U3a Vall del Pop



October 2025





October 2025

President's Message

I am writing this short message sitting on our terrace on a beautiful evening, in what is perhaps my favourite time of the year. The heat of the summer has passed, as have the recent rains, the colours are softer but short-sleeve shirts or polos are still all that is needed, at least in the daytime.

I have said before that this is also the busiest time of the year for our Association, as we begin our run-up to Christmas. I know that our Committee, the Travel & Entertainment and Goodwill teams are all busy preparing different seasonal trips and events for our enjoyment. Some of these are unfortunately sold out but others are still available, so please consider joining us when you can.

Before then we will have our next General Assembly on November 6th, another important date in the calendar. This year we have invited Terry Waldron, President of the local branch of the British Legion to be our speaker. He will describe the valuable work that the Legion does in our region and across Spain and two of his team will be selling Remembrance Day poppies in the usual way, taking over from our member Tony Edmunds, who has previously looked after us for many years.

I have a feeling that many of us will be surprised by the range and extent of the Legion's activities, so please come along and hear what Terry has to say.

With best wishes,

Chris

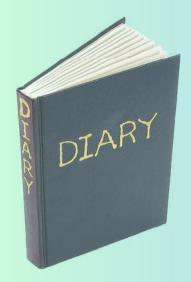






October 2025

President's Message cont.



For those who like to plan ahead and have a 2026 diary, here are the dates of next year's General Assemblies in Murla, all Thursdays:

January 8th, February 5th, March 5th, April 2nd, May 7th, June 4th, September 3rd, October 1st, November 5th, December 3rd

We are arranging a great mix of visiting speakers and we welcome volunteers for our "Meet a member" slot.

We look forward to a packed room and lots of fun. Hope to see you there.



Positions vacant



We have a very hard working committee who give up their time to keep your u3a running smoothly. They are voted in by yourselves, our members, at our AGM annually and anyone who is interested in getting involved is welcome to put themselves forward.

We will have a vacancy soon for Assistant Secretary so if you have good verbal and written communication skills this may interest you. The main responsibility is to stand in for the Secretary at meetings and take minutes if she is not available. Also to help with any general communications.

Barbara, our Membership secretary, also needs an assistant to help with the annual membership renewals. If you have good organisational skills this could be for you.

These are great ways to get to know the workings of our committee and get more involved over time. You won't work alone, we operate as a team.

Please talk to us if you are interested. We would love to hear from you.





October 2025



OK Band Afternoon Picnic 21st September



On Sunday 21st September we were once again treated to a fantastic afternoon party by the OK band at their beautiful home in Benissa.

120 members, friends and supporters of the band came and picnicked, partied, sang and danced the afternoon away in aid of the Goodwill team, raising money for local charities in need, and had a ball.

The playlist was fabulous. The OKs sounded better than ever and everyone had a lot of fun. Many chose to sit outside or spilled out to cool off on an Indian summer's day, the bar was well supported as was the cake and refreshments table.







Huge thanks to Terry and Co for so generously allowing us to take over their home, to all the band for giving up their Sunday and entertaining us so fabulously, to everyone who came and supported the event and to all the helpers and bakers! We are so grateful to everyone.

We raised the incredible sum of 1941euros from ticket sales, raffle, refreshments and bar profits so a huge success!

The leftover cakes and savouries were donated to Project 4 All that evening and were given out to the homeless the following day, so another charity benefitted and nothing was wasted. It is an honour to be able to help those less fortunate.





October 2025

Elche Day Out





Forty two members enjoyed another super day out recently thanks to the Travel and Entertainment team. Carole Wardle had planned the trip but unfortunately was unwell, so Sonia Higginson kindly stepped in to lead the day.

First stop was the the Salvador Artesano shoe factory in Elche which turned out to have the largest outlet shop in Europe! Most of us managed to grab a few bargains and it was a very successful stop.

We then proceeded into Elche and were dropped by the botanical gardens. Some chose to wander around the gardens, others took the land train for a guided tour of the city and palm gardens, a bargain at 2.50e! Time for a lovely lunch before catching the coach back to Jalon at 4pm.

The weather was glorious and everyone agreed they had a super day. These trips are a great way to see places we may not think to visit on our own and avoid the hassle of driving and parking.

Thank you to the Travel and Entertainment team.







October 2025

Ladies Lunch - September

We started our new season of lunches off with a visit to Benidoleig. To a new restaurant for us,

The Naranja en Flor, by the Placa Pais Valencia and the ajuntamente.

When we arrived a long table was set for twenty three ladies, with the magnificent views of the surrounding valley and the Montgo.

Staff were very attentive and friendly and served us all with our drinks and starters to share, bread and aioli, and, on this occasion a Caprese Salad and selection of Croquettes. Our main courses were Pork cheeks, Cod Pil Pil and Homemade Moussaka and to complete our meal a selection of desserts.

All were beautifully presented and very tasty.



I think, from my feedback, the Ladies At Lunch will be returning to enjoy a meal there again.

Our next lunch was to be The Paraisio in Parcent but it's closed on Tuesdays.

Not that it was second choice by any means I have arranged our next lunch for

Tuesday, 21st. October 2025

at Restaurant Nou Portet, Murla.

If, you are new to u3a and wish to join us please make contact through the website u3avalldelpop.com

and I can get you on to my mailing list.

For those on my list, I will send out an invitation and details soon.

Sally.





October 2025

U3A Monday Ramblers

We started walking again in September, after our two month break during the hot months of July and August. It was still pretty hot, so we started our walks at 0830 to avoid the hottest part of the day. Now that we are in October we can expect lower temperatures and can start our walks at 1000.

During September we did four valley walks.

Jalon to Alcalali, with a drink in bar Claudia at the end of the walk



Parcent to Alcalali, with a drink in Parcent Cooperativa at the end of the walk





If you would like more details about the group please send an email to paulleniston@hotmail.com



October 2025

U3A Monday Ramblers

Lliber to Senija, with a drink in bar Varetes at the end of the walk



Alcalali to Parcent, with a drink in bar Toni at the end of the walk

What a great way to explore the area, not to mention the local bars.



If you would like more details about the group please send an email to paulleniston@hotmail.com





October 2025

Important: New roadside safety rule from 1st January 2026 — replace triangles with V-16 beacon

The Direction General de Trafio (DGT) has issued a new directive that will replace the use of emergency warning triangles with a V-16 hazard warning beacon for Spanish-registered vehicles.

From 1 January 2026 Spanish law will require all vehicles to carry a DGT-approved V-16 emergency beacon (a flashing orange roof beacon) for use in breakdowns or accidents. The V-16 replaces the old warning triangles and can be deployed without leaving the vehicle, improving safety on motorways and high-speed roads.

Approved V-16 beacons must meet technical and operational requirements (360° amber flashing light, minimum autonomous operation time, weather resistance) and approved models will connect to the DGT 3.0 system to send the vehicle's location when activated. Until 31 December 2025 you may still use warning triangles, but from 1 January 2026 only the V-16 will be legally accepted.

Penalties may apply for non-compliance. Drivers who do not carry a compliant V-16 could face fines (reported ranges vary between €80–€200).



The DGT recommends

Buy a DGT-approved V-16 beacon now and check that it is listed as compliant. Buy only models certified for use in Spain with DGT-3.0 connectivity - you must connect to the DGT for the geolocation feature.

Keep the device charged and stored in the glovebox so it's ready when needed.

Familiarise yourself with how to activate it safely from inside the vehicle.

ABOVE IS A SUMMARY FROM THE DGT PUBLISHED INFORMATION.

If you would like further information click on the link bellow.

DGT - LINK





October 2025

Jalon Valley Help's new minibus/van

You may recall when Richard Green, President of Jalon Valley Help, came to talk to us at a recent GA they were awaiting delivery of a new minibus/van which could be used to transport equipment, donations and people.

We are delighted that on 2nd October it was put to good use to bring Shirely Macdonald, Tony Ball, Paula Bishop, Lorri Harkness and Barney the dog to our General Assembly in Murla in style!

Richard advises it helps out with their coffee mornings as well as delivering medical equipment and moving donations to their charity shops in Orba and Jalon.



JVH have very kindly offered to provide transport to those u3a members who need assistance in attending meetings, hospital visits etc. Please feel free to contact them via the JVH helpline on 634 357 199.

We are very grateful for their assistance and support and we continue to work closely with them in our community.





October 2025



Many members will have heard of Caritas, the Spanish charity founded by the Church, which helps and supports vulnerable people and those in need of any nationality and religion in the community. To quote them: "We call it charity, generosity and humanity. When someone extends his hand to us and moves our hearts, we respond with shared humanity".

Twice yearly, at Easter and Christmas, we hold a collection of household goods and toiletries at our General Assemblies for the Murla/Benigembla branch of Caritas to distribute amongst local families in need. They are not encouraged by their Head Office in Valencia to accept food donations.





Chris and I were invited to a meeting earlier this year with Caritas Jalon/Lliber and Jalon Valley Help to better understand what they do, who they help and to see if there was any way we could assist them. We have just attended a second meeting to understand better the financial challenges they face and, in particular, the times of year they are most in demand. Unsurprisingly the winter months are the most challenging as families struggle to afford heating, medications and warm food.

Many towns/villages have a branch of Caritas, which is a national Spanish charity, but each branch operates independently. Jalon and Lliber are joined. They are a small group of 10 local Spanish ladies who look after more than 30 families currently in the two villages who need financial and social support. These are families who do not receive any financial support from the Government. The President explained that if they do receive support then Caritas cease to help them.

So what do they do for these families? They work with the Town Hall and the Social worker to identify families in genuine need. These may be families who cannot work or who are on very low income.





October 2025

The welfare system in Spain is nowhere near as generous or supportive as in the UK and unless you are Spanish and have family who can support you in times of need, the situation can be very difficult.

They then provide food tokens to be spent in Mas y Mas, 10 euros at a time, to buy essential food items only. Large families may receive a little more and may receive a few a month, up to 50 euros a month. Those of us who shop in Mas y Mas will appreciate 50 euros a month will not feed a family easily. Caritas's monthly bill with Mas y Mas usually exceeds 1000 euros. In addition, they pay for or subsidise school meals for some children of less fortunate families which costs Caritas approximately 115 euros a month.

They can also assist with prescription costs at the pharmacy and, in exceptional cases, assist with rent and/or household bills for a maximum of three months. Amazon used to assist with this rent assistance via Caritas head office, but unfortunately they are ceasing their financial support.





So how do Caritas Jalon/Lliber raise money to support these families?

They receive a nominal sum once a year from the Town Hall. The Lions organisation kindly hold an event twice a year on their behalf to raise funds. The church in Jalon donates it's collection four4 times a year and the Caritas volunteers hold a raffle at Xalonia and the Lliber Christmas fayre. Jalon Valley Help very generously top up their funds on a regular basis when they are running low and our Goodwill team made a donation of 1000 euros earlier this year following our first meeting with them when Caritas's funds were running dry.

Goodwill's terms of reference commit to supporting registered charities in the valleys and surrounding areas and every euro we raise through fundraising events and members' generosity is donated annually to valley and local charities. To date we have for no particular reason not supported a Spanish charity financially, but we felt this was a very worthwhile cause. We are proud to be part of this wonderful community we live in and are keen to forge better links with the local Spanish community.

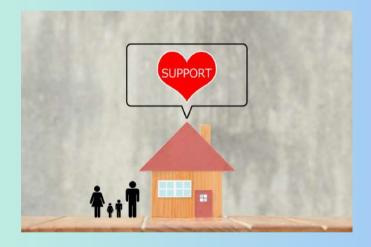




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I am delighted that the Goodwill team agreed and decided to donate the 1000 euros on your behalf to Caritas Jalon/Lliber and we will include them annually when deciding how to allocate any funds we raise in future. We hope you will agree this is a very deserving cause and a huge thank you to all our members who support all our fundraising activities. We couldn't do it without you! We really do appreciate it and are proud of how much our u3a does to help local charities in need.



If you are part of any groups or organisations that fund raise you may wish to consider supporting Caritas and spreading the word. Many non-Spanish will not be aware of them as they do not publicise what they do, they simply work quietly behind the scenes as a small group of wonderful volunteers. We have offered to help them with publicity going forward, being one practical way in which we can support them.

If you see the ladies selling raffle tickets at local events, please support them.

As with all fundraising, every euro counts.







October 2025

Gandia Men's Shelter

Another car load of donated medicines, toiletries, shoes, underwear, clothes, spectacles etc off to the men's shelter at Gandia.

Fantastic to see it all going to a great cause and not being thrown away.

Thank you for all your support. It makes a huge difference to the shelter as they have to pay for all prescribed drugs otherwise.

Two doctors and a pharmacist who give their service free of charge manage the prescribing and distribution of the drugs so it is all used safely.

Another great way our u3a supports those less fortunate in the community. Please keep bringing them to any meeting or coffee morning.







October 2025



If you haven't yet paid or advised menu and seating choices you can do so at general coffee morning and the General Assembly in Murla on 6th November.

Please note once menu choices are advised to the restaurant 2 weeks before we cannot offer refunds for any cancellations as they order and buy in especially for our menu.

Menu Choices

Starters: Vol a vent of chicken, mushroom & stuffing **or** Homemade parmesan croquettes **or** Beetroot carpaccio with pear poached in wine with ricotta and honey.

Course for everyone: Cream of broccoli and mint soup

Main: Salmon with white wine and chive sauce or Supreme of chicken with cranberries and orange sauce or Tallarines pasta with squash and smoked cheese or

Duck confit with mushroom and sherry sauce

Dessert: Apple strudel with cream and vanilla ice cream or Chocolate cheesecake or Eton mess

If you are unable to make this event please let me know asap so we can offer the place to someone on the reserve list.

This promises to be a super fun evening with friends and a chance to dress up and hit the dance floor!





October 2025

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 11.00am

19th November Restobar Quixote, Orba

18th DecemberBlanca Bikes Parcent



Friendship & Support
Coffee Mornings
Weds 10.30am

My Mercat, Jalon

12th November

26th November

10th December









October 2025

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 the 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









October 2025

ChairFit Workout

A fun, safe, and energizing way to stay active.

Gentle and cardio movements with uplifting music to help you stay independent, confident, and full of life.



Every saturday, from 09.30-10.20 at Casa Claudia (upstairs)

No floor work. No pressure. Just progress at your own pace! Sign up with Jacintha: 634320606 mobile phone e-mail: jacinthahoogewerf@gmail.com

21 euros per calendar month, for U3A members only.
6,50 pay as you go







October 2025

GROUP ACTIVITIES

Join in and meet new friends!

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

Linda at news@u3avalldelpop.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.	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. Riu Rau in Jalon.	WENDY SIM wendy.sim1@hotmail.com Telephone: 711090516
	CANASTA	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
		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





October 2025

	Activity	Contact
	Chair Yoga - a fun, safe and energising way to stay active, no matter your age or fitness level. No floor work, no pressure. Just progress at your own pace.	jacinthahoogewerf@gmail.com Telephone: 634320606
PROPERTY TOU	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 Cames Additions	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
Lunch	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
日本 ない は は は ない は は は は	Mahjong - Vinyaters Xalo Thursday 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	GORDON SIM <u>Thomassim007@gmail.com</u>

our get togethers at various local bars or restaurants.





October 2025

	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
with the second	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
HUA	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





October 2025

Events & Trips

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.



2nd November Cocentaina medieval market
 16th November Just My Imagination - The Temptations tribute - Waiting List
 20th November Xmas shopping trip to La Zenia
 13th December Alicante Christmas Market - Waiting list



31st October Halloween event Pepe's, Alcalali with live music and dinner
 30th November Christmas fayre and car boot sale
 7th December Christmas party/dinner and dance

Lots to look forward to!

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





October 2025



Your u3a invites you to a spooky evening of magical music, dizzy dancing, fantastical food, devilish drinks, a ravishing raffle and a quizzical quiz on Friday 31st October 7-11pm at Pepe's Alcalali.

Dress to scare if you dare! There may be prizes to be won!

Only 15 euros to include: bread and alioii, a choice of chicken pie, fish and chips, roast pork or vegetarian lasagne, followed by an ice cream. Meal choices required on booking please.

Book at GAs, general coffee mornings or via goodwill@u3avalldelpop.com. DO YOU DARE NOT TO COME??





October 2025







October 2025

Working in Collaboration with other organisations



Invite you to an afternoon picnic party in support of



Ukrainian war victims

Charity reg: ESG72697485

Sunday 26th October - 2pm



at theOKband corral - Benissa Čampo B.Y.O. Picnic

Bar available

wines - beers - soft drinks - waters

€ 1 0 p.p. door donation
ALL door and bar proceeds will be denated to the charity

to book email SANDIE sandie7armer@gmail.com

please request a map if needed





October 2025

Working in Collaboration with other organisations



Wednesday, 5 November 2025: Art of the 21st Century, by Anna Moszynska

How do we make sense of the art of our time?

Anna examines some of the recent trends and practices that have helped define the art of the new millennium.

Under the influence of globalisation, art from continents that have so often been overlooked in the past, now play a major role in museum acquisition.

Why have documentary practices and new media become so dominant, with 'participation' and 'relational aesthetics' emerging as key expressions.



The Arts Society Marina Alta (TASMA) welcomes you at two locations on Wed., 5 Nov. 2025:

Morning lecture: Espai La Senieta, Avda. de Madrid 15, 03724 Moraira

Doors open at 10.15 for 11.00 h lecture.

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

Doors open at 18.45 for 19.30 h lecture.

FREE ADMISSION FOR TASMA MEMBERS. GUESTS WELCOME BY PREPAID DONATION VIA WWW.ARTSOCMA.ORG. Why not join us - check out membership benefits on our website.

Sign up for a Free Subscription to TASMA's What's On E-Journal of national and local cultural and social scenes, plus Newsletter, by emailing: marinaalta@theartssociety.org.

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

Sponsors: Blevins Franks; The Agency RE Costa Blanca North; Currencies Direct; Harvey Lawyers.







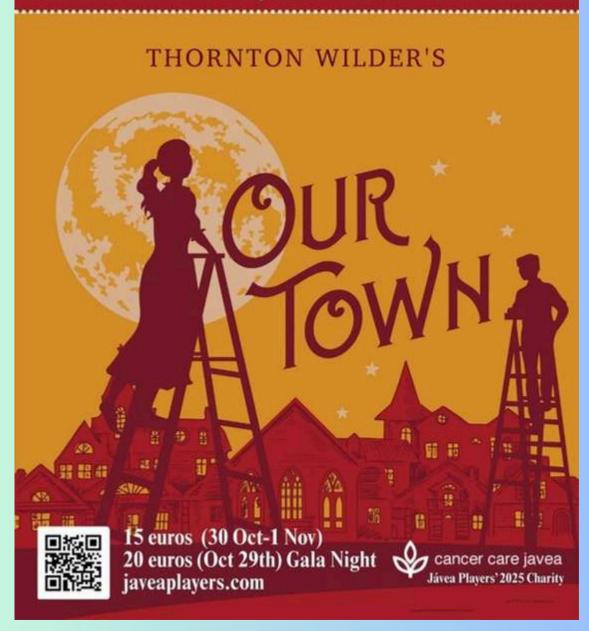


October 2025

Working in Collaboration with other organisations

29 OCTOBER - 1 NOVEMBER Jávea Players Presents

at Unión Musical, Gata de Gorgos Directed by Claire Schoonover







October 2025

Working in Collaboration with other organisations



"As seen on TV" is the title of the International Choir's next fun-filled concert on 20 November in the Salon de Actos, Teulada starting at 7pm. The Salon de Actos is situated between the Teulada main square and the underground parking area next to the library.

Following their successful concerts in recent years based on Eurovision songs and James Bond film themes, the choir will be singing theme songs to some of your favourite TV favourites such as The Muppets, Game of Thrones, Fame, Dr Who and others.

Tickets priced at €12.50 can be booked online at the choir's website - theinternationalchoir.com

– or entry on the door will be €15. This year the proceeds will be donated to the Alzheimer's

Society (Teulada – Moraira) and Project 4 All.

The International Choir will also be holding their traditional Christmas Carol Concert at Moraira Church on 12 December and their more informal and popular Christmas sing-a-long at Saxo's on 16 December.







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Working in Collaboration with other organisations

