

Vall del Pop USA Newsletter

May 2023 #144
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President's Report

Dear Members,

What a busy time we have had recently. Having just returned from our travels the extensive preparation which went into the May Coronation General Assembly, came together and produced a memorable event. The team work in producing this event was impressive, and I personally would like to thank everyone involved. I am sure everyone enjoyed the occasion.

Our membership is now growing, and we are delighted that new groups such as Dru Yoga and the Cinema club are now available. It's taken some time and effort to get these group going, but I am sure it will be worthwhile.

The TCET are off to Cordoba soon mainly to see the Patio Festival. If you have not seen this event and love flowers you really must put it on your bucket list. We hope they have an incredible time and let us know all about it on their return.

Lots of other events and trips are on the website. So don't miss out, take a look and see what's on offer.

Best wishes,
Bob





General Assembly

The Vall del Pop U3A celebrated the King's coronation early and in style with a fabulous indoor street party on Thursday 4th May at the Polivalent in Murla.

Members were greeted on arrival by wonderful songs played by Bill White on his keyboard, both rousing and entertaining, whilst enjoying coffee and biscuits. The venue was festively adorned with bunting, flags and balloons in red, white and blue.

The Goodwill team had a preloved stall and a plant sale for members to enjoy with lots of gorgeous plants on offer which were snapped up by members.

After a brief formal meeting we then enjoyed a sumptuous buffet kindly provided by all members who brought a dish to share. There were some amazing cakes, savouries and treats and members were able to enjoy several visits to the table, such was the quantity of food on offer. It really was an impressive spread and we are very grateful to everyone who contributed.

The U3A Let's Sing Together group then entertained with 5 lovely songs including Andante Andante, Hallelujah, Sweet Caroline and a special Coronation song written by one of the group's members. It was lovely to see many members joining in with the singing.



This was followed by a very interesting and informative presentation on the history of how Dutch Geneve rbecame Gin by a guest speaker, Paula Brunsveld van Hulten, with a fun quiz after with some prizes for the lucky winners.

Christine Brazier then kindly judged the best crown competition which members had creatively made for the occasion. There were so many fantastic creations it was a difficult task and 6 winners were awarded prizes. Some even rivalled the one King Charles will wear on Saturday, such was the talent and detailing!

A free raffle was then drawn with 10 super prizes including a truly fabulous floral display by Christine Brazier in red, white and blue. Thank you so much to everyone who donated prizes.

Cava was then served to accompany patriotic songs sung by everyone including Land of hope and glory, Rule Britannia, the Spanish National Anthem played by Bill White on the keyboard, and the National Anthem. Bob Welham made a toast to King Charles with 3 rousing cheers and lots of flag waving throughout and it was a wonderfully patriotic atmosphere.

Sandra Welham and Paul Corazzo presented a superb narration with photos of the King's life with interesting anecdotes and the event ended with members taking home goodies from the buffet to enjoy at home.

It was a very special celebration and it was lovely that so many members attended and participated. We hope you enjoy the rest of the Coronation festivities.

Please look on our website and Facebook for upcoming events and activities. We have lots of exciting things planned.



Coronation Poem by Anne Catterall

Well now the day has come and I'll be crowned your King,
It really is quite heavy, as it's full of bling!
Mama did a splendid job with her lengthy reign,
I'll be thinking of her, as I sip some cooled champagne.
I've done my best as Prince of Wales, setting up the Princes trust
Helping youngsters to get on, for me it is a must.
Meeting presidents of State, Prime ministers too,
They're still so much to learn with this job I do.
Shaking hands with folk, on walkabouts, whom line the street,
Makes me feel quite humble as me they meet and greet.
People thought I was a loon, talking to my plants.
And on the plastics problem when I had one of my rants
At least in that, I've been proved right by scientists galore,
Climate change, recycling, we need to do much more.
So as I'm crowned your king, however long my spell,
Please be rest assured, I'll try to serve you well.



Speaker for the 1st June General Assembly

A talk by Alan C Oliver about the The House of Romanov. Romanov was the reigning imperial house of Russia from 1613 to 1917. They achieved prominence after the Tsarina, Anastasia Romanova, was married to the First Tsar of Russia, Ivan the Terrible. Czar Nicholas II's immediate family was executed in 1918, but there are still living descendants.





Goodwill Team

U3A Vall del Pop – Let's Dance

Recently the Vall del Pop U3A Goodwill Team organised a fabulous morning at CanTallarina, Xalo , where Pam Small and her Let's Dance Ladies conducted a session to raise funds for the Team. The session was filled with popular music and dance steps which kept the ladies on their toes. It's obvious that the ladies love these sessions with lots of laughter and good fun.

The session was joined by members of the Goodwill Team and Bob Welham the U3A President.

After the session, a raffle was held and then Pam presented the Goodwill Team with 300€. A very big thank you to Pam and her ladies.

We do hope to join Pam again soon.

For further details on our Association, meetings and groups please check on our website u3avalldelpop.com. We hold our monthly meetings generally on the first Thursday of each month at the Polivalent in Murla, so why not come along and make new friends and find fun things to do.

[Article & Photos by Sandra Welham]





Cheese & Wine

On Saturday 22nd April the U3A Vall del Pop Goodwill team organised a fabulous cheese, wine and live music evening at the Polivalent in Murla.

Huge platters of a variety of cheese, sausage rolls, quiche, salads, homemade chutneys, olives, grapes, crackers and bread were accompanied by wines and soft drinks and a fabulous feast was enjoyed by all. Certainly no one went hungry!

"The Good Friends", Pauline, Roger and Carrie, kindly entertained us with some great live music and there was lots of singing along to well known songs. Everyone loved their relaxed music which created a lovely atmosphere to enjoy good food and company. Thank you so much for supporting the Goodwill team.

Our own DJ, Paul J, also provided some great dancing music and it was lovely to see so many people on the dance floor.

We have lots of exciting events planned for throughout the year so please keep an eye on our website and Facebook.





Triple Tribute

U3A Vall del Pop – Triple Tribute Evening.

Ladies and gentlemen..... Elvis was in the building!! And Sir Tom Jones! And Neil Diamond!

Wow, what a night! On Friday 10th March the U3A Vall del Pop Goodwill team hosted a fabulous evening of entertainment generously provided by the great singer and entertainer, Steve Marks.

Guests were invited to bring a picnic and there was a lot of delicious food on display, but first prize has to go to Sonia Higginson for an amazing homemade trifle, Sonia's speciality!

Steve was on holiday in Spain and very kindly agreed to perform for us "for one night only" at the Black Apple, Xalo, having been invited by his good friend and U3A member and very talented singer, Paul J. Now that's what we call dedication and generosity.

Huge thanks to Steve and his lovely wife for giving up their time on their holiday to raise funds for the Goodwill charity and to Paul J who arranged some 100 backing tracks for the event, no mean feat.

Because Steve wasn't expecting to have to work on his holiday he hadn't brought his stage costumes with him, but still managed to look the part.

His first set consisted of Sir Tom covers and had the audience singing along enthusiastically. There were some interesting moves being provided by the bar staff and rumour has it one of whom was an accomplished disco dancer in his youth! Steve also provided some Tom style gyrations and was rewarded with a couple of lacey thongs and a red satin bra being thrown in appreciation!

Act 2 then saw Steve perform Elvis and Neil Diamond songs and now the dance floor was packed, helped perhaps by very reasonably priced drinks from the bar!

Everyone had a ball and seemed to really enjoy not only the music, but the warmth of Steve's personality and humour which had the audience laughing all evening.

We are very grateful to everyone who attended, who arranged the event, ran the bar, helped set up etc but mostly, of course, to Steve AKA Elvis/Tom/Neil. We raised over €700 for the Goodwill charity funds which is amazing.

If we are lucky enough to have Steve perform for us again in the future don't miss it!

For further details on our Association, meetings and groups please check on our website u3avallpop.com.

[Article written by Paula Heffron]





India Magical Mysterious

Oh what a place to visit and see so many marvels that we have only read about. Our holiday consisted of travelling for 10 days around what is called the Golden Triangle. Delhi was our first port of call we visited a Sikh Gurdwara, and where both of us had to wear the appropriate clothing.

We were amazed when we visited the eating hall, where they feed 1000s of people every day from 8:00 until 20:00.



Next day, we were given an early morning call at 5:30 to be prepared and ready to go. It is at this time, when the sun rises, that the Tai Mahal takes on a pink sheen, but I am sad to say that on this day it was cloudy, but never the less the views of the Tai Mahal were stunning. You can only sit and marvel at this palace built by Mughal Emperor Shah Jahan in memory of his wife. It is surrounded by gardens and although 1000's of people are there, you can still experience the beauty of this magnificent palace and the calm serenity. This should really be on everyone's bucket list.

During the next 10 days we visited Agra, Jaipur and Mumbai, along side going on Safari and enjoying a Bollywood show. Of course you cannot visit India without a ride on a Tuk Tuk. This we decided to do during the evening rush hour. My head was certainly in my hands, the number of near misses we had , but I never saw an accident, only a lot of horn blowing and hand waving.

During our stay in Mumbai, we took the ferry to Elephant Island, which I have to say caused me a few problems, having to climb 130 steps in raging high temperatures. Well, you have to do it... I don't think we will be going back. On this journey you cannot fail to see the beauty of this land but also recognise the poverty and the simple lives that many live. There are palatial palaces and gardens, but also homes made of mud and straw. India now has the biggest population in the world... yes, even bigger than China, and still works and encourage the Caste system. Our guide, Vickram, informed us he was from the Warrior Caste which includes Rulers, Administrators and Warriors. The caste system affects all aspects of life from Education, Employment and even marriage. After a couple of days in Mumbai we set sail for Oman, followed by Jeddah, Safaga, Aqaba. and through the Suez Canal.



Jeddah with the help of UNESCO trying to increase tourism. Bob was very keen to see for himself how Jeddah had developed, having lived there for a number of years. Well, he was not disappointed, but the city had develop so far north along the corniche , that it was really hard to pin point any of the places that we could remember.



After this we stopped at Safaga where many of the passengers boarded buses to visit Luxor, and the Valley of the Kings. A really exhausting day. For me, the main highlight of the entire cruise was the visit to Petra. The first sighting of this magical place takes your breath away. Petra was built by the Nabataeans in the 3rd BC. The entire area is spectacular with palaces, temples, tombs, storerooms and stables being carved out of the soft sandstone. One can only marvel at how they achieved this. I think we might find it difficult today.

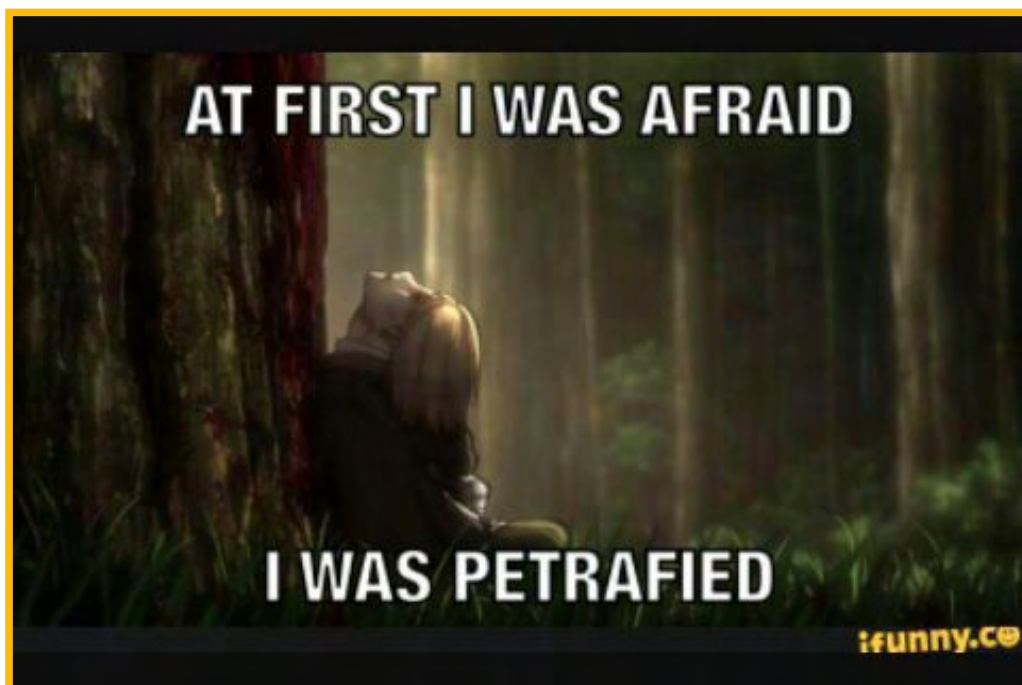
We then cruised through the Suez Canal, onto Alexandria, another fascinating place where we visited a Roman Theatre and the catacombs. Certainly, not a recommended trip for members who suffer

from claustrophobia. Security Tourist Officers appeared to be everywhere, and the carrying of guns and machine guns seems to be the norm. Our final port was Athens where we spent three days. Of course you cannot visit Athens without visiting the Acropolis, and the shops.



Just before our flight back to the UK we had time to visit an Illusion Museum. What fun this was. This is me putting Bob in his place.

This adventure certainly lived up to our expectations, but my we were so glad to get home for a rest.





Keep Fit News

People who exercise regularly tend to do so because it gives them a great sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives.

My Keep Fit sessions are a combination of low impact cardio, toning (with small weights), balance exercises (fall prevention!) and stretching. All exercises can be done at your own fitness level and at your own pace. The members joining are between 55 years and 80 years old.

This feel good workout to lovely music will give you new energy!

Where and when?

At the sports centre in Jalon on:

Monday 11.00

Wednesday 11.00

Friday 10.00

The costs is 6 euros per session, pay as you go.

I am a self employed group fitness instructor and have a liability insurance.

Jacintha



Dru Yoga

Each Friday , 10am-11.15am at the Pensionista, Xalo. €2 per class.

Participants need to bring a yoga mat, blanket or beach towel and some drinking water.

Anyone interested can WA me on 634 022 622.



TCET News

TCET REPORT FOR COMMITTEE MEETING TUESDAY 25TH APRIL 2023

Cordoba and Sevilla have now been completely paid for and the coach will be leaving Xalo at 10.00a.m. on the 9th May. Return time is roughly 8-10pm on the 14th May. Sandra and Bob will be taking mine and Graham's place for which I am grateful.

The Queen tribute at Benidorm Palace is all booked and paid for and I collected the tickets a few weeks ago. When booking now for any event at Benidorm Palace, you have to give your choice of the menu if you are having a meal. I have had confirmation from Luis that the coach will collect everyone at Tot Util in Xalo at 6.30pm. on the 14th May.

I am afraid Graham will not be doing the book stall at the GA's now until September. At the May GA we are still selling Zaragoza in September, ELO in November, Sagunto and Alicante (San Juan). Also the Cocentaina trip in November will be advertised at the May GA and you can put your names down.

If members ask about paying the balance for Zaragoza perhaps they can be encouraged to pay by bank transfer.

Salvador will be looking at Toledo for Christmas after the Cordoba/Sevilla trip. I have just heard that Sevilla is about to declare a severe drought due to lack of rain, just hope there is enough water in the river for the planned cruise!!!!

On booking a trip away, (not day trips) Sandra and I have decided that asking for members Passport, TIE, date of birth and place of birth need to be also taken as these seem to be needed for entry into most places now. When booking IT WOULD BE MOST HELPFUL TO HAVE THE CORRECT MONEY. Also be armed with all your information, especially a mobile telephone number and your up-to-date membership number.

I sincerely hope everyone has a wonderful trip and a great summer, lets hope it doesn't get too hot. Adios!!

Sonia Higginson – TCET Co-Ordinator





Ladies at Lunch



U3A Vall del Pop – Ladies at Lunch

Tuesday 21st March 2023

On Tuesday 21st March the U3A Vall del Pop Ladies At Lunch group resumed their usual third Tuesday of the month lunches, when we revisited the Marina Alta village of Murla and the restaurant Nou Portet. Seems impossible that it was nearly a year ago we last ate here!

Although, it was a pleasant sunny day, there was a chill in the air and it was a prudent decision to accommodate our 40 ladies in the interior restaurant.

We were soon served with our drinks, and an appetizer of bread and Alioli. To help the restaurant we had all pre-selected our meals. My personal choice was salmon fishcakes and side salad, followed by the meat and vegetable roll with potatoes and to complete the sweet and refreshing pineapple. There was a vegetarian choice of brie cheese salad or a puff pastry tart of vegetables and goat cheese, and for the main course a vegetable risotto.

As always the room was full of noisy chatter with everyone enjoying themselves.

We are now looking forward to our next event, which will be Tuesday, 18th April 2023. Further details will be available on our website u3avallpop.com, where you can also browse other groups, events and activities available through U3A.

[Article written by Sally Ellis]
[Photos by U3A members]





Valley Explorers

Summer Walks

Both Monday Ramblers and Thursday Valley Ramblers walking groups stop their regular walking programme at the end of May and start again in October. It is considered to be too hot to do normal walks in June to September.

However for the past few years we have offered special summer walks in June and September. They are three hour valley walks and start at the earlier time of 0900. The aim is to get to the bar by 1200 when the temperatures rise.

These summer walks have proved very popular and we intend to offer them again this year. However we have not yet decided whether to offer two walks – one on Monday and the other on Thursday. A lot will depend on the interest shown and how many members want to join these walks.

If you would like to walk in either June or September send me an email to register your interest.





Spanish Conversation

The Spanish Conversation group meets on Friday afternoons at 3pm, weather permitting, on the usually sunny terrace of the Riu Rau restaurant across the ford in Jalón. We are a small group, and we don't want to grow a lot, but we could do with one or two additional members.

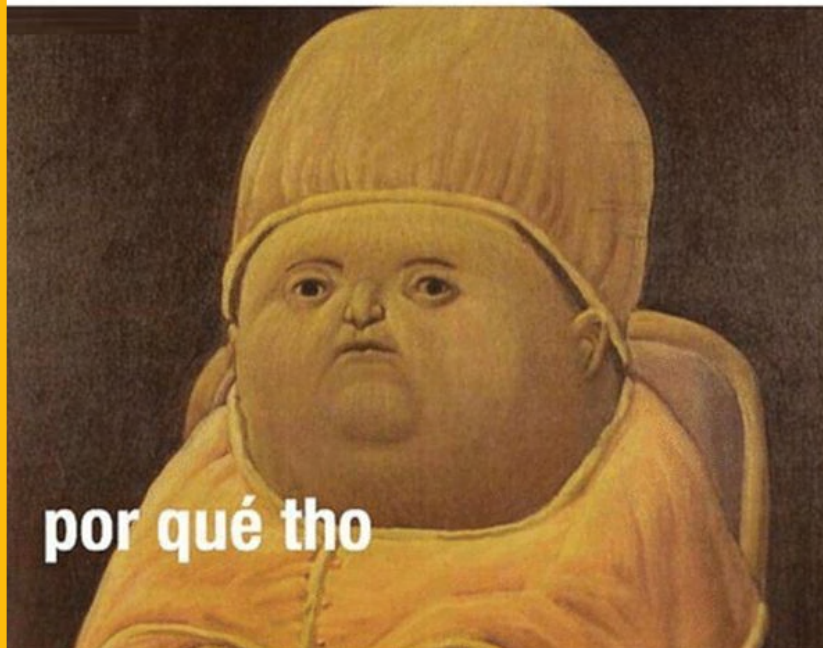
It is a relaxed and fun group, and you don't need to be perfect at Spanish, but you need to be willing to have a go. You also don't need to come every week, just come when you can.

We like to chat about things that are happening locally, and things that we have done - just normal conversation really. We are also trying out Scrabble in Spanish at the moment, not scoring points, but playing cooperatively, trying to use all the letters and fill up the board!

If you're interested, please contact Heidi by email at mike_heidi@hotmail.com, or by phone or WhatsApp on 684 152 767. If I don't answer, please leave a message and I will get back to you!



When your Spanish teacher asks you to stand up in front of the class and read your homework out loud



por qué tho



BBQ Evening & Disco

With Paul Carazzo

Saturday June 24th 7pm—11pm

@ Paula & Chris's house Lliber

Ticket Price €15

Burgers, sausage in a roll, salad & ice cream

Drinks from the bar €1 - bottles of wine&cara €5

***Contact any member of the GOODWILL Team to
purchase tickets & advice of dietary requirements or
email the team on***

goodwillevents2@gmail.com



**The Goodwill Team
Supporting Local Charities**

**U3A Vall del
Pop
MEMBERS**

At The Val Bon, Alcalali

Coffee Morning

**Wednesday
24th May, 2023 from
10.30a.m.**

Look forward to seeing
you all and a warm
welcome to everyone.

ALL WELCOME!



Our first
coffee
morning at
the Val
Bon



BINGO & QUIZ EVENING

Friday 26th May 7pm—10pm

@ PEPES Restaurante, Alcalali

Ticket Price €12

Bread & Alioli & main meal





Outside the U3A

The Arts Society Marina Alta & CEE Gargasindi School Charity Project.

The Arts Society Marina Alta's collaboration with CEE Gargasindi School began in November 2022. Our aim was to provide direction, and where necessary assistance, in the production, decoration and painting of the ceramic fish for display. The students, including our Society members, (may I say) took to this task like 'fish to water' with determination and an overall sense of fun!

The artwork is now in its final phase and the exhibition of the completed works was unveiled in the school grounds, in Benissa, on 30th March 2023.

The individually decorated ceramic 'fish' were mounted on five separate display boards, arranged on free standing wooden easels, to be exhibited in the courtyard of the School. Most of the students involved, their teachers and carers, and members of the Arts Society were in attendance. The presentation was jointly coordinated by the Directors of the School, Ines Lopez and Mireille Vetterli of Arte44 Gallery. The reflection on the faces of the students seeing their work displayed in such an imaginative manner was electrifying and made all their, and our works, totally rewarding.

The artwork will be displayed in the auditorium at the School for all visitors to admire, and in the coming weeks, we hope, in other locations in the Marina Alta.

We commend the whole of CEE Gargasindi for their commitment, application and support for this amazing project. Also, we very much appreciate the financial support of local businesses and our Society members.

We hope we have encouraged the participants a little in appreciating art, and to show how much it is possible to achieve despite our disabilities.

The Arts Society has been fortunate to be involved in this journey and looks forward to further collaboration with the School.

David Glover. The Arts Society Marina Alta.



Help us to celebrate King Charles III's coronation

May Fayre

Sunday 14 May 2023,
10.00 - 14.00 hrs
Rastro Carpark, Xaló

*Lots of
stalls*

*Refreshments &
other attractions*



**For more information
contact 634 310 415
or eventsjvh@gmail.com**



[@jalonvalleyhelp](https://www.facebook.com/jalonvalleyhelp)

La Asociación esta inscrita en el Registro de Asociaciones Alicante No 7699 Y CIF G53546156

JUMPING FOR JOY in JUNE



with



at

**Los Arcos,
PEDREGUER**
Thursday 1 June
at 19.30

TICKET PRICE
10€
per person

*Bring your own food but please
buy drinks from the bar.*



For more information contact us on
634 305 005 or
eventsjvh@gmail.com



@jalonvalleyhelp

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Contact the Vall del Pop U3A

You can visit the U3A Vall de Pop website at
<https://www.u3avallpop.com/>

General enquires to the U3A can be made using this link
<https://www.u3avallpop.com/index.php/contact-us>

You can email contributions the next Newsletter at
u3avallpopnewsletter@gmail.com

Methods of translating words from English to Spanish

