

NEWSLETTER

u3a Vall del Pop



October 2024



October 2024

President's Message

Dear Members,

We had another excellent General Assembly on October 3rd, with the hall in Murla full again and a great atmosphere.

In the business part of the meeting, we were able to report that the new website is now live and to introduce the Friendship and Support information booklet. Members who have used the new website confirmed that it is visually more appealing and easier to use. Over time the regular monthly statistics we receive should show whether the relaunch generates the increased levels of activity on the site that we are hoping for. Ahead of the meeting we had also received very positive feedback on the Friendship and Support booklet, which had been sent by email to all our members and is also available to download on the website.



Several members took away hard copies and these will also be available at future meetings. More feedback would be very welcome, and Paula promised that regular updates will be made to the online version of this very valuable source of information.

After we closed the official part of the meeting, David James was the latest volunteer for the "meet a member" slot. He spoke very powerfully of his and Jeanie's experience of fostering. It was clear that they have had a massive impact on the lives of some of the people they cared for, including young mothers and their babies.

David was followed by Susie Pearson and her lovely dog Leona, from the local man trailing dog search and rescue team, the only one in Spain. Her talk was so well received that we readily agreed to a return visit by their team leader next year. It was also suggested that we might be able to provide some financial support when the Goodwill team decides on this year's allocation of funds.

I look forward to seeing as many of you as possible in November.

Kind regards
Chris



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General Assembly Dates 2025

Please pop these dates in your 2025 diary when you get it
(yes, can you believe we are talking about next year already?)

Generally the monthly General Assemblies are held on the first Thursday of the month
(excluding July and August) but occasionally this varies according to national holidays etc.

We are delighted so many members are attending and enjoying these meetings and
we look forward to seeing you.

If you have any suggestions or ideas on how we can improve them or ideas for future
speakers we would love to hear from you.

secretary@u3avallpop.com

Thursday JANUARY 9th	Thursday FEBRUARY 5th	Thursday MARCH 6th	Thursday APRIL 3rd
Thursday MAY 8th	Thursday JUNE 5th	NO JULY Meeting	NO AUGUST Meeting
Thursday SEPTEMBER 4th	Thursday OCTOBER 2nd	Thursday NOVEMBER 6th	Thursday DECEMBER 4th



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Man Trailing Dog Search & Rescue



Members who attended the October General Assembly enjoyed a very interesting and informative talk by Susie Pearson, a u3a Vall del Pop member and volunteer with the man trailing dog search and rescue team based in Jalon.

It's aim is to locate lost persons who possibly suffer from dementia or who have simply got themselves lost on a walk or fallen and cannot raise the alarm.

Susie was accompanied by her gorgeous Rottweiler dog Leona, who is not only the star of the team, but also won the hearts of members!

You may not be aware there is one and it is, in fact, the only registered team of it's kind in Spain, having fought a long administrative battle to get recognised and approved for several reasons, one being the authority in Alicante could not understand that everyone was a non paid volunteer!



Susie explained that the team was started two years ago by Muriele (who some members may know from Jose's veterinary practice in Jalon) who has lead teams throughout the world. Dogs are tested as they need to want to work with their noses and currently there are 7 dogs and 9 owners who form the team. The dogs include Leona, a Malinois, a half Mastin, 2 podenco/pointer crosses, a cockerdoodle and a small cross breed called Muppet!

They train every Sunday, 1 handler to one dog, and they work on a 10 metre lead and harness, they are not free running, so it calls for a level of fitness and stamina by the handlers! They cover all situations and all terrains including mountain work, urban work, old buildings and shopping centres where they may be called up on to search for lost or abducted children. Susie explained that the dog is the expert and is in charge and the most appropriate dog is chosen for each terrain.



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The team can be called out by the Guardia, the bomberos and the Protection Civil, so if a loved one should go missing the police should be the first port of call.

Susie gave examples of where the dogs had helped to locate missing persons by scent trailing and also the lessons they had learnt, for example how a rescue helicopter landing can obliterate the scent or a strong breeze can blow the scent into the surrounding area.

Interestingly most people who wander away from home are found within a 2km radius so most training sessions focus on this distance. Also the dogs don't have to be social with other dogs as they work alone, but they must be willing to work.

They cannot be used in temperatures exceeding 30 degrees so then they will trail at dawn or dusk. They can work in the dark and in rain and, in fact, damp conditions are favourable as they allow the scent to rise.



The team is not a charity but is a registered organisation and can accept charity donations. Currently they have a need for walkie talkies to communicate effectively when on a search and Chris Barrett suggested we may be able to help towards these from Goodwill funds. You never know when any of us may need their help.

At members' request we hope Susie, Muriele and Leona will come back to another meeting next year to tell us more.



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Walking Group



2 September – Jalon to Alcalali

Our first walk after the summer break was a gentle 9km ramble through the valley from Jalon to Alcalali



9 September – Lliber Zoo

Next was a 9km circular walk from Lliber which involved some slightly rougher paths and tracks

16 September – Alcalali to Parcent

It is still pretty warm in September, so the shady walk from Alcalali to Parcent along the lower wooded slopes of the Col de Rates was much appreciated



23 September – Parcent to Murla

Our cross country circular walk from Parcent provide impressive views of Caballo Verde towering over Murla





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Walking Group cont.



13 September – Monthly Group Meal

During the summer months we got together for a meal once a fortnight, and it was so popular we have decided to do the same once a month. Our first one was at the Cooperativa in Parcent and was well attended. We have already planned the next one for the Pensionista in Jalon.

Walking in the Jalon valley and surrounding area can be more difficult than you might imagine. For casual walkers used to the Ordnance Survey maps available in the UK, the few local maps can be a great disappointment. There is not the well signed foot paths and bridle paths we are used to in the UK and many paths and tracks disappear in the middle of a field, or simply don't lead where you expect them to.

So a great way to explore the valley without having to worry about map reading or just hoping for the best is to join a walking group. We are, of course, biased. But you could do a lot worse than the U3A Monday Ramblers.

If you would like to join one of our walks, or would just like more information, please send an email to pauleniston@hotmail.com

Please Note

Please note for the newsletter the contact email
news@u3avalldelpop.com

and general enquiry email
team@u3avalldelpop.com

All other emails will be deleted in due course.





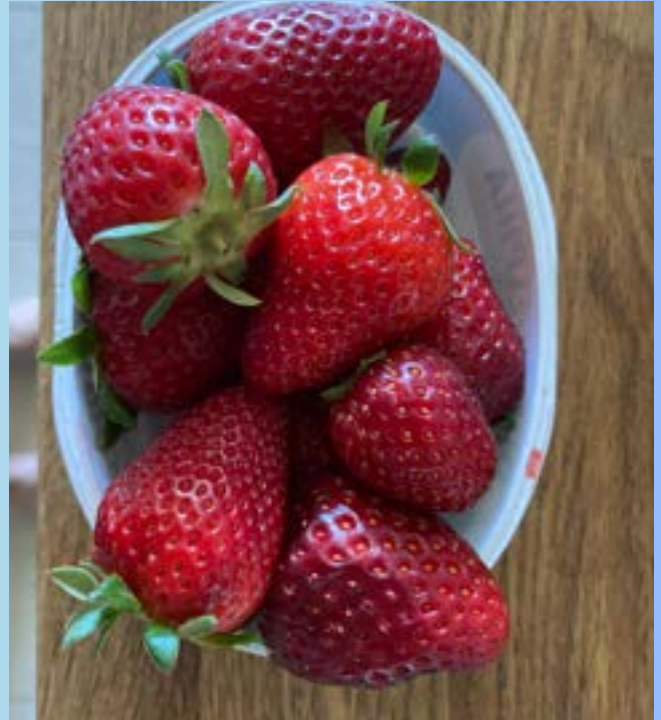
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Allotment Group

We had a good season and yet another steep learning curve on what and when to plant. One example was the Brussels Sprouts we planted early in the season & which we thought hadn't sprouted. Then as we were clearing the plot in June we found some rock hard bullets on the stalks BUT hidden down at soil level & unfortunately inedible on this occasion.

However, we also had some success with Broad Beans, French Beans, Potatoes, and Cabbages. Later on in the year we planted Capsicums, Lettuces (all varieties), Strawberries, and a varied assortment of Tomatoes.

Unfortunately we were brought to a sudden end of the season due to the water supply shortage, which understandably is still in force for now.



This season we are going to plan more carefully on how much & what we grow. It's been great fun & we are thinking of purchasing some 'Monty Don' caps to help us with our efforts.

We have space for another member, if there is anyone who would like to join us & have a go at some vegetable growing. We generally meet on a Sunday morning at the plot and enjoy a social get together with coffee/tea to plan and prepare for work that is required weeding/ watering etc

If you would like to try your hand at 'grow your own' please drop me a line to find out more information.

Contact brigred4119@gmail.com



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u3a Vall Del Pop coffee mornings 2024

Going forward from October 2024 we are pleased to announce we have 3 coffee mornings most months for members to enjoy and keep in touch....

Please see dates on following page for the rest of this year

Members General Coffee Mornings



A regular event for all members held at different venues on a Wednesday in the middle of the month organised by the Travel and Entertainment team. One event per month.

These tend to be very popular events and members can book and pay for trips and events as well as enjoying a fun catch up with friends. A member/s of the Goodwill team and Travel and Entertainment team will be present.

We hope a member of the Friendship and Support team will also attend in case anyone would like to chat to them.

A regular event, again open to all members, held at My Mercat supermarket café in Jalon on two Wednesdays a month most months organised by the Friendship and Support team.

These tend to be smaller events and are popular with those members who are seeking a more intimate group environment, friendship or support. A member/s of the Friendship and Support team will be present to point you in the direction of where to find help and advice if needed.

You can also obtain a copy of the Information hub booklet, a Friendship and Support Team initiative, which provides a wealth of useful information gathered from various sources in and around the Marina Alta which we hope you will find helpful. This is also available on the website to download under "Friendship and Support".

Friendship & Support Coffee Mornings





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We look forward to seeing you at any of the following events.

No need to book, just turn up.

Please note, occasionally dates and venues may have to be amended so please keep an eye on the new website or Facebook for updates.



Members General Coffee Mornings

Weds 16/10/24

Casa Claudia's, Jalon

Weds 20/11/24

El Quixote, Orba

Weds 18/12/24

Blanca Bikes, Parcent

Kindly giving us an offer
Coffee & Cake or Tostada

4.50 euros



Friendship & Support Coffee Mornings

Weds 9/10 & 23/10/24

My Mercat, Jalon

Weds 13/11 & 27/11/24

My Mercat, Jalon

Weds 11/12

My Mercat, Jalon





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Goodwill Events 2024

Further details on following pages and website



Car boot sale on the rastro site, Jalon
27th October

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



Christmas Fayre
(Previously Arc Fayre)
Where creativity meets the spirit of the season
Sunday 1st 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

The Goodwill Team
goodwill@u3avalldelpop.com

www.u3avalldelpop.com



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HALLOWEEN EVENING

Thursday 31st October 2024

@ 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
purchase tickets or email the team on
goodwillevents2@gmail.com Or phone 650052962***



The Goodwill Team
Supporting Local Charities

u3a Vall del Pop 



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u3a Vall Del Pop
Raising money for local Charities
CHRISTMAS FAYRE
(Previously ARC Fayre)
Feria de Navidad
Sunday 1st December 2024
Jalon (rastros Site)
10 - 2pm

Step into the enchanting world of our Christmas Fayre,
where creativity meets the spirit of the season!

A well supported annual event
Stalls are only 15 euros,
to book your place contact
goodwillevents2@gmail.com
Donations of raffle and
tombola items, cakes and
savouries gratefully received.

Meet Santa in his Grotto
Rastro & Craft stalls for
holiday creations
Gourmet treats,
Tombola, Raffle
and Live Music



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u3a
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**Christmas
Floral Demonstration
&
Creation Workshop**

*Wednesday 11th December at the Pensionistas , Xalo.
10:00am to 3:00pm
15Euro pp.
For bookings email goodwillevents2@gmail.com*



There will be a demonstration on how to make both a Christmas Candle arrangement and a Christmas wreath. You will be able to get creative, making your own arrangement and wreath with guidance and help along the way.

What's provided, :- containers and Oasis, frames, base materials and foliage.

Cava, Tea and Coffee provided but please bring a plate food to share for lunch.

You will need to bring, Scissors and Secateurs, wire cutters if possible, a selection of Xmas decorations, Tinsel, Beads, Ribbons, Artificial berries and Flowers



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GROUP ACTIVITIES

Activity groups meet regularly to pursue common interests.

You can learn new skills or brush up on old ones, and it's a great way of making new friends!

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. The Group Co-ordinator is available to assist and advise in starting new groups or to help existing groups to recruit members etc

Teresa - Group Co-ordinator - activitygroups@u3avalldelpop.com



Dru Yoga Class



Please note commencing 11th October new start time of 11am- 12pm.

This Class has 8 core members and up to 14 attend. There is space for a few more. Please don't be put off by the word Yoga! This is a gentle, slow but focused exercise routine to stretch & strengthen your body, especially the spine. Breath work and visualisation help to deepen the experience. We move within our own capabilities and there are always alternative moves for those with restricted movement. Each class ends with a short relaxation. Do come along on a Friday morning, to Jalon Sports Centre. The room we use is opposite the Padel courts.

Contact Sally 634 022 622 for further information

	Activity	Contact
	Allotment - We have a large 6m x18m allotment in Jalon. 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 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 - We meet every Tuesday afternoon at Riu Rau in Jalon. 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 group leader for further information.	RAY PIERROT raypierrot@btinternet.com
	Cinema - We aim to show a wide range of films in English. If you want to be included in the Cinema Group mailing list please contact Group Leader.	CHRISTINE BRAZIER justnanny@live.co.uk
	Digital Photography - Our aims are to develop our digital photography skills in a social and safe group setting; and importantly, have fun doing so.	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 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 paulcorazzou3a@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. Join us to learn how to do this fascinating hobby. Contact group leader.	LIZ WILLIAMS Lizwilliams2008@live.co.uk Telephone: 684116089
	Mosaic 2 - Group buys materials to share, and have all the necessary equipment to create Mosaics. Contact group leader for more information.	SUE WILLIS suewillis2@hotmail.com MONIQUE LECKIE monileck@aol.com
	Open Forum - We meet fortnightly to discuss a variety of different topics, both serious and light-hearted. We are all different but we are all equal here!	ANNESLEY SINCLAIR annesleysinclair@gmail.com Telephone: 965730605
	Petanque - We meet every Wednesday morning in Lliber.	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 mike_heidi@hotmail.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. We meet on the 2nd and 4th Monday morning of the month in Orba.	LORNA BOTTEN lornabotten@gmail.com Telephone: 96 558 3484



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Working in Collaboration with other organisations



Some members may/may not be aware of TASMA, the Arts Society of Marina Alta, a non profit organisation affiliated to The Arts Society UK.

The Arts Society is a global arts education charity promoting enjoyment and knowledge on all areas of The Arts. Their accredited lecturers present to TASMA members in Moraira and Javea on all art-related cultural subjects of interest to all nationalities.

As the name suggests, it covers topics of cultural and artistic content with a social aspect combined, and organises lectures, trips and events which can be open to members and non members. Their aim is to bring people together to share presentations on fine, contemporary, and decorative arts, music, literature, and architecture.

They also have many benefits for members including trips, social events, and the opportunity to volunteer. Currently they have some 200 members, 80% of whom are expats in the 55+ age range, and 600 interested parties, people who have an interest in their events but are not members.

TASMA has links with other u3a groups in the area and has approached us to see how we can support each other, share news of each other's events and encourage membership of both organisations.

Currently we share via Facebook and our newsletter details of their lectures and events that may be open to non TASMA members so please look out for these. They have interesting talks on 6th November and 4th December which take place in Moraira in the morning and Javea in the evening.

Details are below or see www.artsocma.org.



www.artsocma.org

www.u3avalldelpop.com





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Working in Collaboration with other organisations

THE ARTS SOCIETY MARINA ALTA AUTUMN LECTURE SEASON

COME FOR THE STORY AND STAY FOR THE SOCIAL!

We welcome you to join us for two fascinating presentations at two locations:

Morning session: Espai La Senieta, Av. Madrid, 03724 Moraira,

Doors open at 10.15 for 11.00 hrs. lecture.

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

Doors open at 18.45 for 19.30 hrs. lecture.



6 Nov 2024: Hidden Canvases:

Street Art & The City, by Doug Gillen

From the international superstars to the local underground street art heroes, you are guaranteed to leave knowing your invader from yur Aryz - and who knows, you might even start looking at the world a little differently!

Plus, we might find out who Banksy is!

4 Dec 2024: Rome, Art & Emperors: The Golden Age of Rome, by Dr, Paul Roberts

In this talk, Dr. Roberts presents beautiful works of art: sculpture, mosaic, wall-paintings, silver and jewellery that trace the history of this mighty city.



For more information: www.artsocma.org; Email: marinaalta@theartssociety.org

TASMA Donates to local Charities and Schools



www.artsocma.org

www.u3avalldelpop.com





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Working in Collaboration with other organisations

If you are interested in joining TASMA or receiving information from them please take a look at their website www.artsocma.org or contact marinaalta@theartsociety.org.

Please see below their programme for 2025 which may whet your appetite!

TASMA 2025 PROGRAMME

COME FOR THE STORY—STAY FOR THE SOCIAL!

WEDNESDAY, 5 FEBRUARY 2025: Catherine the Great



By Andrew Prince

In 1762 Empress Catherine II was the sole ruler of the Russian Empire, creating the most glittering court in Europe, and became the world's greatest collector. From the arts to architecture and dazzling jewels, her craving for cultivating and accumulating the finest items formed the nucleus of the St. Petersburg Hermitage Museum. **The unknown secrets of Catherine's lust for art and her private passions will be revealed!**

WEDNESDAY, 5 MARCH 2025: Who's Andy Warhol?



By Alejandra Carazo

Andy Warhol is remembered as the king of pop art who embraced celebrity and consumerism, and would become an American icon. Yet there is a lesser-known side to him; the shy, gay son of immigrants whose prolific and experimental artistic practice enabled a counterculture that would play a part in transforming modern art. **Don't miss this incredible success story!**

WEDNESDAY, 2 APRIL 2025: J.S. Lowry: A Visionary Artist



By Michael Howard

J.S. Lowry is one of Britain's most famous artists. Known for his portrayal of the human condition. In this lecture, Michael will present the case that his work is the visual counterpart of T.S. Eliot's poetry and can be claimed as the British Van Gogh. **Too much? Listen to this fascinating presentation and decide for yourself!**

WEDNESDAY, 7 MAY 2025: Francis Bacon



By Frank Woodgate

Until his death in 1992, Bacon was regarded as Britain's greatest 20th Century artist, and his dramatic images can be exquisitely beautiful and shocking at the same time. Perhaps more than any other artist, he captured the darkness at the heart of the human experience. **Come to learn how his work explores abjection, nihilism and hope!**

www.artsocma.org

marinaalta@theartsociety.org

THE ARTS SOCIETY MARINA ALTA

WEDNESDAY, 5 JUNE 2025: The Age of Jazz



By Sandy Barnett

Jazz is one of music's most important genres: a fascinating blend of rigorous structure, creativity, close-knit ensembles and imaginative improvisation. Back by popular demand, a musicologist and gigging musician, Sandy will shed light on jazz from the inside. His talk covers the early years of jazz up to WWII. **Swing by one of our most entertaining lectures of the season!**

WEDNESDAY, 2 OCTOBER 2025: The Architecture of Mughal India



By Dr. John Alexander Stevens

Before the British arrived in India, the subcontinent was ruled by the Mughal Emperors. The stunning architecture and gardens of the 16th and 18th Centuries, left an indelible stamp on India's cultural landscape. **John weaves a compelling story of one of the most prolific eras in our cultural history.**

WEDNESDAY, 6 NOVEMBER 2025: Art of the 21st Century



By Anna Mouzynska

How do we make sense of the art of our time? Anna examines recent trends that define the art of the new millennium. New media and technology now means that art from around the world plays a major role in museum acquisitions. **Find out why "relationship aesthetics" have emerged as key words in our comprehension of The Arts.**

WEDNESDAY, 4 DECEMBER 2025: The Adoration of the Magi



By Geri Parfley

They've adorned our Seasons Greetings and taken pride of place in our cribs and school nativity scenes. Centuries of artists have been provident with a chance to add a dash of exotic colour into their scenes of the birth of Christ. **Did you know the legend of the Magi links them with the first Christian artists?**

"The lecture was like a Michelin-star meal, I savoured the memory for weeks."



www.artsocma.org

www.u3avalldelpop.com





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Working in Collaboration with other organisations

Upcoming musical events in Alicante

Members may be interested in the following events being held in the Principal Theatre in Alicante. Please note, we are not organising trips to them so members must book directly.

Opera TOSCA (in Italian) is on 22nd
October starting at 8.30pm
prices, 26/36 and 48 euros pp.



The very best of DIRE STRAITS
by SULTANS OF SWING,
24th October starting at 8.30pm,
prices 24/30 and 35 euros pp.

If you like Dire Straits
this tribute band is amazing.

The show CHICAGO is on 28th/29th 30th
November and 1st December.
28th, 29th & 30th 8pm show and
1st December two performances per night,
7.30pm and 9.00pm.
Prices 49/55 and 65 euros pp.





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There are 3 ballets – the first is the Russian Kiev dancing Swan Lake.

13th November, starting 8.30pm, prices 23/33 and 43 euros pp.

The second ballet is also Swan Lake, this time the Rumanian Ballet Company.

10th December, 8.30pm, prices 29/39 and 49 euros pp.

The third ballet is also Swan Lake by the Classic International Ballet company,
22nd January 2025, starting 8.30pm, prices 20/30 and 40 euros pp.

This ballet company is also performing La Bella Durmiente on the next night 23rd January.
Prices are the same, starting at 8.30pm



Also in January 2025 there are 2 performances of ROAD TO HELL by AC/DC.

17th and 18th January 2025. Start time 8.30pm, prices 40, 45/50 euros pp.

For information on the Teatro Principal de Alicante go to:-

www.teatroprincipaldealicante.com, its in Spanish and English.

A visit to David's Coaches website for all their latest trips and events is also very worthwhile,
as is Viajes MCO in Pego and LPD travel.