

# Vall del Pop USA Newsletter

October 2022 #138  
Published by Vall del Pop USA



## President's Report

Dear Members,

What an eventful month we have had. Firstly, the Goodwill Team organised a very successful fundraising event with the OK Band and our own Paul J and Jude. This was a really entertaining afternoon and despite the weather many members were able to attend and thoroughly enjoyed themselves. 1875€ was raised to add to the pot for the distribution to charities later in the year.

The General Assembly for October continued with a musical theme and the guest performer was Mike Pick, who explained the history of the guitar and concluded with some amazing pieces of music.

What talent and skill we have in the valley. The cake sale was another very successful venture and by the end of the meeting all cakes had been sold. I am sure members enjoyed their afternoon cuppa with a slice of delicious cake.

Next month we have Pete Cleary, a former senior member of the Oxfordshire Fire and Rescue Brigade. I am sure he will have a few tales to tell.

We are now making plans for the Christmas General Assembly, which won't be far away. Any ideas would certainly be welcomed. I am very happy to hear that we have a number of new groups and that if you are interested you need to take a look at the website. We have a new group called Dou Yoga... not sure what it is but it sounds really interesting. I might even have a go myself.

Keep sanitizing and stay safe.





# General Assembly

## Vall Del Pop U3A – The Classical Guitar

The Vall del Pop U3A started their General Assembly on 6th October with a busy pre-meeting period for booking trips and events, perusing the Pre-Loved Table and, my personal favourite, enjoying the freshly prepared cakes. Paula did us proud this month with a wide variety of delicious cakes, the sponge with fresh strawberry was well worth a second piece – but I had just eaten the last slice!!

After the Association business Mike Pick gave the full house of members a fascinating talk on the evolution of the guitar and then played us extracts from some of his favourite tunes. Mike is a retired music teacher and a consummate guitar player, who has performed singly, in duos and with groups. He advised he is hoping to get back to performing again next year and he is currently having lessons, to correct flaws he can hear in his technique as he gets back to serious practice. He was first motivated to pick up the guitar at the age of 7, after hearing some guitar music and determined, in his own mind, to master the guitar. Now, at the age of 70 he has around 10 guitars and is still buying new ones.



The guitar developed from the lyre, when frets and the bridge were added and can have anything from three to twelve strings. Mike showed photographs of various prototypes of different shapes and sizes, with the Spanish guitar being developed in the late 1800s, with Manuel Torres reputed to have fixed the standard size. The rosewood internal strutting of the base of the guitar influences the tone of the instrument and the sides and base are usually made of the same wood, with the front made of a softwood. The head stocks differ depending upon the manufacturer and the number of strings.

Mike explained that different tone can be achieved depending upon whether the strings are stroked or plucked. He says the guitar is easy to play, but when I saw he was using three fingers and the thumb of the right hand to pluck the strings and four fingers of the left hand to hold the chords it looked far from easy!

Mike then gave us a demonstration of the different ways the sound of the guitar can be changed and the different forms of music, such as jazz, that can be played. The sound bites that he played reminded me of when I had heard Segovia, Julian Bream and John Williams playing in my childhood and youth – if there were any flaws I certainly did not hear them.

Many thanks Mike for a most interesting talk. Next month we have Fireman Pete [Cleary] who I am hoping he will enthral us with facts and stories about his life as a fireman.

Please remember to check the website for information about the U3A Vall del Pop, our interest groups, our meetings and other trips/events - [www.u3avalldelpop.com](http://www.u3avalldelpop.com).

[Article by Peter Sockett]

[Photos by Peter Sockett]





# Goodwill Team

Despite torrential rain and flash floods 80 U3A members and friends and OK band supporters braved the weather and enjoyed the most fabulous afternoon picnic concert on Sunday 25th September at Pinos.

After a welcome from the Goodwill team and Ian Bennett from Bay radio, Paul and Jude J, 2 of our lovely U3A members, kicked off the party with some great songs from the 60s and 70s

while we enjoyed our picnics and did us proud as always. A great start, thank you.

The OK band then took to the stage and were simply amazing and kept the dance floor crowded and the audience singing along and loving every second for over 2.5 hours. A great and varied repertoire and total professionalism despite 3 band members feeling very unwell.

These guys are incredibly generous opening their home for charity, giving their time and hospitality and fabulous talent and donating every penny raised to charity. The amount of time and effort given for no personal gain is truly inspirational and we cannot thank them enough.

Thirteen great raffle prizes saw lots of very happy winners and Ian Bennett and Derek Wooley then auctioned 4 fabulous donations including Veuve Cliquot champagne, bottles of fine wines, a voucher for Aromas restaurant and expensive gents' aftershave. Thank you to everyone who was so generous buying raffle tickets and bidding in the auction. Your generosity and support is so much appreciated.

In total we raised the most incredible sum of 1875 euros for the Goodwill team funds, every euro of which will be shared amongst worthwhile charities. This included a very generation donation made on the day for which we are hugely grateful.

Huge thanks to everyone who came, partied, took part, helped to organise, set up and clear up, ran the bar and made the afternoon such a memorable event. We love you OK band.





# Group News

## GOOD NEWS

These groups have recently started

PETANQUE

CANASTA

JEWELLERY MAKING

Please see the U3A Website for further details of how to contact the group leaders.

The next NEW group start will be Dru Yoga, based on soft flowing movements. Please let me know if you are interested.

Teresa Tillbrook GroupsCoordinator



# Canasta

Canasta is an excellent card game for two or, ideally, four players. Why? It's played for enjoyment, not money! At a social level it doesn't require too much concentration; people can talk, drink and generally have a good time while playing. It involves excitement, laughter, groans, judgement and a bit of luck every now and again. Canasta is the perfect way to end an evening with friends. Unlike Bridge, enough of the game can be learned in 20 minutes for beginners to play confidently at their first sitting.

The Canasta will be meeting every Tuesday at 2pm at the RiuRau in Jalon

If you want to join in then contact

Mary Wood

marywoodspain@gmail.com





# Jewellery Making

Jewellery making group

Starting on 24<sup>th</sup> October at 10 am at Casa Claudia, Jalon (upstairs)

According to demand , I hope to hold these sessions every two weeks.

The plan is to start with the basic method of beading I.e. stretchy bracelets, with future classes progressing to earrings, pendants, necklaces and eventually working with jewellery wire etc.

We will supply all materials, mainly working with semi-precious stones. We also supply the tools required.

The cost will be 5 euros per class and covers the cost of materials used for your first sample at each session.

The aim is for this to be a fun and social event.

You can do as much or as little as you want.

I will tell you more about ourselves when we meet.

This is also a fun way to make bespoke presents for family and friends.

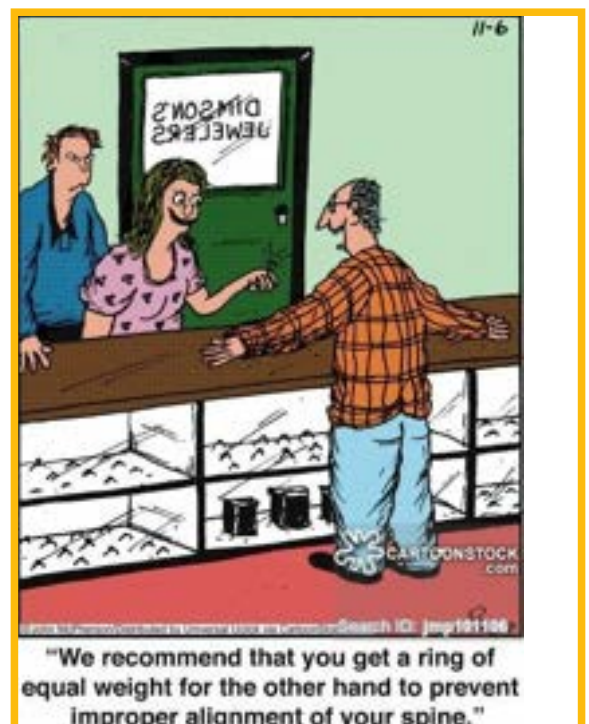
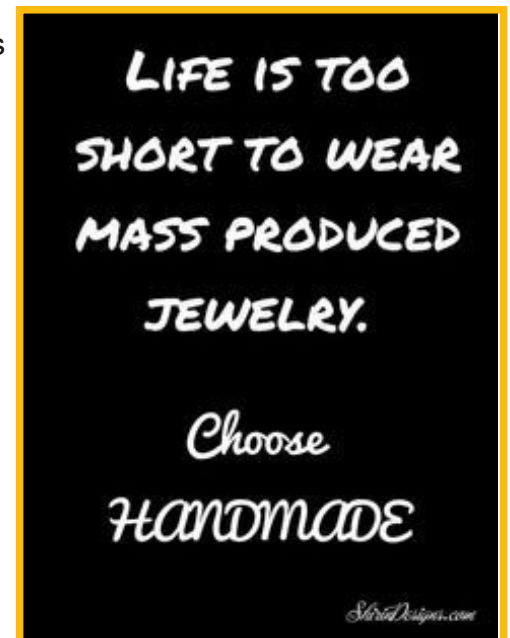
These classes are not just for the ladies, my husband will be helping me and is also very good at jewellery making.

This skill also helps to keep our hands supple and flexible.

Hope to see you soon

Linda and Ray Davis

Hoppy002@aol.co.uk





# Petanque

What a pleasurable way to spend a couple of hours in the Jalon Valley!



One of the newest U3A Vall del Pop Groups are now playing Petanque in Lliber, every Wednesday from 11am to 1pm.

There are 2 Petanque pitches available for use, with easy parking adjacent to the pitches.

New players are very welcome and can always borrow a spare set of boules from another player to try out the game. Sets of boules can be bought for less than 20Euros and are perfectly playable, if you get serious then you might want to spend a 100Euros or more on a set more closely matched for weight and size. Or keep an eye open at the local rastro, I picked a good quality second hand set of boules for 25Euros last week :)

If you haven't played before Petanque is an easy way of getting some gentle exercise, and is enjoyable even with a creaky hip or a twingy back. It is also a game where women and men play on completely equal terms. I enjoy playing because although you need a bit of skill to play well there is always a bit of luck involved when playing on sandy gravel, is that soft spot or bump going to help?

Whilst we follow the rules of the game we do play for the pleasure of it and the rules are simple as you can see.

Play

Boules is most commonly played in teams of three. A good team of three will often consist of a "pointeur" who is best at getting the boules nearest to the cochonnet, a "tireur" who specialises in

knocking opposing balls out of contention and a "milieu", the captain who is an all-rounder. To begin with players draw lots to decide who goes first. After the first leg, the player who threw the closet boule in the previous leg starts the next leg from the position of the cochonnet.

The player who starts the leg must first draw a circle around her feet with a diameter of between 35 and 50 cm. Often, the measuring baguette is used to perform this duty. All players must keep both feet on the ground and within this circle when throwing. The player then throws the cochonnet which must land between 6 and 10 metres away and be at least half a metre away from any obstacle such as the edge of the pitch or a tree.

The nearest boule to the cochonnet is always called the "best boule". Each player throws boules until that player runs out of boules or throws a boule that is best boule. Once a player achieves best boule, the next player on the opponents team plays in the same way. When a player runs out of boules, the next player in the same team takes over. Note that the first player therefore always throws just one boule before retiring from the throwing circle because the first boule is automatically best boule. When all the players in a team run out of boules, the opposing team finishes the leg by playing all their remaining boules in an effort to increase their score.

Scoring is the same as for Lawn Bowls - the winner of the leg scores one point for each boule that is closer to the target than the opponent's best boule. The team that reaches 13 points first, wins.

ps the cochonnet is what us Brits would normally call the Jack



## Let's Sing Together

### Let's Sing Together 1st Year Anniversary

September 25th was a very special day for the group. Yes, we couldn't believe that from a small group of 6, we now meet every week usually with numbers ranging from 18 to 24.

This really is a fun group and every week we sing a selection of tunes ranging from ABBA to Ed Sheeran. We only have one criteria is that you smile and enjoy the session.

So many members started by saying "I can't sing" and feeling rather embarrassed, but by the end of the session they are enjoying meeting new members, and singing along with everyone.

Now to celebrate this grand occasion we had two rather large cakes to share, and of course a glass or two of cava. ( See the photo)

We are certainly going from strength to strength, but please if you would like to join us pop along to what was the Black Apple, now called the Third Age, on Mondays from 2:30 until 4:00. You will certainly receive a warm welcome plus we always have coffee and cake, giving us time for a chat. Details are on the website.



# Indian Evening

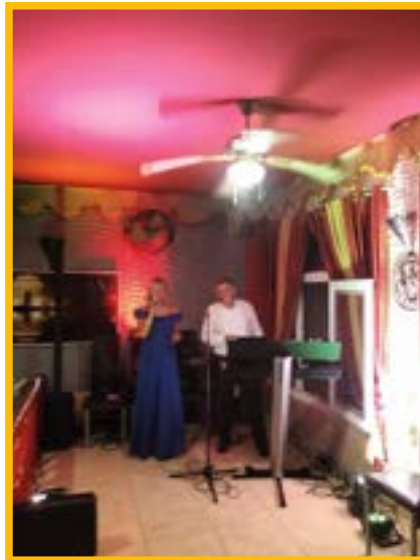
On Thursday 13th October 32 U3A Vall del Pop members enjoyed a fabulous Indian evening at the New India Gate, Orba.

Great food and service (thank you to the lovely restaurant team), excellent value for money, super company, a lively atmosphere and huge thanks to Paul and Jude J who played and sang for 3 hours and kept the dance floor full from the first song.

Not sure what the non U3A diners who were expecting a quiet evening out thought of our enthusiastic singing along and 70s dance moves but a fabulous night was had by all!!

By unanimous request we will be repeating the event so we hope more members will join us next time. Conscious that as winter approaches some members may prefer lunchtime events to avoid venturing out on dark nights so we will look into this option.

Please keep an eye on the website and Facebook for upcoming events. We have lots planned.







# Sharing and Caring

As our name suggests we have been throughout the Summer recess doing just that.....

We decided just before the 'recess' kicked in that there was a need for social get togethers for those not able to get away / or were not having visitors. We held fortnightly Summer Socials at 'The Shack' which were appreciated & well attended drawing between 20-30 members. New friendships were formed and existing ones cemented with much laughter & chat.

We are now resorting back to a monthly S & C Coffee mornings on Wednesdays at 'The Shack'.

If anyone is interested in finding out about what we do or would like to join our small Sharing & Caring team please contact Brigid on [brigred4119@gmail.com](mailto:brigred4119@gmail.com)



"Inside every older person is a younger person—wondering what the hell happened"





# Ladies at Lunch



Well, Tuesday, 20th September 2022 saw 30 ladies from the U3A Vall Del Pop, resume their monthly lunch group, after the summer recess.

Our venue was the La Piscina Restaurante in Parcent. The weather was lovely, and thankfully, somewhat cooler than when we met in June, enabling us to sit out under the canopy.

Once we were all comfortable, staff were on hand to take our drinks orders and the catch up chatter began.

The restaurant had previously advised us that no advanced ordering was necessary and all dishes were freshly prepared and cooked on order.

We were provided with bread and aioli, a selection of 'entremesas' goat cheese salad, pork ribs, cuttlefish, to share, all this before our main courses, an extensive choice from meats and fish. A vegetarian option was well catered for, offering various starters and main courses. All finished with a dessert or coffee.

We all went home suitably replete, having had a super meal and catch up.

Our next Ladies At Lunch will be on Tuesday, 18th October 2022.

If, you are reading this and would like to join us please visit our website for further details.

[U3avallpop.com](http://U3avallpop.com)



# Ramblers

## Monday Ramblers

We had to cancel two walks in September, one because it was too hot and the second because of heavy rain. In between we managed two walks when the temperature fell to a more reasonable mid 20s. The first was a gentle walk from Jalon to Alcalali

The second was a more challenging walk, at least for this time of year, from Tormos to Isbert Dam.

This one includes a short scramble over the dry river bed near the dam. The temperatures were still quite high, but we had lots of water stops to recover.



The walks are not all hard walking or climbing, they include regular water/photo stops, plus a banana



stop of about 15 minutes on all walks. On our longer day walks there is also a picnic stop. And on all walks we distribute boiled sweets during the break. This tradition started on our first U3A walk in October 2016 when we shared our boiled sweets with the group of six, and has continued as the group grew to much larger numbers. Some members, particularly returning from the UK, bring popular sweets not available here in Spain

And of course there is also the after walk drinks. Most of our walks start in a village, where there is usually a bar for a welcome and well deserved drink. Despite the many impressive views this is one of the most enjoyable, and memorable, parts of each walk.

If you would like more information about the group please email [pauleniston@hotmail.com](mailto:pauleniston@hotmail.com)





# Keep Fit News

All sessions are low impact and you can join any group/day you want:

Monday 10.00 at Los Amigos Alcalali  
Monday 11.00 at Los Amigos Alcalali

Wednesday 11.00 at Poli deportivo Jalón NEW location

Friday 10.00 at Poli deportivo Jalón NEW location.

The Poli deportivo has good parking spaces. Once you are behind the gate, walk to the gymcenter at the back (see enclosed picture).

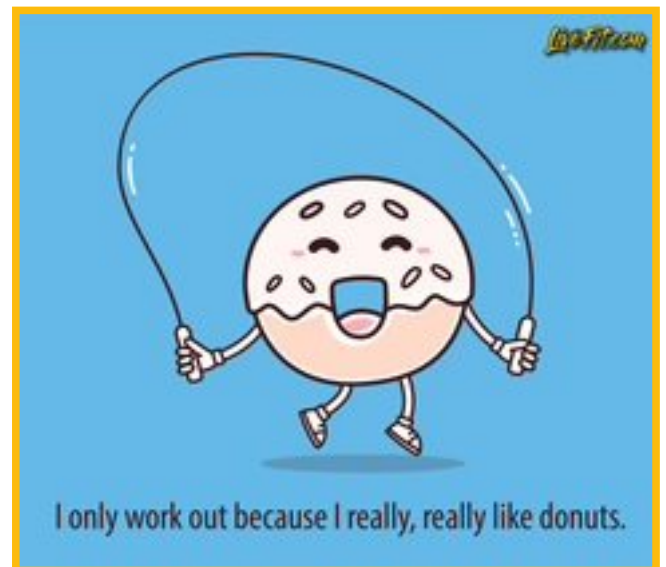
For the sessions in Jalón we can have coffee at Don Pintxco, nearby so no worries about that .

To keep up with rising costs, I see myself forced to increase my pay and go price to €6,- per session.

Thank you for understanding .

I really look forward to seeing you again.

Hopefully see you soon, Love Jacintha





# Game Addicts

We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light-hearted crowd. We play games that could be described as abstract strategy games but they are social too - we don't generally play themed board games, you know, the sort you play at Christmas!

We have a good stock of games that include Rummikub, Rummikub Word, Qwirkle, Upwords, Balderdash, Boggle, Sequence, etc. We even have some home-grown word games.

We gather every Thursday at 2.30pm at Ria Rau Restaurante in Jalon. It is a great venue, where, weather permitting, we can meet outside. Some of us often get there a bit earlier and have some lunch.





# Digital Photography Group

We are a friendly, mutually supportive group looking to extend our membership to people wanting to develop their interest and skills in digital photography.

We hold a tutorial one morning a month at Claudia's Bar in Jalon, which gives group members the chance to view the photographs taken on the previous field trip, and to discuss the technical requirements and suggestions for the following one.

Members are encouraged to share their skills, offering workshops which the whole group can learn from - so there is lots of interest every two weeks.

We also have a private facebook page, where members can upload their photos for everyone to enjoy. Facebook is optional, we don't insist!

We do like people to use a 'proper' camera DSLR or a bridge camera when out on the field trips. Compacts and phones are fine for your own stuff and for fb photos. We're not too picky on that score.

Past field trips have included: -  
Oliva Equestrian event, Gandia Borgia Palace  
Altea Russian Church and old town  
Valencia, Denia, Javea, and Moraira, to name but a few.

David Brock is the group leader and members do help him with the admin as and when needed. If you would like to know more please get in touch with David

davidandeileen50@yahoo.co.uk

or Brian, currently acting as admin

mrbspwollaston@gmail.com





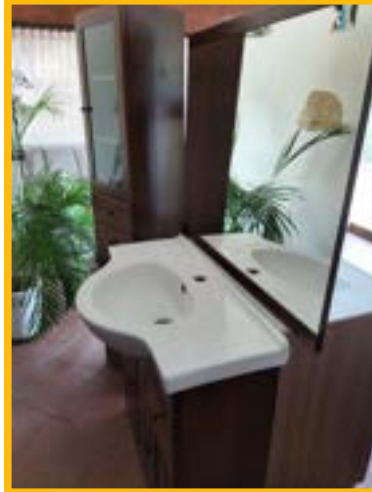
# For Sale or Wanted

## For Sale

Unit and handbasin is 80cm width, 30 cm depth x 85 height. Mirror is 90cm x 76cm. Column 175cm height 35 cm width 29cm depth. All in excellent condition. 80 Euros

Contact

sandra.m.welham@gmail.com



## For Sale

3D Deluxe Shiatsu Massager for Sale 40€ ono. Funds go to the Goodwill Cheers, Sandra Contact



sandra.m.welham@gmail.com



I have sold my house subject to contracts, and hope to complete at the end of October – so I am looking for a long term rental from November. I would consider a winter let – it will give me a base from which to explore further options.

3-bed 2-bath, own pool or access to one, sea views a real bonus!

Garage or safe off-road parking if possible. Coast from Oliva – Las Marinas/Denia area.

ladyofbast@gmail.com



Mazda MX5. Year 2004. Immaculate condition. One owner. 97.000 kms. Full service history. Leather seats. 7.500€. Contact: 634 348 72





# Contact

You can visit the U3A Vall de Pop website at  
<https://www.u3avalldelpop.com/>

General enquires to the U3A can be made using this link  
<https://www.u3avalldelpop.com/index.php/contact-us>

Facebook Group :- U3A Vall del Pop  
A members only facebook group usefull for last minute news and changes.

You can email contributions the next Newsletter at  
[u3avalldelpopnewsletter@gmail.com](mailto:u3avalldelpopnewsletter@gmail.com)



# Outside the U3A



**An afternoon of  
stunning flowers  
27th Oct  
2.30 for 3pm  
Espai La Senieta  
Moraira**

**International  
Floral Designer  
Maureen Mulligan  
Entry 10 euros  
Half price for 1st  
time visit**

**Text or  
WhatsApp  
602246546  
To reserve a  
ticket**





# Javea Players

*Javea Players*

## THE MOUSETRAP

Agatha Christie's legendary 'whodunit' and the world's longest running show, **70** years this year. Directed by **Claire Schoonover** an American professional actress.

A group of people gathered in a remote part of the countryside discover, to their horror, that there is a murderer in their midst. Who can it be? One by one the suspicious characters reveal their sordid pasts until at the last, nerve-shredding moment the identity and the motive are finally revealed. A cracking yarn.

**At Javea Players Studio Theatre,**

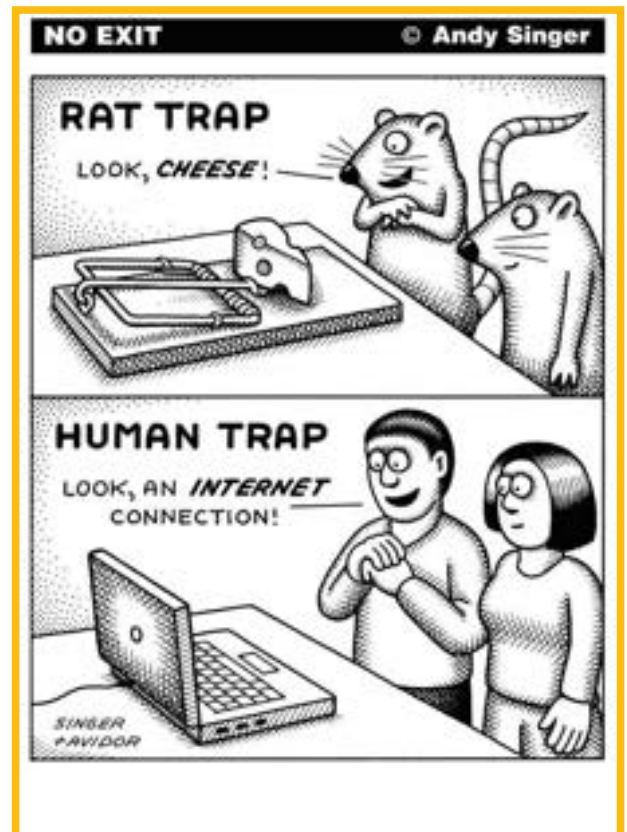
**Calle Cronista Figueras Pacheco 6, Javea**

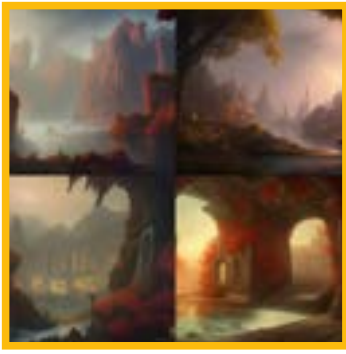
**Nov 22-26 and 29, 30 and Dec 1 at 7.30.pm**

**Tickets 12€ Box Office opens Oct 20**

**Buy tickets at "Box Office" [www.javeaplayers.com](http://www.javeaplayers.com)**

**Problem? Email [boxoffice@javeaplayers.com](mailto:boxoffice@javeaplayers.com)**





# The Arts Society Marina Alta

The Arts Society Marina Alta. Next presentation 3<sup>rd</sup> November 2022 at Salones Canor Teulada. Doors open at 10:00am for registration and the presentation begins at 11:00am. Coffee is available prior to the lecture for members and guests.

‘Climbing Great Buildings’. Jonathan Foyle.

Jonathan is an Architectural Historian, broadcaster and artist in his own right. He has a Master of Arts from the Courtauld Institute of Arts, where he trained as an Architect, and a Doctorate in Archaeology from the University of Reading. Plus various other recognitions in conservation and restoration from many Universities.

In his working life our speaker has been for many years the Curator of Historical Buildings for Historical Royal Palaces, with a specific interest in the Royal Palace at Hampton Court.

Jonathan has written numerous articles for magazines and periodicals and appeared in a variety of television broadcasts including ‘Climbing Great Buildings’. He is also the former Chief Executive of a global charity for the preservation of historical monuments worldwide.



The presentation on 3<sup>rd</sup> November for The Arts Society Marina Alta is entitled. ‘Climbing Great Buildings’ which exposes the secret details contained in the internal and external structures of buildings not generally seen from ground level.

His presentation combines humour, personal insights and an in-depth analysis of architectural features, furnishings and their iconic symbolism.

Altogether an absorbing and entertaining scramble through many historic buildings and sites.

As is now standard, all members and guests are offered a glass of wine or soft drink at the end of the lecture to allow socialising with the group, Committee and the Speaker.

The sponsors for this presentation are Blevins Franks Wealth Management and Estate Agents Inmobres of Calpe.

For details of membership opportunities please contact Maggie at

David Glover : Chair . The Arts Society Marina Alta.