



January 2024



Dear Members,

Firstly Sandra and I would like to wish all our members a happy and healthy 2024.

I would like to thank Paula Barrett and team for working so hard in putting together the General Assembly at such short notice. Also for Ann Martin and team for dealing with the membership in the absence of the Membership Secretary.

I understand the GA was well attended and the sausage rolls as always were a great success!

Please note Annual General Meeting  
7th March 2024

Your opportunity to vote in the Committee going forward

We always welcome new members to the committee, giving new perspective and ideas making the U3A attractive and appealing for current and new members.

Please consider this opportunity to bring fresh input to the association.

Interested, speak with one of the Committee members.

The next General Assembly is on Thursday 1st February.

Doors open 10am, meeting starts 11am.

There will be a speaker on financial services and

Pauline McGough will be entertaining us.

As a special treat the Goodwill team will be selling sausages in baps!

Regards, Bob



January 2024



## MEMBERSHIP RENEWAL

We will be holding Satellite Renewal Sessions at the following provisional times and places :

Monday, 22 January – Casa Claudia, Jalon

Wednesday 14 February – Citrus Bar, Orba

Tuesday, 19 March – JVH Animo Centre, Centro Civica, Alcalali

All sessions will run from 11.00am until 12.30pm

Please note that these dates, venues and times are provisional and any necessary alteration will be notified on the website, so keep your eyes peeled!!

Alternatively, you can always renew through bank transfer, details of which can be found on the website. Please remember to include your Membership number(s) in the reference section. Also, as a reminder, any transfer made from a UK bank account into the U3A Spanish Account will incur a fee of at least €15, which will have to be charged back to the member. The renewal fee remains at €7 and the fee for new members remains at €12.

The window for renewals will close on 31 March 2024. If you have not renewed by this time then, unfortunately, you will need to re-join if you want to continue being a member of the U3A Vall del Pop.

Barbara Bentley  
Membership Secretary



January 2024

## December round up!

*Congratulations!*

Congratulations to the Goodwill Team who raised over €8,000 last year which is to be distributed to local charities within our community. Thank you to everyone who contributed to this sum.

The U3A Vall del Pop is delighted to have close links with our local community including the local infants/junior school in Murla which has some 53 children attending and a super team of fun, enthusiastic very young looking teachers (or are we just getting old?)



Just before the end of the Christmas term Papa Noel paid a surprise visit to the school one morning with a sack of gifts for all the children and the excitement on their faces was a joy to see.

Despite their excitement the children waited patiently to meet Papa Noel and to hand him their letters and receive their gift and many even thanked him in English.



We were then kindly invited to join them on the afternoon of the last day of term in the village square where all the children and their families gathered for the end of term concert. Each class sang a Christmas song and performed enthusiastic dance routines, instruments were played by some including a super solo, and the representatives from the U3A, including Papa Noel, sang and danced their way through Feliz Navidad with plenty of audience participation.

He was then presented with a very colourful portrait of him by the children as a lovely thank you. It reminded all of us how special it is to be part of a small community and how fortunate we are to be invited to join in with their festivities.

Paula Barrett



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## Christmas at Roquetas de Mar

On a beautiful morning just before Christmas 30 members of the U3A Vall del Pop left Jalon to stay for 5 days over Christmas at Roquetas de Mar.

Nice Hotel. Rooms brilliant. Everybody had an apartment with a great bedroom, bathroom, kitchen, dining and sitting area. Heating also fantastic. All rooms had long balcony with sea view.

Beautiful swimming pool and large surrounding area and cafe.



Although set in a quiet area and not much open, the hotel was situated right on a lovely beach which had a boulevard stretching for 13 k's with walking and cycling lanes. We went on a guided trip to the port town of Almeria and to the famous Cabo de Gata.



At 3.30pm on Christmas Day we all got together for the Carols and Secret Santa. Jeanie did the draw for the presents. That was a success. I think everybody was really chuffed with their presents. Sandra and Sonia went to so much trouble getting all those presents. It is appreciated Thank You. We sang carols, drank cava, danced around our handbags and to the amusement of other guests, danced a conga around the reception!

We would like to say a big thank you to Jeanie James and Mary Briggs who stepped in at the last moment to run the trip in Sandra's absence and did a brilliant job. A lovely break away and a joy not to have to shop for and cook Christmas lunch!!!

Paula Heffron



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## Ladies at Lunch December 2023

This took place at Victoria Station in Parcent, on Thursday, 14th December 2023.

Forty ladies arrived to a room of festive decorations and crackers on the tables.

We were soon served with Cava and canapes, whilst we all greeted each other.

Staff checked our orders and filled our glasses.

We had pre ordered starters, main courses and desserts. Victoria's did not disappoint, all beautifully cooked and served. The ladies had plenty to chat and laugh about.

The afternoon was completed with gifts for everyone. Handcrafted by sally Ellis.

We all headed home buzzing with Christmas spirit and looking forward to seeing family or going on the U3A Christmas break to Roquetas de Mar.



Ladies at Lunch 20th February 2024

La Palmera in Orba at 1pm.

Total cost is 21 euros to include a tip.

Includes a glass of wine, beer, soft drink or water  
and Coffee or Tea to finish

An email has been sent to members with a menu.

I shall be away until February, and unable to answer individual emails

If you have replied trust me you are on the list.

Closing date is 8th February 2024.

Best Wishes Sally



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## U3A Walking Group

From January 2024 we will reduce our weekly walks from two a week to one a week.

The Thursday Valley Ramblers will cease.

The Monday Ramblers will offer more moderate valley walks of 3-4 hours in place of the current 5-6 hour hill walks



We will meet each Monday to explore the Jalon Valley and surrounding area. The aim is easy walking on relatively good paths and tracks.

Most walks will start from Jalon, Alcalali, Parcent or Lliber. Each will start at 10:00 and should last about three to four hours. This is not a hill walking group and we will try to avoid difficult terrain and scrambling.

The aim is to create a friendly group who meet regularly to enjoy the lovely surroundings we are fortunate to live in.

When possible we will visit a local bar at the end of the walk for refreshments.



If you would like more details please send an email to [pauleniston@hotmail.com](mailto:pauleniston@hotmail.com)



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## Book Group Interested?

One of our new members would like to start up a book group.

If anyone is interested please contact me on [teresau3agroups@gmail.com](mailto:teresau3agroups@gmail.com) for further information



## Christmas Card Collection

Ann Martin is collecting old Christmas cards.

They can be dropped off at JVH shop in Jalon or otherwise Ann will be at the satellite renewal meetings.

Thank you



## Spade Anyone?

The allotment need a spade if anyone would like to donate one.

They have a shovel but it's too heavy!

SUE HARVEY & BRIGID REDMOND  
[brigred4119@gmail.com](mailto:brigred4119@gmail.com)





January 2024

## Day Trip to Valencia

A city with so much to offer from its historic centre to the state of the art  
City of Arts & Sciences



Thursday 18th April 2024  
13€ per person  
(payment please when booking)

Coach from Jalon Rastro car park at 8.30 pm  
Returning from Valencia at 4.00 pm  
12 Euros



You choose where to be dropped off:

\*The centre to discover its many beautiful buildings and museums – the Silk Exchange, the Church of Saint Nicholas, the huge Central Market and more  
or

\*The Oceanogràfic for the City of Arts & Sciences.

Please show your current membership card when booking at a GA meeting  
or contact: Jeanie James - Email: [jvg1958@tiscali.co.uk](mailto:jvg1958@tiscali.co.uk)

# NEWSLETTER

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## Caprice, the all female choir

We hope members will want to attend and support and enjoy them. They have kindly performed for us previously for Goodwill and they are very professional, enjoyable and entertaining. Please see below for full details and how to book.



**Caprice**

### From Now On!

Uplifting songs for everyone

Musical Director  
**Aileen Lightfoot**

With special guests



Wednesday, 20th March  
7.30pm

Centro Social, Xaló  
[what3words.com/xalofoldrewardingtunes](http://what3words.com/xalofoldrewardingtunes)

12€, from  
Aileen: 696 514 613  
Choir members  
[capriceladieschoir@gmail.com](mailto:capriceladieschoir@gmail.com)

In support of  




**Caprice**

### From Now On!

Uplifting songs for everyone

Musical Director  
**Aileen Lightfoot**

With special guests



Saturday, 23rd March  
4pm

Hotel Gran Sol, Calpe  
[what3words.com/culturalatillchoise](http://what3words.com/culturalatillchoise)

12 euros, includes cake and cava  
Aileen: 696 514 613  
Choir members  
[capriceladieschoir@gmail.com](mailto:capriceladieschoir@gmail.com)

## XABIA BOOK CIRCLE LAUNCHES 2024 SHORT STORY COMPETITION

The Xàbia Book Circle, a literature discussion group based in Spain's Costa Blanca, launches its latest short story writing contest. Open to everyone for a 10€ fee, the competition closes at midnight on 31 January. First prize will be 100€. Second and third prizes are wine or cava.

Entries, which should not exceed 3,000 words, must be written in English and previously unpublished. They should be submitted as attachments in Word or PDF, double-spaced, to the Book Circle email address, [xabiabookcircle2021@gmail.com](mailto:xabiabookcircle2021@gmail.com). The competition will be adjudicated by Book Circle Committee members Christopher North and J. David Simons.

The competition rules, along with instructions on how to pay the fee, are available upon request.

Erica Meltzer





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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!

### New Year, New Activity

Contact group leader to find our start dates for 2024

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 5th February 2024 for distribution on 12th February 2024

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!**

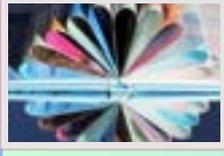
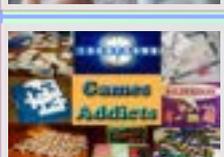
	Activity	Contact
	<b>Allotment</b> - We have a large 6m x18m allotment in Jalon. It is ready to go, having been ploughed. There is a shed and water on site.	SUE HARVEY & BRIGID REDMOND <a href="mailto:brigred4119@gmail.com">brigred4119@gmail.com</a>
	<b>Ballroom, Latin &amp; Sequence Dancing</b> - Whatever 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:wendy.sim1@hotmail.com">wendy.sim1@hotmail.com</a> Telephone: 711090516
	<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>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>
	<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>

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	Activity	Contact
	<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>
	<b>Open Forum</b>	ANNESLEY SINCLAIR <a href="mailto:annesleysinclair@gmail.com">annesleysinclair@gmail.com</a> Telephone: 965730605
	<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