

UNIVERSITY OF THE THIRD AGE : JAVEA
(www.u3ajavea.org)

NEWSLETTER APRIL 2006

Committee:

President : Mike Frost
Vice-President : Rosi Evans
Membership Secretary : Angela Chantry
Treasurer : Lin Jones
Secretary : Pat Ainsley
Groups Co-ordinator : Jackie Heaton
Deputy Membership Secretary : Sally Wells
Deputy Secretary : Joyce Pope

Today we welcome Tony Cabban as our Guest Speaker.

Thank you to all those members . . .

who renewed their membership at the last meeting. Would the remaining members who joined up to and including April 2005, who have not yet renewed their subscriptions, please complete a membership form, which can be printed off from our web site (www.u3ajavea.org) and place it in an envelope with your 12 euros (cash only). Your envelope can then be “posted” in the Renewals box at the meeting on Wednesday, 26th April. Members who joined in May 2005 can also renew now, or bring their envelopes to the May meeting. Please remember to ask for your membership card at the monthly meeting. The new cards no longer carry a specific membership number – all group leaders are given a monthly updated list of members’ names, telephone numbers and email addresses (where available). If your name is absent from the list it may be that your renewal is overdue! In future years you will simply receive a receipt upon renewal.

Please ask for a “change of details” form if any of your personal information needs updating. Your co-operation is greatly appreciated!

Angela Chantry – Membership Secretary

ASTROLOGY: The Group is suspended until further notice.

BIRDWATCHING: Anyone interested in joining the birding group should contact the Group Leader. No previous experience is necessary.

CLASSIC CARS: For members who are enthusiastic about Classic Cars and wish to meet other people with a similar interest. The term “classic” generally means cars of all types of a particular period, broadly the 1940’s to the mid 1980’s, but cars of an earlier period or interesting later vehicles also come within the scope. At present we do not have enough Members of U3A to justify separate meetings, but there is The Marina Alta Classic Car Club which has approximately 100 members with many and varied cars and they enjoy a social/rally event, in our area about once a month.

CRAFT: We meet every Wednesday afternoon from 2 pm onwards making greetings cards mainly. We have also made beads from clay and newspaper etc. If you want to try embroidery, macramé or cross stitch etc why come along and have a go.

CULTURAL ARTS GROUP:

Thursday 25th May – A performance of music and dance from traditional Chinese culture

By the Hubei Company of Music and Dance who performed in the inaugural celebration of the 11th Asian Games, and in the closing of the Olympic Games of Athens 2004. The Company was awarded the “Extraordinary Prize” by China’s National Ministry of Culture for the best theatre group promoting Chinese traditional culture. There is a spectacular array of costumes, copied from the originals of the 14th century, with 50 performing artists. More than 2000 years ago, the people of the state of Chu constructed the BELLS to gain prestige and fame, becoming the symbol of the nation. This is a musical comedy divided into 4 chapters, the Battle, Valour and Beauty, Nostalgia and Victory, and La Paz (the Peace). The BELLS of La Paz show the art and traditional culture of China, characterised by the songs of Chu, their music and dances.

At the Teatro Principal de Alicante, commencing at 8.30 p.m., duration 85 minutes. Tickets are priced at 15 to 24 euros, but the seats remaining are largely those in the amphitheatre which is on the third floor (from row 3 onwards i.e. up in the “Gods”!), at 15 euros per person. Please ask me if you would like to see a copy of the theatre seating plan. However, it is a relatively small theatre, and will be a very colourful event. If there is sufficient interest, a coach will be organised which will cost 10-14 euros per person depending on numbers. Deposit of 20 euros pp required at the meeting on Wednesday, 26th April, with the balance payable on the coach. The coach will leave Rafalet at 6.30 p.m., and return at 10.45 p.m.

If you would like to spend an evening in Alicante, without the theatre performance, please add your name to the list and pay on the coach.

Friday 26th and Saturday 27TH May – concert in the Careline Theatre, Alcalali

Izzy, a delightful and talented soprano singer, will be performing two evening concerts at the Careline theatre in Alcalali, accompanied by Pasion Doble (cello and piano). Izzy will be singing some famous classical songs and operatic arias in the first half, followed by a lighter second half. Doors open at 7 p.m. and the performance will commence at 8 p.m. There is a small bar for pre-concert drinks. Tickets, which are numbered and priced at 17 euros, will be available at the meeting on Wednesday, 26th April (own transport). NB at the moment there are more seats available for Friday’s performance.

Saturday 27th May – visit to La Albarda Garden, near Pedregeur

“La Albarda” garden is owned by the Enrique Montoliu Foundation, a private, non-profit making organisation, and was created in 1996 with the central aim of preserving the environment. This Mediterranean garden, covering an area of 50.000 m², is planted exclusively with native flora, enhancing the preservation of natural resources such as water and the development of local wildlife. There will be a guided tour, in English, for which no charge is made, but donations to the Foundation are warmly received. The visit will take place at 10 a.m., lasting approx. 1 hour, and numbers will be limited to 20 (own transport). It is easy walking, on the level, and please feel free to bring your camera. We will meet at the entrance to La Sella at 9.45 a.m. – from the N332 (going towards Denia) take the road on

your right signposted to Denia/Pedreguer – at the roundabout turn left towards Denia. You will soon see the entrance to La Sella on your right.

Wednesday 7th June – Opera, Jazz and Rock

Izzy joins forces with jazz and rock musicians, Simon John and friends, to offer jazz, popular music and opera, all on the same bill. Commencing at 9 p.m. in the Centro Cultural Virgen del Carmen, Torrevieja. Entrance 5 euros. If there is sufficient interest a coach will be organised, which would cost 12-18 euros per person depending on numbers. If you would like to join this trip, please add your name to the list at the meeting on Wednesday, 26th April.

If you know . . .

of any other interesting events taking place, which you would like us to consider organising a trip to, please email me at angelachantry@lycos.com

DIGITAL PHOTOGRAPHY GROUP: Our first meeting at our new venue at the Javea Social Centre Conferencia went well - our Guest speaker, Sylvia Winterbottom, showed us how to use scanning software and, using her digital projector, demonstrated Slide Show software downloaded free from Google called Picasa2.

Alan Turner provided a demonstration of landscape enhancement techniques including 'sky replacement'.

The next meeting is on 9th May 2006 at 1400.

DINING-OUT GROUP: On Thursday 20th April we had an excellent night out at the Vadis restaurant which for those of you who don't know it, it's almost opposite Mas y Mas on the Arenal. We can thoroughly recommend the food. The next date for your diaries is Thursday 18th May. We will confirm the venue by e-mail on the 1/2nd May. Those without e-mail, please give us a ring for details.

FIRST AID: The First Aid course is finished and may be repeated in early 2007.

GARDENING GROUP: There is a lot of interest in forming a gardening group, so if anyone would like to volunteer as leader, they would be welcome. It is not necessary to be an expert gardener, but just to organise things for the group and come up with ideas for activities.

GENEALOGY: Researching ones family history is one of fastest growing interests amongst people from the UK. This has been fuelled by programmes such as "Who do you think you are?" and the enormous growth in computer data bases. There is so much information now available on line to be tapped. The aim of the genealogy group is to support you doing it, whether it is to trace a missing grandfather or find out who were your 16th century ancestors. (Very few people are actually lucky enough to get back to William the Conqueror!). The May meeting of the group will be held at the Social Centre on Tuesday, 23 May at 1.30pm.

HISTORY GROUP: Maureen's Stanley's talk on Eleanor of Aquitaine on the 5th April was very successful and well attended. The next presentation is by Peter Atkinson and he will talk about 'The Pilgrimage Route to Santiago: A Bike-ride through History'. This meeting will be on Friday May 5th at 2.30 pm. All are welcome but please let the group leader know if you would like to attend.

HOLISTIC THERAPY: The next meeting of the Holistic Therapy Group will be on Monday afternoon the 15th May. The talk will be 'An Introduction to Foot Reflexology'. As before if you could contact me in advance, if you would like to attend as places are limited. For those who wish to attend, we will meet outside Barclays Bank on the Cabo de la Nao Road at 3pm. Please contact the Group Leader who looks forward to hearing from you soon.

LIVING GLUTEN FREE: Gluten is a protein found in wheat, barley, rye and oats which provides the stretchy or binding qualities associated with common foods such as bread and pasta. Some individuals are gluten intolerant and therefore need to follow a life-long gluten free diet: I am one of those people. This group is designed to assist others like myself in coping with such a regimen on a daily basis, locating suitable alternative foods and recipes and how to avoid dietary mistakes when eating outside of the home environment. This information is also relevant to people who avoid wheat or who have family or friends visiting that demand such attention. Some members have already benefited from this group's kitchen tour, outings to Mercadona and local health food outlets as well as information sheets that are available on request.

MEDITATION : Meetings every Friday 10:00 as usual in the Social Centre in Javea, first floor at the end of the corridor. Please contact the Group Leader before attending the class for the first time. **Note that on Friday 28th of April there is no MEDITATION meeting.** Note also that they have opened a new International bookshop called BIBLOS. It is nearly opposite the hotel Parador. They have agreed to give us 10% discount.

PETANQUE: We now meet regularly on Thursday afternoon at 3 o'clock sharp and continue until 4.45 pm. These are the time allocated to us by the Javea Council. We currently have 18 - 20 players which works out well and we all have a very enjoyable time.

SHARE TRADING SYSTEMS: The group is for members to co-operate in looking for a system that will give the maximum chance of making good profits, reducing the chances of losses, and if there are losses, to keep the loss to an acceptable level. The group is also open to those who have never traded on the stock exchange, but would like to learn. Apart from an introductory "one-to-one" meeting, there is no need for regular meetings, as we correspond with each other by email and can organise a meeting if and when it is considered necessary.

SOCIAL BRIDGE: We have permission to play in the social bar (where we have had U3a monthly meetings up to now) on Monday mornings from 10 am. If anyone is interested please contact the Group Leader by phone or email.

SOCIAL RUMMYKUB : See Group Leader.

SPANISH CONVERSATION: The ladies seem to be enjoying our varied subjects of conversation, ranging from book and article reviews, cosmetic surgery to the strange habits of husbands and children. There will be no Spanish conversation on the following dates: 1st, 8th and 29th May, 30th June, 2nd October. We have decided between ourselves not to hold the group during the month of August, as many people will be away. After August, I shall have a review of numbers to see if we can include any more people.

TRAVEL GROUP :

Ibiza: 28-30 April. We will need to meet at 07:00 at Moll de la Fusta in Denia. Approaching Denia from the Javea Montgo mountain road, drive along the sea front past the main ferry terminal and the Javea ferry point, straight along past the fish market to the first roundabout. Turn right for Iscomar ferry, and carry straight on to the end of the road. There is plenty of parking along this road. Organiser Pat Wykes.

Cirque du Soleil: Wednesday, 10th May. The coach will depart Rafalet at 6.45 pm. The list for the coaches will close on Wednesday, 26th April, so you will need to have paid your 10 euros by then. Organiser Mike Frost.

Please Note that there are 2 X 60 Euro seats available for Cirque du Soleil plus coach at 10 per person for 10th May. Please contact Angela Chantry.

Granada: Wednesday 17th, 18th and 19th May. Payment in full is required by the end of 26th April, as that will be the final confirmation date with the hotel. Organiser Mike Frost.

Elche and Murcia: Thursday, 22nd June. A visit to the shoe factory in Elche with the opportunity for buying the products at reduced prices. Following this we will go to Ikea in Murcia. Price 10 euros. Departure time tba. Organiser Mike Frost.

Viva España: Saturday 2nd September. An evening at Viva Espana to include coach, dinner, flamenco show and display horses. Price circa 50 euros. Organiser Larry Sherrington.

Segovia and the Escorial: Wednesday 20th, 21st and 22nd September - 2 nights at a 3* hotel, half board with a visit to the Escorial on the return journey. Total price circa 155 euros, single supplement 50 euros. Please note that the travel agent assisting us with this tell us that hotel rooms in Segovia are in short supply, and we will need to book early and we therefore need as many expressions of interest today. We will collect deposits at the next meeting in May and the list will close at that time. Organiser Larry Sherrington.

TRAVELLERS' TALES GROUP: Our next meeting will take place on Thursday, 27th April, when Brenda Bates will tell us about her recent travels in India. We gather for coffee at 10.30 a.m. for an 11 a.m. start. Please email the Group Leader for details of how to find us, or ask today for the written directions.

WALKING: First Thursday in month. Meet 9:30 Tourist Car Park, Benitachell, opposite Mas y Mas. The walk lasts for 3 – 4 hours with a steady pace to enjoy the scenery and company.

WATERCOLOUR PAINTING (BEGINNERS): This activity has proved to be very popular. The course is designed to teach the basic practical skills of watercolour painting and does it in such a way that students are able to take home simple pictures, even after their first lesson. Colour mixing, perspective and tonal balance are also discussed, together with rescuing mistakes during painting. A maximum of 4 people can be catered for at a time and prospective students can request a list of brushes, paints, paper and so on (an approximate cost of materials is €60) if they contact the Group Leader via telephone or after the monthly meetings. Sessions normally take place Monday or Tuesday mornings for approximately 2 hours.

WATERCOLOUR PAINTING (INTERMEDIATE) : Intermediate Water Colour Painting consists of an enthusiastic group of 'aspiring' artists who work, exchange ideas and encourage creativity in each other. Members are working on portrait, wildlife, botanical and landscape paintings and are discovering and improving their artistic skills. Group Leader is now Dorothy Murphy.

WINE GROUP : Fifteen of us met at La Parilla in the old town on Wednesday April 5th. Two of those present were not U3A members but were induced to join on the spot! For the meeting due at midday, Wednesday 3rd May, we shall be shuffling just 60 metres down the lane from La Parilla to the La Casa de Manchega tapas bar... not too difficult to guess what

we shall be tasting there. There is a seating limit of 14 places, but as out in La Mancha itself, there is plenty of room for more just to stand around. Please contact Group Leader.

Telephone calls: So as to avoid extra costs to the U3A for phone calls, we have chosen to adopt a policy whereby it is the responsibility of the individual members to contact group leaders and committee members. You are requested to call again instead of leaving a message asking for someone to call you back.

Newsletter: Every effort is made to have the latest Newsletter on the website 2 days before the general meeting. This way you can obtain advance notice of any excursions and would be able to bring sufficient funds for deposits etc.

Membership: For your information each month we send an up-to-date list to group leaders for them to confirm membership details at their meetings. **N.B.** Husbands and wives both need to be members!

Refunds: We have a policy of no refunds for the travel bookings. We keep our prices as low as possible and sometimes giving a refund could result in a loss. We do try to resell the place if possible, and would then of course refund the money.

Discounts: We have obtained a 10% discount on glasses at Conchita Lopez Centro Commercial Javea Park, and also at Bookworld Espana. It is important that you advise the staff of your discount claim at the start of any purchase.

Insurance: Please note that insurance is the responsibility of the individual regarding all U3A-related activities.

Group Activity: For your information the U3As of Calpe, Javea and Denia have all agreed that members may join group activities in the other U3As subject to there being space, and with the agreement of the group leader concerned.

SUGGESTIONS / INFORMATION

1. We still have a Book Swap box – How it works!!
Bring a book and swap it for another, if you bring several books then you need to take several books out, the idea is we are not left with lots of spare books that are difficult to transport and store. Hope you all enjoy this idea. How about a few more suggestions on how we can enrich your day out at your U3A Club.
2. A snooker group will start in the autumn if there is enough interest. Please contact Jackie Heaton if interested.
3. If anyone is interested in a flower arranging workshop could they please contact Jackie Heaton.
4. If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know

TRAVEL
REGISTRATION OF INTEREST

PLEASE PRINT

Name 1

Name 2

Trips to

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Suggestions for future trips

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