u3a Vall del Pop



November 2024





November 2024

President's Message



lan Whitby
Logic Financial Consultants

Inevitably all our thoughts this month are with the victims of the devastating floods in Valencia, as well

Dear Members.

as the many rescue workers and volunteers who are doing everything they can to help in this desperate

situation.

At the General Assembly on November 7th, we were joined, as is usual at this time of the year, by a representative of the British Legion selling poppies. On this occasion we observed two minutes silence to remember those who died in the floods as well as the servicemen who gave their lives in past wars.

I am pleased to report that we also raised Euros 240 through donations and the sale of sausage rolls and pre-loved items, all of which has been donated to the Valencia appeal. Previously we had cancelled our planned Halloween event at Pepe's in Alcalali, when the three days of national mourning were announced.

It felt wrong for us as guests in this beautiful country to be partying at such a time. This was obviously disappointing for all the team who had worked hard preparing for the event and the members who planned to attend. Nevertheless, I am sure it was the right choice.

The restaurant was very understanding of our decision and kindly allowed us to reschedule a replacement event on November 12th. We had the same menu and entertainment from Paul and Jude as before, but without the Halloween theme. All monies raised from the event, the raffle and donations will once again go towards the Valencia appeals.

We have already purchased and delivered (via Project4All) a large car full of the items requested by the relief organisations and are planning to do the same again soon.

In addition, our Goodwill team have delayed the final allocation of funds collected this year so that they can take the situation in Valencia into consideration. Whatever they decide is only possible because of the generosity of you, our members, supporting our different events throughout the year. I therefore give you my heartfelt thanks for this support.

Kind regards, Chris





November 2024

Logic Financial Consultants Presentation

Our speaker at the General Assembly on 7th November was Ian Whitby from Logic Financial Consultants, accompanied by his son, Joe, who is part of the business along with another son.

lan explained that they are a family business with over 50 years' experience between them, both in the UK and Spain. They are registered and regulated in Spain and see themselves very much as a service business, building strong relationships with their customers and providing continuity of service. Both sons are fluent Spanish speakers and they work mainly via referrals.





They provide investment, pension and tax planning advice on a transparent fee basis and do not receive commission, so the cost is clear upfront. Ian explained that most questions they deal with relate to taxation as this is different in both countries, as are the tax years.

They provide a free consultation on tax, pensions and investments and produce an individual suitability report offering solutions that are transferable to the UK.

lan then mentioned the recent budget and the decision to include pensions into one's estate for inheritance tax from 2027 which can have a significant impact for some people.

He stressed the importance of not only having a Spanish will, but to ensure it states to cover your wishes under UK law so that you can leave your estate to whoever you wish and not have to follow the Spanish process of inheritance.

He also pointed out the importance of each person having an individual Spanish power of attorney to ensure your wishes can be followed if you are incapacitated. Unfortunately these are not transferable between Spain and the UK. In the UK one is required to have separate ones for health and finances, in Spain it is all covered by one.

A very interesting and informative talk in plain terminology which was easy to follow. A number of questions were asked and it is clear that everyone's situation is different, hence the need to take professional advice.

Logic are based in Javea and can be contacted on 965 02 04 44





November 2024

Please Note

Please note emails are being streamlined across the organisation

Contact Chris Barrett president@u3avalldelpop.com

Contact Paula Barrett secretary@u3avalldelpop.com

Teresa - Group Co-ordinator activitygroups@u3avalldelpop.com



Contact Linda Burns
news@u3avalldelpop.com

All general enquiries currently monitored by Peter Ellis team@u3avalldelpop.com

Other emails will be notified as they are introduced.
gmail addresses currently in use will be deleted in the future

General Assembly - 2025 Dates for your diary







November 2024

Valencia Donations

We have all been shocked and devastated by the tragic flooding disaster in Valencia and our thoughts are with all those affected and those bravely assisting.

As an organisation we wanted to help so we went shopping on your behalf and filled our cars with as much essentials we could manage and that we had been asked to get: sustainable foods, water, milk, toiletries, baby items, cleaning products etc.

They were delivered to Valencia at 5am the following day courtesy of Project 4 All who filled vans to the roof with a mountain of generous donations. It was overwhelming to see the quantities that had been donated in such a short time and to know that this was happening in villages and towns everywhere. Arne Soeten, the President of Project 4 All was so grateful.



A huge THANK YOU to all members for your support throughout the year which has made this possible. Every euro collected throughout the year by your Goodwill team goes directly to supporting charities in need and, sadly, this year the demand is bigger than ever.

We plan to do another shop when we know what is needed as this situation will need long term support.

It is humbling to see communities and organisations coming together to help in this way and people volunteering to help in so many ways. Even the young girl on the check out in Mercadona who processed our trolley loads sent her thanks to the British people for helping.

We are fortunate to live in this beautiful country and are proud to help.





November 2024



Bicycle donations for Valencia



One evening I spotted a request on Facebook for unwanted bikes to send to Valencia to help those who had lost their mode of transport get to work etc.

Chris and 1 delivered 4 the next day that had sat in our garage since we came to Spain and I doubt would ever be used!

I then delivered another 7 that several very kind friends who are u3a Vall del Pop members donated.

Niamh who organised the initiative had hoped to receive 20. When I left after my third trip they had close on 100!!!!

Cars kept arriving and unloading some fantastic bikes in great condition. So much so a lorry has now taken them to Valencia where they will be checked over and provided to those in most need.

Another example of amazing community spirit and support at such a terrible time.

Thank you to everyone for helping - Paula Barrett



November 2024

More bikes needed for Valencia



VALENCIA BICYCLES UPDATE - WE CAN'T STOP NOW!

For those of you who have been to help at the badly affected areas of Valencia you know there are no words to describe it. Staggering. Vast. Overwhelming. Devastating.

All just words. One thing that is tangible in the atmosphere is HOPE.

And that is being created by the spirit of people.

Our delivery of bicycles to Sotteranya this weekend made a SIGNIFICANT difference on the ground.

Volunteers are using them to get to hard to access areas.

Adults are using them to get to work and Kids can get to school.

THANK YOU to everyone who donated a bike from their garage last week.

We received 122.

A massive difference to many people.

And yet a drop in the ocean. PLEASE let's keep going.

MAKING THE EFFORT makes all the difference!

If you would like to donate any bikes but cannot deliver we can help.

Please messsage Paula secretary@u3avalldelpop.com or whatsapp me

We have delivered 17 so far but I'm sure lots of us have bikes we don't use anymore!

Paula Barrett





November 2024

Trampoline Donation to Murla School

We were recently contacted by one of our u3a members, Sheila Skinner, who knew of a large children's trampoline that was being donated to raise funds for Make a Smile children's charity. Sadly it could not be used by the children's home in Benissa that we support due to their Health and Safety regulations.

Sheila approached the Goodwill team to see if we would buy it and donate it to the Murla school as they would welcome it with open arms. A teacher is always in attendance when the children are outside so can ensure it is used safely.

So on Friday 8th November Marian White and Sally Ellis from the Goodwill team, plus Peter Ellis, met Sheila, the kind donors and Raquel, the head teacher, to receive it and assemble it ready for the children.





It took two hours of hard work, head scratching and Peter having to pop home to source extra screws etc!! But with help from others and great teamwork the trampoline was ready for use and the children were very excited.

We are delighted to be able to donate this on your behalf and I'm sure when u3a's Santa visits in December we will see it in use.

We may even hear the squeals of delight from our General Assemblies!

Thank you to Sheila for organising this and Marian, Sally and Peter for your hard work.

Paula Barrett





November 2024

Benidorm Palace - Bon Jovi Experience





Organised by the Travel & Entertainment group,
26 of us had a fabulous evening at Benidorm Palace on Sunday 28th October.

Despite the rain we braved the weather,
and had great fun dancing and singing to the tunes of Bon Jovi.

Look out for future events at www.u3avalldelpop.com

Angela Lish







November 2024

Ladies at Lunch October 2024



On Tuesday 15th October 2024, twelve ladies enjoyed a lunch at El Quixote in Orba.

Flavio and his team made us all very welcome.

There were two starters, a salad and savoury pastry, main courses of fish with vegetables en papillote and hamburgers, followed by apple cake or ice cream.

We sang 'Happy Birthday' to Mary Wood, and the restaurant sent over a glass and an individual bottle of Cava, a lovely touch.

All enjoyed with a good amount of chat and wine.

I have planned ahead for our next two lunches as I know the diaries will be getting filled up.

Tuesday, 19th November 2024. Restaurante Cal Xixonero, Jalon. Spanish Tapas style.

Tuesday, 17th December 2024. Victoria Station, Parcent.

I look forward to seeing you all soon. New members always welcome.

Sally

u3aladieslunch@gmail.com





November 2024

Walking Group



7 October - Jalon to Alcalali

As the temperatures fall we return to our normal walking routine. We do the same walks, but we start an hour later. It still felt pretty warm on this walk, and we continued to have regular water stops

11 October – Monthly Group Meal

There were 27 of us for the monthly meal at the Pensionista in Jalon. It started as a twice weekly get together during the walking break in July and August, but has proved even more popular since we agreed to extend it to a once monthly opportunity to meet up without our walking boots.



14 October - Parcent to Alcalali

Much cooler today, just 17c as we set off from Parcent. Also more changeable weather with more possibility of rain. Today was cloudy, but fortunately dry, the sky cleared and the sun appeared for our well deserved drink at the Pensionista in Parcent.





November 2024

Walking Group cont.

21 October - Montgo Iberian Settlement

Once or twice a month we try something a little more challenging than our more usual valley walks. Taking four hours, this lovely walk is a little longer than normal. It also involves a gradual climb with about 200 metres of ascent. But the views at our picnic site make it well worth the extra effort.



28 October - Lliber to Senija

This is often a wet month, and this year was no exception. Everyone welcomed it, after a particularly long dry spell. The weather forecast for today was cold and wet, and we almost cancelled. Lucky we didn't because it turned out to be sunny and pleasantly warm. Though there was a lot of mud about, and we had to find an alternative route because one track looked more like a river.

October is a very special month for walking in this area, similar to spring in the UK. After a very long, hot summer the cooler temperatures make walking a pleasure. Though there is always the possibility of getting caught in a heavy shower.

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





November 2024



CHESS

After many years, the leader of our chess group recently stepped down and we are now looking for a new leader.

The group used to meet weekly in Jalon but other options could be considered.

The main responsibilities of the group leader would be communicating with group members, liaising with the chosen venue, storing the chess sets between sessions, managing the pairings on the day and keeping the records of past games.



Interested in Art Group or Chess please contact

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





November 2024









9th Dec.

25th Nov.

2nd and 4th Mondays in Month
Doors open 6.45pm for a 7.30 start.
Jalon Salon (next to Town Hall)
2 Euro donation

All welcome sit back and enjoy a fabulous movie
Variety is the spice of life and we aim to show a
good mix of movie genres

Non-members can enjoy a 1st taster visit

You can bring a friend or guest along for one visit



For further information contact
Christine Brazier
justnanny@live.co.uk









November 2024

u3a Vall Del Pop coffee mornings 2024

We look forward to seeing you at 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 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 13/11 & 27/11/24 My Mercat, Jalon

> Weds 11/12 My Mercat, Jalon













November 2024

Boot Sale Rained Off



Chris and Sally getting very wet on Sunday 27th October, when we had to cancel the Car Boot Sale due to the weather being wet and cold. We arrived at 7.30am as planned, to meet up. Decided at 8.30am to head over to Casa Claudia to warm up.



Casa Claudia provided us with a welcome breakfast and warm drinks.

Car Boot is now rearranged for 1st December along with the Christmas Craft Fayre, making this a bigger event.

Fingers crossed it stays dry!

Marian White





November 2024

Jalon Christmas Fayre and Car Boot Sale Sunday 1st December

Unfortunately we had to cancel the car boot sale on Sunday 27th October as the weather was pretty awful, cold and wet. We had hoped the forecast would be wrong but sadly not on this occasion. This was disappointing for everyone involved: us, stallholders and visitors.



The good news is we are combining it with our Christmas craft fayre on Sunday 1st December on the rastro site in Jalon.

This means there will be something for everyone: Santa will be there, we have live music from The Jukes and Forever Young, hot bacon rolls and sausage baps, mulled wine and bar, lots of great craft stalls, great cakes and savouries, tea and coffee and lots of car boot pitches, so you are bound to find something of interest. A great chance to buy bits for Christmas, treat yourself or grab a bargain.

This is our first time running the fayre, which was previously run by ARC Animal rescue charity, so we want it to be a big success for Jalon, the community, the stallholders and the charities we support.

Please come along and support us or book a pitch, either in the craft section or car boot by e mailing goodwillevents2@gmail.com

We look forward to seeing you there and thank you for your support.





November 2024



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 arrangment 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





November 2024

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

If you would like to promote your group in a future Newsletter Please contact Linda at news@u3avalldelpop.com

We would like to remind Group Leaders to regularly check your spam/junk folders to ensure you do not miss any emails from interested parties or important 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. | DUNCAN THOMPSON 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 | 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 |





November 2024

| Novombol 2021 | | | |
|--|---|---|--|
| | 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 | |
| | 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 <u>Davidandeileen50@yahoo.co.uk</u> 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 | |
| Cames Addies | 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 | Ladies At Lunch - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region. | SALLY ELLIS <u>U3aladieslunch@gmail.com</u> | |
| | Let's Sing TogetherFor 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 | |
| A SERVICE TO A SER | Mahjong - RIU RAU Jalon, Friday at 2.30pm A game rumoured to be around 2,500 years old, that is similar to Rummy, played with tiles. | BERYL COMAR berylcomar@gmail.com | |
| | 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 | |





November 2024

| | Activity | Contact |
|------------------------------|---|---|
| 0 | 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 <u>Lizwilliams2008@live.co.uk</u> 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 |
| nan. | 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 |
| HCLA | 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 |
| Learn to Speak Spanish | 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 paulleniston@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 |
| | | |
| | | |





November 2024

Working in Collaboration with other organisations



The Long Road by Shelagh Stephenson,

Directed by Caroline Drewett-Mansell

It is a poignant exploration of family dynamics, resilience and the human capacity for healing.

A fascinating thought provoking play.

Performances: Monday 18 to Saturday 22 November 7.30 pm

In Javea Players Studio Theatre
C/ Cronista Figueras Pacheco 6, Javea
Tickets 15€ Box Office opens Oct 23

Select and buy your seats at www.javeaplayers.com

We look forward to welcoming you The Javea Players





November 2024

Working in Collaboration with other organisations





The Arts Society Marina Alta Presents:
4 Dec 2024: ROME, ART & EMPERORS:
The Golden Age of Rome, by Dr. Paul
Roberts

"FRIENDS, ROMANS, COUNTRY-MEN & WOMEN, LEND US YOUR EARS"

In this talk, Dr. Roberts of the Department of Antiquities at the Ashmolean Museum of Art and Archaeology, Oxford University, presents beautiful works of art: sculpture, mosaic, wall-paintings, silver and jewellery that trace the history of the mighty city of Rome.

COME FOR THE STORY AND STAY FOR THE SOCIAL!

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.

Free for Members. Guests Welcome by Donation via www.artsocma.org

For more info: www.artsocma.org. For a Free Subscription to our What's On E-Journal of national and local arts and social scene plus TASMA Newsletter, email: marinaalta@theartssociety.org.



www.artsocma.org







November 2024

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@theartssociety.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 grootest orifector. From the arts to architecture and darzling jewels, here craving for embivating and accumulating the finest items formed the nucleus of the St. Petersburg Hermitage Museum. The unknown secrets of Catherine's bust for art and her private passions will be revealed!

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



By Alejandra Cararo

Andy Warhol is remembered as the king of pop art who embraced celebory and consumerism, and would become an American issue. Yet there is a lesser-known side to him: the shy, gay son of immigrants whose prolific and experimental artistic position enabled a countercalant 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



L.S. Lowey 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 week is the visual counterpoint 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

By Michael Howard

Usual his doub in 1992, Bacon was regarded as Bestain's greatest 20th Cennary artist, and his dramanic images can be enquisitely benerifid and shocking at the same time. Perhaps more than any other artist, he captured the durkness at the heart of the human experience. Come to learn how his work explores abjection, substitut and hope!

www.artsocma.org



THE ARTS SOCIETY MARINA ALTA

WEDNESDAY, 5 JUNE 2025: The Age of Jazz



By Sandy Burnett

Jazz is one of music's most important genres: a fascinating bland 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 only years of jazz up to WWII. Swing by one of our most entertaining fectures 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 raided by the Mughal Emperors. The stuming includesher and guidens of the 16th and 18th Centuries. Inft an indebble stump on India's cultural landscape. John weaves a compelling story of one of the most profide eras in our cultural history.

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



By Anna Mourynska

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

WEDNESDAY, 4 DECEMBER 2025: The Aderation of the Magi



They've adomed our Seasons Goortings and taken pride of place in our cribs and school nativity scenes. Centuries of artists have been provided with a chance to add a dash of exortic 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

