NEWSLETTER

u3a
Vall del Pop

November 2026

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President's Message

As is customary our November General Assembly had a remembrance theme. The representatives of the British Legion were, once again, in attendance with a table of poppies etc for members to purchase. Our Goodwill team also made a small donation to ensure that their trip was worthwhile.

Our speaker David Baggeley had been introduced by members Gary and Tina Robinson and spoke about his 40 years in the army, starting as a 15 year old recruit. David served in many different places including Aden, Kenya, Germany, Gibraltar and a number of tours in Northern Ireland. He shared many amusing anecdotes of his own and colleagues' experiences. However, his main focus was on the human aspects of service, ranging from his first experiences when joining up as a young man to the difficulties that many servicemen face when returning to civilian life.

David spent much of his time in the army teaching mountaineering, which became a lifelong passion, and other adventure sports. Although this was a real opportunity for him, there was always a serious purpose. The soldiers he trained all had to learn to overcome different fears if they were to perform effectively on the battlefield.

Following David's presentation and an informative Q & A session, including the advantages and disadvantages of national service, we lightened the mood with a very well received make-up presentation by Dee Wilkes, with Sally Ellis kindly volunteering to be Dee's willing model. You will find more information on both David's presentation and Dee's demonstration later in this newsletter.

We will continue the lighter mood into our next GA on December 3rd which will be our Christmas Party. I will keep the business part of the meeting as short as possible. We will then enjoy a Christmas show from the fabulous Entertainers and we will provide cava and orange juice. As in previous years members are encouraged to bring a plate of food for the buffet to share.

Best wishes
Chris

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November GA Guest Speakers

At our November General Assembly we had a very interesting talk from our guest speaker, David Baggeley, who had served in the British army for over 40 years. We felt this was a fitting talk so close to Remembrance Day and reminded us all of what the members of our armed forces face.



Dave joined the Army Cadet Force at school then the British army at the tender age of 15. At 17 he was sent to fight in Aden and enjoyed eating curry 3 times a day!

His career took him to Kenya to teach in the Tri nation outward bound school where his role was to teach local soldiers to swim. Whilst there he climbed Mount Kilimanjaro and found his love of mountaineering.

1n 1966 he was sent to Germany during the cold war and then to several years in Northern Ireland during the height of the troubles. Clearly these years were very traumatic and Dave has written and had published 2 fictional books inspired by the troubles: Hard Rain and The Darkness, both of which are available in English on Amazon.es.

Interestingly Dave explained that he took to mountaineering and rock climbing to escape from everyday life and ended up training people in the Elite Army Training Corp to manage fear through adventurous training. He explained that fear is essential to keep us alive, but we need to manage it in extreme situations. He became chief instructor for all the armed services and when he retired at age 55 he used his love of mountaineering to become a professional mountaineer and lead expeditions.

When he felt it was time to retire from extreme sports he took up golf and writing, hence his 2 books. He spoke about how some people struggle to adapt to civilian life after a life in the armed forces and why it was important to him to find his purpose.

A very interesting talk.

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November GA Guest Speakers Cont.

We then followed with something for the ladies: a super make up demonstration by the very popular and talented make up artist, Dee Wilkes. Dee has worked for many of the big cosmetic companies and in tv and stage make up and now focuses on bridal make up and one to one personal sessions.

Sally Ellis was our model and Dee explained how she assessed Sally's colouring, how she mixed colours to suit her, what range of cosmetics she uses, what one can achieve with different techniques and products and what suits we slightly more mature ladies!

One great tip: Mercadona make up is excellent quality and great value for money as is Kiko, situated in Ondara shopping centre.

Sally looked fabulous and anyone interested in a one to one or small group session should contact Dee. You won´t be disappointed.







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The Eagles Tribute, Benidorm Palace

On Sunday 11th October 45 u3a members enjoyed a long awaited trip to Benidorm Palace to see Talon, the amazing Eagles tribute band.

It was just as well that Sonia Higginson had kindly booked this for us many months ago as it was a complete sell out and deservedly so. I don't think there was a single spare seat in the venue!

The band were sensational, the show fantastic and it was wonderful to see the audience singing along and dancing to all the old songs from our era! Of course they played Lying Eyes, Take it Easy, Desperado and Hotel California, all the well known numbers, but also lots from several albums.







What a night! You really can't beat our generation's music! We loved every minute. Thank you so much to Sonia for organising and hosting the trip.

We do need people to host and lead trips, we are a small team and we can't do it all, so please come and talk to us if you can help. We should be delighted to hear from you.

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Halloween evening at Pepe's 31st October

After a tragic week with the awful train crash which claimed so many lives, we discussed with Pepe's and took the official advice that private parties and events could still go ahead. So our Halloween event went ahead as planned and everyone joined in and made it a huge success.

Thank you to the Goodwill team who decorated the venue and tables brilliantly. The inner room made a perfect setting for such an event.

Many guests dressed up and the costumes were fantastic: so much thought and effort had gone into them. Some were quite horrific, some people were totally unrecognisable, some were spookily glamorous. Thank you for making such an effort. It is great fun to see all the creations and adds to the atmosphere.
It was an impossible task to pick winners, everyone deserved a prize, but 6 lucky winners won prizes of cava and chocolates.











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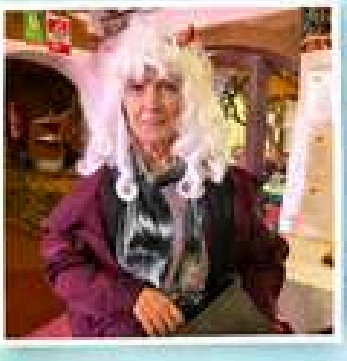
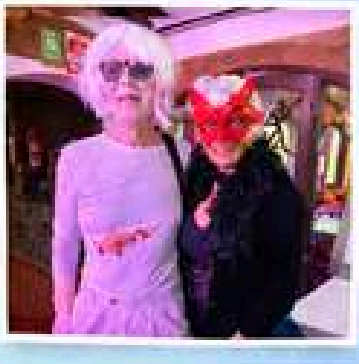
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Halloween Evening at Pepe's

31st October












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Halloween evening at Pepe's 31st October



Pepe's did an excellent job of serving everyone so efficiently and the pies were as good as ever, huge and piping hot!

Paul and Judy entertained us after dinner and it was such a joy to have them perform for us. They kept the dance floor full from the start with lots of songs we all knew and could sing along to and it was lovely to see so many people having fun.

Thanks to everyone's generosity we raised 517euros for Goodwill funds from the raffle and ticket sales which will be distributed to a variety of charities after the Christmas fayre.

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Day trip to Guadalest, motor museum and Valor chocolate factory

On what had threatened to be a damp autumn day, the sun kindly came out and the rain stayed off for a lovely day out in Guadalest with visits to the motor museum and the Valor chocolate factory. 39 members and guests left Jalon at 9.30am for a very scenic drive through Callosa up to Guadalest. Thankfully we had a very careful and professional coach driver who negotiated the windy roads with great care, unlike some of the crazy drivers who raced past us! The mountains are truly spectacular and the ravines very deep!

Our first stop was at the motor museum where some members chose to stop and admire the collection of old vehicles whilst some took in the view and visited the gift shop before we were collected and taken up to Guadalest.

Others stayed on the coach and went straight up to Guadalest giving them lots of time for shopping, drinks and lunch. Either way we kept bumping into each other in the gift shops, bars and restaurants with many loaded down with their purchases!





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Day trip to Guadalest, motor museum and Valor chocolate factory cont.





Mid afternoon we all boarded the coach for the journey to Villa Joyosa to the Valor chocolate factory and were pleasantly surprised at how much warmer it was lower down by the coast. We enjoyed a very informative guided tour in English thankfully, taking in a video explanation of how chocolate has been made over the centuries, where the beans come from, why the factory is in Villa Joyosa and we were then able to watch the production lines from a viewing gallery. We then had a chance to try several types of chocolate before time to purchase lots of goodies in the shop and most of us came away with a bag full!

The aroma of chocolate was very strong inside and outside the factory and made many of us long to open our purchases before we got them home!

A very enjoyable day out and a big thank you to Carole Wardle who planned it for us before she left for the UK.

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Christmas is Coming!!!!

Yes, the year is whizzing by at a crazy speed and it will soon be the festive season. So what do we have planned?



On Sunday 15th November we are hosting a joint Xalo (Jalon) Christmas fayre with Jalon Valley Help, a first for us. We decided Xalo would enjoy one big, fun filled, festive fayre this year so we are pooling our resources and going big!

Santa will be there, lots of craft and gift stalls, 3 lots of live music from Forever Young, The Jukes and the Dutch choir, dance and keep fit demos, a big car boot section, bbq, bar, cakes and savouries, teas and coffee, something for everyone to enjoy.

We do hope you will come along and support it and have lots of fun. As usual it will be on the Rastro site by the Tourist Info office from 10-2.

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Planned Events cont.

At our **General Assembly on Thursday 3rd December** we have something very special planned. The brilliant ¨Entertainers¨ will be presenting their Christmas repertoire for us with 2 hours of fabulous, festive songs. If you go to see them in the village squares at Christmas time you will know how wonderful their show is and we are very excited they will be performing for us.

We invite you to bring a plate of food to share on the buffet table and we will supply the bubbles and orange juice.

We will also hold a collection of household goods and toiletries on behalf of Caritas so please bring an item if you can. These are distributed to local families in need.



Then on **Sunday 6th December** we have our fabulous **dinner dance** at the beautiful Vall de Pop restaurant, Lliber, from 7pm, a chance to dress up and let your hair down! Forever Young will entertain us and keep the dance floor full!

This event is sold out. Please note, once menu choices are submitted to the restaurant we cannot give refunds if you cancel (unless we can resell your places), so please let me know ASAP if you are unable to attend. We do have a waiting list.

Many groups will cease over the Christmas period but there will be coffee mornings to enjoy so please look our for the dates of these.

I won't wish you a Merry Christmas now, it's way too soon!

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Proposed trip to Asturias and Cantabria 2027

You will hopefully have seen the details of this amazing trip next September 2027, if not keep scrolling to next page. It is also on our website Click Here so please take a look. It really does look very interesting with lots to see and do. Or, if you prefer, you can opt out of some of the visits and relax and take in the scenery! Nothing is compulsory!

We need a minimum number of participants to make it financially viable so if you are interested please let Sonia know ASAP as she is being asked to commit numbers with the hotels NOW. Yes, we know it seems a long way off but the hotels need to know if we are block booking rooms.

The price quoted is for 40 members. If it drops to 35-39 the price increases by 60e pp, if it drops to 30-34 it increases by 120e pp. Below 30 it probably wont happen which would be a great shame.

Sonia can answer any questions you may have but the following may help you to decide:

The B&B basis allows people to dine in the hotel restaurant if they wish (at your expense) or try different restaurants of your choice and to suit your budget.
We have the coach at our disposal to take us into the cities of an evening and bring us back so no need to worry about transport. Everyone has different preferences when it comes to dining out so this offers flexibility and freedom.

Single people may wish to consider sharing a room with a friend to avoid the single person supplement. The hotels are not located right in the city centre but the coach can take people in whenever it's not on an outing.

There isn't miles of walking every day so don't worry about that.

Many members have asked us to provide a stay away trip and this area of Spain is very beautiful and possibly too far for some members to drive so it sounds ideal.

By reserving now you have 10 months to save up.

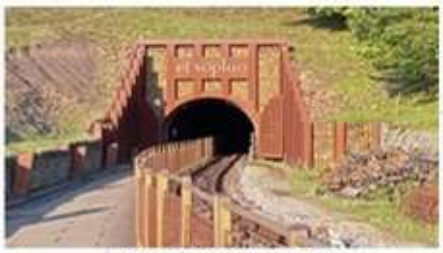
We do encourage members to take travel insurance ASAP so if you are unable to travel for any reason you can claim against this.

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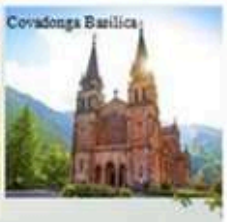
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Trip to Asturias & Cantarbria - 2027









Your U3A Vall del Pop
is planning an 8 day trip (7 nights)
To Asturias and Cantabria
in September 2027

We will be staying in Cangas de Onis on the Cantabria/Asturias border. Bed and breakfast. Hotel Casa de Campo. It has a restaurant but if you want an evening meal out in Cangas, the coach will transport you. We are going to break the long journey by stopping for one night on the way there in Tudela at the Hotel Sercotel, then one night on the return journey at the Hotel Tibur in Zaragoza. There will be plenty of comfort breaks when travelling.

PRICE: €860 pp for a couple (320 single supplement)

Price set for 40 persons to go.

A €200 euro deposit per person will be required when putting your name down. If you pay by bank transfer your **surname** and the letters "**Ast/Cant**" must be used as a reference so we know who sent it and which trip it refers to.

To Book contact:-
Sonia Higginson at
ladyrocker2@googlemail.com or at **GA's** or **coffee mornings**

ITINERARY:- Depart Xalo on 12th September 2027 to Tudela for 1 night Hotel Sercotel (comfort breaks on the way).

The coach will leave Xalo rastro car park, time to be arranged.

Day 2—13/09—Breakfast, then drive to destination Cangas de Onis, Hotel Casa de Campo, time to unpack and stroll around and find somewhere to have your evening meal. As stated if you don't want to use the hotel restaurant, the coach will take us into Cangas. We are approximately 3 kilometres from the centre of the town.

Day 3—14/09—Breakfast and depart to visit with a local guide:- Santander (capital of Cantabria). Pereda Gardens, Santander Cathedral. Lighthouse to view entire city and Magdalena peninsula. Lunchtime. Afternoon Santillana del Mar and a walking tour of its historic centre. Onwards then to Comillas, passing the Sobrellano Palace to visit Gaudi's Capricho (one of his first houses he designed, entrance inc). Return to Cangas de Onis and hotel.

Day 4—15/09—Breakfast then visit Oviedo (capital of Asturias) with a local guide. Coach will take us on a panoramic tour of the city, passing the Palacio de Congresos, Campo de San Francisco and Campoamor theatre where the Princess of Asturias awards ceremony takes place, making our way to the Market. Lunchtime. Afternoon visit Gijon with a local guide. Return to our hotel.

Day 5—16/09—Visit the famous Basilica of Covadonga along with the holy cave. Lunchtime. Afternoon visit Ribadesella and take a tour of the Lonja, Old Town, Fishing Port and Paseo Indiano. Return to our hotel.

Day 6—17/09—Breakfast and depart to the Picos de Europa. Going through the Hermida gorge to Fuente Dé, where we can go up by cable car to admire the views of the Mirador del Cable. Continue onto the Monastry of Santo Toribio de Liébana, where the largest piece of the cross of Christ is preserved. We then visit Potes (capital of Picos de Europa) touring its historic centre. Lunchtime. Afternoon we visit San Vicente de la Barquera, a very popular fishing village on the Cantabrian coast. There is a castle here as well as a rich heritage. Return to hotel.

Day 7—18/09—Breakfast and depart Cangas de Onis for El Soplao caves (entrance inc). Onward to Zaragoza, Hotel Tibur, (1 night) free time in the city.
Day 8—19/09—Breakfast, depart Zaragoza to Xalo. Comfort breaks en route.
Included in the price is all the coach travel, breakfasts, accommodation, an English speaking guide to accompany us and basic travel insurance. Lunches and evening meals are NOT included. Also 2 entrance fees included.
Please be aware:- whilst every effort is made to accommodate all dietary requirements, it may be beneficial to carry your own snacks. Also regarding mobility—there is walking and climbing steps/ stairs on some of the excursions and not sure if all hotels have a lift.

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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

Blanca Bikes
19th November

Resto Bar Quijote Orba
16th December

Friendship & Support Coffee Mornings Weds 10.30am

Casa Aleluya Jalon (Xalo)

4th & 18th November

9th & 23rd December







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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

	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
	***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 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 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 Telephone: 675 674 301

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	ACTIVITY	CONTACT
	**Tai Chi and Qijong** - Gentle and accessible sessions from a qualified, experienced instructor.	SIMONE VAN DER HEIDE info@simonevanderheide.nl Telephone 666611029
	***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
	***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 Davidandeileen50@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
	***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 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

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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.	Group Co-ordinator activitygroups@u3avalldelpop.com For more information
	**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
	**Romeo Lunch** - A relaxed and informal men-only lunch group which meets monthly at various local bars and restaurants. What happens at lunch stays at lunch!	Chris Barrett president@u3avalldelpop.com Whatsapp +44 7772 106472
	**Mosaic** - 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 shirleylliber@yahoo.com Telephone: 965730605
	**Petanque** - We meet every Wednesday & Friday mornings in Lliber	GERRY BACON Gerard.bacon@yahoo.com Telephone: 600 652 821

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	ACTIVITY	CONTACT
	**Spanish Conversation** - An opportunity to practise Spanish you have learnt in a casual conversation. Beginner, expert, or somewhere in between?	HEIDI MORGAN mike_heidi@hotmail.com
	Walking Groups - 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 paulleniston@hotmail.com Telephone: 651 633 198
	Yarn & Thread - Anything to do with yarn and thread is welcome. We meet on the 2nd and 4th Monday morning of the month at varied locations in Orba.	LORNA BOTTEN lornabotten@gmail.com Telephone: 96 558 3484

If you would like to promote your group in a future Newsletter
Please contact

Linda - news@u3avalldelpop.com

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Collaborating with other organisations

THE ARTS SOCIETY MARINA ALTA PRESENTS

WHAT HAPPENED to the FABERGÉ EGGS AFTER THE REVOLUTION?

By Toby Faber

WEDNESDAY, 2 DECEMBER 2026



This fascinating story combines unique decorative art, contemporary culture, history and the murder of the Romanovs with the excitement of a crime novel! The sequel to Toby's first TASMA lecture in 2018 will reveal the finale of Fabergé's epic life, described as **"one man's masterpieces and the end of an empire".**

Morning lecture: Espai La Senieta, Avda. de Madrid 15, 03724 Moraira
Doors open at 10.15 for 11.00 h lecture.
Evening lecture: Casa de la Cultura, Plaça de Baix 6, 03730 Jávea
Doors open at 18.45 for 19.30 h lecture.

FREE ADMISSION FOR TASMA MEMBERS.
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