

NEWSLETTER

u3a
Vall del Pop



February 2025



February 2025

President's Message

Spring is in the air and the first blossom is appearing on the almond trees as we enter one of the loveliest times of the year here in this beautiful part of the world.

Our committee and the different team and group leaders continue to be extremely active. Barbara Bentley's Membership team has been busy signing up both existing and new members. I was especially pleased to welcome two new Dutch members at the February General Assembly, adding to our small but growing international contingent.

Carole Wardle, the new leader of the Travel & Entertainment team, has lined up an excellent program of trips and events for us all to enjoy this year. Paula and I have already signed up for many of these, knowing that the available places are quickly being taken up.

Paula and the Goodwill team have also been busy making their own plans. However, here we need to recognise that for them 2024 was an exceptional year, first with the special summer event in memory of Sandra Welham and then our response to the devastating floods in Valencia.

Therefore, we should not expect the funds raised this year to reach the record level achieved last year. However, I have no doubt that we will continue to make valuable and much appreciated donations to the local charities which we support on a regular basis.



Finally, we have now completed the analysis of our second annual member survey. You will be able to read more elsewhere in this newsletter, but I am pleased to say that the feedback was once again extremely positive. However, we did discover that our website and Facebook group are not as widely used as we would like and have already begun to take action in this respect. Here too you will find more information in this newsletter.

With best wishes to you all.
Chris



February 2025

Jalon man trailing search and rescue team

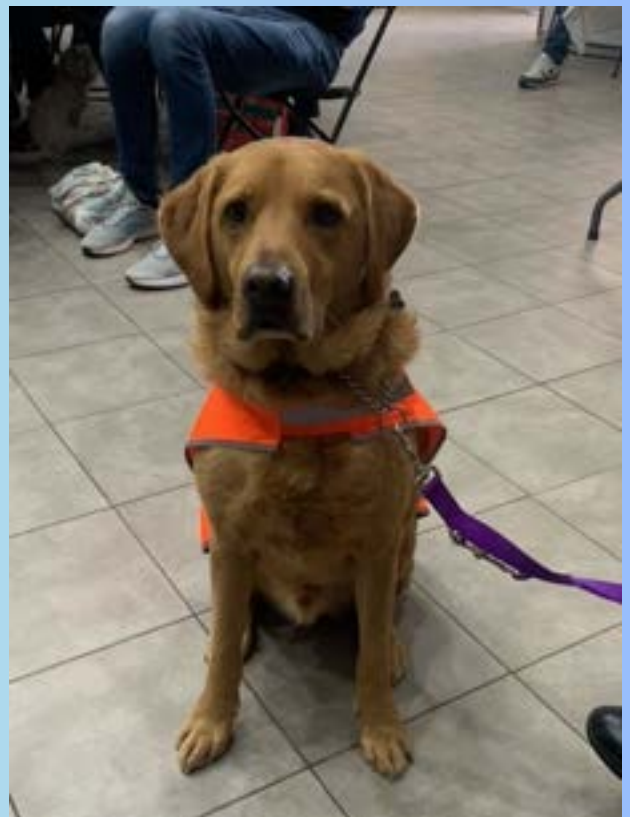


At our February General Assembly we enjoyed a very interesting talk by Muriel who set up and leads the Jalon man trailing search and rescue team. They are one of the organisations the Goodwill team made a donation to recently to purchase much needed equipment. She was accompanied by several members of the rescue team and their gorgeous dogs who were all incredibly well behaved in such a busy environment.

Muriel is a fully qualified search and rescue handler and trainer and has worked in this field in many countries in Europe and in South Africa. She also took an internship in the US and chooses to be involved because of her love of dogs.

Muriel explained that a successful man trailing dog must have the nose for it but also a strong drive. Dogs have a sense of smell that is 100,000 times better than humans and respond to our individual smell and the skin cells that we shed. A much larger part of their brain also controls their sense of smell and they can smell in much greater detail than humans.

Once provided with an article belonging to a missing person they can work inside, outside, in crowds, in buildings, in all terrains and even take the scent of a person from the body of another person, for example in the case of rape victims.





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Jalon man trailing search and rescue team



All types of dogs can become trailing dogs provided they are keen to work.

They wear a harness and long lead when working and are in control of the search.

Their handler, with whom they must have a strong bond, gives them free rein and the human follows, interpreting the signs the dog gives.

Each dog signs in a different way and respond to different rewards, some work for food, some for toys.

Muriel explained that external factors must be taken into account including temperature, humidity, wind, obstacles and water which can affect the ability to track successfully.

Best times are early morning and just before sunset when the humidity is optimum and it is not too hot as warm air rises and takes the scent with it.

Also the dogs cannot work in excessive heat. Given the right conditions she has managed a 100% success rate in finding persons.



Muriel extended an invitation to members to join the team on their Sunday morning training exercises where you see them at work and can hide and hope to be found!

A fascinating talk and comforting to know that should we ever get lost the police can call upon the team to help find us. We are very grateful for the team members for giving up their time and bringing their beautiful dogs to visit us. As a crazy dog lover cuddling Muriel's stunning Belgian shepherd pup throughout the presentation was heaven!



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2025 Survey Results



Thank you to members who completed the survey we held about your u3a.
It helps us to know what we are doing well, what we could improve upon, do more of, less of etc.
This is your organisation and it's important we get it right.



Q1 was what do you enjoy most about your u3a and it was great to see that most people enjoy the friendships, company, getting to know new people, the social side, meeting up and a sense of community. That is really important to us and great to hear.

Also social events, trips, Groups, the variety of activities, GAs and interesting speakers were mentioned.

Q2 asked what we could do to improve your enjoyment and almost unanimous was "nothing", "very happy with everything", "can't think of anything". Great to know, thank you!

One member did request stay away trips further afield but unfortunately we cannot compete pricewise with the specialist tour groups e.g. LPD travel, Albir. We do pass details of their trips on and we know many of our members have booked through them and enjoy them. We will continue to do so.

Q3/4 re trips. We have taken on board ideas and suggestions e.g. Tabarca Island, shoe factory visit and the Travel and Entertainment team have lots of great trips planned for this year which are selling really well. Thank you to Carole Wardle and the team.

Q5/6 re Groups. It is good to see a variety of groups enjoyed: card games, pétanque, dining and cinema are very popular. We welcome new groups if anyone is interested in running any or has any ideas. They do need a group leader though!

Q7 The coffee mornings are well received and considered enjoyable. We are pleased to offer three a month now for your enjoyment and we get good numbers attending them.

Q8/9 Great feedback on the General Assemblies, thank you! We try hard to make them fun, interesting and informative and it's rewarding to hear you enjoy them so much. We welcome any ideas for speakers or ways to vary/improve the meetings. And volunteers for the Meet-a-Member slot.



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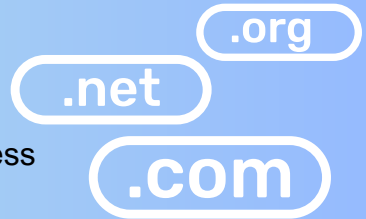
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Q10 a mixed bag on usage of our website, Facebook and newsletter. These are our main ways to communicate with some 500 members, along with e mail and face to face, and we do appreciate not everyone is comfortable with IT. As a result, we have compiled a guide on how to keep in touch and the ways we communicate. This was sent out to all members by e mail and is included in this newsletter.



Also, Peter Ellis is very willing to show anyone how to access these on their phone, tablet or computer. We don't want anyone to miss out on groups, trips and events or information because you didn't know about them.

You can always message us and ask if you are unsure of anything. E mail addresses are in the 'keeping in touch' document and on the website.



We are very pleased that so many members read and enjoy our excellent newsletter. We do try to make it an enjoyable and informative read and Linda Burns, our editor, produces a superb job.

This is sent out by e mail and is also on our website along with previous newsletters. Do let us know if there is anything you would like included in future editions by sending an email to Linda news@u3avalldelpop.com

Facebook is updated almost daily. Search U3A Vall del Pop
Our new website is much easier to use than our previous one and has everything on it you might need. Good to know members find it easier to navigate. A tip, if you try reading the website on your phone turn it sideways to make it easier. www.u3avalldelpop.com

Thank you for your feedback and for everyone's support. Your committee works hard to make your u3a a great organisation to be part of and it is rewarding to hear we are on the right track!

We look forward to another great year.

www.u3avalldelpop.com



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Ladies at Lunch January 2025

Booking the Ladies Lunch for January proved a little tricky as most of the restaurants I tried said they would be on vacation. Quite right, after a busy Christmas and New Year season.

I therefore, decided to take an easier option and reserve a table at the Pizzeria at the piscina in Orba, for Thursday 23rd January for twenty five.

The Pizzeria always delivers good food and service and are never fazed with a table of twenty five all ordering at the same time.

Plus, I felt, after all our feasting over Christmas, we could all choose as much or as little as we wanted.

This all worked out splendidly and we did indeed enjoy our meals and resuming our monthly lunches.



Our next Lunch is on Tuesday, 18th February 2025 and will be hosted by
Restaurante Nou Portet, Murla

These lunches are a monthly affair and take place on the third Tuesday of the month.
If, you have just joined the u3a and would like to join us, please email via the web
page

www.u3avalldelpop.com

I can then get you on my mailing list.

Sally Ellis

www.u3avalldelpop.com



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Walking Group

We have been very lucky with the weather this January, at least each Monday. The temperatures have been higher than usual, and we had at least some sun on each walk. After the long Christmas/New Year break in the UK it was lovely to get back to sunny Spain.



Jalon to Alcalali

Parcent to Murla



Olta Circuit



Liber River Walk



If you would like more details please send an email to pauleniston@hotmail.com



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Stay Connected What's on, Where & When....

Do you know how to find out about all the groups, trips and events we organise for members' enjoyment or the general information we pass on?

Please don't be afraid to ask if you can't find the information you are looking for. We are here to help.

There are several ways we communicate.

Our monthly General Assembly meetings are a great face to face way to find out lots of up-to-date information, book trips and events, find out about our group activities, listen to interesting speakers and enjoy socialising. Usually held on the first Thursday of the month at the Polivalent, Muria. Doors open 10am, meeting starts 11am. No need to book, just turn up.



Our 3 coffee mornings a month, (1 run by the Travel and Entertainment team and 2 by the Friendship and Support team), are another great face to face way to find out what's going on, to book trips and events at the Travel and Entertainment ones, and to socialise. No need to book, just turn up.

Our monthly newsletter provides a wealth of interesting information about what is/has been going on, what is planned, links to external events and trips, and general useful information. This is sent out to all members by e mail and is also available to read on our website. Most members really enjoy this, and we welcome input.



If you use Facebook we have a Facebook group U3A Vall del Pop which again gives lots of current information and is updated almost daily.

This is available to current u3a Vall del Pop members only and not members of the general public.

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Our website is another great source of information and has been designed to make it easy to use. You can access it via a smart phone (i.e. if you have internet access on your phone), a tablet or iPad or a computer/laptop.

All you have to do is open e.g. Google or whichever search provider you use and type in www.u3avalldelpop.com and our website will appear.

http://



From the first page (the home page), you can look at Events/trips, Activity Groups, Friendship and Support, read about past and future activities, coffee mornings, newsletters etc.

Everything we have on offer is on here and it is constantly updated.

You can email us anytime on the following e mail addresses:

Chris Barrett president@u3avalldelpop.com

Paula Barrett secretary@u3avalldelpop.com

Goodwill goodwill@u3avalldelpop.com

Carole Wardle travelentertainment@u3avalldelpop.com

Linda Burns (Newsletter Editor) news@u3avalldelpop.com

General enquiries team@u3avalldelpop.com



We send out emails to all members with important and timely information.

Peter Ellis is our IT guru and is very happy to help anyone learn how to use any of these methods of communication safely on your phone, tablet or computer.

He is very patient and helpful!

He will be at the GAs or on the [team@u3avalldelpop](mailto:team@u3avalldelpop.com) email address.

We appreciate many of us are not IT savvy (computers and the internet weren't around in our younger days!) but we do our very best to ensure you receive all the information you need in a safe way that you can easily access so you feel involved and informed.

Don't miss out on groups, trips, events, socialising just because you didn't know about them. It's our job to make every effort to inform you so you enjoy your u3a Vall del Pop to the full

Paula - Secretary - u3a Vall Del Pop

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February 2025

Events & Trips

Just to let you know about the great events we have planned for this summer in case you have missed any. All are/will be on Facebook and our website (when confirmed) and in our newsletter. All can be booked and paid for at General Assemblies and monthly coffee mornings or reserved via e mail. Don't miss out! They can sell out fast.



Trips

11th March day trip to Murcia city

17th April day trip to Valencia

6th May shopping trip to La Zenia

28th May day trip to Port Saplaya **FULL with waiting list**

July - watch this space about a possible evening catamaran cruise and dinner – tbc
(not yet on sale)

9th September day trip to Santa Pola with optional boat trip to Tabarca Island (not yet on sale)

14th October day trip to Elche (and possibly shoe factory tbc)

Possible trip to Cocentaina medieval market - tbc

20th November Xmas shopping trip to La Zenia (not yet on sale)

13th December trip to see Christmas lights and market (Valencia or Alicante tbc) not yet on sale

We are exploring a possible trip to the Ford factory, Valencia – watch this space.



27th April Spring fayre and car boot sale, Jalon

20th May cava afternoon tea, live music, clothes sale

19th June The Entertainers musical evening at Los Arcos

28th June Summer party/dinner and dance Vall de Pop, Lliber

31st October Halloween event Pepe's, Alcalali with live music and dinner (not yet on sale)

30th November Christmas fayre and car boot sale

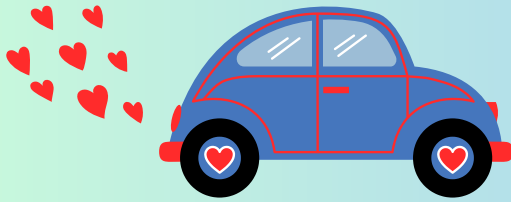
7th December Christmas party/dinner and dance (not yet on sale)

Lots to look forward to!

Thank you to Travel and Entertainment and Goodwill for planning and organising for us.



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Car Sharing

We are aware that some of our members struggle to attend events and trips because they don't drive or don't like to drive in the dark.

This is understandable, especially as some live in more remote areas.

If you would like to attend our monthly General Meetings, coffee morning or events but have difficulty getting to them, there may be someone who can offer you a lift. Please don't be afraid to ask.

Whilst we may not be able to take you ourselves, we may know other members who live nearby and would be prepared to car share.

It also saves you going alone, especially if you don't know many people. We can always introduce you to others. The u3a is all about making new friends and enjoying new adventures!

Car sharing is also kind to the environment so you'll be doing your bit to help!

And makes parking easier if there are less cars.

Please consider offering a lift to others if you drive. I know some people do so already so thank you.



Ann Riordan with Paul



Last day at singing as she is moving back to the UK





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5-Minute Guide to Avoiding Internet Scams



The internet is a wonderful tool, but scammers are constantly coming up with new ways to trick people. For them it is an industry. They target thousands of people via mailing lists and other sources. If only a few fall for their tricks, it is still worth their time and effort.

We are aware that some of our members may be reluctant to use our website or Facebook precisely because of these concerns. Today therefore we will share five key tips to help you avoid internet and phone scams.

1. Think Before You Click

Scammers often send emails or messages that look like they're from a trusted company, like your bank or a delivery service. These messages may ask you to click a link to "verify your account" or "claim a prize" or ask you to pay a small amount of money to take delivery of a package. However, the amount of money is not what matters to them at this stage. What they are really after is access to your bank account details.

It is generally best to delete and ignore such messages. Otherwise:

Check the sender's email address – Scammers use addresses that look real but may have extra letters or numbers.

Look for spelling mistakes – A real company won't send messages with bad grammar.

When in doubt, go directly to the official website by typing the web address yourself.

Another popular favourite is a message from a supposed family member or friend who is travelling and lost all their money and papers and needs you to send some money to help them out. Here the scammers have accessed the individual's computer or email and are now messaging everyone on the list of contacts. Once again even if only one or two people respond it can be worth their effort.





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2. Never Share Personal Information

No bank, government agency, or trusted company will ever ask for your password, Social Security number, or banking details by email, phone, or text. If someone asks for this information:

Hang up the phone if it's a call.

Delete the email if it's a message.

Call the company directly using a trusted phone number to check if it's real and inform them of the attempted fraud.



3. Be Wary of "Too Good to Be True" Offers

If you see an online deal that seems unbelievably cheap, or if you get an email saying you won a lottery or inheritance you never entered—it's a scam.

Avoid clicking on ads promising miracle cures, free money, or big prizes.

If a deal seems suspicious, research it first—search for the company name plus the word "scam" online.



4. Watch Out for Fake Phone Calls and Pop-Ups

Some scammers pretend to be working for the IT support or helpdesk at companies like Microsoft or Apple, telling you that your computer has a virus. They'll ask you to download software or give them remote access to "fix" it.

Never give control of your computer to a stranger.

If you see a pop-up warning about a virus, ignore it—real companies don't send messages like that.

5. Protect Your Passwords and Accounts

Strong passwords help keep your accounts safe:

Use a mix of letters, numbers, and symbols.

Never reuse the same password for multiple accounts.

Consider writing passwords in a safe place.

Enable two-factor authentication (where a code is sent to your phone) for extra security.



Final Reminder: If You're Unsure, Ask for Help

If something feels suspicious, talk to a trusted friend, family member, or your bank before taking action. Scammers want to rush you into making a mistake—don't let them!

Stay safe, trust your instincts, and remember: if it sounds too good to be true, it probably is!

Peter Ellis



February 2025

In memory of Magda Green



Very sadly our dear friend, u3a member and both Goodwill and Travel and Entertainment team member, Magda, passed away peacefully at home on Saturday 8th February after a brave battle with cancer.

Many will also know her through her involvement with Jalon Valley Help of which her husband, Richard, is President.

Magda was a beautiful lady, both inside and out, and will be sorely missed. Rest in peace Magda, no longer suffering.

Our thoughts and condolences are with Richard.

Following the sad loss of our dear friend and u3a member, Magda Green, at the weekend, her funeral will take place on Thursday 13th February at 11.30 at Denia Crematorium then after at Forn Vell, Orba.

Her u3a friends are invited.
There is no need to wear black.

Your u3a will be making a donation to Cancer Care who helped to look after Magda.





February 2025

In memory of Sandra Welham

It seems unbelievable it was almost a year ago (on 29th February 2024) that we said goodbye to a dear friend and inspirational lady, Sandra Welham.

Sandra was not only the u3a Vall del Pop Secretary for many years, but she was responsible for setting up Ladies at Lunch and Let's Sing Together, two groups which are still going strong and bring a lot of pleasure to so many members, Thank you to Sally Ellis and Paul Corazzo for keeping them going so well.

She led numerous trips, attended countless social events and founded the Goodwill team to raise money for local charities in need, which has since gone from strength to strength.



Chris remembered Sandra in his welcome at the February General Assembly, the Let's Sing Together group will be holding a celebration of her life at their session on 24th February, where they will raise a glass or two of cava and sing some of her favourite songs, and the Ladies at Lunch also plan to raise a glass at their monthly social on 18th February.

We think of you often, Sandra, and miss you greatly.



February 2025

WARNING

NOLOTIL

CAUTION

Press coverage of tragic deaths associated to the drug Nolotil/Metamizole really concerns all of us.

If you are in the unfortunate situation where you require strong painkillers, whether prescribed by your local doctor, clinic or hospital, you need to know this. Please be aware and make sure you are not prescribed either of these widely used drugs. They can have serious side effects, which seem to manifest themselves amongst Anglo Saxons/Northern Europeans including us Brits.

Over the last few years a Spanish medical translator has been fiercely campaigning to have the drug banned in Spain as it is in the UK, USA and many more countries. The tragic case histories make frightening reading: horrific side effects, organ failure, loss of white blood cells, sepsis, gangrene, amputations and permanent disability are documented side effects of Nolotil associated with these victims and a number of tragic deaths, all of which could have and should have been avoided!

Denia Hospital issued several years ago ADVICE against NOLOTIL being prescribed for Anglo Saxons. Only advising, not prohibiting, and with the pressure of work and staff turnover this advice may not always be heeded.

We know of one of our own Members, fortunately aware of Nolotil's deadly reputation, who had refused it in the hospital but then picked it up on her discharge post op painkiller prescription. **FOR YOUR SAKE** Make sure you are aware of what you are being administered or prescribed under medical care. Query it and avoid it.

It can also appear as METAMIZOLE, a post-op painkiller. This is NOLOTIL under another name. The medical governing body, whose job it is to decide whether there is a case to ban NOLOTIL, as has already happened in 40 other countries, are still reviewing evidence. Meantime we all need to take responsibility too and make sure that we don't become part of that evidence.

Brigid, our Friendship and Support leader, is trying to source bracelets to wear in hospital stating you cannot take these drugs. Tell them you are allergic to it every time you are asked or have painkillers prescribed.



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GROUP ACTIVITIES

Join in and meet new friends in 2025!

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!

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@u3avallpop.com

If you would like to promote your group in a future Newsletter

Please contact Linda at news@u3avallpop.com

| | 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 <u>Telephone: 634 33 46 89</u> |
|  | Bridge - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere. Library in Jalon. | WENDY SIM wendy.sim1@hotmail.com Telephone: 711090516 |
|  | Canasta - We meet every Tuesday afternoon at Casa Claudia 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 |
|  | 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 |
|  | 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 together 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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Cinema Club



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



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

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



www.u3avalldelpop.com



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u3a Vall Del Pop coffee mornings 2025

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 11.00am

18th February

Blanca Bikes - Parcent

19th March

Restobar Quijote - Orba

23rd April

Blanca Bikes - Parcent

21st May

Restobar Quijote - Orba



Friendship & Support Coffee Mornings Weds 10.30am

My Mercat, Jalon

26th February

12th March

26th March



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U3A VALL DEL POP SPRING CAR BOOT
SALE AND CRAFT FAYRE

SUNDAY 27TH APRIL 2025

RASTRO SITE JALON

10-2PM

LOTS OF FABULOUS STALLS AND
BARGAINS, LIVE MUSIC,
REFRESHMENTS, BBQ etc.

To book a pitch (car boot) or stall (craft) e mail
goodwill@u3avalldelpop.com Only 10€ (15€ vans and trailers)
payable on booking by bank transfer. Set up from 8am.

NB Craft fayre and car boot will operate in separate areas.

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Non Members Welcome

INVITE FAMILY & FRIENDS

Tea Party

You are invited to a fabulous charity Afternoon tea at Los Oliuos, Lliber, on Tuesday 20th May 2025 from 2-5pm.

Live music by the amazing Paul and Judy, lots of cava, delicious home made sandwiches, cakes and scones with jam and cream.

Also a clothes and accessories sale and raffle. Who can resist?



All proceeds will be donated to Paws Xalo dog rescue and u3a Vall del Pop Goodwill team.
Only 15€ including oodles of cava!

To book please e mail: p.heffron433@btinternet.com, book at u3a meetings or coffee mornings or purchase tickets in Paws shop, Jalon.

Venue: Los Oliuos, Ctra Benissa Jalon 13 (CV 750.) opposite old Lady Elizabeth school.
Parking available inside gates.





February 2025

Non Members Welcome

INVITE FAMILY & FRIENDS

U3A
VDP
PRESENTS
THE ENTERTAINERS

Summer Party
in the Park

19TH JUNE 2025
LOS ARCOS GARDENS,
PEDREGUER
GATES OPEN 7PM

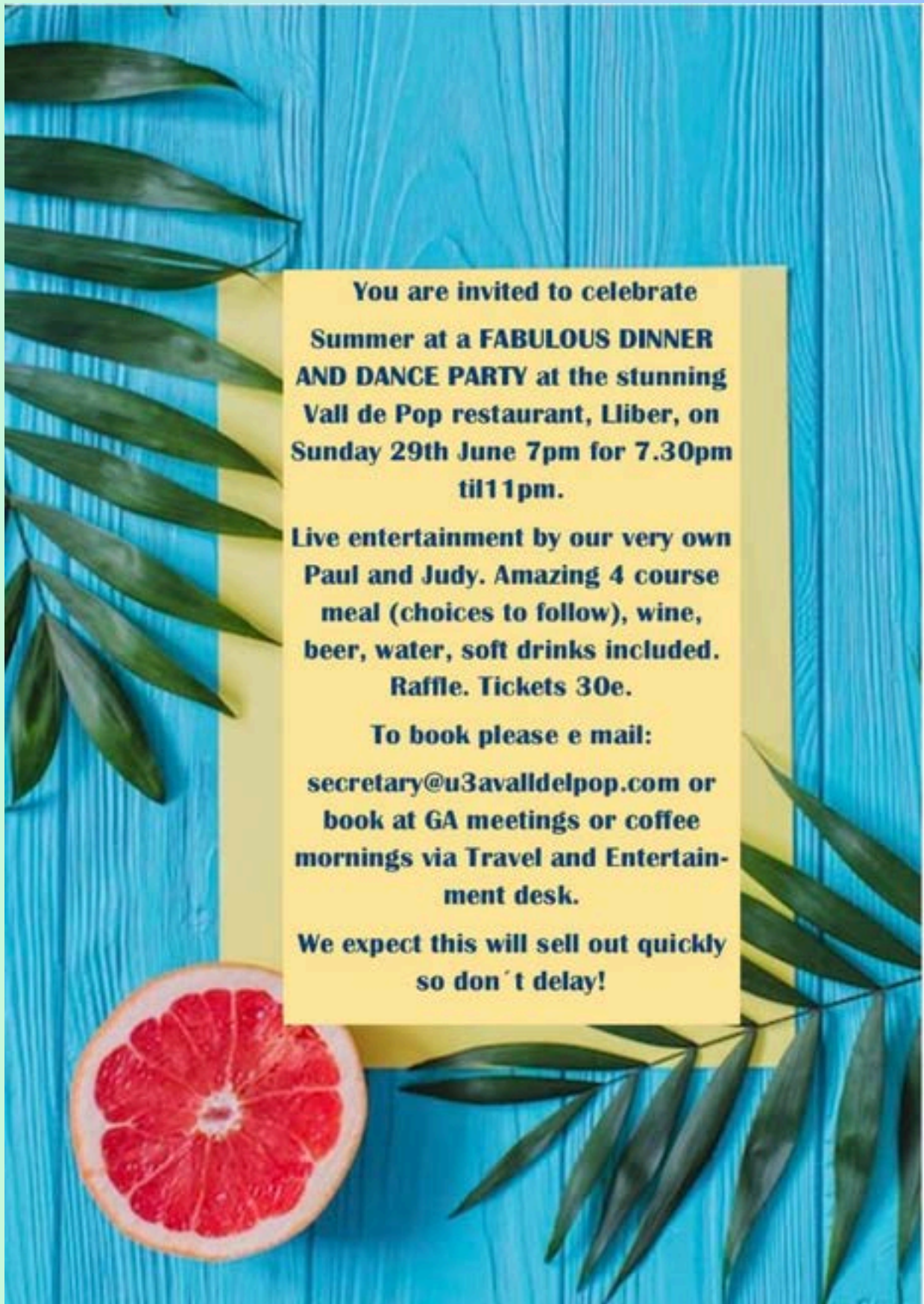
Bring Your Own Picnic, Buy Drinks at the Bar


MONEY RAISED FOR U3A GOODWILL CHARITIES

Tickets from GA, Coffee Mornings or goodwill@u3avalldelpop.com



February 2025





February 2025

Working in Collaboration with other organisations



THE ARTS SOCIETY MARINA ALTA PRESENTS:

WHO'S ANDY WARHOL?

An exclusive and illustrated lecture by Alejandra Carazo

Wednesday, 5 March 2025, in Moraira and Jávea

Andy Warhol is remembered as the king of pop art who embraced celebrity and consumerism, becoming 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 the incredible success story of our time!

Please join us at two locations on Wednesday, 5 March:

Morning session: Espai La Senieta, Crta. Moraira a Calpe 8, 03724 Moraira

Doors open at 10.15 for 11.00 hrs. lecture.

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

Doors open at 18.45 for 19.30 hrs. lecture.

FREE ADMISSION FOR MEMBERS. GUESTS WELCOME BY PREPAID DONATION VIA:

WWW.ARTSOCMA.ORG

Sign up for a Free Subscription to TASMA's What's On E-Journal of national and local arts and social scene plus Newsletter by emailing: marinaalta@theartsociety.org. Better still, why not join the Arts Society. Check out Membership Benefits on **WWW.ARTSOCMA.ORG**.

ENJOY THE STORY AND STAY for the COMPLIMENTARY DRINK and SOCIAL!

We thank our Sponsors: Blevins Franks, Currencies Direct and Harvey Lawyers. We donate to local charities and schools.





February 2025

Working in Collaboration with other organisations

WEDS
14 TH
MAY

PAWS XALO
DOG RESCUE

FABULOUS FASHION SHOW

A 'FUN'-DRAISING EVENT
SHOWCASING OUR FABULOUS
SPRING/SUMMER FASHION.
MUSIC FROM OUR DJ, CAKE
STALL & RAFFLE AND GUEST
APPEARANCE. ALL ITEMS
AVAILABLE TO BUY ON THE DAY
PLUS ACCESSORIES, SHOES AND
BAGS.

TICKET PRICE INCLUDES CAVA AND
CAKE.
TICKETS AVAILABLE FROM PAWS
CHARITY SHOP.

| | | |
|-------------|--|--------|
| DOORS OPEN | LOCATION | TICKET |
| 10:00AM | PENSIONISTAS/LIBRARY, XALO (NEXT DOOR TO SPORTS CENTRE | ONLY |
| SHOW | | €7 |
| STARTS | | |
| 11:00-14:00 | | |



February 2025

Working in Collaboration with other organisations

Aphkhazeti in Alicante
25th March 2025
65 euros inc Cat B ticket

This is a great opportunity to witness first hand the Georgian State Ensemble APHKHAZETI in Alicante!

APHKHAZETI is a unique combination of Georgian dance, deeply rooted in the traditions of its people, with modern choreography and music. This is a group with almost 100 years of history, officially founded in 1931, which constantly gives concerts around the world, bringing the audience closer to all the most beautiful things in Georgian culture - traditions, folklore and incredible energy. Despite the challenges of the Abkhazian War and the subsequent Russian occupation that forced the artists to relocate in 1992, APHKHAZETI has preserved its exceptional artistry, distinctive style, and cultural spirit.

VB Spaces, an exhibition & concert venue on the outskirts of Alicante is the perfect setting for this incredible show. We have Category b seating which is close to the stage for an unforgettable experience.

We will give you free time in Alicante for a meal / drinks before the show.

To book this or any of our other spectacular shows please visit our website at www.coachtripsonline.com or call the office on 966785910

Happy travelling,
David and the Coachtrips Team

David's Coachtrips SL

booking@coachtripsonline.com
0034 966 785 910

