whom I am really looking forward to hearing.

Best wishes
Chris



May 2024

Introducing the U3A Vall Del Pop 2024/25 Committee



Chris Barrett
President



Paul Corazzo
Vice President



Roger Bentley
Treasurer



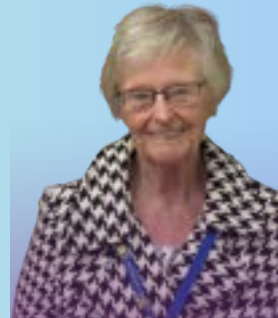
Paula Barrett
Secretary



Sally Ellis
Ast. Secretary



Teresa Tillbrook
Groups Co-ord.



Barbara Bentley
Membership Sec.



Gerry Bacon
Hospitality Officer



Mary Bacon
Hospitality Officer



Christine Rowland
Vocal



Brigid Redmond
Vocal



May 2024

Speaker Rhett Groom

Those members who attended the May General Assembly heard Rhett Groom, a local cycling enthusiast from Jalon, give an inspirational talk on cycling in not one, but two, amateur Tours de France to raise funds for Cure Leukemia.

Interestingly Rhett chose not to talk much about the actual cycling, but focused on his motivation for taking part and the work of Cure Leukemia. The charity was established in 2003 to offer potentially life saving treatment to blood cancer sufferers through world class treatment that would otherwise not be available to them through standard care.

Rhett explained that during Covid lockdowns he was based in the UK and looking for something worthwhile to do and came across Cure Leukemia and their fundraising efforts. He then set about getting super fit with a goal to be accepted to join the amateur Tour de France team which in itself is no easy feat. Rhett was accepted and, not content to do it once in 2022, he rode again in 2023!



The 18 strong team set off from Bilbao on Saturday 24th June 2023 and followed the same route as the pros, riding over 3,500km in just 21 days in mountainous territory - all to raise over £1,000,000 for Cure Leukaemia, a target they exceeded!

To take a rest!! Rhett then rode across the Andes this January to raise money for research into children's cancers and he has been accepted to ride in Spain's Vuelta in 2025, again for Cure Leukemia. It was a humbling and emotional talk with Rhett sharing personal highs and lows and stories from the tours. It is fair to say you could hear a pin drop in the room. We were all in awe of the dedication and commitment shown by, in Rhett's words, "a 50 something, overweight, middle aged businessman" and the achievement by him and his teams to raise over £2 million pounds to date.



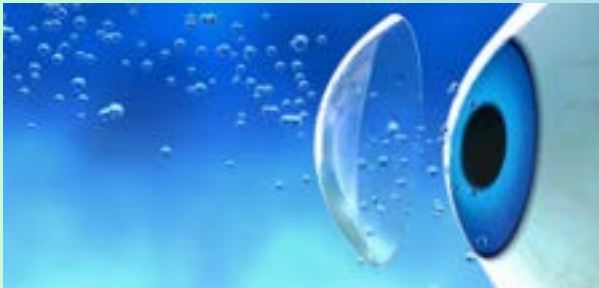


May 2024

Meet a Member

At our monthly General Assembly on 2nd May we had the first of a new idea our new President, Chris Barrett, introduced called “Meet a member”.

Recognising every member has stories to tell about their lives, be it careers, hobbies or experiences, this is a way to share these in a fun, informal, lighthearted way as part of a question and answer session. It also helps members get to know each other better and share common ground.



Our first “volunteer” was Vince O’Brien who had been a contact lens optician in his career. Vince told us how lenses originated and developed over hundreds of year to what we take for granted today. He also told us some fascinating stories including being asked to fit lenses in an operating theatre to a newborn baby with an eyelid problem and dispensing lenses to a thalidomide victim who used her toes to insert them.

Vince made an excellent speaker and we are very grateful to him for being our Guinea pig!

We are delighted to have a volunteer for our next meeting. Sue Holley who spent her career in the entertainment industry and worked with many well known names will, I am sure, entertain us with some stories and anecdotes.

We would welcome members to take part in our meetings after the summer. You don’t need to prepare a speech! We agree a few questions beforehand so you know what to expect. Maybe you have an interesting hobby, were a keen sports person, had a job people would love to hear about.

This really is all about sharing life experiences and getting to know each other a bit better.

Paula Barrett



May 2024

SHARING & CARING



Hand of Friendship
Open Welcome
Listening Ear
Assistance & Help



Sharing & Caring team currently comprises of the following members, Brigid Redmond, Betty Gower and Sue Harvey.

The team give their time, expertise, knowledge and above all friendship to support the members of our U3A requiring some guidance and companionship through any challenging time in their lives.



The Team will organise social gatherings and can offer a Listening Ear to any members. With discretion at all times Plus, a hive of information of Professional Carers, Interpreters, Counsellors, Physiotherapy, Psychotherapy and Legal Advisors. In recent months it has come to light how little we know regarding resources and who and where to access these. Therefore, **Sharing & Caring** are looking to collate this information and make a 'directory' which will eventually be available to download from the website and possibly as a hard copy for the members.

To ensure we can support as many as possible going forward, new Team Members are welcomed with experience in any of the following...

Administration and technical support.

Healthcare, Social Care, Therapy and Well-being.

Or being a Natural Nurturer who likes helping others.

If you would like to find out more, Brigid and the team would love to hear from you.



Join us on Wednesday, 15th May 2024 at THE SHACK, XALO from 10AM

Please contact u3asharingandcaring@gmail.com



May 2024



SHARING & CARING

Visit to Colina Club, Calpe
The Caring Retirement Village



The Sharing and Caring team organised a visit to one of the Retirement establishments in this area 'Colina Club' Calpe. What a lovely and impressive surprise greeted us. We were welcomed by the Manager Steve Harley who took us around the beautiful setting, high above Calpe, looking over towards the Ifach. Steve showed us different types of apartments each one enjoying a superb view.

Uniquely, as opposed to other Residential establishments around, they are for rent and do not have to be purchased which means you know what your outlay is per month and the rest of your money can be spent on what you like.

Both one and two bedroom apartments have a choice of two different layouts and as we were looking around them, it was interesting to hear comments e.g. how clean and well maintained and how very friendly those who live there were. A really solid community feel.

I personally appreciated the fact that one can bring one's own furniture and personal treasures which makes it 'your house'. Another impressive feature is the underfloor heating because as you know living here can get very cold when the sun isn't shining.

Whilst wandering around the grounds we were invited into 'their snug bar' for a coffee and Steve told us as well as some of the residents we met that there are a wealth of helpful 'extras' to assist when living here e.g. a 'Panic' button in each apartment with and on-site Emergency Response Team. Staff members including on-site Nurse conduct welfare checks on all 'single' residents daily. WIFI is on-site and easily available. No stairs or lifts to manoeuvre. There is a little bus taking residents to Calpe Town daily.

Most of all we were impressed by the genuine friendliness of the community and the way the residents were only too happy to chat with us and tell us of their lives at Colina Club.

Another plus feature offered is a trial of two weeks to give a feel of what it would be like living there. There is also an apartment dedicated for family visits which is always occupied, so, needs to be booked well in advance. A brilliant and very worthwhile visit.

Further visits will be organised in due course and subject to demand, if you would like to be involved please contact Brigid Redmond email: u3asharingandcaring@gmail.com



May 2024

Ladies At Lunch La Solana, Alcalali April 2024

On Tuesday, 16th April 2024, thirty ladies from the U3A Vall Del Pop went to la Solana, Alcalali for their monthly lunchtime feast.

It was a great turn out and lovely to see four new members join us. The Solana crew looked after us well, serving us drinks and our starters, bread and aioli, soup and salad. We had all pre ordered our main courses Lamb, Fish or Vegetarian all served with a selection of seasonal vegetables. Completed with a dessert and coffees.

There was lots of discussion and happy chatter and everyone went home replete and looking forward to our next meeting.



Our next Lunch is on Tuesday, 21st May 2024
Further information will be sent in due course.

If you would like to join Ladies that Lunch please go to u3avalldelpop.com and register.

Lunch is not all the U3A Vall Del Pop have to offer. There are a multitude of activities to enjoy. A very active Goodwill Fundraising team. Holidays and trips through our Travel, Culture and Entertainment Team. Explore our website there's bound to be something that takes your interest.



May 2024

Allotment Group

We have completed a year in our "garden" thanks to Jalon Town Hall. They rotivate and supply water for FREE!

We have grown in membership and running at capacity for now. However, we welcome visitors on a Sunday morning to take a look and see what we have been up to at the Janon allotments. We are situated next to the bridge by the Echo Park.

We currently have a waiting list for any new members who would like to join us should a vacancy become available in the future.

Sue Harvey.



Car Boot Sale



On a boiling hot day more in keeping with July temperatures, the U3A Vall del Pop held its **Spring car boot sale** on the rastro site in Jalon.

Over 50 stall holders arrived early to their assigned pitches and began unpacking their wares: a vast assortment of toys, clothes, household items, collectibles, plants, candles, bric a brac, furniture etc.

Even before official start time buyers were snapping up bargains and enjoying the music provided by our very own Paul J, cold drinks from our bar and burgers, sausage and bacon baps from the bbq, kindly provided by Shaun Smith. The cake and savouries stall did a roaring trade, which was hardly surprising as they looked delicious, and our lovely tea ladies kept everyone topped up!

A hot and tiring day for everyone but well worth it as the Goodwill team, who organised the event, raised a whopping 821 euros for local charities! A huge thank you to everyone who helped, who took part and who attended.

By popular demand we will be holding an **Autumn car boot sale** on **Sunday 6th October** so pop it in your diaries.

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Vall del Pop



May 2024

NEW

Wine Appreciation Group

YOUR INVITED

JOIN US

FOR OUR FIRST EVENT



*Tuesday 4th June 2024
12.30pm Alcalali*

*Meal & Sampling
4 Excellent Wines
22€ per person*



For full details please email the group leader
Richard Lightfoot
rili2007@gmail.com

www.u3avalldelpop.com



May 2024

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 10th June 2024 for distribution on 17th June 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.	<u>Duncan Thompson</u> dtheys14d18m@gmail.com <u>Telephone: 634 33 46 89</u>
	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 - Meets weekly, 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 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.	PAUL CORAZZO paulcarazzou3a@gmail.com Telephone 603717784
	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 pauleniston@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



May 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 later in 2024. More details will be notified for each one in due course.



25th September - An evening music quiz, meal and disco

31st October - A Halloween evening of fun, meal and live music



CAIXA BANK DONATION

You will recall from our last newsletter that Caixa bank in Jalon very generously donated 1000 euros to us to be used to benefit the local community.

It was decided to purchase a hospital/end of life bed to be stored and loaned out by Jalon Valley Help on our behalf, with a plaque in memory of our Secretary and dear friend, Sandra Welham.

The bed was promptly delivered by OrtopediaParis and Chris Barrett and Roger Bentley met with the Manager of Caixa bank, Jalon, to show how their kind donation had been spent.

The Goodwill team offered to fund the shortfall and we are grateful to all members who made this possible.

We are proud to know that members of the local community will benefit at a difficult time in their lives because of the U3A Vall del Pop and Caixa bank.



At our monthly General Assembly on Thursday 2nd May we held a collection of household goods and toiletries for Caritas, the Spanish charitable organisation. The response was amazing and the caretaker's wife, who is the local Caritas representative, was overwhelmed by everyone's generosity and very grateful.

We take for granted being able to buy basic products and it is humbling to realise there are local families in the surrounding villages who cannot.

Thank you so much to everyone who donated. Our next collection will be at our Christmas meeting in December.

Kind regards, Paula Barrett

NEWSLETTER

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May 2024



Friday
7th June
7pm

Fundraiser in aid of



The
Goodwill
Team

Raising money for local charities

€15
meal
included

with music from



Booking essential via Christine

goodwillevents2@gmail.com

Please advise of main course choice(s) when booking



MENU

For The Goodwill Team
fundraiser Friday 7th June 7pm

Starter

Pan y Alioli

Mains

Hamburger and chips
Chicken curry with rice
Veggie Burger and chips
Chile con Carne with rice
Steak pie, chips and gravy

Dessert

Ice Cream

Booking essential via Christine

goodwillevents2@gmail.com

Please advise of main course choices(s) when booking



May 2024



We have to book our Christmas trip soon!!

Reserve your place now!

970 Euros a couple, 560 Euros single, 50% deposit required by June.

Always a great getaway with friends, old and new.

U3A Christmas Getaway
Tues 24 Dec to Fri 27 Dec
3 nights FULL BOARD
On the beachfront and only 10 minutes to Benidorm
Two Gala Meals and Transport from Xalo
Basic Travel Insurance Included.
Carol singing and if we are lucky Santa might visit!
Reserve your place now!
Further information contact
Sonia Higginson - ladyrocker2@googlemail.com



May 2024

EVAC-PACK

The worst thing you can be in the face of fire or flood is unprepared! It risks you and your family's lives! Being prepared is so simple. Here are a few ideas for you to think about (especially with the fire season nearly upon us!)

Firstly get yourself a strong box/es or suitcase/s:

Before I move on to contents of an Evac-Pack lets think about people and pets!

1. **PEOPLE:** First and foremost make a plan for getting out of the house – are the exits blocked with items you could fall over in the dark, should the electric go out? Is there a torch handy to shine in the event of a power cut? Make sure everyone knows the plan and what their individual roles are.
2. **PETS:** Keep pet carriers and leashes readily available to lead pets to safety/get them into vehicles.

CONTENTS OF YOUR "EVAC-PACK"

1. **EMERGENCY FOOD/WATER:** Snacks for the kids, formula for babies, bottle/s of water, pet food and pet treats (You may have to use them to calm pets down)
2. **PHOTOS:** Put all the negatives, CDs or pen drives of photos in the pack. If there are any special photo albums, put them in too. Or in this day of the digital cloud store them there.
3. **PAPERS:** Consider a bank deposit box and put all your important papers in there, just keeping copies at home. If you don't have a bank deposit box put all your important papers in the Evac-Pack: Insurance policies, Birth and Marriage certificates, ID/Residencia copies, Passports (or copies), pet passports/documents, house deeds, rental contracts, pension details, health cards/documents (or copies), copies of your bank/credit cards, contracts, guarantees, in fact ANY documents you just knew would be an absolute nightmare to replace!
4. **PRESCRIPTION MEDICINES:** Dont forget to take your medications with you. Don't forget the ones that have to be refrigerated like insulin. If you have spare medication put them in the Evac-Pack. (remember to look at the "use by" date every so often and replace them if necessary!)
5. **MONEY:** The Evac-Pack is where you would keep an emergency amount of money. You may not be able to use an ATM in the event of a power outage.
6. **PETROL/DIESEL:** If you can make sure your car always has half a tank of fuel. Evacuation routes could be bumper to bumper traffic. Having a tank at least half filled will keep you less stressed. Also consider having a small amount of cash,



stashed in the car because again you may not be able to use your card at the petrol station/ATM.

7. **ADDRESS/PHONE BOOK:** If you don't have the important addresses/phone numbers stored on your phone then use an address book and keep it in your Evac-Pack.
8. **CHARGERS:** Keep them handy to throw in the Evac-Pack at the last minute! Chargers for phones, tablets, laptops etc. If nothing else they will occupy your kids to play with them if they are evacuated to a community centre etc!
9. **EMERGENCY CLOTHES:** According to the weather conditions put a change of clothes in the Evac-Pack. If you have babies remember nappies! Remember to grab your children's favourite blanket, stuffed animal or toy. A game or a deck of cards would be handy in the Evac-Pack to could keep kids occupied and calm too.
10. **AN OLD CALENDAR:** Handy to have stashed then you won't forget those important dates! Birthdays, anniversaries etc. These items may be in your phone but if your battery runs down then you can't get to them.
11. **PERSONAL PROTECTION FOR LADIES:** Sorry guys mentioning this but ladies do have "that time of the month"! Be sure and pack a spare box of your preferred protection. It may be hard to find or the shops may be closed if you have been evacuated. Stress can cause our bodies to do strange things too. So be prepared. Take medication for cramps too.
12. **BATTERY POWERED RADIO:** Worth considering! Tune it into a local radio station which you know is likely to have emergency bulletins.
13. **PHOTOS OR VIDEO OF YOUR HOUSE AND CONTENTS.** Insurance companies are asking for proof of your belongings and the contents of your property when they are processing a claim. Something we are unlikely to be able to prove unless we have the written or photographic evidence.
14. **PATIENCE:** This is one of the most important things to pack. Keep it inside of you so that you have a clear calm head. Having your Evac-Pack prepared will help you keep patient. In the event of an evacuation there will be lots of displaced people. Being patient will make things less stressful. Your children need to see you calm and collected. This will help keep them calm too.

**DON'T WAIT
UNTIL IT IS TOO LATE**



REMEMBER! We can fly in the face of danger and emergency if we are prepared. Don't wait to prepare your evac-pack until you are being asked to evacuate! Everyone thinks that it could not happen to them.

Well it could and it is up to you to make sure you are prepared.



May 2024

CANCER CARE THE VALLEYS SUPPORT GROUP

PLACE: JVH ANIMO CENTRE ALCALALI
DATE: EVERY THURSDAY
TIME: 11:30 'til 13:30



Surround yourself with people who *Get it!*

- Brought to you by Nurse Alison of the Lynwen Nursing Team
- Information, informal conversation and professional connection.
- Are you affected by cancer in any way?
- Meet, chat, share & learn CONFIDENTIALLY.
- Safe, friendly, understanding environment.
- We welcome you - patients, carers, friends & family.
- More Info: Contact Cancer Care Nurse on +34 722 684 093



May 2024

THE ARTS SOCIETY MARINA ALTA

PRESENTS ON
WEDNESDAY, 5 JUNE 2024



JAPANISM to MODERNISM:
Japanese Influences on Western Art
By Suzanne Perrin



The term 'Japonisme' was coined for all types of work created with a Japanese theme, from paintings and prints, ceramics, silk textiles, furniture, interiors, architecture and gardens. This formed the basis for the design movement 'Modernism' that was to shape our world into the 20th and 21st centuries. The seminal work of woodblock print artists created a new way of looking at the world that inspired artists, such as Toulouse-Lautrec, Van Gogh, Monet, Degas, Cassat, Prendergast, Whistler, Valotton, Vuillard and many more. Japanese style was here to stay and brought about a new form of British, European and American aesthetic into the new age of fashion and technology.

Our lecturer, Suzanne Perrin, studied Nihonga traditional Japanese painting at Nagoya University of Arts and the Japanese language at the Japan Foundation in London. She has lectured to a global range of universities, museums and adult education groups, organised exhibitions of Japanese arts and crafts, plus published books and articles on Anglo-Japanese cultural pioneers, culture and contemporary living.

TASMA presentations are held at two locations:

NEW Morning Venue! Espai La Senieta, Av. Madrid, 03730 Moraira

Doors open at 10.15 hrs; presentation starts at 11.00 hrs.

Evening Venue: Casa de Cultura, Plaça de Baix 6, 03730 Jávea

Doors open at 18.45 hrs; presentation starts at 19.30 hrs.

Admission: Free Entry for Members; Day-Members €15 (Pre-paid via www.artsocma.org)

TASMA lectures are brought to you by our sponsors BLEVINS FRANKS, Inmobres Calpe and Currencies Direct. They provide benefits to our members and help us support children and young adults with learning difficulties at Colegio Público de Educación Especial Gargasindi, Calpe.

Email: marinaalta@theartssociety.org

