



March 2024

## President's Report 2023-24

This message will be shorter than in previous years, for reasons that you will all understand. None of us could have anticipated that, as Sandra and I embarked on our final year as Secretary and President, things would turn out as they have. However, Sandra remained interested in the U3A to the end. I apologise for the lack of personal contact during this time but can assure you that all aspects of the Committee work were undertaken with both our involvement and blessing.

The U3A ethos of taking pleasure in doing and learning things together was very important to the two of us and we never once regretted the time and effort that we have both devoted to our Association. Sandra also felt strongly that, if you want to enjoy the benefits of an organisation, you should try where possible to give something in return. I think we can all agree that she did this many times over.

Looking back over the 15 years of our involvement with the U3A, I am proud of the way in which our Association has developed. Of course, this is not just down to my and Sandra's efforts. We have worked closely with the Committees, associates, group leaders and countless other members and made many good friends in doing so. I will always be very grateful for all the support that we received along the way.

Sandra's personal impact can perhaps best be seen in some of the groups that she helped to establish including 'Ladies at Lunch', 'Let's Sing Together', the Cinema Club and the Goodwill team. The last of these is rather particular to our own U3A and allows us to make a valuable contribution to the wonderful community in which we are all lucky enough to live.

More generally, this has been another positive year in which the U3A Vall del Pop has moved from strength to strength. Importantly we continue to attract new members, recently formed groups are developing well and new groups are already under discussion. Let's not forget the range of trips and events on offer to our members.

Looking ahead to the coming year, I can see that the new Committee is a strong one. I am pleased that so many of our existing Committee members have agreed to remain in post. I feel sure that this will be of great help to Chris Barrett as our new President and Paula Barrett as Secretary. At the same time there is always a place for new faces and the new ideas that I am confident Chris will bring.

For my part, I fully intend to remain an active member of our Association and look forward to meeting many of you at upcoming assemblies and group events.

Thank you!  
Bob



March 2024

## President's Message – March 2024

Our General Assembly and AGM on March 7th was a day of mixed emotions. We all missed deeply Sandra Welham's presence. At the same time her husband Bob helped us to remember the many positives, as I am sure Sandra would have wished.

A big thank you to everyone who made the day as successful as it was.

Paul Corazzo read Bob's President's Report for 2023-24, in which Bob recalled the 15 years of his and Sandra's involvement with our U3A. Bob was rightly proud of the way in which our Association has developed during this time and thanked the committees, associates, group leaders and members for all their support along the way. He also made special mention of Sandra's role in helping to establish the 'Ladies at Lunch', 'Let's Sing Together' and Cinema Club groups and the Goodwill team. Bob wrote that 2023-24 had been another positive year, in which the U3A Vall del Pop had moved from strength to strength. He also welcomed the strong new committee and thanked so many of the existing members for agreeing to serve another year.

I thanked Bob for the extraordinary contributions that he and Sandra have both made to our organisation. I told him that the committee members had already begun to discuss ways in which we can both honour Sandra's memory and thank Bob himself at a more appropriate moment.

You can expect to hear more about this quite soon.

Looking ahead, I told our members present not to expect any big changes to accompany the change of president. The table-top surveys we collected in January told us that the members are generally very satisfied with the way our organisation is running. Any changes will therefore be by way of fine-tuning this successful model.

At this stage I have in mind three priorities for my time as president, all of which will be building on our existing efforts:

- Attracting more new members, and not necessarily just from our traditional UK expat demographic;
- Connecting with charities and other voluntary organisations that are based in our area, or whose activities extend to cover the Vall del Pop
- Using our website and social media both to support the above efforts and to ensure that we connect as best we can with any members who may struggle to attend our meetings in person.

I would welcome your thoughts on any of the above or indeed on other ways in which we can enhance our work for you.

Chris



March 2024

## In Memory of Sandra Welham



This has been a very sad time for the U3A Vall del Pop and the local community as we said goodbye to our long term Secretary and dear friend, Sandra, who sadly lost her battle to cancer after a brave fight.

It had been Sandra and Bob, her husband's, intention to step down as Secretary and President of the U3A Vall del Pop at the AGM at the beginning of March this year after many years of dedicated service to enable them to enjoy more free time together and to travel more.

Sadly this was not to be.



My husband, Chris, and I had agreed to apply for the positions as President and Secretary to allow them to step down, knowing there were successors who would continue their hard work and commitment with the support of the Committee, Associates and members.

Sadly Sandra became unwell in December and she and Bob continued to lead remotely, still very interested and involved and supportive.

They will both be a very hard act to follow and we are grateful to the Committee and Associates who remain in place to support us as we find our feet.

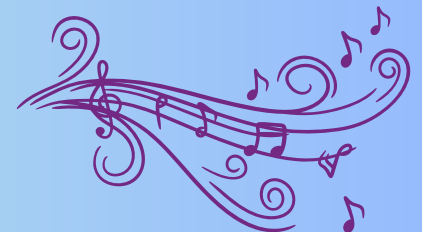
Sandra's funeral took place at Denia crematorium on Tuesday 5th March on a beautiful sunny day. Unsurprisingly some 170 came to pay their respects, a testament to Sandra's popularity and the love and affection we all felt for her.

A celebration of her life followed at Casa Claudia's, Jalon, for close friends and generous donations were made by many on behalf of Cancer Care (Javea) who provided invaluable help, support and care in her final weeks at home. If anyone wishes to make a donation you can do so via:

Pay Pal at: [cancercarejavea@outlook.com](mailto:cancercarejavea@outlook.com)

Or via bank transfer: Baco Sabadell  
IBAN ES 8200810660030002454149

Please mention it is for Sandra.



We hope to plan a musical celebration of Sandra's life in the coming months in aid of charity as music was a huge part of her life.



March 2024

## In memory of Sandra Welham by Father Sami

I had the honour of meeting Sandra several times recently as she looked for peace in her final weeks. I met a very special person with a devout practising Catholic faith, strong moral values and qualities, and who had clearly contributed much to her local community and charities for many years as well as to her pupils throughout her teaching career.



Sandra was born in 1950 and was the youngest of 2 children born to Maria and Horace Cole in Wolverhampton, having a brother, Peter, some 9 years older. Sandra said she was always the “younger kid sister who got in the way” and remembers that her brother always broke her dolls, typical brother and sisterly love.

She was an excellent student at both a Catholic school and college and, not surprising to those of you who knew her, was Head Girl, Head of Sports and Head of Netball and generally a very competitive person who always believed if you are going to do something you should do it to the best of your ability.

She excelled at tennis, lacrosse and netball, but disliked hockey as she considered it too violent.

After school Sandra had to choose between a career as a professional singer or to train as a PE teacher and decided that the safer option long term was to become a teacher which I am sure benefitted many hundreds of pupils over the years.

In later years she also taught General Studies and religious studies which covered a variety of religions, demonstrating her open mindedness and tolerance of others.

I understand Sandra was a very principled lady, a very positive person who saw the best in people, who strove for the best and encouraged others to do the same.

A truly admirable human being.

# NEWSLETTER

u3a  
Vall del Pop



March 2024

## In memory of Sandra, a truly inspirational person and very dear friend by Paula Barrett

I wasn't fortunate enough to have known Sandra for as long as many of you have, I know there are a lot of long and strong friendships and my heart goes out to you all. But I was blessed to spend a lot of time with her in the weeks following her diagnosis in December and we talked for hours about anything and everything and I grew to know her well and about her and Bob's life together.



What came through strongly, was her faith which was very important to Sandra and I spent a very special afternoon with her recently explaining to me what it meant to her and how it brought her comfort and I know it helped her greatly in her final weeks.

Also her very deep love for her "sweetie" aka Bobby. After 42 years of marriage their love was as strong as ever and they truly were best friends, doing everything together, supporting each other and making each other laugh, yes, even at Bob's jokes!



So where did this love affair between Bob and Sandra start? Sandra was already well established in her career as Head of PE in Bristol and Caldicott when sadly she was widowed in her late 20s. Along came Bob some 2 years later carrying red roses and charming her instantly with his boyish good looks, his book of jokes and a head of hair!

They soon married and built a wonderful life together both in the UK and in Saudi Arabia where Bob further developed his retail career and Sandra quickly became established in the International School for 6 years, enjoying tennis, amateur dramatics, scuba diving and international culture, but no wine!

The scuba diving came as a complete surprise to me!

They bought an apartment in Tenerife as a bolt hole which they enjoyed for 18 years and eventually moved back to the UK until it was time to consider retirement to somewhere with a warm, seasonal climate which saw them settle in the Jalon Valley some 16 years ago.



# NEWSLETTER

u3a  
Vall del Pop



March 2024

A quiet life certainly wasn't on the cards though as they threw themselves wholeheartedly into working for Jalon Valley Help and the U3A. After only a year Sandra was established in the newly formed U3A Vall del Pop and was a driving force in it becoming a strong social hub.



Together they have worked tirelessly to enrich the lives of others: running the U3A, setting up groups, leading trips, attending endless social events and raising money for charity. Always willing, always cheerful, friendly welcoming and made many valued friends along the way.

Ladies Dining was established for socialising and is enjoyed today by many and the Goodwill team has gone from strength to strength organising many charity events to raise funds for a spread of charities in the area as well as working with local charities.



Bob and Sandra shared a great love of music and Sandra believed having a brother who was 9 years older who enjoyed listening to Elvis and Rock and Roll meant she was exposed to music from an early age.

She possessed a beautiful, very pure singing voice which we heard last Christmas when she sang her rendition of "Wind Beneath my Wings." solo at the Christmas General Assembly



# NEWSLETTER

u3a  
Vall del Pop



March 2024



To further her commitment to socialising and her love of music Sandra formed the Casual choir, the Vall Del Pop singers, was a founder member of The Entertainers, sang with Caprice, the all ladies choir, and the Denia Rock Choir over the years. If that's not dedication I don't know what is.

It is all credit to Sandra that the Let's Sing Together social singing group brings joy to so many people. Her criteria for it was that members should come away feeling uplifted through the power of music (and coffee and cake!) and a smile.

This is the story of a truly remarkable, inspirational lady who lived her life to the fullest, who loved and laughed and gave so much to so many.

If there were more Sandra's in this world it would undoubtedly be a better place and her passing leaves a huge hole in all our hearts.



Gerry and Mary kindly brought Father Sami to see Sandra in hospital on 2 occasions and I know she found this very comforting. When she came home she was very calm and at peace. She was not bitter or angry or complaining, only concerned for Bob, a testament to their love and her exceptional strength of character.

I would like to pay credit to Bob who has been at Sandra's side constantly whilst in hospital and at home, never leaving her alone and looking after her every need. Bob, you are 1 in a million!

Heartfelt thanks must also go to Louisa, Sue and Julie, Sandra's wonderful carers, who have been angels and supported them both during these past weeks at home. They are very special people indeed and we couldn't have done it without you.

You were a truly inspirational person, Sandra, and a very dear friend and this is reflected in the many, many messages of affection and admiration Bob has received. You will always be in our hearts. Rest in peace now reunited with your Mum and knowing we will all be here for Bob always.



March 2024

## Let's Sing Together

On Monday 26th February 9 members of the U3A Vall del Pop Let's Sing Together group visited Benimeli residential home to entertain the staff and residents.



We sang to about 30-35 residents a variety of popular sing along songs including Sweet Caroline and Que Sera which went down well. Quite a few of the residents joined in. A few danced and we had fingers tapping and lots of smiles. They were so appreciative. The carers there are so lovely and couldn't thank us enough, but I think everyone in the singing group that came enjoyed it and the pleasure was all ours. We have kindly been invited to sing again in May which we will look forward to.

Paula Barrett

## MEMBERSHIP RENEWAL

The time for renewing your Membership is almost up. A big thank you to all those who have come to the GAs, Satellite renewal sessions and those who have made bank transfers.

For those of you who have not yet renewed, there is one final chance to do this in person and that is at our final Satellite Renewal Session, which will take place in the JVH Animo Centre in the Centro Civico in Alacalali on 19 March, from 10.30 until 12.00 noon. If you cannot make this, then you can still renew by bank transfer up until 31 March.

Barbara Bentley  
Membership Secretary





March 2024

## Charity Donations

You will recall the Goodwill team made 6 donations to charity in January on your behalf from funds you so generously donated throughout 2023 and through fundraising events.

These charities were:

Paws Xalo dog rescue

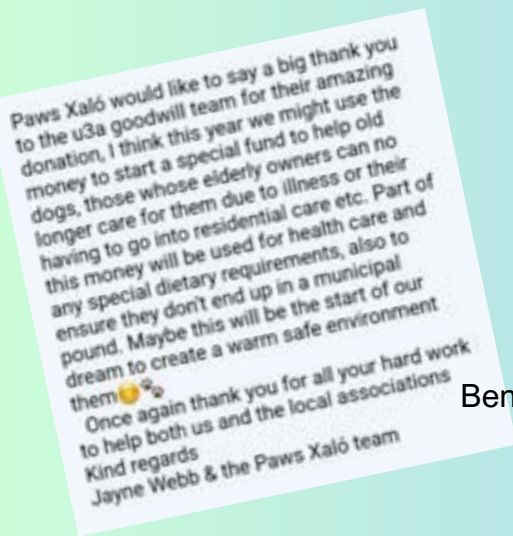
Caring for Cats

Jalon Valley Help

Benissa Children's home (Make a smile)

Project 4 All

ARC animal rescue charity



All 6 are immensely grateful and have sent their thanks to all members as below. Your donations will make a huge difference to the work they carry out as all charities struggle to raise funds.

Throughout the following newsletters we will include an interview with each charity and we are delighted to invite Project 4 All and Make a Smile to come and tell us about their work at our General Assemblies.

You will have met the 4 valley charities previously when we presented their donations, but there is an open invitation for them to visit us at any time. They have also been invited to have a stall at our car boot sale in April to raise funds.

It is heart warming to see the amazing work these charities and others carry out and to be able to support them. So a huge thank you from them and from the Goodwill team for your very generous support.

We have lots of exciting fundraising events planned for this year so please come and support them and we can continue to help others.

Paula Barrett



March 2024

## Project 4 All – Arne Soeten

At our AGM on Thursday 7 th March we welcomed Arne Soeten, CEO of the local charity, Project 4 All, to talk to us about the work of his charity, how it started and has grown and it's plans for the future. Project 4 All was one of the 6 charities the U3A Vall del Pop Goodwill team chose to donate monies to on behalf of our members from our fundraising efforts in 2023 and Arne thanked members sincerely for their generous support.



For those of you who have heard Arne speak before you will know he is an incredibly passionate and dedicated person whose life is devoted to helping those less fortunate than ourselves: homeless persons living on the streets of the Northern Costa Blanca, including those with alcohol dependency, drug addiction and mental health challenges.

He explained that for a large part of his life he too had lived on the streets as an alcoholic and drug dependent and had made wrong choices in his life. Some 9.5 years ago he was living in Rome, Italy, when he decided his life as it was wasn't worth living anymore and fortunately came across Alcoholics Anonymous who saved his life.

Through AA he was encouraged to help others and give back to society so he eventually moved to Spain, settled on the Northern Costa Blanca and started helping to feed the homeless people he met here.

I suspect many of us aren't even aware there is a homeless problem in our beautiful wider community, but Project 4 All now feeds 120 people on a daily basis from Denia to Benidorm, delivering a nutritious hot meal, tents, sleeping bags, clothing and shoes, a much welcome chat, support and a hug. They also assist in obtaining necessary legal paperwork, medical care, help finding jobs and generally showing that someone actively cares.

All of this happens through a team of amazing, dedicated and proactive volunteers with support from local businesses and organisations and donations such as ours. Can you begin to imagine the daily cost of running such a daily operation, 365 days a year: the shopping, cooking, delivering, running a vehicle, the fuel costs, overheads etc, before you consider rental costs.

# NEWSLETTER

u3a  
Vall del Pop



March 2024

They currently have 2 halfway houses locally, one for ladies and one for men, whom they have taken off the streets, including a young pregnant girl who has given birth in safety to a little daughter she can now care for properly. Arne explained the next step is to rent more properties to set up “sleeping houses”, a secure and warm temporary environment where the homeless can access showers, food and a safe place to sleep. In addition they can seek help with their personal challenges and will be encouraged and assisted to look for employment.

This will require a regular income to cover the significant costs so they have set up a Project 4 All membership scheme for 10 euros a month, less than the cost of a cup of coffee a week. Membership will be linked directly to their Caixa bank account and members will know that their involvement and support will make a profound difference in caring for the homeless and help make a positive change in our community.

If you are interested in helping in any way please take a look at their website [www.project4all.org](http://www.project4all.org)



Our Goodwill team is proud to raise funds on your behalf for local charities and we thank all our members sincerely for their generosity. I personally find it heart warming that there are people in our community who care so much about others and do so much good.

At the June 2024 General Assembly we have invited the President from “Make a Smile” local charity to come and talk to us. They too were a beneficiary of a significant donation from members from 2023. Make a Smile helps and supports local children and disadvantaged youngsters in the community and provides everyday essentials to children in local children’s homes, helps with their educational activities and provides occasional treats.

We chose to support the children’s home in Benissa and they purchased vouchers to be spent on each child on shoes, clothing, pyjamas or whatever they needed.

Paula Barrett

[www.u3avalldelpop.com](http://www.u3avalldelpop.com)

# NEWSLETTER

u3a  
Vall del Pop



March 2024

**WARNING**

Recent press coverage of yet another tragic death associated to the drug **Nolotil/Metamizole** really concerns all of us.

If you are in the unfortunate situation where you require strong painkillers, either 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 have **serious side effects**, which seem to manifest themselves amongst Anglo Saxons.

Over the last few years a Spanish medical translator, has been fiercely campaigning to have the drug **banned in Spain** as it is in **UK, USA and 3 dozen 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 use of Nolotil associated with these victims and the tragic deaths of several.  
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 and staff turnover this is obviously not being heeded.

Scarcely only 3 weeks ago one of our own Members, fortunately aware of **Nolotil's deadly reputation**, 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.**



My own recent experience, a private Spanish doctor gave me a prescription for antibiotics and **METAMIZOLE**...post op painkiller..fortunately I recognised this as **NOLOTIL** and had to explain why I was refusing it..

The medical governing body, whose job it is to decide to 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.

Sheila Skinner

[www.u3avalldelpop.com](http://www.u3avalldelpop.com)



March 2024



## Ladies Lunch February 2024

Having missed our January meet up, our visit to La Palmera in Orba on Tuesday, February 20th 2024, was the start of our New Year of Lunches.

It seemed a long time coming, it was obvious, everyone was eager to meet up, and were very prompt!

La Palmera have a lovely courtyard and this offered a great opportunity to socialise with a pre lunch drink in the sunshine, while the staff finished preparing our tables.

A total of 27 ladies enjoyed a three course lunch with a glass of wine or soft drink of their choice.

Claire and the team were very friendly and attentive.



There was plenty of chat, well, we did have a lot to discuss!  
Christmas was so last year!

We had some fun cards to sign and a bouquet to send to Sandra, she was very much missed from our get together.

Thanks to Brigid and Paula for their help and support, it was a challenge organising this event from the UK.

Our next Ladies At Lunch will be Tuesday, 19th March 2024 at Restaurante Nou Portet, Murla  
We welcome new members, so if you'd like to be included, please register through the website.  
[www.U3avalldelpop.com](http://www.U3avalldelpop.com)



March 2024

## U3A Monday Ramblers

5 February – Alcalali to Parcent

It felt more like April than February for our first walk of the month. Chilly to start but the sun soon warmed up and jackets were removed. The warm sun, clear blue sky and comfortable temperatures make this an ideal time to explore the valley on foot.



12 February – Murla to Isbert Dam

Most of our walks are gentle valley routes. But once a month we try something a little more challenging. This month it included crossing the dry river bed near the dam and a short scramble up the bank on the other side. Not as difficult as it looks, and there is always a helping hand for anyone who needs it.

19 February – Jalon to Alcalali

The almond blossom was late this year, and not as spectacular as previous years due to the blight. We were fortunate to have a bright sunny and clear day, which showed the blossom at its best. And we allowed plenty of time to admire them and take photographs.



26 February – Parcent to Alcalali

A forecast of cloudy with the possibility of rain reminded us that it is still winter. We only cancel a walk when the chance of rain is high, and today we were glad that we did not. It was quite bracing and we completed the walk faster than expected, mostly because it was too cold to sit for long having our picnic. But that gave us longer in the bar at the end of the walk. Despite the weather it was far nicer walking in the valley than sitting at home looking out at the grey sky.



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



March 2024

## Goodwill Events

The U3A Vall del Pop Goodwill team is the fundraising arm of the U3A raising funds for local charities.

We aim to provide varied events that our members will enjoy and will want to support.

To this end we are planning the following and giving you plenty of notice to pop in your diaries for 2024. More details will be notified for each one in due course. We very much hope you will come along and support them:

14th April car boot sale on the rastro site, Jalon

**Booking details on Page 16**



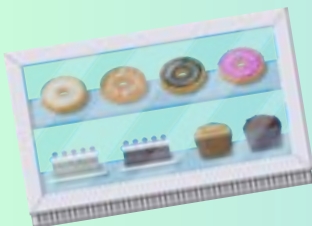
11th May a 60's summer party and bbq with live music and lots of dancing



29th May a fabulous afternoon tea with cava incorporating a super clothes sale and live music



28th June a wonderful evening with The Entertainers at a bring your own picnic at Los Arcos  
In addition at the AGM and General Assemblies we will be hosting:



4th April - Cake Sale

2nd May - Plant Sale

6th June - Sausage Roll

After the summer to be advised.



We will also be holding our pre loved stall at monthly meetings and welcome any unwanted items in good condition to sell. Graham's bookstall will be there too!

More to follow for after the summer.

We hope you will enjoy the variety of great events in the valley.

A lovely way to meet new friends and enjoy old friends.

Paula Heffron



March 2024

**U3A Vall del Pop  
Goodwill Team  
Raising money for local  
charities.**



**Sunday 14<sup>th</sup> April 2024  
at the Rastro, Xalo  
Pitches €10  
10:00-14:00  
(8am arrival for set up)  
Reserve your pitch by emailing  
[goodwillevents2@gmail.com](mailto:goodwillevents2@gmail.com)  
or call  
650052962**





March 2024

## Fabulous Charity cava afternon tea and clothes sale



What better than a fabulous summer garden party afternoon tea with a glass or two of cava, great raffle, live music by the fantastic Paul Corazzo and a chance to shop?



**Date:** Wednesday 29<sup>th</sup> May 2.30-5pm

**Venue:** Los Olivos, 13 Ctra Benissa Jalon CV750 (opposite old Lady Elizabeth School) 2 cream stones by drive.

Bring friends and eat, drink, sing, dance and shop! Only 12e a ticket.

Tickets available from GAs, coffee mornings or reserve via e mail [goodwillevents2@gmail.com](mailto:goodwillevents2@gmail.com)

Please car share where possible. Look forward to seeing you. All proceeds to Paws Xalo dog rescue and U3A Goodwill so please come and support the charities.



March 2024

## 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 Activity, New Friends

Contact group leader for more information

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 8th April 2024 for distribution on 15th April 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

# NEWSLETTER

u3a  
Vall del Pop



March 2024

	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> - Meets weekly, 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 <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.	PAUL CORAZZO <a href="mailto:paulcarazzou3a@gmail.com">paulcarazzou3a@gmail.com</a> Telephone 603717784
	<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>

# NEWSLETTER

u3a  
Vall del Pop



March 2024

	Activity	Contact
	<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

# NEWSLETTER

u3a  
Vall del Pop



March 2024



**ADOPT**

Teulada Moraira  
Ajuntament de Teulada

**AKIRA**

**DOG PARADE  
DOG SHOW  
FOOD & DRINK  
VARIOUS STALLS**

**ADOPT A  
DOG DAY**

**FAMILY FUNDAY**

**ADOPT  
A  
DOG DAY**

**31ST MARCH 2024 11AM - 3PM  
MORAIRA DOG PARK**

For more info contact:  
Gemma +34 626 939 223  
gemma@vivespons.com

**VIVESPONS**  
LAWYERS & ACCOUNTANTS



March 2024

## THE ARTS SOCIETY MARINA ALTA

COMING SOON, on 3 APRIL 2024  
ZAHA HADID: Architectural Superstar  
By Dr. Helen Sijssling

Dame Zaha Hadid died on 31 March 2016 at the age of 65. Architectural historians of the future will recognise her as one of the most important architects of the early 21st century. She was born in Iraq and her reputation was global, but she made Britain her home.



The Arts Society Marina Alta will be presenting the story of her illustrious career on Wednesday, 3 April 2024 at two locations: Salones Canor, Teulada at 11.00 hrs. and Casa de Cultura, Javea at 19.30 hrs. For more information check our website: [www.artsocma.org](http://www.artsocma.org)





March 2024

**"PAWS"**  
**DOG RESCUE XALO**  
***"Bigger & Better"***  
**FASHION**  
**SHOW**

A "Fun"-draising event showcasing some of our fabulous Spring/summer fashion. Music from our DJ, cake stall & raffle and GUEST APPEARANCES!!! All show items will be available to buy on the day plus accessories, shoes and bags

**WEDNESDAY 8TH MAY**  
**DOORS OPEN 10.00H**  
**SHOW FROM 11.00H~13.30H**

**PENSIONISTAS/LIBRARY, XALO**  
**(NEXT DOOR TO THE SPORTS CENTRE)**

***Tickets €5.00***  
***Ticket price includes***  
***Cake & Cava***  
***Tickets available from***  
***Paws Charity Shop***



March 2024

## Keep Fit with Jacintha & Qigong with Jacintha

**Keep Fit:** This workout starts with a warm up, followed by cardio dance, body toning and a lovely cooldown, all at your own pace and to music of the seventies, eighties and your favourite hits of today . Low impact, no jumping jacks !

**Chineng Qigong:** Chinese yoga, mindfulness and fitness in one: your mind comes to rest, your body gets stronger!

Where and when?

Monday 10.00-11.00 Keep Fit at Los Amigos in Alcalali

Tuesday 11.00-12.00 Chineng Qigong at sports centre in Jalon

Wednesday 11.00-12.00 Keep Fit at sports centre in Jalon

Friday 10.00-11.00 Keep Fit at Los Amigos in Alcalali

Costs?

First class for free

€25,- per month

€7,50 pay as you go/ticket box

The average age is between 45 and 75 years young.

Please send me a PM if you want to join, or if you have any questions!

Love Jacintha

Qualified and legal group fitness instructor

Facebook page: Keep Fit with Jacintha & Qigong with Jacintha