

# NEWSLETTER

u3a  
Vall del Pop



April 2026



April 2026

## President's Message

Like everyone in the room at our April General Assembly I was fascinated listening to Don and Katherine from Euro Goat Trekkers tell the remarkable and moving story of how they and their animals all first survived and then recovered from the devastating fire which destroyed their home outside Tarbena two years ago. I was also struck by how much help they received both from friends and people they had never known previously.



This and the many other more everyday stories we hear of good neighbours made me think in turn how lucky we are to live in a community of a size where people can, and still do, look out for each other. For me this is one of the most attractive aspects of our lives here on the Costa Blanca.

On the other hand, the unfortunate story of one of our members being mugged outside her home recently was a reminder that there are also people out there who will not hesitate to take advantage of their victims and any perceived vulnerability. In a different way the recent phishing email that appeared to be sent out in my name (see article below) and encouraged the recipients to spend money on Apple cards and other items, with the promise of reimbursement, is another example of the same tendency.

Therefore, my message this month is that we should count all our blessings and continue, where possible, to be good friends and neighbours to those less fortunate than ourselves, while at the same time remaining vigilant, but I hope not to the point where suspicion and mistrust spoil our own pleasure in our good lives.

Best wishes  
Chris



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## President's Message cont.



Important Notice: Email u3a President Impersonation

We would like to reassure you about a situation that has recently come to our attention.

An individual has been sending emails impersonating the President of our organisation. Please be assured that this does not involve any breach or hacking of our email system. Your email accounts remain secure. The person responsible is using their own Gmail account to imitate others i.e u3a President, rather than accessing any legitimate accounts.

In some cases, the messages reference familiar names, which suggests the individual may have some knowledge of our organisation. These emails may attempt to persuade recipients to make purchases with the promise of reimbursement. Please treat any such requests with extreme caution.

As a reminder, all official communications from us will come from an email address ending in @u3avalldelpop.com. We strongly advise you not to trust or respond to any messages coming from Gmail or other external email accounts claiming to represent our organisation.

We are taking this matter seriously and recommend that any suspicious emails are reported. We are also considering further action, including reporting the issue to the relevant authorities.

If you receive any message that seems unusual or suspicious, please do not respond or act on it. Instead, contact us directly through our official channels.

Thank you for your vigilance and continued support.

Kind regards,  
Chris Barrett  
u3a President





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## Euro Goat Trekkers

At the April GA we had a fascinating talk from Katherine and Don Henderson from Euro Goat Trekkers who run wonderful treks locally with their fabulous herd of goats. They gave an excellent presentation about their journey of how they came to be goat trekking in the Parcent area.

With Brexit looming they realised their dream to move to Spain and settled in Parcent. Both talented, professional artists and sculptors, they taught sculpting until Covid happened and their business dried up.

They then volunteered for a charity that helps young people from The Netherlands with troubled backgrounds learn life skills here in Spain, including how to grow crops and be self sufficient, and ended up managing a farm for them. Through this they were introduced to goats and started to learn all about them.

Historically goats have been pack animals, used to carry supplies on their backs, so the idea of trekking with goats who carry packs was born. They searched all over Spain for the right goats with long legs and strong backs and bought their first ones. It is essential to bond with them from an early age so they bought them at 6 weeks old and reared them until they were strong enough to carry a saddle at 3.5 years old. A long term investment! They can then carry up to 30% of their weight.

Pygmy goats followed with 7 adorable babies coming from Galicia.

Katherine explained that goats learn by love, repetition and food and when they would go walking the goats would follow.





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## Euro Goat Trekkers cont.

With a growing family of animals they moved to a farm near Tarbena and then came the catastrophic fire 9 months later that many of us watched take hold. Having had no rain for a long time, what started as a small fire took hold when the wind changed direction and Katherine evacuated with what animals she could take, having to leave the big goats behind.

Don described movingly what they went through that day as he stayed behind to try and fight the fire and assist the bomberos. Eventually he had to flee on foot as the fire surrounded their house, carrying an old dog of theirs who he found asleep in a car and then had to run several kilometres to safety in Tarbena. For several hours no one knew if he and others had got out alive.

Amazingly four days later the bomberos found all the goats alive and kindly delivered water and hay to them on their fire trucks. Sadly their home and car and possessions were destroyed, but all their animals miraculously survived.

They couldn't return for 6 months and weren't sure if they could ever go back. But when they did they were amazed to see the indigenous trees were coming back to life, but the pine trees which are not native to Spain had all perished.

They finally obtained permission to cut down 200 dead pine trees over 4 years, 50 a year to avoid soil erosion and landslides, and have started working to reforest the area with indigenous trees and medicinal trees and we were delighted to make a presentation of 100 euros from Goodwill funds on your behalf for them to plant a tree from u3a Vall del pop members. Katherine suggested an old olive tree as these symbolise wisdom, in keeping with our ethos of continuing to learn. They will send us photos of our tree and plaque in due course.

We are grateful to them for working so hard to re establish the area, a huge task by anyone's standards, so that we can continue to enjoy the beauty of the area we live in.

We highly recommend going on a gentle (or more strenuous) trek with them and it's a great thing to involve family and friends in. They have many stories to tell about the local flora and fauna as well as goats, and the goats are adorable. We walk with them often and they are all wonderful! We and our grandchildren got to carry baby goats on a trek recently when the babies were too young to walk far which was very special!





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## Donation to Volunteer Bomberos

On Easter Monday Sally and Peter Ellis and Marian White kindly delivered a large donation of food and drink goodies to the volunteer bomberos based in Castell de Castells.

These were bought on members' behalf from Goodwill funds to thank the Bomberos for keeping us safe, particularly in times of forest fires.



I think we would all agree they do a heroic job and provide an invaluable service. Those of you who were at the GA in April heard Don Henderson from Euro Goat Trekkers describe being right in the midst of the Tarbena wildfire 2 years ago and having to run for his life while the bomberos stayed to carry on fighting the fire which was raging all around them.

A small gesture of thanks from us but very much appreciated by the crew there.

It didn't take much persuading for Sally and Marian to deliver the gifts. I wonder why?



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## 20 Years in Spain!

On 18 March 2006 we arrived in Parcent to start our new life in Spain. We had retired one week before and sold our house the day before. Within a couple of months of our arrival we joined two groups, which were to shape our life in Spain and introduce us to a wide circle of people many of whom would become good friends.



### Our first walk with CBMW – May 2006

The first was the Costa Blanca Mountain Walkers, who offer guided mountain walks throughout the area. We chose the Jalon Valley because of our life long love of hill walking. Within weeks of arriving we were joining their twice weekly walks and making many friends.



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## 20 Years in Spain cont.

The second was the Vall de Pop U3A. We joined at the first meeting in September 2006 in Jalon and took full advantage of the many groups on offer. We were especially interested in the travel group, who arranged four day coach trips to major cities and one day excursions to local towns and cities. Over the coming years we explored Granada, Seville, Madrid, Barcelona, Mojacar and Sarragossa on their four day trips. We also visited Valencia, Alicante, Novelda, Cocentaina, Xativa and Castellion on their day trips.



U3A coach holiday to Granada – May 2007

Our main passion was, and is, walking. Through the CBMW we were invited to join a smaller group who walked every Monday and through them we gained a good knowledge of a wide range of walks. This led us to form a U3A hill walking group, and later a second valley walking group. Over the years we have taken part in, or led, 871 group walks

The purpose of this post is to thank the hundreds of people, so many of whom are friends, who shared this experience with us and helped us to create so many very happy memories. And also the CBMW and U3A who both made it all possible.

Jan & Paul Leniston



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## Travel Insurance

We often hear people worry about whether or not they will be able to buy travel insurance at their age and how this may limit their travel plans.

In this context our members Peter and Ann Adams wanted to share what has been for them both a very difficult but ultimately positive experience.

They recently returned from a traumatic cruise, during which both were taken ill. The American liner had a medical centre on board, where the care was good but hugely expensive. The time difference of eight hours made it very difficult to deal with the administration in Spain, but through it all their travel insurance broker in Jávea was calm and reassuring.

Their worldwide travel policy was especially tailored to those of advanced years, there were no restrictions for pre-existing conditions and they have already been told that their premium will not be going up next time.

They have now received a full repayment of all charges and wanted to share the broker's contact details, in case these could be of interest:



**Eva Sánchez Serra**  
Directora de siniestros / Claims Manager

📞 965 781 815 / 965 793 712  
🟢 658 919 777  
🌐 [mark-petrie.com](http://mark-petrie.com)

📍 [Ubicación Dénia](#)  
📍 [Ubicación Jávea](#)

**Mark Petrie**  
CORRECCION DE SINIESTROS / CLAIMS MANAGER



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## Dining Experience - March 2026

22 members enjoyed a fabulous lunch at the lovely Val de Pop restaurant in Lliber for the March Dining Experience. This is the venue where we hold our Christmas parties and we are always very well looked after by our hosts, Wout and Elizabeth, and their team.

We started with their delicious chunky home baked bread and alioli which is filling in itself. We then enjoyed not one but two delicious starters: an orange and burata salad and a leek and Parmesan tart after which I was already full!

A range of imaginative and delicious main courses followed: sea bream, chicken and prawns in garlic, creamy rice dishes and a vegetarian pasta, all beautifully presented. A choice of ice cream and red fruits or chocolate mousse finished an excellent meal and, as usual, there was a lot of animated chatter and fun around the table.



We are delighted these get togethers are proving so popular and we get to enjoy new and different restaurants each month and to enjoy each other's company.

Everyone is welcome, singles and couples.



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## Dining Experience Cont.

Our next lunch is on Friday 24th April at 1pm at Maxim's in Moraira, another excellent restaurant and definitely worth a visit. 3 courses cost 25 euros plus drinks and tip.

To book please e mail [secretary@u3avalldelpop.com](mailto:secretary@u3avalldelpop.com) with your menu choices.

House Tapita And Bread With Aioli And Tomato	ING
— STARTERS —	
Langoustine With Apple Mille-Feuille And Walnut Praline	
Tomato Tartar With Cured Emperor Fish And Pistachio Pesto	
Avocado And Marinated Salmon Roll With Hazelnut Mayonnaise	
Red Tuna Tataki Thai-Style With Coconut And Lime Cream	
Crispy Filo Pastry With Red Prawn And Leeks	
Grilled Scallops With Confit Artichokes And Iberian Ham +€5	
Traditional Consommé With Cuttlefish Meatball	
Caramelized Duck Foie Gras With Spiced Bread And Chestnut Jam +€3	
Maxim Croquettes With Cured Beef And Goat Cheese	
Beef Carpaccio With Parmesan And Sun-Dried Tomato	
Meat Pie With Gloucester Sauce	
Citrus Sorbet	
— MAIN COURSES —	
Suckling Pig Terrine With Seasonal Vegetables	
Beef Cheek Slow-Cooked With Port Wine Sauce	
Rustic Chicken Roll With Foie Gras, Pears, Boletus And Pepper Sauce	
Iberian Pork Cordon Bleu With Criolla Sausage, Brie Cheese And Spinach	
New Zealand Lamb Rack With Eggplant Moussaka +€7	
Traditional Venison Goulash With Bread Crust	
Beef Tenderloin With Artichoke, Potatoes And Port Sauce +€7	
Homemade Gnocchi With Cheese Sauce And Serrano Ham	
Iberian Pork Chop With Honey And Mustard Sauce	
Catch Of The Day With Fresh Squid Risotto +€10	
Icelandic Cod With Piquillo Pepper Sauce And Beans	
Sole Meunière With Sautéed Baby Potatoes	
Grilled Salmon With Orange Sauce And Vegetables	
Creamy Lobster Rice "Maxim" +€8	
— DESSERTS —	
"Dubai" Chocolate Ice Cream Bonbon With Iranian Pistachio	
Filo Pastry Cannelloni Of Baked Apple With Vanilla Ice Cream	
Mango Roll With Passion Fruit Mousse	
Homemade Tiramisù With Amaretto And Vanilla Ice Cream	
Fresh Fruit Salad With Homemade Panna Cotta	
International Cheese Board (Blue Cheese, Gruyère, Manchego) +€3	
Lunch Menu Tuesday To Saturday	25€
Sunday Lunch Menu	27€
Evening's Menu Tuesday To Sunday	29€



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## 'Men who Munch'

The next meeting of the 'Men Who Munch' men's dining group will be at Verdi Vent, 5 kms outside Jalon on the road to the Bernia, at 13.00 on Thursday 30 April.

The menu is attached. There is also a vegetarian option but that has to be pre-ordered. The cost is €27 including house wine but no other drinks. Please note that payment has to be made in cash.

Future meetings will also typically be held on a Thursday towards the end of the month.

If you would like to attend on April 30th and/or have your name included on future mailings please email us on [president@u3avallpop.com](mailto:president@u3avallpop.com) or call/WhatsApp on +44 7772 106472.

Chris Barrett & John Wardle

### Restaurante Verd I Vent



 MENÚ	MENÜ	MENU
Tapas	Tapas	Tapas
Sopa	Suppe	Soup
Entrante	Vorspeise	Starter
Cordero, pato, solomillo de ternera o pechuga de pollo	Lamm, Ente, Rinderfilet oder Hähnchenbrust	Lamb, duck, beef fillet or chicken breast
Postre	Nachtisch	Dessert
		Wine included

 Solo pago en efectivo  
Nur Barzahlung möglich

Cash payment only

# 27€



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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)

### 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



**Mosaic 2** - Group buys materials to share, and have all the necessary equipment to create Mosaics. Contact group leader for more information.

SUE WILLIS  
suewillis2@hotmail.com  
MONIQUE LECKIE  
monileck@aol.com



**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





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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

**15<sup>th</sup> April**

Resto Bar Quijote Orba

**21st May**

Blanca Bikes Parcent

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

Resto Bar Quijote Orba

### Friendship & Support Coffee Mornings Weds 10.30am

**My Mercat, Jalon**

**April 22nd**

**May 6<sup>th</sup> & 20th**

**June 3rd & 17th**





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## Travel & Entertainment

**Don't delay book today!**  
[travelentertainment@u3avalldelpop.com](mailto:travelentertainment@u3avalldelpop.com)

All can be booked and paid for at General Assemblies and monthly coffee mornings or reserved via email link above. Don't miss out! They can sell out fast.



### IKEA & Bonaire Shopping Centre

14<sup>TH</sup> APRIL 2026

### Trip to Novelda

12<sup>TH</sup> MAY 2026



### Summer Party

18<sup>TH</sup> JUNE 2026

### Jazz Sunset Cruise

28<sup>TH</sup> JULY 2026



### Talon at Benidorm Palace

11<sup>TH</sup> OCTOBER 2026



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u3a  
Vall Del Pop  
Raising Money for Local Charities

## Spring Fayre & Car Boot Sale

3rd May 2026  
XALO/Jalon (Rastro Site) 10- 2pm

Stalls 10 euros  
Vans & Trailers 15 euros

Payable in advance by bank transfer  
To reserve your spot contact  
[goodwill@u3avallpop.com](mailto:goodwill@u3avallpop.com)

Live Music, BBQ & Refreshments



April 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)



April 2026

## Working in Collaboration with other organisations

THE ARTS SOCIETY MARINA ALTA PRESENTS  
THE WORLD'S MOST EXPENSIVE ART  
By IAN SWANKIE  
WEDNESDAY, 6 MAY 2026



An artistic journey through wonderful paintings including those by Picasso, Cézanne, Da Vinci, Rembrandt, Modigliani, Klimt, Bacon and Pollock, all held together by their extraordinary commercial value. Ian will attempt to answer the question: **"are they really worth millions of pounds?"**.

**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.**

**GUESTS WELCOME BY PREPAID €15 DONATION VIA [WWW.ARTSOCMA.ORG](http://WWW.ARTSOCMA.ORG)**

Join us from as little as €7.50 per lecture - see membership benefits at [www.artsocma.org](http://www.artsocma.org)  
Sign up for a Free Subscription to our Newsletter, via email: [marinaalta@theartsociety.org](mailto:marinaalta@theartsociety.org)



We thank our Sponsors: Blevins Franks; Currencies Direct;  
Harvey Lawyers; The Agency Re Costa Blanca North.





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Working in Collaboration with other organisations

 DOG RESCUE 

# FABULOUS FASHION SHOW

A 'FUN' - DRAISING EVENT  
Wednesday 13<sup>th</sup> May 2026

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

TICKET ONLY € 8  
TICKET PRICE INCLUDES CAVA & CAKE/SAVOURY

**SHOWCASING**

**FABULOUS SPRING/SUMMER FASHION  
CAKE/SAVOURY STALL  
RAFFLE & GUEST APPEARANCE**

ALL ITEMS AVAILABLE TO BUY ON THE DAY PLUS  
ACCESSORIES, SHOES AND BAGS

**TICKETS AVAILABLE FROM PAWS CHARITY SHOP**

DOORS OPEN 10:00AM  
SHOW TIME 11:00-14:00



April 2026

## Working in Collaboration with other organisations

The International Choir, a four-part harmony choir based in Teulada, is holding a very different concert in Moraira on 15 May. Entitled 'Love and Peace' - which there is all too little of in the world at the moment - it features popular songs such as Imagine, Seasons of love (from the musical Rent), Can you feel the love, With a little help from my friends and I'd like to teach the world to sing.



The concert will be held in the intimate surroundings of the Bo Moraira Bar and Restaurant in Moraira ("a place where time slows down!") where the audience will be seated at tables in a cabaret setting. The €12.50 pp ticket price includes a drink and snacks.

Bo Moraira is situated at P.ºSenillar 12, Moraira, off the Moraira to Calpe road and opposite Moraira park, with lots of car parking nearby.

Ticket numbers are limited so don't delay and make sure of your seat by booking online at [www.theinternationalchoir.com/events/love-and-peace/](http://www.theinternationalchoir.com/events/love-and-peace/)