

# NEWSLETTER

## u3a Vall del Pop



June 2024



June 2024

## President's Message



Dear Members,

During May Paula and I were pleased to host a summer BBQ and an afternoon tea at our home in Lliber, to raise funds for our own U3A Goodwill team and for Paws Dog Rescue in Jalon, where we both volunteer - Paula in the shop and myself at the kennels.

Each organisation benefitted to the tune of nearly 1,200 euros.

It was not just the money raised that was important. It was also clear that everyone thoroughly enjoyed the atmosphere, the food and drink and the excellent entertainment provided by our very own Paul and Jude. However, none of this would have been possible without the hard work of our team of helpers, not just on the day itself but also during the weeks of preparation for the two events.

This made me reflect on the many friendships we have made since we arrived in Spain five years ago (the majority of which can be traced back to either Paws or the U3A) and on the quality of life that we enjoy together here on the beautiful Costa Blanca.

I was also reminded of a recent conversation with one of our new joiners. When I asked her why she had decided to join the U3A now, despite having lived in the area for many years, she remarked on the sense of community and friendship that she had observed among our U3A members and which she had not encountered in other groups.

My message therefore to any potential new members, reading this and thinking of joining (or rejoining) us, is don't hesitate! Come and enjoy the pleasure and fun that comes from doing and learning things together and the comfort of being part of a community of like-minded people.

To our existing members, both new and long standing, I wish you all the very best in what is forecast to be another hot summer.

I look forward to many more shared experiences after the summer break.

Best wishes

Chris





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## Speaker Tony Grande - Make a Smile

At the General Assembly in Murla on Thursday 6th June we were delighted to welcome Tony Grande from the charity "Make a Smile" as our guest speaker.

The Goodwill team had presented the charity with a 1000€ donation early this year from funds raised through events and the generosity of members. Tony thanked members for this and explained it had been used to purchase summer clothing and birthday gifts for children in the Benissa children's home.

I have been fortunate to have met Tony on several occasions and heard him speak about his charity, but even so, I was humbled and in awe once again and, by the silence in the audience, it was clear members were too.

Tony explained how during the financial crisis of 2008 he was approached in his shop, the Bed Centre in Calpe, and asked if he could help to provide beds for 8 children in a home for vulnerable children in Benissa.



A DIY SOS followed asking local businesses to help repair and renovate the home as it was in a poor condition and the fantastic Costa Blanca community jumped in to help.

Money was raised to provide food for the children as they were struggling to feed them and Tony and the team were soon made aware of 98 children in 8 houses plus 26 mentally challenged young people that also needed urgent supplies, and so their charity grew.

They set up a farm to teach people life lessons such as how to grow their own food which proved to be hugely successful at the time. Sadly this has since had to close.

More recently they opened a charity shop in Teulada at the bottom of the main road to provide a regular income stream and this has also proved very successful. They would welcome volunteers to help in the shop, donations of goods to sell and shoppers! Like all charities, income is critical and they are immensely grateful for donations from organisations and individuals to be able to continue and expand the amazing work they do.

Tony explained children must leave the homes when they reach the age of 18 but they work with them to try find jobs and somewhere safe to live so they are not abandoned and at risk.

Members had lots of questions and were interested in the albums Tony had to show about the work Make a Smile does.

We thanked Tony for his and the charity's amazing contribution to the community and it is an honour to be able to support them.



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## Meet a Member



To be honest Sue didn't take a lot of persuading to talk to us and regaled us with wonderful stories about famous people she had worked with, the mischief she got up to, her favourite roles, who she enjoyed working with and who she didn't! There really was a very long list of well known names.



For those of us who remember the musicals Hair and Oh Calcutta, Sue refused parts in these, declining to appear in the nude. She also had a run in with a BBC wardrobe mistress who wanted her to perform in only a sheer body stocking and was almost banned from the BBC as a result. Her talk was great fun and the audience were left wanting to hear more, so watch this space!

At the June General Assembly we met the 2nd "volunteer" for our new slot, Meet a Member, with a wonderfully entertaining Q&A session with Sue Holley who spent over 30 years performing in ballet, films and on stages around the world. Sue trained initially as a ballerina and danced in many famous ballets before moving into films and plays.



Sadly she didn't confess to having fallen in love with any leading men and maintained all her auditions were vertical, no casting couch for her, although it appears it might actually exist.

Sue's favourite show she performed in was A Chorus Line and look out for her in the film "The Slipper and the Rose" with Richard Chamberlain.







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## The Changing face of TCET

Following discussion at the recent committee meeting it has been agreed that TCET is now going to be known as The Travel and Entertainment group to keep it simple!

In future our emphasis will be on day trips, evening events, coffee mornings etc. We had a very successful meeting a few weeks ago with quite a few day trips planned for 2025.

Paula is going to be planning our Christmas dinner/dance, again at Vall de Pop restaurant in Lliber. Once this has been confirmed, details will be on the website and our facebook page for you to book. Provisional date Saturday 7th December. Our own Paul and Judy J will very kindly entertain us so the dance floor will be full! And the restaurant and food is fabulous.



A final decision whether to go ahead with our Christmas trip to Albir will be taken after the June GA, due to the very small numbers booked, despite opening it up to relatives and friends. For those already booked, Sonia will be emailing them personally. We are disappointed to have to consider this.



Jeanie James is going to host the trip to Cocentaina this November on 3rd.  
Details are on the website.  
This medieval market is always very popular, let's hope for good weather this year.

Carole Knott is hosting our Christmas shopping trip to La Zenia, all details are on the website.



Still places left to see Bon Jovi at Benidorm Palace, Christine Owen and Angela Lish hosting this one.



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## The Changing face of TCET Continued

As for holiday trips, in future we will signpost our members to offers in the newspapers and with local agents, e.g. LPD, David's Coaches etc.

Salvador MCO Viajes in Pego does have some very good deals on cruises at different times of the year. This information will appear in the monthly U3A Newsletter.

***Can we request if any member gets to hear, or knows of, special offers they think might be of interest to members, please contact the Travel and Entertainment team who can get it put into the Newsletter.***

We are reluctant to step away from arranging holidays but they are proving expensive now, even the hiring of a coach does not come cheap. Specialist agents are able to offer excellent deals so it seems sensible to make use of these.

Also with myself leaving the group in March 2025 and Paula with all the secretarial and Goodwill duties she has, neither of us can undertake hosting holidays.

There has been no one come forward to take up the Co-Ordinators role and we only have a small team, so reluctantly we have made this decision.

However this could change in the future should a member come forward to lead the group and host away trips.

These are changing times for our U3A and we are trying to keep up with all the demands on our volunteers.

Have a good summer and enjoy yourselves

Sonia Higginson



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**OFERTAS EXCLUSIVAS DE LPD TRAVEL**

**LPD TRAVEL**  
CHARTER

**OFERTA IBIZA**  
7 DÍAS / DAYS - 6 NOCHES / NIGHTS  
+ 55 years años



**Hotel INVISA LA CALA**  
4\*\*\*\* (Santa Eulalia)

**DATE / FECHAS**  
22/05/24 AL 28/05/24  
02/10/24 AL 08/10/24

**475€** **+185€**

Full board, water and wine included with lunch and dinner.  
PC pensión completa con agua y vino en las comidas.

**THE PRICE INCLUDES / EL PRECIO INCLUYE :**  
Round trip transfer from / Includo traslados ida y vuelta con bus desde:  
BENIDORM - ALBIR - ALFAZ - ALTEA - CALPE - BENISSA a DENIA

**Itiner:** DENIA - IBIZA - DENIA y traslados de Puerto - Hotel - Puerto.  
**Ferry:** DENIA - IBIZA - DENIA and transfers from Port - Hotel - Port.

C/ Camino Viejo de Altea, nº 36, Loc. 7 - 03581 Albir - ALFAZ DEL PI (Alicante)  
**Tel: 966 868 477 - 966 865 821**  
e-mail: [lpd@lpdtravel.com](mailto:lpd@lpdtravel.com) [www.lpdtravel.com](http://www.lpdtravel.com)

**OFERTAS EXCLUSIVAS DE LPD TRAVEL**

**LPD TRAVEL**  
CHARTER

**NAVIDAD / CHRISTMAS**  
**PEÑISCOLA**



**HOTEL PEÑISCOLA PLAZA SUITES \*\*\*\* SUPERIOR**  
(PEÑISCOLA)

**FECHAS**  
23/12/24 AL 27/12/24  
5 DÍAS / 4 NOCHES  
5 DAYS / 4 NIGHTS

**446€** **+130€**

**EL PRECIO INCLUYE**  
Pensión completa régimen de (TI) todo incluido.  
Incluido suplemento Galas Navidad del 24/12 y 25/12, y seguro de viaje.  
Traslados en bus desde: Benidorm, Alfaz, Albir, Altea, Calpe, Benissa.

**THE PRICE INCLUDES:**  
Full board (All) all-inclusive.  
Supplement Christmas Galas on 24/12 and 25/12, and travel insurance are included.  
Roundtrip bus transfers from: Benidorm, Alfaz, Albir, Altea, Calpe, Benissa.



C/ Camino Viejo de Altea, nº 36, Loc. 7 - 03581 Albir - ALFAZ DEL PI (Alicante)  
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## Ladies At Lunch La Piscina, Parcent May 2024

The U3A Vall Del Pop Ladies At Lunch group had been looking forward to sitting outside under the canopy of the pine trees at La Piscina, Parcent on Tuesday, 21st May 2024, however, the weather Gods were against us.

As we drove over the clouds blackened and thickened, followed by claps of thunder and the rain. Sad news for us, as everything was hurried indoors, but brilliant news for the reservoirs and plants. It didn't dampen the Ladies enjoyment though, we were all soon served with drinks, and thus, the chatter soon filled the restaurant.

La Piscina staff brought round an array of starters, aioli and bread, salads, coquettes and mini patties. Our main courses were pre-selected from salmon, lamb, chicken or vegetarian options. Completed with a sweet or coffee. A delicious, great value meal served by friendly staff.



We look forward to seeing you on our next Lunch on Tuesday, 18th June 2024.  
We will take a break for July and August and resume in September.

If, you are a Vall Del Pop U3A member and would like to join in the fun please go to the website and the Ladies At Lunch group fill in the information and get on our mailing list. If you would like to become a member all the details are on our website address below.





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## Walking Group

Most local groups put their walking boots away from the end of May to the start of October.

This is partly because so many of us go on holiday, or return to the UK, during the hotter months of the year. But it is mainly because it is just not very comfortable or enjoyable walking during the hottest part of the year here in Spain.



For many years we did the same, but four months is a long time and we missed our weekly walks. Five years ago we decided to see if we could walk in June and September, when the temperatures are not so high as July and August. We would start our walk a little earlier, at 0900 instead of 1000, and we would avoid the more challenging walks. The aim was to reach a suitable bar by midday, before the hottest part of the day.

Everyone was advised to bring plenty of water, at least one litre each. The pace was slower than usual, and we looked for shaded areas to have our many water stops. We also had to find shaded, rather than sunny, areas for our picnic stop. We found that even though the daily temperatures might be 30c plus, it was usually much lower before midday.



The summer walks proved very popular, and we have continued them each year. We often have less members available to walk during the summer, and consequently can welcome new members.

If you would like more details please send an email to [paulleniston@hotmail.com](mailto:paulleniston@hotmail.com)



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## Let's Sing Together

What a lovely afternoon 13 members of the "Let's sing together" singing for pleasure group had when we visited Benimeli residential home on 27th May.

We were delighted to be invited to sing again after our visit in February and lead by our musical director, Paul Corazzo, had a great range of songs prepared, many from the 1960s, ranging from slower songs to dance numbers.

The idea was to encourage residents to join in and sing along and, no sooner had we started, several were up and dancing and more and more joined in. It was a joy to see the pleasure music and singing brought to so many and clearly many people remembered songs by Herman's Hermits, the Seekers, Dean Martin, Perry Como, the Monkees and other great artists from former days.



Even those in wheelchairs were encouraged to dance and it was apparent how much fun was had by all. We even sang 2 encores and next time will need to prepare even more songs!

The members of our singing group enjoyed it just as much and were grateful for the opportunity to entertain the staff and residents and their families.

Thank you to Paul for organising it and to Benimeli for hosting and supplying the lovely cake and mistella afterwards.

We hope to be invited back soon.



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U3A Vall del Pop invites you to join us for a coffee (and cake maybe?) and a chat at our monthly coffee mornings, a great way to meet old and new friends and keep in touch.



Being held EVERY month and open to ALL members. Pop the dates on your calendar and we will notify re location nearer the time.

Wednesday 19<sup>th</sup> June at The Shack, Jalon

Wednesday 17<sup>th</sup> July

Wednesday 21<sup>st</sup> August

Wednesday 18<sup>th</sup> September

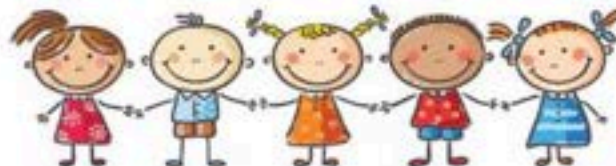
Wednesday 16<sup>th</sup> October

Wednesday 20<sup>th</sup> November

Wednesday 18<sup>th</sup> December

A member of the Sharing and Caring team will be present if you wish to speak to them. You can also book and pay for trips and events.

We look forward to seeing you.







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**Pam Pittar**  
**28<sup>th</sup> May 1938 – 31<sup>st</sup> March 2024**  
Much loved and much missed member of the U3A Games Group and the Ladies Lunches



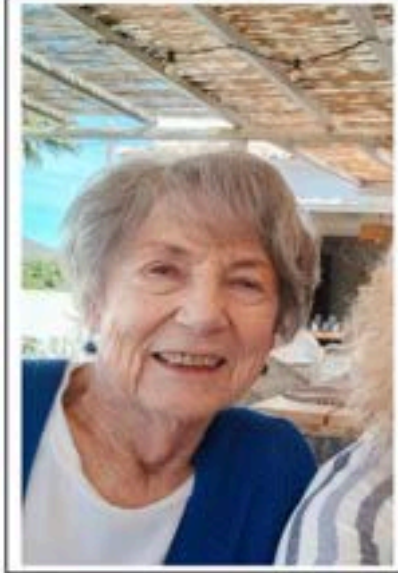
*So very sad. I will really miss her infectious laugh. She was a joy. X*

I am devastated. Pam was a 'lady' in every sense, who loved our Games afternoons. She will be sorely missed. 😊  
A wonderfully naughty sense of humour too 😊😊😊

*This is very sad news, she will be greatly missed. A really lovely lady.*

*Very sorry to hear about Pam. She was a lovely person with a great sense of humour. She will be missed xxx*

*Pam was our dear friend, such fun and a very wise lady. Games will not be the same without her.*



I shall remember that naughty sense of humour and glass of wine in hand. Such a fabulous lady x



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## GROUP ACTIVITIES

Summer 2024

Most groups will be taking a break during the summer months.  
We look forward to their resumption in September.

Please find below and on the following pages current activities and groups with contact details to find out more information and if they are meeting over the summer period

Thank you to all Group leaders for their hard work this year.

I am available during the summer on [u3agroups@gmail.com](mailto:u3agroups@gmail.com) if you wish to contact me

Have a lovely summer!

Teresa Tillbrook - Groups Co-ordinator

	Activity	Contact
	<b>Allotment</b> - 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 <a href="mailto:brigred4119@gmail.com">brigred4119@gmail.com</a>
	<b>Ballroom, Latin &amp; Sequence Dancing</b> - Whatever your level of fitness, ballroom dancing is a great way to exercise and meet new friends.	<u>Duncan Thompson</u> <a href="mailto:dtheys14d18m@gmail.com">dtheys14d18m@gmail.com</a> <u>Telephone: 634 33 46 89</u>
	<b>Bridge</b> - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere.	Wendy Sim <a href="mailto:wendy.sim1@hotmail.com">wendy.sim1@hotmail.com</a> Telephone: 711090516
	<b>Canasta</b> - The Canasta group is now up and running. New members would be very welcome to join us.	Mary Wood <a href="mailto:marywoodspain@gmail.com">marywoodspain@gmail.com</a> Telephone: 675 674 301

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	Activity	Contact
	<b>Card Making</b> - We are a group who enjoy crafting and, in particular, creating beautiful greetings cards.	Carole Marten & Dee Adkins <a href="mailto:Dadkins1953@yahoo.co.uk">Dadkins1953@yahoo.co.uk</a> <a href="mailto:Cvicary2@gmail.com">Cvicary2@gmail.com</a>
	<b>Chess</b> - Meets weekly, Contact Ray for further information.	RAY PIERROT <a href="mailto:raypierrot@btinternet.com">raypierrot@btinternet.com</a>
	<b>Cinema</b> - 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 <a href="mailto:justnanny@live.co.uk">justnanny@live.co.uk</a>
	<b>Digital Photography</b> - We are now operating very definitely as a peer group with members bringing their skills and ideas to share with one another.	DAVID BROCK <a href="mailto:Davidandeileen50@yahoo.co.uk">Davidandeileen50@yahoo.co.uk</a> Telephone: 606 995 919
	<b>Dining Experience</b> - We visit different restaurants mostly within the valley. Members can recommend an old favourite that they enjoy.	DIANE HOLMES <a href="mailto:ondrakiri@yahoo.com">ondrakiri@yahoo.com</a>
	<b>Dru Yoga</b> - A gentle but powerful workout. It calms and reduces stress, improves focus, physical strength, balance and energy.	SALLY MILLANE <a href="mailto:Sallysunshine436@gmail.com">Sallysunshine436@gmail.com</a>
	<b>Game Addicts</b> - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.	GORDON RODMAN <a href="mailto:boneinjalon@gmail.com">boneinjalon@gmail.com</a> Telephone: 693 725 199
	<b>Ladies At Lunch</b> - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.	SALLY ELLIS, LIZ MILLER <a href="mailto:U3aladieslunch@gmail.com">U3aladieslunch@gmail.com</a>
	<b>Let's Sing Together...For Fun</b> - 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 <a href="mailto:paulcarazzou3a@gmail.com">paulcarazzou3a@gmail.com</a> Telephone 603717784
	<b>Men Who Munch</b> - 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 <a href="mailto:Thomassim007@gmail.com">Thomassim007@gmail.com</a>



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	Activity	Contact
	<b>Mosaic 1</b> - We create decorative mosaics using glass and ceramics.	LIZ WILLIAMS <a href="mailto:Lizwilliams2008@live.co.uk">Lizwilliams2008@live.co.uk</a> Telephone: 684116089
	<b>Mosaic 2</b> - We create decorative mosaics using glass and ceramics.	SUE WILLIS <a href="mailto:suewillis2@hotmail.com">suewillis2@hotmail.com</a> MONIQUE LECKIE <a href="mailto:monileck@aol.com">monileck@aol.com</a>
	<b>Open Forum</b>	ANNESLEY SINCLAIR <a href="mailto:annesleysinclair@gmail.com">annesleysinclair@gmail.com</a> Telephone: 965730605
	<b>Petanque</b>	GERRY BACON <a href="mailto:Gerard.bacon@yahoo.com">Gerard.bacon@yahoo.com</a> Telephone: 600 652 821
	<b>Spanish Conversation</b> - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN <a href="mailto:Mikeheidi123@gmail.com">Mikeheidi123@gmail.com</a>
	<b>Spanish Lessons</b> - The tuition is informal, in English, with plenty of opportunities for conversation and gaining confidence in a friendly and relaxed group.	CARMEN <a href="mailto:carmenmasfemenia@gmail.com">carmenmasfemenia@gmail.com</a>
	<b>Walking Groups</b> - 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 <a href="mailto:pauleniston@hotmail.com">pauleniston@hotmail.com</a> Telephone: 651 633 198
	<b>Wine Appreciation Group</b> - Join us to sample excellent wines accompanied by a tasty meal.	Richard Lightfoot <a href="mailto:rili2007@gmail.com">rili2007@gmail.com</a>
	<b>Yarn &amp; Thread</b> - Anything to do with yarn and thread is welcome.	LORNA BOTTEN <a href="mailto:lornabotten@gmail.com">lornabotten@gmail.com</a> Telephone: 96 558 3484



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## Dru Yoga

**A gentle but powerful workout.**

**It calms and reduces stress, improves focus, physical strength, balance and energy.**

We continue to meet on Friday at the Sports Centre in Jalon starting at 10am. The key problem seems to be sorted now. Numbers have varied from 10 people to 2. Recently there has been a down turn due to people being on holiday, or having visitors or returning to the UK for the summer.

The room will take 10 people comfortably so it would be wonderful to have a few more there. Much as I love teaching this Yoga, I question whether it's wanted if only 2 turn up!!



We will be having a summer recess in July & August, so only two more classes now, on 21st and 28th June. Do come along and try it, ready for the Autumn sessions in September.

For more information contact SALLY MILLANE [Sallysunshine436@gmail.com](mailto:Sallysunshine436@gmail.com)

## Paws Fashion Show



Does anyone recognise this man? If so please contact the style police at the U3A Vall del Pop. He is wanted for a serious breach of acceptable fashion standards! Rumour has it he made a nuisance of himself at the Paws fashion show recently.



Next performing in cabaret in Benidorm!!!



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## Summer BBQ Party

On Saturday 11th May 87 members, family and friends of both U3A Vall del Pop and Paws Xalo dog rescue danced the night away at a summer bbq party.

60s/70s music was very kindly provided by own Paul J who, along with Jude, support so many charity events and we are very grateful to them both.



They always get everyone up on their feet and the dance floor was kept full and many sang along to all the popular hits.



A fabulous bbq was prepared and served by Shaun Smith who again very generously supports many charity events. Thankyou Shaun, you are a star!



Marion White kindly held a raffle and we are delighted to have raised the amazing sum of 1528e in total which was split equally between Paws and U3A Goodwill team.

Thank you to everyone who helped and supported.  
We couldn't raise money for local charities in need without your generous support and we are very grateful.





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## Afternoon Tea

On a gloriously hot and sunny Wednesday afternoon at the end of May 70 members of the U3A Vall del Pop and their friends and family and supporters of Paws dog rescue enjoyed a wonderful, very English afternoon tea in the garden.

Beautiful fine china and pretty tablecloths and napkins, old fashioned cake stands and gorgeous china tea pots created a lovely vintage feel to the occasion.

Guests were treated to an endless supply of cava and cold drinks on arrival and throughout, much needed in the heat!, enjoyed fabulous live music from Paul and Judy J who kindly performed for us, and rails of clothes, shoes, bags and accessories to peruse and treat themselves to. Surely every lady's dream?!

A full afternoon tea was then served with a generous assortment of delicious sandwiches and savouries, followed by home made scones, jam and cream and a huge variety of delicious home made cakes. All goodies were kindly made by members of the U3A Goodwill fundraising team and Paws team members and served by Paws and Goodwill volunteers, who worked tirelessly in the heat to keep everyone topped up with tea and tea! A huge well done and thank you to everyone who worked behind the scenes and front of house, absolute stars!



A few brave ladies defied the heat to have a dance while most enjoyed the shade and chatted and laughed throughout the afternoon.



A very generous raffle was held with 24 donated prizes.

What a wonderful way to pass an afternoon with friends and raising money for charity. We were delighted to raise a few euros short of 1000 euros which was shared equally between the 2 charities. Great to see 2 charities working together and supporting each other.

Thank you to everyone who came and supported our very first afternoon tea and helped to make it such an amazing success.

We couldn't do it without you.

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Many of you will have enjoyed listening to the fabulous OK band at one or more of their charity gigs including ones they held for the U3A Vall del Pop Goodwill team. Indeed it was only on 20th January this year that through their generosity and kindness we raised over 1951€ and had a wonderful afternoon at the OK Corral where we danced and sang our hearts out.

Despite Tony being diagnosed with cancer, his love of music and performing kept him being part of the band and entertaining us all until very recently. So much so the OK band offered us a gig at Can Tallarina on 7th June hoping Tony would be well enough to perform.



Sadly that was not to be and he tragically passed away on 15th May and is now playing his guitar in heaven.

Tony was simply one of the best: a gentleman and a gentle man, a very dear friend, a brilliant musician, a mentor to many guitarists and incredibly kind and generous with his time and his art. He will be sorely missed by us all and the world has lost a legend.

Tony's funeral was held on Wednesday 22nd May at Denia crematorium and we were invited to a celebration of his life which it truly was. The event lasted almost 2 hours and included live music by the OKs, (no easy task in a crematorium), several recordings of amazing music Tony had composed and played as part of the Adsubia Project (worth a listen to on YouTube), videos and lots of great photos.

I was honoured to be asked to talk about Tony along with several other close friends and family members, and we all shared our favourite stories and memories and anecdotes, mostly funny and all reflecting the amazing man he was. He was incredibly talented, generous with his time and love, loved life to the full and excelled in all he did.

An accomplished sailor, an excellent cook, a brilliant musician, a sincere friend and family man and truly inspirational to keep on singing and playing for charity until the end.

To round off a wonderful celebration we followed Tony's explicit instructions and a group of close friends and family partied on the terrace of his and Sandie's home until late into the evening, enjoying wonderful food and champagne and toasting a very special friend.

Our love and thoughts go to his wife, Sandie, also a very dear friend of ours, and to the OKs. In true friendship his former band mates and close friends, Orlando, Marlis and Rockit, and Elena and Alain from Multipass, have kindly taken over the gig for us on 7/6. It will be an emotional occasion for us all but Tony would have wanted the show to go on.

Keep on rocking Tony! Simply the best!

[www.u3avalldelpop.com](http://www.u3avalldelpop.com)





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## The Show Went On .....

Yet another fabulous charity event by the U3A Vall del Pop Goodwill team raising money for local charities.

This time two amazing bands: Multipass and The Ghost Riders very kindly performed at Can Tallarina in Jalon and 80 members, friends and family and supporters came to enjoy the music.

Multipass are a great French/Spanish duo who opened the evening with a set of popular songs in English and got the dancing started. They are always very popular and are wonderfully kind people.

While they were playing Alex and his team from Can Tallarina served a range of delicious main courses from curry to steak pie. Well done guys. Never easy with so many people to feed at once.

A quick break for the raffle to be called then The Ghost Riders took over the stage. They are a newly formed rock band, although some people will know Orlando, Marlis and Rockit from the OK band, and Matt on lead guitar. They have quickly proved to be a great rock band playing a range from the Foofighters to Fleetwood Mac.



They had the venue rocking and the dance floor busy with quite a few “old rockers”!! Thank you to everyone who came and supported and bought raffle tickets, to the bands who so generously gave their time, and to Alex who made a generous donation to the charity and kindly provided 3 bottles of spirits for our next raffle.

We are proud and honoured to be part of such a great community and are excited to be able to raise money for local goodcauses.





June 2024

## The Power of Community & Charity

I wanted to share a very recent story that demonstrates the amazing community we live in and the power that charities can have.

I was recently made aware of a lady living rough within our community with hardly any money and struggling daily. She lived in fear of being discovered by the authorities who are aware of her and have moved her on several times, although one member of the Guardia Civil very kindly took her a meal on Christmas Day. Social services cannot assist her.

Can you imagine living without water, a bathroom, a kitchen, electricity, a fridge, fans or air con, a proper bed etc, being bitten alive by mosquitos and setting rat traps to keep them away from what food you have?

She lives in constant fear of the wild boar, rats and snakes around her and of being discovered. I am not brave when it comes to rats or snakes (I am terrified) but I put my big girl pants on and went to find her and I was horrified at the conditions she was living in and had been for many months.

I could help with food, transport etc but I needed professional help so I called my dear friend, Arne Soeten, President of Project 4 All and simply said "I need help"

Members may recall the Goodwill team donated to P4A earlier in the year and Arne attended a General Assembly to talk about their work supporting the homeless.

10 minutes later we were on our way and after chatting with her, Arne amazingly agreed to give her a home in his ladies' refuge. What an absolute hero.

To say she was speechless and grateful is an understatement. But to see her face light up when he gave her an "Arne bear hug", he's a big guy and very generous with his hugs, was a delight. She said she hadn't been hugged for years.

He arranged for her to move in within 24/48 hours and we will ensure she has new clothes and bedding to start her new life.

We are blessed to have such wonderful people and charities in our small community and to be able to raise money to support the fantastic work they all do.

Thank you to everyone who supports the Goodwill team in any way. Each year we select charities to benefit from our fundraising so they can continue their work in our community.

Kind regards, Paula Barrett





June 2024

## World Wildlife Fund Espana - Remembering

Few of us would be able to say we've gone through life to date without losing a much loved someone in our lives. Individually and as family we all have different ways of remembering, indeed, celebrating that special someone. Alan and I as a couple had our own views on that and I followed his wishes after he died in September 2021.

I've made it clear to my distant family that I too want the lowest key fuss after my demise, that's how Alan and I wanted it and having enjoyed decades loving our lives here in Spain, the idea of having a memorial that supported the wildlife and natural spaces that we long admired, seemed ideal.

A leaflet from the WORLD WILDLIFE FUND, promoting the many ways in which we as individuals, or groups, can help fund their work, and especially here in Spain, through WWF España gave me an opportunity to do just that.

Planting a Memorial Tree, in the name of a loved one, was my choice to have a permanent marker celebrating Alan's life here. This particular project is in a wood near RIAZA south of Segovia, is a special area for the rescue and protection of birds of prey, raptors and a migratory route for the majestic Griffin Vulture.

Indeed the idea appealed so much, that months later I asked if I too could have a tree, next to Alan, in my name. Bárbara and WWF España in Madrid were happy to arrange that for me.

Doesn't have to be a memorial, of course, celebrate and mark happier occasions within your own families. A special milestone birthday, a new grandchild, graduating from UNI.

Adopting an animal that WWF España are working to save for these future generations. A gift in your WILL, towards ensuring that the younger generation will inherit and appreciate the wonders of nature and wildlife that we've been privileged to enjoy.

So many worthwhile ways to remember and be remembered, and help WWF España in their fantastic work here in our adopted country.

For information: [bcrespi@wwf.es](mailto:bcrespi@wwf.es) Information particularly on legacy in ENGLISH.  
[www.wwf.es/legacy](http://www.wwf.es/legacy)





June 2024

## THE ARTS SOCIETY MARINA ALTA

YOU ARE INVITED TO JOIN  
The Arts Society Marina Alta Cultural Trip to  
VAN GOGH: "GREATEST HITS" IMMERSIVE EXHIBITION, ALICANTE, 20 JUNE 2024



This exhibition is a vibrant symphony of lights, colours and sounds that will transport you to the creative world of a great artist's paintings. It comes alive thanks to the intense and expressive colours displayed and the artist's most famous works, from the iconic Sunflowers, to The Starry Night or Van Gogh's Self Portrait.

The trip is open to all and costs €30 for Arts Society Marina Alta members and €35 for non-members and includes the entrance fee to the Exhibition and transport. To book your tickets and more details about the trip, including bus pick-up locations, go to the website: [www.artsocma.org](http://www.artsocma.org).

If you have any questions, please contact Trip Organiser, Lindsay Hart by Email: [lindsayannehart07@gmail.com](mailto:lindsayannehart07@gmail.com).







June 2024

## “Tapas & Tango!”

Join us for a **Delicious 7-course Tapas Meal**  
(incl. Wine) followed by a  
**Great Comedy**  
**Play**



## Last Tango in Little Grimley

by David Tristram

**Mon 1st - Sat 6th July 2024**

**At 7pm. Bar Imperial, Plaza Baix,  
Xabia Old Town**

Tickets 25€ including 7-Course Tapas Dinner  
**To book go to [www.javeaplayers.com](http://www.javeaplayers.com)**

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