



October 2023

## PRESIDENT'S REPORT

The Goodwill Team know how to encourage a full house at the October General Assembly – feed the members with hot dogs.

This incentive and a good speaker, Jana Petken, certainly did the trick and after the Association meeting we were enthralled by her talk.



Jana was well received and really gave us an insight into her early years living here in Spain under Franco's regime. How things have changed!

I can't believe that we are now planning our Christmas Parties, visiting friends and family and of course Christmas Day, itself. What would we do without our big celebration Christmas Lunch? Where have all the days gone since we were worrying about the hot temperatures.

As we approach Christmas we have a special Glitz and Glamour Christmas Party. This is proving to be very popular with only a few places left. So don't miss out and be disappointed.

We are now putting the finishing touches to the Christmas General Assembly, and I hear that we have some fun activities planned and as well as the traditional Christmas tunes and food.

I hope that there is time for a few jokes...only kidding.

I do know that TCET and Goodwill have a number of planned events, so come along to the next **General Assembly on the 2nd November** and reserve your tickets.

Don't forget that I am stepping down in March, and we will need a new President. Don't leave it up to everyone else and then find out that everyone thought the same. Get in touch. Work with me to show you what the role entails, but don't leave it too late.

Best wishes, Bob.





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## Visit to Zaragoza

September 2023

A group from the Vall del Pop U3A had a great trip to Zaragoza, capital of Aragon, the 4th largest city in Spain. Like many of us, we have passed it on our way to and from northern Spain but following our visit we would recommend a stay in this very vibrant and interesting city.

We visited the famous Basilica del Pilar, which stands on Roman foundations and the fortified 11th century Islamic Aljafería pleasure palace built for the kings.



Although there is a tram which runs across the city, Zaragoza is very walkable so it's easy to get from the historical centre into the more commercialised section. We visited the Expo buildings from 2008, with the two famous bridges passing over the river Ebro. There is some brilliant modern architecture in this city. We were there for almost three days, staying in the Eurostar hotel, which is attached to the main train station, built in 2003. We felt, if we returned, a hotel a little more in the centre would be beneficial.

The famous Basilica del Pilar was huge and very impressive, inside you can find beautiful works by Francisco de Goya and the revered carving of the Virgen del Pilar. Also to our surprise inside there are two unexploded bombs attached to the wall!!!! Some of our party also visited the Cathedral of El Salvador, the city's main historic temple, famous for its Flemish tapestries, some 400 years old.



On our last day, after leaving Zaragoza, we made our way to the Monasterio de Piedra with its beautiful gardens and waterfalls, driving through some of Spain's very majestic countryside and mountains. Very impressive and here we had a lovely lunch. A member of our party (who is a classically trained opera singer) sang for us in the ruins of the monastery, quite magical! Most of our party also did the complete trail through the grounds, well done!!!!

As it was (for most of us) our first visit to Zaragoza we felt it will be worth returning, as gastronomically there is still a lot to discover!



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## Ladies At Lunch - September 2023

Also in September the U3A Vall Del Pop, Ladies At Lunch, resumed after it's summer break.

They ventured a little further out of the valley of Vall Del Pop to Casa Lili's Asian Restaurant in Moraira.

The banquet for four persons had been arranged prior to their arrival, which worked perfectly with 20 attending.

The meal did not disappoint, it was a real treat, with great company, topped by excellent service from the new manager, Rosa and her team.



## Collaborating with La Caixa Bank

The U3A Vall del Pop committee has been working with our local bank, La Caixa, Xalo, to help the Community. This action culminated with a recent presentation by the La Caixa Bank, to the U3A Vall del Pop Association of 1,000€ to help with projects within the community.

The presentation was attended by a number of the committee of the U3A Association plus the Branch Manager Rosalia Ivars Arlandis, and also Carlos, the La Caixa Bank Area Manager.

## These funds will make a real difference!

After long discussions the committee decided they would approach Murla Town Hall, to confirm if it will be possible to donate a defibrillator for the main community building, the Polivalent. The

Polivalent is used by all the community and of course it is the meeting venue for the U3A General Assemblies. The Association is extremely grateful to Murla townhall for its support.

The Association will also be hoping to arrange a First Aid Course, for the members.

The President, Bob Welham, said "It was wonderful to be recognised by the bank for all the commitment, help and support that the Association gives to all its members."



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## October Fun!

On Saturday 14th October, Liz Miller hosted a fabulous evening of 60/70s singing and dancing. As members arrived some second takes were necessary to discover who was under the various hairstyles, colourful clothes and make up.

It was a night of fun with entertainment provided by Kenny's Musical Cabaret bringing back memories of teenage years with tunes such as Sweet Caroline, Brown Eyed Girl and Always on My Mind.

Everyone was busy singing along to their favourite tunes. It's amazing that we can remember all the words but can't remember where we have left our car keys!!!

A very big thank to Liz Miller for raising an amazing 638€ for local charities.



On Tuesday 17th October, 42 of the U3A ladies visited the reopened Vall del Pop restaurant in Lliber and enjoyed their lunch in the glazed naya set on an elevated terrace with beautiful vistas over the vine covered valley. They were served with drinks and an aperitif before their chosen starters and main courses arrived. Everyone was impressed with how delicious and beautifully the waitresses present the lunch.

It was a special day for one of the ladies as Mary Wood was celebrating her birthday and she was presented with a bouquet and card, with a chorus of 'Happy Birthday' from all attending.



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## October Fun!

A warm autumn morning on Sunday 22nd October the Vall del Pop U3A hosted a car boot sale on the Rastro site in Jalon. As we entered we were encouraged to start with sausage in a roll and coffee – but no shopping and browsing was to be the first order of the day.

As we wandered around the stalls, including clothes/china & glassware/books & games/tools & electrical items, my wife was attracted to several stalls with clothes, I found another stall selling cakes!

It was very pleasant, after the shopping, to sit and enjoy coffee and sausage in a roll, whilst listening to Paul Corazzo entertain us with songs.



## REPORT ON GOODWILL TEAM

### Financial position as at 30 th October 2023

Funds held in the Goodwill Account stand at 8019.76€

2023 fund raising has been extremely successful and the team have worked really hard to raise funds for local charities and at every General Assembly members have been offered a taster of food which included Scones, Sausage Rolls and Sausage Babs, All of these have been extremely popular. Pre Loved stall goes from strength to strength.

The team organised entertainment including a Bingo & Quiz Evening, 60/ 70 Themed Garden Party, a show by Steve Marks singing popular Neil Diamond tunes and a recent very successful Car Boot Sale. Like last year the funds will go to four local charities and three others, yet to be decided. These will be announced at the Christmas General Assembly and presented at the 2024 AGM. At this meeting we have a special raffle with the prize donated by one of the members. We also have organised a Christmas Wreath Making Demo, which we know will be very popular.

Plans are going ahead for next year, and any ideas are welcome.

Donations have also been received from the book stall and refreshments.

Thank you so much for your support and generosity.

Best wishes,

Sandra



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## NOVEMBER EVENTS

# Lets go Shopping!



## 29th November 2023



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

Lots of shops to suit everyone

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





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

## *Glitz & Glamour*

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

Contact Sonia to reserve your place  
[u3avalldepoptavel@gmail.com](mailto:u3avalldepoptavel@gmail.com)



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## Chess Club



The inaugural meeting of the new Chess Group took place at The Shack in Jalon on Wednesday 11th October. Four chess players took part, Ray, Roger, Dave and Pete and Sue was there to learn how to play. They all managed to play a number of games and everyone involved had a good time and all said they would be back for the next week. From little acorns.....

The group meets weekly at The Shack at 2.00pm on Wednesdays, massive thanks of course to Mark Harris for use of his facilities at The Shack.



## YARN & THREAD GROUP

Meet 2nd and 4th Monday  
at La Placa Orba  
from 11.15.  
New members welcome





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## DINING AND COFFEE MORNING DATES NOVEMBER

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

## DINING AND COFFEE MORNING DATES DECEMBER

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



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## GROUP ACTIVITIES

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

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

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

If you lead a group and would like to be featured in a future Newsletter please contact Linda, Editor, at [U3avalldelpopnewsletter@gmail.com](mailto:U3avalldelpopnewsletter@gmail.com). Updates of activities always welcome and deadline for next publication is 6th November for distribution on 13th November 2023.

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

**Come along and make new friends!**

	Activity	Contact
	<b>Allotment</b> - We have a large 6m x18m allotment in Jalon. It is ready to go, having been ploughed. There is a shed and water on site.	SUE HARVEY & BRIGID REDMOND <a href="mailto:brigred4119@gmail.com">brigred4119@gmail.com</a>
	<b>Ballroom, Latin &amp; Sequence Dancing</b> - Whatever your level of fitness, ballroom dancing is a great way to exercise and meet new friends.	Duncan Thompson <a href="mailto:foskett54@btinternet.com">foskett54@btinternet.com</a> Telephone: 634 33 46 89
	<b>Bridge</b> - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere.	Wendy Sim <a href="mailto:wendysim@hotmail.com">wendysim@hotmail.com</a> Telephone: 711 080 516
	<b>Canasta</b> - The Canasta group is now up and running. New members would be very welcome to join us.	Mary Wood <a href="mailto:marywoodspain@gmail.com">marywoodspain@gmail.com</a> Telephone: 675 674 301

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	Activity	Contact
	<b>Card Making</b> - We are a group who enjoy crafting and, in particular, creating beautiful greetings cards.	Carole Marten & Dee Adkins <a href="mailto:Dadkins1953@yahoo.co.uk">Dadkins1953@yahoo.co.uk</a> <a href="mailto:Cvicary2@gmail.com">Cvicary2@gmail.com</a>
	<b>Chess</b> - New group starting soon. Contact Ray for further information.	RAY PIERROT <a href="mailto:raypierrot@btinternet.com">raypierrot@btinternet.com</a>
	<b>Cinema</b> - We aim to show a wide range of films in English. We ask for a contribution of €2 per visit. This will go towards annual licence and purchase of DVDs.	CHRISTINE BRAZIER <a href="mailto:justnanny@live.co.uk">justnanny@live.co.uk</a>
	<b>Digital Photography</b> - We are now operating very definitely as a peer group with members bringing their skills and ideas to share with one another.	DAVID BROCK <a href="mailto:Davidandeileen50@yahoo.co.uk">Davidandeileen50@yahoo.co.uk</a> Telephone: 606 995 919
	<b>Dining Experience</b> - We visit different restaurants mostly within the valley. Members can recommend an old favourite that they enjoy.	DIANE HOLMES <a href="mailto:ondrakiri@yahoo.com">ondrakiri@yahoo.com</a>
	<b>Dru Yoga</b> - A gentle but powerful workout. It calms and reduces stress, improves focus, physical strength, balance and energy.	SALLY MILLANE <a href="mailto:Sallysunshine436@gmail.com">Sallysunshine436@gmail.com</a>
	<b>Game Addicts</b> - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.	GORDON RODMAN <a href="mailto:boneinjalon@gmail.com">boneinjalon@gmail.com</a> Telephone: 693 725 199
	<b>Keep Fit</b> - Warm up, low impact exercises, body toning, stretching and a relaxing cool down	JACINTHA HOOGEWERF <a href="mailto:familiehoogewerf@gmail.com">familiehoogewerf@gmail.com</a>
	<b>Ladies At Lunch</b> - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.	SALLY ELLIS, LIZ MILLER SANDRA WELHAM, <a href="mailto:U3aladieslunch@gmail.com">U3aladieslunch@gmail.com</a>
	<b>Let's Sing Together...For Fun</b> - Love to sing anywhere, any place, when a tune pops into your head. We sing songs that we enjoy, are fun and lifts our spirits.	SANDRA WELHAM <a href="mailto:Sandra.m.welham@gmail.com">Sandra.m.welham@gmail.com</a>

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	Activity	Contact
	<b>Men Who Munch</b> - What happens at "Men Who Munch" stays at "Men Who Munch" Come on Guys, join in with our get togethers at various local bars or restaurants.	GORDON SIM <a href="mailto:Thomassim007@gmail.com">Thomassim007@gmail.com</a>
	<b>Mixed Media &amp; Art</b> - The group welcomes absolute beginners to the more experienced artists looking for a few hours to concentrate on a project.	CHRIS SINCLAIR <a href="mailto:Sinclairchristine72@gmail.com">Sinclairchristine72@gmail.com</a>
	<b>Mosaic 1</b> - We create decorative mosaics using glass and ceramics.	LIZ WILLIAMS <a href="mailto:Lizwilliams2008@live.co.uk">Lizwilliams2008@live.co.uk</a> Telephone: 684116089
	<b>Mosaic 2</b> - We create decorative mosaics using glass and ceramics.	SUE WILLIS <a href="mailto:suewillis2@hotmail.com">suewillis2@hotmail.com</a> MONIQUE LECKIE <a href="mailto:monileck@aol.com">monileck@aol.com</a> ANNESLEY SINCLAIR <a href="mailto:annesleysinclair@gmail.com">annesleysinclair@gmail.com</a> Telephone: 965730605
	<b>Open Forum</b>	
	<b>Petanque</b>	GERRY BACON <a href="mailto:Gerard.bacon@yahoo.com">Gerard.bacon@yahoo.com</a> Telephone: 600 652 821
	<b>Spanish Conversation</b> - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN <a href="mailto:Mikeheidi123@gmail.com">Mikeheidi123@gmail.com</a>
	<b>Spanish Lessons</b> - The tuition is informal, in English, with plenty of opportunities for conversation and gaining confidence in a friendly and relaxed group.	CARMEN <a href="mailto:carmenmasfemenia@gmail.com">carmenmasfemenia@gmail.com</a>
	<b>Walking Groups</b> - Make friends with others who enjoy exploring the excellent hill, valley and coastal walks. When possible we visit a local bar for refreshments.	JAN AND PAUL LENISTON <a href="mailto:pauleniston@hotmail.com">pauleniston@hotmail.com</a> Telephone: 651 633 198
	<b>Yarn &amp; Thread</b> - Anything to do with yarn and thread is welcome.	LORNA BOTTEN <a href="mailto:lornabotten@gmail.com">lornabotten@gmail.com</a> Telephone: 96 558 3484

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Are you interested in learning or improving your Spanish? If so please contact Carmen on [carmenmasfemenia@gmail.com](mailto:carmenmasfemenia@gmail.com) for further details

Wanted someone to share a villa in Lliber. Please phone 618449889 for further details



These meals are made with fresh local produce and contain no chemicals or preservatives. Delivery to the valleys every Tuesday.

Contact Demi 711037421  
[Prep2uspain@gmail.com](mailto:Prep2uspain@gmail.com)

