

# NEWSLETTER

u3a  
Vall del Pop



November 2023

Dear Members,

What a successful General Assembly we had for November.

Candy Wright, the speaker, gave us some thought provoking messages about when we have to make very difficult decisions about our health and future.

It really was a wake up call for many of us. Basically, don't leave everything until the last minute, leaving your family and friends with problems, that they could do without.

Simply making preparation early will remove pressure, anxiety and confusion later on.

Help is out there if you know how to access it.

We have included Candy's tips and information in more detail in this newsletter.



Thank you to so many members who helped prepare and make this months assembly successful.

Big thank you to the Yarn and Thread Group, who donated 74 Euros to the Goodwill Team, Tony Edmunds for the British Legion Poppy Appeal, Goodwill Pre Loved Table, Grahams Book stall and hospitality, who help to make it so enjoyable.

Not forgetting Bill White who entertained on his keyboard.



Now I know that the Committee and Goodwill Team are putting together the programme for the Christmas General Assembly.

Like last year they would like everyone to bring along a plate of food to share.

This was so successful that we would like to repeat it.

Lots of other things are planned, so watch this space.

I now think that autumn has arrived, so please take every precaution especially with these high winds.

We spent an evening fishing the garden furniture out of the pool....not an enjoyable exercise!



Best wishes,  
Bob.

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Dear Members,

I am sure you know that both Bob and myself are stepping down at the AGM in March. We have worked tirelessly for a number of years through the good times and hard times like Covid to keep our association going.

The support we have received has been tremendous, and our association is one of the best and friendliest groups on the Costa Blanca.

We are delighted that our U3A is going from strength to strength .....but it MUST have a President, Treasurer and Secretary to be legal.



So basically no President... no association.  
I am not trying to scare you, but this is a fact.

No President ... No Association!

Please, don't just read this and think Bob will do another year. Afraid not!  
We have plans and projects that we want to address before we get too old.

Of course we will both be around to give any help that you need, answer any questions you may have and also volunteer for General Assemblies, trips and events.  
We are not going away. This is our home and we love living here.

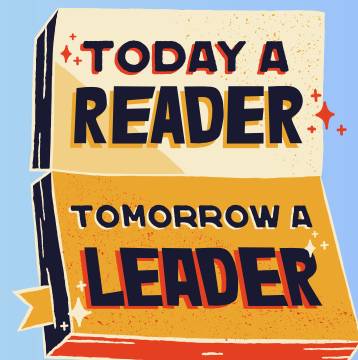
Our association could do with new blood, and new ideas and maybe one or two less of Bob's jokes. But seriously, we certainly don't want our association to fold, we want it to remain vibrant and available for its members.

**COULD IT BE YOU?**

The member who takes our association to the next level.

Please contact Secretaryu3avalldelpop@gmail.com  
or give Bob a call on 634322423.

Best wishes, Sandra & Bob



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November 2023

## HALLOWEEN

### Halloween Bingo & Quiz

Members arrived on the 31st October to a decorated Pepe's restaurant with vampire blood, spiders and webs setting the mood. When guests started to arrive, it was difficult to recognise who was under the costume and makeup. A great effort by all those that entered into the spirit of the evening.



### What do you know about Halloween?

Well, not a lot really when it come to answering Quiz questions.

The questions tested our knowledge on the origins and traditions of this now much celebrated event.

Even our small villages have celebrations, lights and decorations.



After a meal, we all settled down to answer some thought provoking questions.

Where did it start? Would you believe in Ireland...well I never knew that.

Why do we have witches with hooked noses and horrible warts. Well, this characterisation started with the film, The Wizard of Oz, bet you thought it was Sleeping Beauty.

The evening finished with a game of Bingo, with great prizes and was enjoyed by everyone.

The costume competition was won by Marian White with Sue Stevenson coming second.

A big thank you to Liz Miller and Pepe's for a fun evening, which raised 186 euros for the GOODWILL Team.



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## Let's Sing Together Entertains the Residents at Bon Retir

Well an early start was called for and we arrive at Bon Retir, a Residential Home, in Javea at just after 10:00. We started away from Xalo Pensionista, car sharing and in convoy. Some of our members were still feeling rather tired, so we certainly needed to warm up our voices before we attempted any tunes. Once we got into our stride, we sang a number of songs including Tie A Yellow Ribbon, Magic Moments and our favourite tune Andante, Andante.

It was lovely to see so many residents tapping their feet, clapping and joining in.

After we finished our performance we had a chance to go and have a chat .

It really surprised us to find out that nearly all the residents were English.

They then served us all coffee and cakes , before we made our way to the garden centre Montgo Verde, where some of us enjoyed a full English breakfast.

What a great way to finish what was a lovely rewarding morning.



## U3A Allotment Group

Our venue is situated in Jalon, close to the river.

It's a parcel of good flat, fertile land, in an ideal location with good parking near by, and a local bar to reflect on after working on your plot.

If you are interested in growing your own produce, or just enjoying a quiet time in the open air, this could be the group for you.

Contact Sue Harvey 965730605 or email Brigid Redmond [brigred4119@gmail.com](mailto:brigred4119@gmail.com) for further details.

They look forward to hearing from you.





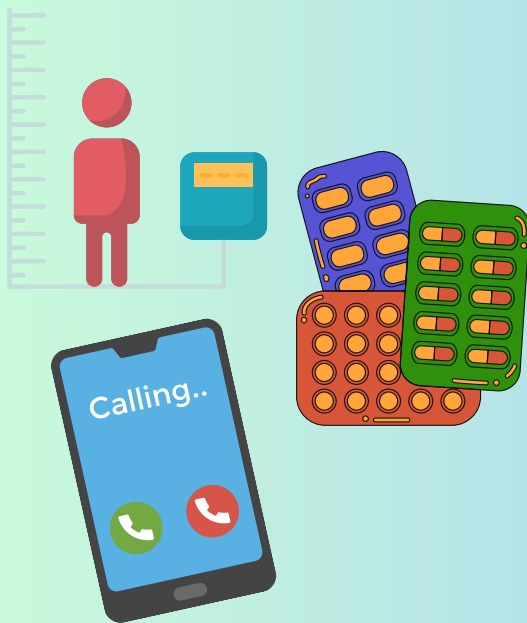
November 2023

## Living in Spain

Help Marina Alta (HelpMA)

After the General Assembly business last Thursday 2nd November Candy Wright, from Help Marina Alta (HelpMA), spoke to the assembled members about living and getting older in Spain and briefly about the work that her charity does for those in need in the Marina Alta.

Candy suggested we consider and action the following to make life and getting older easier for anyone living in Spain.



- She recommended, as a courtesy to the doctors of the Spanish Health Service and for our own personal pride, we should learn the Spanish for our height, in metres, and weight, in kilograms – as this is always the first question when seeking hospital support.
- She advised we should know the names of the tablets we are taking and, importantly, why we are taking them – again something hospital doctors need to know.
- She recommended we identify where we could get help in an emergency as we get older and that we list the contact details of family and friends should they need to be contacted in an emergency.

She suggested we gather, possibly in a big box, all our important documents and copies of those we are carrying with us.

The box should hold:

- Copies of Passports, SIP, Driving Licence, Padron & Credit Cards.
- Original of our Wills, for Spain and our home country.
- Original of House Documents, Insurance etc.
- Copies Car documents and car insurance.







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## HelpMA Continued



Consider whether you are entitled to Blue Badge disability parking permit and consult with your local social services office. Remember the process is long and can take up to two years.

So when completing the application stress your discomfort/pain/disability on your worst day, not your best days.

As you get older review the suitability of your home and its accessibility to health support services. If necessary consider downsizing or moving into a village where health support services and shops are more available. HelpMA have details of Residential Homes should they become necessary but remember that entry can take up to 12 months to arrange.

Make a note of those neighbours who are getting older and if you don't see them about call around and check that they are okay.



HelpMA have an Activity Centre in La Xara where they hold monthly group meetings for Parkinsons with visits from specialists and on other days lunch, for a chance to meet other people.



UK Nationals who are pensioners may be able to obtain an Attendance Allowance payment if you need someone to help look after you and should be entitled to a Death Allowance. HelpMA have a lady in their team with whom you can consult if you are unsure or need help.

HelpMA have Coordinators in many towns/villages, a Bereavement Councillor who can be consulted. They loan out medical equipment and work with the Spanish Red Cross and the Salvation Army to help people in need.

Next year Help Marina Alta will be celebrating their 40th anniversary so help them to continue their vital work with those in need and support them with a donation, attending an event or using their shops.



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## Lets go Shopping!



Wednesday  
29th November 2023



12 Euros Per Person  
Leaving Rastro, Jalon at 8.45am  
Doors open at 10.00 am

Lots of shops to suit everyone

Contact Carol Knott  
[u3avalldelpoptravel@gmail.com](mailto:u3avalldelpoptravel@gmail.com)  
To reserve your place





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November 2023

Christmas Dinner & Dance  
3rd December 2023 @ 7.30pm  
Vall de Pop Restaurant - Lliber  
30 Euros

## *Glitz & Glamour*

Four Course Dinner  
Welcome Drink  
Dance the Night Away with  
Forever Young

Contact Sonia to reserve your place  
[u3avalldepoptravel@gmail.com](mailto:u3avalldepoptravel@gmail.com)



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The OK band and U3A Goodwill team invite you to a fabulous musical charity fundraiser picnic party.

If you haven't heard the OK band before you are in for a treat!

Wear your dancing shoes! You won't want to miss this!!!!

Bring your own picnic.

A cash bar serving wines, beers and soft drinks is available.

Homemade cakes and sausage rolls will be available to purchase to top up your picnic.

There will also be a super raffle.

**Saturday 20th January 2024**

**1300 – 1700**

**At the OK corral, Cami Benimallunt 68c, Partida Benimallunt, Benissa 03720**

**(the band's rehearsal studio and home)**

**10 Euros per person**

**Directions: take the CV750 from Jalon towards Benissa.**

**At the first roundabout turn right onto CV749 signed Pinos.**

**In approx 800 metres take small left turn.**

**It will be signed 68c OK. Look out for signs.**

**Follow signs to bottom of the hill. Parking on site.**

**The event is inside (so no problems re the weather) and tables and chairs are provided.**

**ALL proceeds from ticket sales and bar profits are donated to Goodwill team to support local charities.**

**Tickets available at coffee mornings and General Assemblies. Don't miss out!**

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## DINING AND COFFEE MORNING DATES

November & December

WEDNESDAY 15TH	 SHARING AND CARING COFFEE MORNING	10.15 THE SHACK JALON
THURSDAY 16TH	 DINING EXPERIENCE	1PM NOU PORTET
FRIDAY 17TH	 MEN WHO MUNCH	NOU PORTET
TUESDAY 21ST	 LADIES AT LUNCH	CASA CATY, JALON

## DINING AND COFFEE MORNING DATES

DECEMBER

SUNDAY 3RD	 CHRISTMAS GLITZ AND GLAMOUR	VAL DE POP RESTAURANT
WEDNESDAY 6TH	 SHARING AND CARING COFFEE MORNING	10.15 THE SHACK JALON
THURSDAY 14TH	 LADIES AT LUNCH	VICTORIAS PARCENT





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## GROUP ACTIVITIES

Our activity groups meet regularly to pursue common interests, and most of them have room for extra members. You can learn new skills or brush up on old ones, and it's a great way of making new friends! There is a fab programme planned for the members, so mark your diary and we will be pleased to see you at these forthcoming events.

**Xmas Shopping Trip to La Zenia – 29th November**

**Glitz & Glamour Xmas Dinner Dance at Vall de Pop restaurant, Lliber – 3rd December**

If you lead a group and would like to be featured in a future Newsletter please contact Linda, Editor, at [U3avalldelpopnewsletter@gmail.com](mailto:U3avalldelpopnewsletter@gmail.com). Updates of activities always welcome and deadline for next publication is 11th December for distribution on 18th December 2023.

Please find below and on the following pages current activities and groups with contact details to find out more information about when they meet and cost etc.

**Come along and make new friends!**

	Activity	Contact
	<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.	Duncan Thompson <a href="mailto:foskett54@btinternet.com">foskett54@btinternet.com</a> Telephone: 634 33 46 89
	<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:wendysim@hotmail.com">wendysim@hotmail.com</a> Telephone: 711 080 516
	<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> - New group starting soon. 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>Keep Fit</b> - Warm up, low impact exercises, body toning, stretching and a relaxing cool down	JACINTHA HOOGEWERF <a href="mailto:familiehoogewerf@gmail.com">familiehoogewerf@gmail.com</a>
	<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 SANDRA WELHAM, <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.	SANDRA WELHAM <a href="mailto:Sandra.m.welham@gmail.com">Sandra.m.welham@gmail.com</a>



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	Activity	Contact
	<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>
	<b>Mixed Media &amp; Art</b> - The group welcomes absolute beginners to the more experienced artists looking for a few hours to concentrate on a project.	CHRIS SINCLAIR <a href="mailto:Sinclairchristine72@gmail.com">Sinclairchristine72@gmail.com</a>
	<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> ANNESLEY SINCLAIR <a href="mailto:annesleysinclair@gmail.com">annesleysinclair@gmail.com</a> Telephone: 965730605
	<b>Open Forum</b>	
	<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:paulleniston@hotmail.com">paulleniston@hotmail.com</a> Telephone: 651 633 198
	<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



November 2023

## JALON VALLEY ARC



### CHRISTMAS FAYRE

SUNDAY 3rd DECEMBER 2023

FROM 10.00 a.m. to 2.00 p.m.

### RASTRO CAR PARK

### JALON

GREAT ENTERTAINMENT BY  
MATT MASON PLUS THE JUKES



REFRESHMENTS, CAKE STALL

JEWELLERY, CARDS

TOMBOLA & RAFFLE

PARKING, ENTERTAINMENT, CAROLS

BRING YOUR CHILDREN TO SEE SANTA CLAUS

FABULOUS SELECTION OF GIFTS



SALLY MASON on [jalonvalleyarc2020@gmail.com](mailto:jalonvalleyarc2020@gmail.com)

Mob: 625 985 689 – Email bookings ONLY