

NEWSLETTER

u3a Vall del Pop



Summer
2024



Summer 2024



President's Message

Dear Members,

Most of you will be aware that our U3A largely goes quiet in the heat of July and August. We do not schedule any general assemblies and many of the groups also pause their activities. Although this year we have continued to hold our regular coffee mornings, as one way of maintaining contact.

In the past we also chose not to issue newsletters in these two months, in part because there was less to report on and in part to give everyone involved a well-earned break. However, this did leave a long three-month gap between the June and September editions. This year we therefore decided for the first time to issue a single summer newsletter to bridge the gap. As always, I am very grateful to Linda Burns for giving up her time to pull everything together so professionally.

Our last big event before the break was the memorial concert for Sandra Welham, given by The Entertainers in the beautiful gardens at Los Arcos on 28 June. For those of us who were fortunate enough to be there, it was an evening that will live long in our memories and a very fitting tribute to Sandra. You will find a full report and photographs later in the newsletter and on the website.

Looking ahead, there is plenty for us all to look forward to after the break. To whet your appetite, you will again find both in this newsletter and on the website full details of upcoming trips and events, all the way through to our Christmas dinner and dance.

Finally, we are still looking for volunteers for the 'meet a member' slots at future general assemblies. These have been very well received so far and we are keen to keep this new idea going. Please don't be shy! We all have stories to tell, and they needn't be about your working life. Hobbies, travel etc could be just as interesting.

See you soon!
Chris



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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 and locations on your calendar. A great variety of venues. Lovely to try new places. Lulah's are opening early for us. Capuccino will provide coffee/tea and cake for 4 euros. El Quijote have a lovely shady courtyard. The Shack, an old favourite.

Wednesday 19th June at The Shack, Jalon 10.30am

Wednesday 17th July El Quijote, Orba 10.30am

Wednesday 21st August Lulah's, Alcalali 10.30am

Wednesday 18th September Capuccino, Orba 10.30am

Wednesday 16th October Claudia's downstairs, Jalon 10.30am

Wednesday 20th November El Quijote, Orba 10.30am

Wednesday 18th December Lulah's, Alcalali 10.30am

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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Ladies At Lunch Victoria Station, Parcent 18th June 2024

Ladies of the U3a Vall Del pop had their final lunch of the season.

We visited Victoria Station in Parcent. Victoria and David very kindly put together a 'Party Menu' which included a glass of Cava on arrival and variety of canope for the table. Followed by our personal selections of starters, main courses and sweets.



There was enjoyable discussion and chat about everyone's activities for the summer recess with family and friends here and back in the UK. We all look forward to meeting up again in September.



This time we were blessed with sunny weather and the group of 30 ladies were able to sit outside and enjoy the ambiance of the garden.

As, with any visit to Victoria's no one went home hungry!



All the details will be emailed out nearer the time. If, you have just joined the U3A Vall De Pop and would like to take part, please register through the website u3avalldepop.com



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Walking Group

Most local walking groups take a summer break from the end of May to the start of October. A few years ago we decided to try to extend our walks to include June and September. Normally the temperature is not so high then, as in July and August. Temperatures do vary from year to year, and we always check the forecast before confirming each walk.

We start our summer walks at 0800, and aim to finish by 1200. Temperatures are usually lower earlier in the day, and most days vary between 24-28c. This is still quite hot, but manageable if care is taken. We restrict our walks to the easier valley walks, reduce the pace and stop every 30 minutes for a water break. Our water and picnic stops are chosen to take full advantage of any available shade on each walk.



3 June – Lliber to Senja



17 June – Jalon to Alcalali



10 June – Alcalali to Jalon



24 June – Parcent to Alcalali



17 June – Riu Rau Jalon

We were fortunate this year that we did not have to cancel any walks because of the heat. In fact Monday's seemed to be cloudy/sunny rather than the full sun on most other days of the week. The sun can make a dramatic difference, as can the humidity. However with a little planning, and a lot of respect for the heat, it is still possible to enjoy moderate walking even in June and September.

Each walk takes about three hours, and all are planned to end at a suitable bar. There are many such throughout the area, and we are spoiled for choice. For many members this is the most enjoyable part of the whole walk.

We start walking again in September. If you would like to join one of our walks, or would just like more information, please send an email to paulleniston@hotmail.com



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Wonderful Musical Celebration for Sandra Welham Los Arcos - 28th June 2024

As you are aware, we sadly lost our dear friend and U3A Secretary, Sandra Welham, to cancer on 29th February this year.



Sandra had a great love of music and had been involved with several choirs throughout her years in Spain and formed the Let's Sing Together U3A singing group which many members are part of and enjoy.

She was also one of the founder members of the original Entertainers along with her husband, Bob.

It was Sandra's wish to have a musical celebration of her life so the Goodwill team, the charity fundraising arm of the U3A Vall del Pop, of which Sandra was the founder, sprang into action to make it happen. A huge thank you to all Goodwill team members for your hard work.

The Entertainers very kindly agreed to perform for us, as did our own Paul and Judy Corazzo, and a picnic in the park evening at Los Arcos was born. It was decided to theme the evening to make it feel like an English summer event (without the rain!) so guests were invited to dress themselves and/or their tables to reflect Wimbledon, Henley or Ascot.

Guests were welcomed by Paula Barrett, Secretary of the U3A Vall del Pop and member of the Goodwill team, then the party started with Paul and Judy J, who were dear friends of Sandra's, singing a fabulous variety of well know songs for the first hour while guests enjoyed their sumptuous picnics. Paul and Judy very kindly support many of our fundraising events and are firm favourites of the U3A Vall del Pop members!

The Entertainers then took to the stage and, as always, were fabulous. They started with a tribute to Sandra and sang some of the songs she used to sing with them including "The Wind Beneath my Wings" which we heard a magical recording of Sandra singing at her funeral.

During the interval Bob spoke about Sandra and thanked Cancer Care Javea for their help and support and presented Jeanette Missons, their President, with 2500 Euros in Sandra's memory, made up of donations and money raised from the evening.



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The raffle was then drawn with 21 super prizes ranging from champagne, designer handbag and purse to vouchers. Thank to everyone who gave and bought so generously.

Bob very kindly presented flowers and wine to all the performers.

The second set by The Entertainers was faster paced and guests partied until the very last song with a packed dance floor throughout and the evening sadly drew to a close at 11pm.

No one wanted the evening to end.



The event was intended to be a tribute to Sandra and a celebration of her life and 160 friends and guests attended to make this happen. You could feel the love and friendship in the air and it was a truly special night. It was also a way to say thank you to the Cancer Care Javea team who helped to care for Sandra at home and whose support and professionalism were an invaluable help. It was lovely that so many of the Cancer care team and volunteers attended including Alison, Sandra's nurse.

It was a truly wonderful evening that Sandra would have loved and a fitting tribute to a very special lady.

Thank you to everyone who attended and supported and to everyone who helped to make it such a success, not least Paul and Judy, The Entertainers Bob and the Goodwill team.

Paula Barrett



Musical Celebration
for
Sandra Welham





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The Entertainers Tribute to Sandra Welham Los Arcos - 28th June 2024



The dark clouds finally gave way to some blue sky, and eventually sunshine, as the U3A Vall del Pop members and friends gathered in the garden of Los Arcos, Pedreguer, to unpack their picnics and decorate their tables in anticipation of the performance of The Entertainers. With the passing of Sandra Welham, some four months ago, The Entertainers had restructured their show so that the first set would be a tribute to the life of Sandra and the second set one of dancing and singing in thanks for what she had brought to the lives of so many people.

To ensure the maximum enjoyment of the evening Jude and Paul, both very active U3A members as well as very accomplished performers, had offered to open the show, whilst we enjoyed our picnics, so that we could fully enjoy The Entertainers tribute songs and to be ready for dancing throughout the second set. They took us effortless through a wide range of ever-popular songs and classics from our youth, to prepare us for the show which was to follow.





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Many of the songs in The Entertainers first set had previously been sung by Sandra, and Bob, when they had been members of the group – without Sandra's participation the group may never have happened.

Firstly, Linda gave us a wonderful version of Bridge Over Troubled Waters before Bob joined the group to sing Annie's Song, one of his particular favourites.

Jo then explained that as a result of having had throat surgery only two weeks before she was restricted to only singing in the group chorus that evening. In knowledge of this eventuality, and to avoid having to cancel or change the show significantly, she had pre-recorded two particular songs, which had been Sandra's favourites. So for those two songs only her microphone was switched off, and with the rest of the group performing live we were enchanted by her rendition of I Know Him So Well and The Wind Beneath My Wings.



At the mid-performance break Bob gave a moving eulogy of Sandra's life and desire that we should all enjoy such a wonderfully moving tribute to her life. Throughout her 16 years in Spain, Sandra had worked tirelessly, latterly, as the Secretary of the Vall del Pop U3A, starting many U3A groups Sharing & Caring/ Let's Sing Along/ Goodwill Team being the most notably, and had been an active member of Jalon Valley Help. The funds raised by this tribute evening €2,500, were all donated to Cancer Care (Javea), who had provided nurses and support to Sandra throughout her cancer.

On behalf of the charity Jeanette Missons, their President, outlined their services, which are most apparent through the devotion of their three specialist cancer care nurses, but they are also trying to support DNA profiling in order to structure personalised treatment programmes. She thanked everyone for this donation and hoped you would continue to support them and to use their shops, in Javea, where bargains were always on offer.





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After the raffle prizes were handed out and the prizes for the best decorated tables, a Barbie goes to Ascot table and the two Wimbledon themed tables, The Entertainers gave us upbeat songs to get us dancing with Abba and Living La Vida Loca getting us started. The dance floor got fuller and fuller as we recalled dance moves, so that after Disco Inferno, Ring of Fire, Staying Alive and Amarillo we all swayed along happily to a Beatles Medley which completed the show.



There were two further tributes during the final set, Jo dedicated Heroes to the OK Band's Tony Farmer, who had recently passed away, and a big thank you to Pacqui and her Los Arcos team who were celebrating 50 years of operation, many many charities are grateful for her generous donation of the Los Arcos garden for their charitable events.

What a wonderfully fitting tribute to Sandra – who I am sure was watching and smiling.

Article by Peter Sockett

Photos by The Entertainers



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Goodwill Team Fundraising 2024 thus far!

The Goodwill Team - What a busy fundraising time we've had so far this year!

As you may be aware, the Goodwill team was set up by Sandra Welham to raise money for local charities and the team work tirelessly throughout the year to do so. We are a small friendly team, always happy to hear from people who would like to join us, and it's fair to say we get great pleasure in achieving both our aims.

Firstly to provide fun, enjoyable events for members to enjoy and secondly to raise money for local charities.

A huge thank you to all members who support our fundraising; we couldn't do it without you! Every cake or sausage roll you buy, every book, plant or preloved item, or every event you attend, 100% goes to local charities who need support.

If you attend our monthly General Assemblies you will have heard speakers from Project 4 All and Make a Smile, 2 amazing charities we have supported, and Cancer Care Javea are coming to talk to us after the summer about the work they do with those in the area who are affected by cancer.

So what have done so far this year to raise these funds?

We bake a lot for the General Assemblies and various events!

We collect and sell our preloved items and Graham kindly sells his books

On average we make approximately 200 euros per meeting which adds up over the year to a tidy sum so please keep buying our goodies!



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In January the fabulous OK band held a music picnic event for us where we also sold our cakes and savouries and raised lots of money



Our Spring car boot sale was a huge success and we will be repeating it on 20th October so please come along or have a table

Our summer party/bbq saw 90 members partying in the garden to Paul and Judy J and enjoying a fabulous bbq. A definite for next year.



We held our first super afternoon tea and clothes sale with music from Paul and Judy which was supported by 70 members and friends, another to be repeated next year

A very successful musical evening was held at Can Tallarina with 2 great bands: Multipass and The Ghost Riders



As reported above we held a very special musical celebration for Sandra Welham at Los Arcos on 28th June which was a wonderfully moving tribute to her.

We also contributed towards an end of life bed in Sandra's memory which was purchased along with a donation from Caixa bank and is being used in the community and issued by Jalon Valley Help.

In total we are delighted and proud to have raised 8267.06 euros to date this year, so a huge thank you! You made it all possible.

www.u3avalldeipop.com

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Planned for the rest of 2024
Further details on following pages and website

A music quiz/dancing/ supper evening
25th September



Car boot sale on the rastro site, Jalon
20th October

A Halloween dinner and dancing at Pepe's Alcalali
31st October



Our very special Christmas dinner and dance
at the fabulous Vall de Pop restaurant, Liber,
Saturday 7th December

A super Christmas craft day with lunch.
Learn how to make your own Christmas table decorations
Wednesday 11th December



The team are happy to plan events
New ideas are exciting, so please let us know if you have an idea for us to consider in the future

Thank you so much and please keep on supporting us

The Goodwill Team

www.u3avalldeipop.com



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Music Quiz & ploughmans supper

Wednesday 25th September 7pm - 10pm

Location - Pensionistas Jalon

Music with DJ Paul

Ticket Price €12 includes first drink

Bar available for purchase of beer, wine, & soft drinks

**Contact any member of the GOODWILL Team to
purchase tickets or email the team
goodwillevents2@gmail.com Or phone 650052962**



Supporting Local Charities





Summer 2024



HALLOWEEN EVENING

Tuesday 31st October 7pm—10pm

@ PEPES Restaurante, Alcalali

Ticket Price €15

Entertainment from the lovely Paul & Jude

**Fancy dress is optional but there will be a nice
prize for the best costume!**


**Bread & Alioli, main meal of your choice,
& ice cream**

Price includes table quiz entry

**Contact any member of the GOODWILL Team to
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The Goodwill Team
Supporting Local Charities

u3a Vall del Pop 



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**U3A Vall del Pop
Goodwill Team
Raising money for local
charities.**



**Sunday 20th October 2024
at the Rastro, Xalo
Pitches €10 per car
€15 per Trailer/Van
10:00-14:00
(set up from 8am)
Reserve your pitch by emailing
goodwillevents2@gmail.com
or call
650052962**



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Christmas 2024



You are invited to a wonderful party night of drinks, dining and dancing on Saturday 7th December at Vall de Pop restaurant, LLiber, 7pm for 7.30pm to celebrate Christmas with friends.

Entertainment by the fabulous Paul and Judy J. Charity raffle. Dress in your finest and prepare to enjoy!

Ticket price 30 euros. Wine/drinks included.

Places limited so book early to avoid disappointment at goodwillevents2@gmail.com or at GAs or coffee mornings. Festive menu to follow





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Out & About

Are you like us, enjoy finding new places to eat or visit, either with family and friends or on your own? Recommendations are always good but I'm conscious we all like different things so please do your own research on any of the places listed! We are not necessarily recommending. Just providing ideas!

Restaurants & Dining

Great little finds;

Flo bar/restaurant/café (the old Inn on the Green) Cansalades, on the way to Javea – has a lovely crazy golf to keep children occupied

Venezuelan café, Llosa de Camacho – good for breakfast and lunch

Bali restaurant/café at Montogo Vert garden centre

Olala chiringuito, Baladrar (between Moraira and Calpe) gorgeous setting and food

L'Espigo chiringuito, Cala Advocat - lovely setting

Vall del Pop restaurant, Lliber – menú del dia is great - fabulous views

Val de Cavall, Gata de Gorgos – menú del dia is great – check days it is offered.

Has a pool diners can use, great if you have children visiting. Stunning venue.

Opera, Altea – great for lunch and just behind the beach. Casual

Dos Torros, San Jaime, Moraira – has a fabulous pool so a great lunch spot with children.

If you really are celebrating try Puerto Blanco, Calpe – stunning! Pricey.

May do a menu del dia? Sometimes has live music

Meliton, Altea la vella – great restaurant, nice garden

La Venta del Collao restaurant, Benimaurell. Spectacular setting.

Traditional restaurant in the mountains.



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See & Do - Days out

All ideas can be researched online;
L'Albarda gardens, Pedreguer

Biopark, Valencia and Oceanographic

Elche, land train tour
Take the little train from Benissa to Altea

Goat trekking!!
A fabulous experience and they have all types of goats including tiny pigmy goats!
The grandchildren loved it, so did we!

The caves at Benidoleig

Vital parcentre, Parcent – outward bound centre with zip lines etc. Grandchildren loved it.

Terra Natura and Aqua Natura, Benidorm

Dinopark/Algar falls/ Guadalest

Motor museum near Guadalest

The walk to the lighthouse at Albir

Altea old town, great evening visit. Fabulous Indian restaurant "Crown of India"

Unicorn farm experience, Altea la Vella – great for younger children

If you can add any ideas please pop on Facebook for members to consider
or drop a line for the next newsletter.

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The lovely Sue Stephenson very kindly donated a super bbq for Goodwill to sell recently and we managed to get 150e for it!

The Goodwill team decided to use this sum to purchase 2 pop up gazebos to use at future outdoor events providing much needed shade (or shelter!).

As a result we don't have to dip into funds and can keep raising more money for local charities. Thank you Sue for your kindness and generosity. It is very much appreciated.

We are grateful to all members for their support and generosity; we couldn't do it without you.



Edward "Mac" MacDonald

As many of you will now be aware, the lovely "Mac" MacDonald sadly passed away peacefully on Saturday 13 th July in Denia hospital. Our love and thoughts are with Shirley and family.

At Mac and Shirley's request there will not be a funeral service, but close friends may say their goodbyes if they wish at the chapel of rest at Denia crematorium at 11.30am on Friday 19 th July. Please note, there will not be a service.

Following this there will be a small private celebration of Mac's life for close invited friends of Shirley and Mac.

If anyone would like to make a donation in Mac's memory Shirley has chosen the Alzheimer and Dementia day centre and support group in Teulada. Donations can be made at the celebration for those invited or handed to any U3A committee member at coffee mornings or at the GA in September.

Rest in peace dear Mac.

We will always miss your wonderful cheeky smile and wit.