

# NEWSLETTER

u3a  
Vall del Pop



June 2026



June 2026

## President's Message

Dear Members,

Our General Assembly on 4th June was the last before our summer break. At the end of a short and routine business meeting we invited Linda Burns (our newsletter editor and committee member responsible for external communications) to describe the different channels of communication open to members.

A show of hands revealed that many people do look at the website and read our newsletters, but that the Facebook group is less well used. Our constant aim is to improve communication and ensure that all members are made aware of everything our u3a offers and you can read more about all these possible channels of communication later in this newsletter.

Following Linda our speaker was Alison Eaves, sales advisor at Ciudad Patricia, the senior living resort in Benidorm. With the help of a video she described the very attractive facilities and wide range of services available to residents. Importantly though, this was more than a sales pitch for the resort. Alison also communicated clearly some of the advantages of community living at a certain point in our lives and her talk seemed to generate significant interest.

Clearly a resort such as Ciudad Patricia will not appeal to, or be affordable for, all our members. However, Alison's message on the importance of planning ahead, which we hear from so many of our speakers, is certainly of general relevance.



Our next General Assembly will be on Thursday 3rd September, which will be a special event to celebrate our Association's 20th anniversary, an opportunity to say thank you to our founders and all of those who have led our Association through not only the good times but also harder times, including the Covid pandemic. I will keep the business meeting as brief as possible and there will be no speakers. Rather we will enjoy music from Forever Young and party and reminisce together.

Until then I wish you a restful and enjoyable summer, whether you are remaining here in Spain, returning to the UK or travelling further afield.

Best wishes  
Chris



January 2026

## Stay Connected What's on, Where & When....

Do you know how to find out about all the groups, trips and events we organise for members' enjoyment or the general information we pass on?

Please don't be afraid to ask if you can't find the information you are looking for. We are here to help.

### There are several ways we communicate.

Our monthly General Assembly meetings are a great face to face way to find out lots of up-to-date information, book trips and events, find out about our group activities, listen to interesting speakers and enjoy socialising. Usually held on the first Thursday of the month at the Polivalent, Murla. Doors open 10am, meeting starts 11am. No need to book, just turn up.



Our 3 coffee mornings a month, (1 run by the Travel and Entertainment team and 2 by the Friendship and Support team), are another great face to face way to find out what's going on, to book trips and events at the Travel and Entertainment ones, and to socialise. No need to book, just turn up.

Our monthly newsletter provides a wealth of interesting information about what is/has been going on, what is planned, links to external events and trips, and general useful information. This is sent out to all members by e mail and is also available to read on our website. Most members really enjoy this, and we welcome input.



If you use Facebook we have a Members Facebook group which again gives lots of current information and is updated almost daily.

This is available to current u3a Vall del Pop members only and not members of the general public. Click this button to join ...

[CLICK HERE](#)

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Our website is another great source of information and has been designed to make it easy to use. You can access it via a smart phone (i.e. if you have internet access on your phone), a tablet or iPad or a computer/laptop.

All you have to do is open e.g. Google or whichever search provider you use and type in [www.u3avalldelpop.com](http://www.u3avalldelpop.com) and our website will appear.

From the first page (the home page), you can look at Events/trips, Activity Groups, Friendship and Support, read about past and future activities, coffee mornings, newsletters etc.

Everything we have on offer is on here and it is constantly updated.

You can email us anytime on the following e mail addresses:

**Chris Barrett** [president@u3avalldelpop.com](mailto:president@u3avalldelpop.com)

**Paula Barrett** [secretary@u3avalldelpop.com](mailto:secretary@u3avalldelpop.com)

**Roger Bentley** [treasurer@u3avalldelpop.com](mailto:treasurer@u3avalldelpop.com)

**Barbara Bentley** [membership@u3avalldelpop.com](mailto:membership@u3avalldelpop.com)

**Goodwill** [goodwill@u3avalldelpop.com](mailto:goodwill@u3avalldelpop.com)

**travelentertainment** [travelentertainment@u3avalldelpop.com](mailto:travelentertainment@u3avalldelpop.com)

**Teresa Tillbrook** [activitygroups@u3avalldelpop.com](mailto:activitygroups@u3avalldelpop.com)

**Linda Burns (Asst. Secretary PR/News)** [news@u3avalldelpop.com](mailto:news@u3avalldelpop.com)

**General enquiries** [team@u3avalldelpop.com](mailto:team@u3avalldelpop.com)

We send out emails to all members with important and timely information

**Please note original mail addresses other than the above are now being deleted and therefore no longer in use.**

We appreciate many of us are not IT savvy (computers and the internet weren't around in our younger days!) but we do our very best to ensure you receive all the information you need in a safe way that you can easily access so you feel involved and informed.

Peter Ellis is our IT guru and is very happy to help anyone learn how to use any of these methods of communication safely on your phone, tablet or computer.

He is very patient and helpful, and is available at the GA meetings.

Don't miss out on groups, trips, events, socialising just because you didn't know about them.

Linda Burns

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





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**CELEBRATING  
20 YEARS**  
u3a Vall del Pop

**3RD SEPTEMBER**

DOORS OPEN **10AM** General Assembly  
Polivalent, Murla.

Entertainment by  
Forever Young

Complimentary  
Bubbles & Snacks

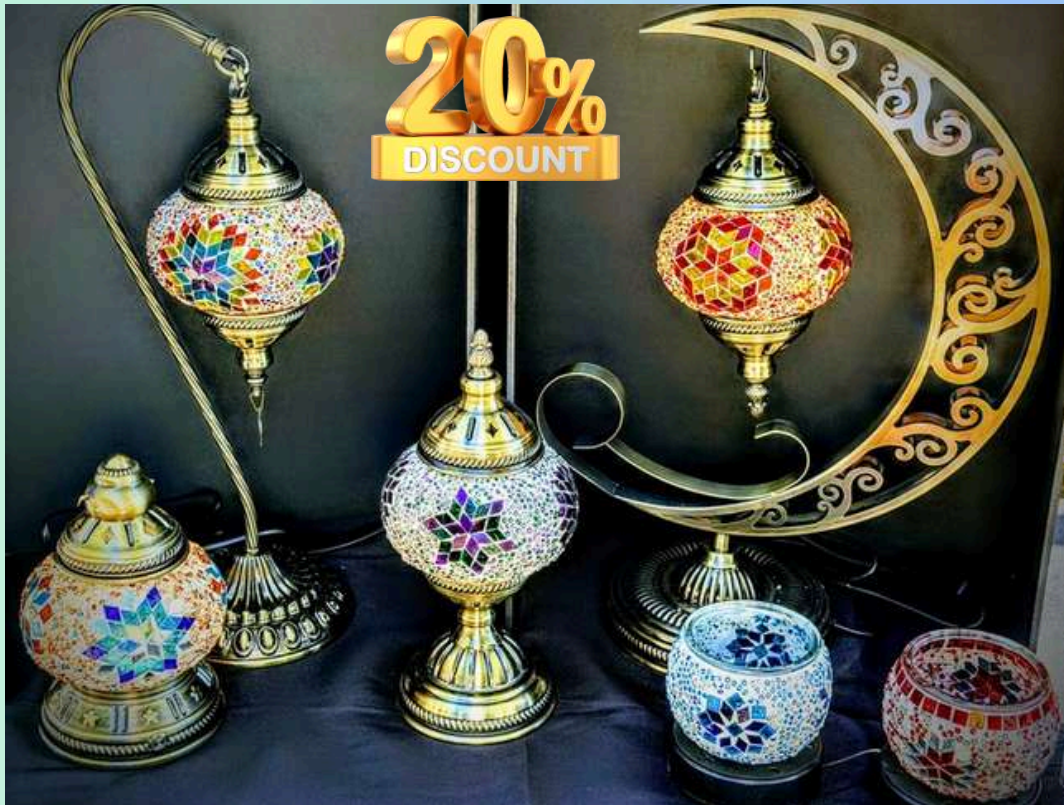
Bring own nibbles to share on your table



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## Mosaic Magic Studio

Linda Burns brought along to the June meeting a beautiful display of Moroccan style lamps that lit up the room. Her love for creativity has led her to promote workshops in Spain, where you design and create your own glass lamp. All u3a Vall Del Pop members are offered a generous 20% discount at workshops.



Find out more by dropping  
Linda an email  
[info@mosaicmagicstudio.com](mailto:info@mosaicmagicstudio.com)  
Check out her  
[www.mosaicmagicstudio.com](http://www.mosaicmagicstudio.com)  
or join the [Facebook](#) or  
[Instagram](#) pages  
for updates and  
workshop details.

A mosaic lamp workshop  
where creativity, and light come together

- ✓ Small groups
- ✓ All materials included
- ✓ Step-by-step guidance
- ✓ Learn a new skill



 mosaicmagicstudio

 mosaic magic studio

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



*I look forward to meeting you  
and creating magic!  
Linda*



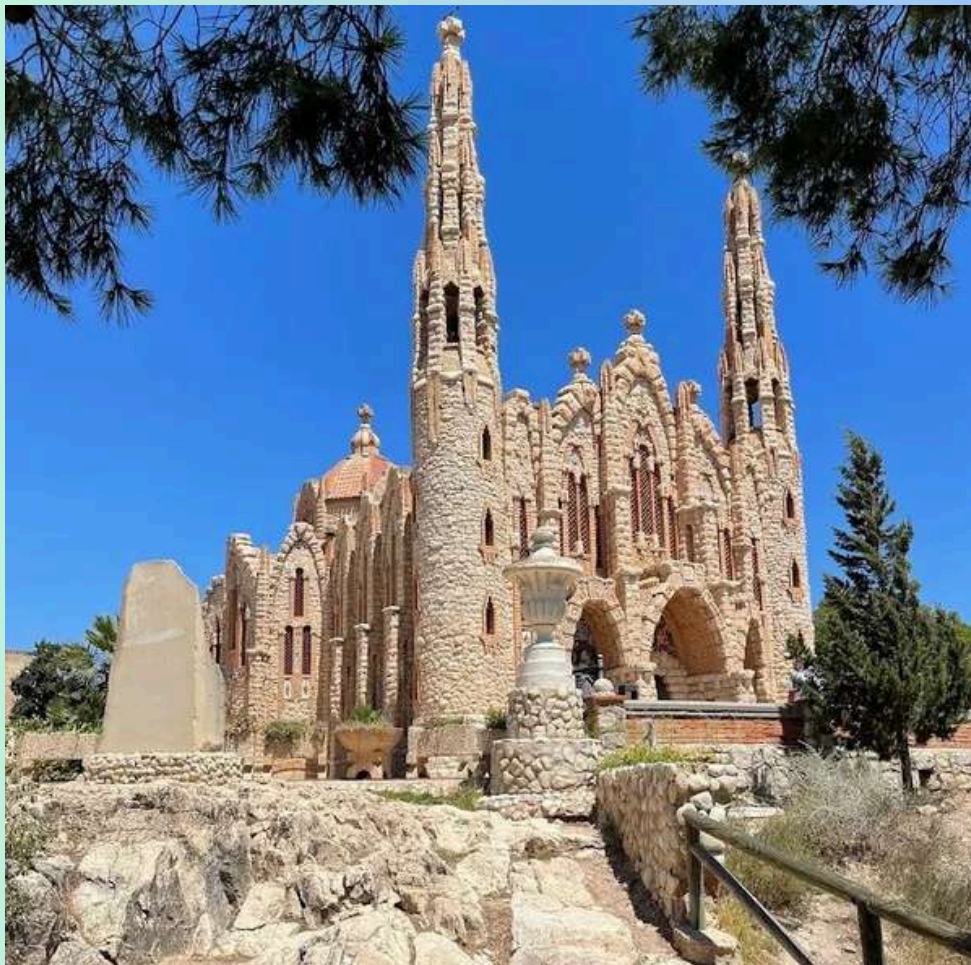
June 2026

## Novelda Trip May 2026

48 Members arrived for our first U3A trip to Novelda, a town in Alicante Province important for quarries and mines of marble, limestone, silica, clay and gypsum. It is a major centre of the marble industry.

First port of call was a little out of town at the Monastery of Santa Maria Magdalena which has a church designed by a disciple of Gaudi. There were plenty of photo opportunities and some stunning views. Some of our group also visited the Moorish Mola Castle. Others enjoyed a coffee and enjoyed the views.

After our stop here our driver Oviedo dropped us in town where we had a few hours to discover the town and of course find somewhere good for lunch! Many of us headed straight to the Tourist Info Office where the very helpful staff recommended places to visit.





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## Novelda Trip May 2026



One of the recommendations was a visit to the Casino de Novelda which was built in 1888. It has various architectural styles – Art Nouveau, Neoclassicism and Baroque! In its past it was used as a military hospital. A few of our group were in the lovely bar/restaurant enjoying a glass of the local wine and an early lunch.

Other members visited the Casa Museo Modernista, built in 1903. It has 3 floors, unique staircase and a patio bedecked with white marble columns.

We enjoyed an excellent Menu Del Dia and it was soon time to be heading back to the coach. It was good to hear about the meals other members of the group had enjoyed and what good value they were.

We had a good trip back to Jalon and a raffle with some shopping centre vouchers to be won.

A great day out topped by lovely weather too!  
Carole Wardle



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## Spring Fayre May 2026

Having postponed due to bad weather earlier in the month, we certainly couldn't have wished for it to be hotter on Sunday 24th May for our Spring fayre and car boot sale.

Over 80 stallholders displayed their wares and there was something on offer for everybody from beautiful homemade crafts, sourdough bread, homemade condiments to vintage wear and car boot bargains.

As usual our fabulous u3a bakers and friends came up trumps with a fantastic array of cakes and savouries which were a huge success and much enjoyed.

The bbq kindly run by Andy Keay and Jeni Buck was a big hit despite the heat, as was the tea and coffee stall run by Sonia and Graham.

No surprise the bar did a roaring trade in cold drinks and 2 lovely young visitors of ours did cold drink and food runs to the stallholders which was gratefully received.

Oh to have that much energy!





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## Spring Fayre May 2026 cont.



Paul and Jude were as fabulous as ever entertaining visitors and stallholders alike and some even enjoyed a dance despite the heat!

Tina and Gary did a sterling job on the tombola which almost sold out. Thanks also to Marian who helped to organise it before their trip to the UK.

A huge thank you to everyone who took part and to everyone who came and supported the event. We raised a fabulous **1695e** which will go into Goodwill funds to be shared at the end of the year to local charities.

I delivered all the leftover bbq food and cakes and savouries to Project 4 All that evening and they had enough to supply the entire homeless food run on Monday which is wonderful. They were so grateful and I love how we can help other charities and those who are less fortunate than ourselves.

Thank you again for your support. Paula Barrett



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## A Charity Afternoon Tea on a hot summer's day

Friday 29th May saw 130 u3a members, Paws supporters and friends gather in our garden for a quintessentially English afternoon tea on a rather hotter than English day!

The garden was bedecked with gazebos to provide much needed shade and the tables laid with pretty tablecloths and fine bone china cups, saucers and plates. It was reminiscent of a bygone era when afternoon tea would be served in some homes, sadly not mine!

The bar was open and cava flowed while some guests shopped for post Paws fashion show bargains. Others chose to sit in the shade and listen to the excellent musical repertoire of the superb Paul and Judy who started the afternoon with some slower well known numbers we all knew and could sing along to.



At 3pm afternoon tea was served by a team of charming waitresses who had got acquainted with their table guests and noted any special dietary requirements. A selection of tasty, dainty sandwiches and homemade sausage rolls was served first with special platters for the vegetarians and gluten free guests.

Pots of English tea or coffee were served plus cava, soft drinks, wine, beer and water, and top ups of food and drink were offered until all guests were satisfied.

A wonderful assortment of homemade cakes and scones, jam and cream followed on 3 tier cake stands, (all drilled and made in our garage using odd pretty bone china plates), and finally ice creams for those who still had room.

By now the music had become more lively and some brave souls took to the dance floor and many joined in singing popular favourites.



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## Afternoon Tea - May 2026 Cont.

A raffle was called with 18 super prizes and guests were very generous in buying tickets. Paul and Judy entertained until after 5pm and many were in no rush to leave despite the heat.

The aim of the afternoon, as well as for everyone to have a lovely time, was to open our home to raise money for 2 organisations close to Chris and my hearts: Paws Xalo dog rescue and u3a Vall del Pop Goodwill charity fundraising team, and we were delighted to raise 2433e which the charities shared.

A huge thank you to everyone who came and supported the event and to the incredible hardworking team who made it all happen beforehand, during and after. We prepared and served over 1200 sandwiches and a similar number of cakes, washed 500 pieces of bone china by hand, several hundred glasses, put up gazebos, tables and chairs, took them all down and washed endless tablecloths. Not to mention the mega Mercadona shop!



The girls in the kitchen worked tirelessly, as did the whole team, and I hope everyone enjoyed it as much as we did. Thank you so much for the positive comments and feedback. Many of you kindly commented on how attentive the waitresses were, especially in the scorching heat, and they will be thrilled to hear this. 25 fabulous volunteers made the day happen and made it such a success.

We look forward to seeing many of you at our summer party with The Entertainers at Murla on 18th June which is open to everyone (tickets are still available at [goodwill@u3avallpop.com](mailto:goodwill@u3avallpop.com)) and at our summer bbq in our garden on 26th June with Forever Young entertaining us.

We wish everyone a wonderful summer.



June 2026

## Ladies at Lunch May 2026

Well, we got lucky with the weather for our lunch and we were all able to sit out on the terrace under the pine trees at La Piscina, Parcent on Tuesday 19th May 2026.

Just a small group of eleven ladies, we enjoyed a selection of starters and had pre-selected our main courses, and chose our sweet on the day. Most of us went home with a dinner for the next day.

There was lots of chatter as usual. This was our last lunch before the summer recess. We have lots of other parties to attend in June so we'll not miss the June lunch.



So, a bit early but I wish you all a happy holiday or staycation and look forward to resuming lunches on Tuesday 15th September.

If, you are reading this, and are new to the u3a and would like to join us please email

Sally  
u3aladieslunch@gmail.com

I can then put you on our mail list.



June 2026

## MEN *who* MUNCH



On Thursday May 28th twelve of us enjoyed an excellent lunch at La Piscina in Parcent, always a popular choice for our group. On a warm and sunny day, we were able to sit outside at one long table under very welcome shade.

We enjoyed the usual bread and alioli and two starters, a very generous mixed salad and a tasty mini burger. The most popular main course was roast lamb, followed by roast boar and chicken fillets, while two members took advantage of the wide range of fish dishes on offer. All this was followed by a choice of desserts, and the price of 24,90€ also included one drink.

Our next lunch (the last before our summer break) will be at Naranjo en Flor in Benidoleig at 1.00 on Thursday July 2nd. If you would like to join us and are not already on our list, please email me on [president@u3avallpop.com](mailto:president@u3avallpop.com) or call/WhatsApp: +44 7772 106472.

Chris Barrett



June 2026

## U3A Monday Ramblers



### 5 May – Jalon to Alcalali

The weather forecast for the first walk of the month was not only 60% chance of rain, but also a red warning for rain and storm. We would normally cancel the walk in such circumstances, but we decided to meet at Jalon tourist office and decide whether to walk or to go to Casa Claudia for a drink. It was dry and we walked, it remained dry and we have a very enjoyable walk. The rain arrived an hour after we reached the bar. The morale is – don't always believe the weather forecast.

### 11 May – Lliber river walk

A week later we had a different problem – it was too hot. The weather forecast was sunny and 24c. The problem would be avoiding the sun, not the rain. This is a lovely walk and we have our picnic break on the dry river bed about half way through the walk. However the river has no shade, and it was too hot to have our picnic there in the hot sun. We desperately needed some shade, and I soon discovered that there wasn't any. Or at least not enough for all 26 who were walking. The best we could find was the shade from a large tree and we all became better friends as we bunched up to get everyone into the very limited shade.





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## U3A Monday Ramblers cont.



### 18 May – Alcalali to Parcent

The weather forecast was a comfortable 22c for our third walk, but we did have to cross two rivers. There had been one day of heavy rain in the past week, and I was confident that we would be able to cross both rivers ok. The first was the easiest as it had a line of stepping stones. However I was a little surprised to find that the water was both faster and higher than I expected. There are no stepping stones at the next river, and as you can see we got our boots wet.

### 25 May – Parcent to Alcalali

Most local walking groups start their summer break at the end of May. We carry on to the end of June, but we start an hour earlier and aim to reach the bar by 12 noon, before the hottest part of the day. The forecast for the last walk was 28c, so we brought forward our earlier summer start time. We also choose a walk along the side of the Col de Rates, which is partly wooded and has lots of shade. However the last leg of the walk back to Parcent is very exposed. So we were all very happy to reach the Cooperative in Parcent and a long, cold drink.



Weather permitting we will continue to walk until the end of June and new members are always welcome.

If you would like more information about the group and our walks please send an email to [paulleniston@hotmail.com](mailto:paulleniston@hotmail.com)



June 2026

**U3A**  
**VDP**  
PRESENTS  
**THE ENTERTAINERS**



*Summer Party*  
**18TH JUNE 2026**  
**POLIVALENT,**  
**MURLA**  
**DOORS OPEN 7PM**  
**SHOW STARTS AT 8PM**  
**TO 11PM**

Bring Your Own Picnic, Buy Drinks at the Bar  
all drinks 1€ Event open to Non Members!



**MONEY RAISED FOR U3A GOODWILL CHARITIES**

Tickets from GA, Coffee Mornings or [goodwill@u3avalldelpop.com](mailto:goodwill@u3avalldelpop.com)



June 2026

## Magical Sunset on Catamaran from Denia

Tuesday, July 28, 2026

🎷 JAZZ ON BOARD

Join us on this trip and enjoy the magnificent coast of Denia towards Cova Tallada, and the magical moment of the sunset, accompanied by a glass of cava.

40 Euros PP including Coach  
Leaving Xalo Rastro car park at 5.30pm  
Or meet us there 30 Euros PP

[travelentertainment@u3avallpop.com](mailto:travelentertainment@u3avallpop.com)  
Book your place



June 2026

## u3a Vall Del Pop coffee mornings

We look forward to seeing you at the following events.

No need to book, just turn up.

Please note, occasionally dates and venues may have to be amended so please keep an eye on the new website or Facebook for updates.



**Members General  
Coffee Mornings  
11.00am**

**Resto Bar Quijote Orba**

**17<sup>th</sup> June**

**16th July**

**19th August**

**Friendship & Support  
Coffee Mornings  
Weds 10.15am**

**My Mercat, Jalon**

**June 17th**

**July 1st, 15<sup>th</sup> & 29th**

**August 12th & 26th**





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## Your Travel Team Needs You!



Trips are a popular part of the U3A and organised by the Travel Team.  
Like all areas of the U3A many hands make light work!

To ensure we are able to continue offering a varied choice of trips  
throughout the year we need new members to join the team.

You will not work alone, we operate as a team!  
You will be supported and guided through current processes  
or may come up with one of your own!

Please do not hesitate to contact us if you wish to know more  
about joining the Travel Team

[travelentertainment@u3avalldelpop.com](mailto:travelentertainment@u3avalldelpop.com)

Carole Wardle



June 2026

**Your u3a invite you to a spooky Halloween evening of music & dancing with the fabulous Paul & Judy on Saturday 31st October 7pm-11pm at Pepe's, Alcalali**

**Dress to scare if you dare!!!  
Only 17euros, monies raised by Goodwill for local charities.**

**Meal choices on booking:  
Chicken Pie, Hake Florentine,  
Roast Pork or Veg Lasagne,  
Bread, alioli & ice creams included.**

**Please note this year we will be seated inside the venue (not in the conservatory) to keep warm!**

**Book at [goodwill@u3avalldelpop.com](mailto:goodwill@u3avalldelpop.com)**



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## Join in and meet new friends!

Activity groups meet regularly to pursue common interests. You can learn new skills or brush up on old ones, and it's a great way of making new friends!

The Group Co-ordinator is available to assist and advise in starting new groups or to help existing groups to recruit members etc Teresa - Group Co-ordinator - [activitygroups@u3avalldelpop.com](mailto:activitygroups@u3avalldelpop.com)

**Please check with contact for activities over the summer**

### ACTIVITY

### CONTACT



**Allotment** - We have a large 6m x18m allotment in Jalon. There is a shed and water on site.

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



**Ballroom, Latin & Sequence Dancing**  
- Whatever your level of fitness, ballroom dancing is a great way to exercise and meet new friends.

DUNCAN THOMPSON  
[dtheys14d18m@gmail.com](mailto:dtheys14d18m@gmail.com)  
Telephone: 634 33 46 89



**Bridge** - The aim of this group is to provide an opportunity for people to play bridge in a relaxed and friendly atmosphere. Cooperativa in Parcent.

WENDY SIM  
[wendy.sim1@hotmail.com](mailto:wendy.sim1@hotmail.com)  
Telephone: 711090516



**Canasta** - We meet every Tuesday afternoon at Casa Claudia in Jalon. New members would be very welcome to join us.

MARY WOOD  
[marywoodspain@gmail.com](mailto:marywoodspain@gmail.com)  
Telephone: 675 674 301

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## ACTIVITY

## CONTACT



**Chair Fitness** - Low impact, joint-friendly exercise class from qualified, experienced instructor

Jacintha Hoogewerf  
[jacinthahoogewerf@gmail.com](mailto:jacinthahoogewerf@gmail.com)  
Telephone 634320606



**Cinema** - We aim to show a wide range of films in English. If you want to be included in the Cinema Group mailing list please contact Group Leader.

CHRISTINE BRAZIER  
[justnanny@live.co.uk](mailto:justnanny@live.co.uk)



**Digital Photography** - Our aims are to develop our digital photography skills in a social and safe group setting; and importantly, have fun doing so.

DAVID BROCK  
[Davidandellen50@yahoo.co.uk](mailto:Davidandellen50@yahoo.co.uk)  
Telephone: 606 995 919



**Dining Experience** - Is now venturing outside the valley. Members can recommend an old favourite that they enjoy or a new venue to try.

Paula Barrett  
[secretary@u3avalldelpop.com](mailto:secretary@u3avalldelpop.com)



**Game Addicts** - We are a group that likes to keep those grey cells active, and pride ourselves on being a friendly, light hearted crowd.

GORDON RODMAN  
[boneinjalon@gmail.com](mailto:boneinjalon@gmail.com)  
Telephone: 693 725 199



**Ladies At Lunch** - We want to 'spread the wealth' so we plan these lunches at a variety of restaurants across our region.

SALLY ELLIS  
[U3aladieslunch@gmail.com](mailto:U3aladieslunch@gmail.com)

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## ACTIVITY

## CONTACT



**Let's Sing Together...For Fun** - Love to sing anywhere, any place, when a tune pops into your head. We sing songs that we enjoy, are fun and lifts our spirits.

PAUL CORAZZO  
paulcorazzou3a@gmail.com  
Telephone 603717784



**Mahjong** - Vinyaters Xalo Friday from 2.00pm  
A game rumoured to be around 2,500 years old, that is similar to Rummy, played with tiles.

BERYL COMAR  
berylcomar@gmail.com



**Men Who Munch** - What happens at "Men Who Munch" stays at "Men Who Munch"  
Join in with our get togethers at various local bars or restaurants.

Chris Barrett  
president@u3avalldelpop.com  
Whatsapp +44 7772 106472



**Mosaic 1** - We create decorative mosaics using glass and ceramics. Join us to learn how to do this fascinating hobby. Contact group leader

LIZ WILLIAMS  
Lizwilliams2008@live.co.uk  
Telephone: 684116089



**Open Forum** - We meet fortnightly to discuss a variety of different topics, both serious and light-hearted. We are all different but we are all equal here!

SUE HARVEY  
shirleyliber@yahoo.com  
Telephone: 965730605



**Petanque** - We meet every Wednesday & Friday mornings in Lliber

GERRY BACON  
Gerard.bacon@yahoo.com  
Telephone: 600 652 821





June 2026

## Working in Collaboration with other organisations

Goodwill are proud to support this charity fundraiser.

Book direct with Sandie, details on poster. Always a great afternoon.

Chris and I will be on the bar and there will be sausage rolls, quiches and cakes on sale for the charity.

Jo and Pete from The Entertainers will be performing with the OKs joining in for a few songs.

**project 4 all**  
BE THE CHANGE

**Invite you  
to a musical  
picnic party**

**project 4 all**  
BE THE CHANGE

**Sunday July 5th - 4pm**  
at the 'OK Corral' - Benissa campo **doors  
open  
at 3pm**

**Jo Fuego + friends**

**€10** door donation p.p.  
B.Y.O. PICNIC - DRINKS FROM THE BAR

For bookings email Sandie  
**sandie7armer@gmail.com**  
Please request a map when booking