

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

**NEWSLETTER APRIL 2007**

**Committee:**

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

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We welcome today our guest Frank Upton, who will give a talk on “Air Conditioning and Legionnaires Disease”

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**A few words from our President**

**STOP PRESS !!! - May Meeting Date Change - A note for your diaries!!**

Our monthly May meeting will not be on Wednesday 30 May as one would expect, but has to be changed to Wednesday 23 May as The Parador has a long term booking for a Wedding Reception on our usual date. Please be kind enough to mention this to any friends that you know usually attend. We will continue to advertise this until the end of May and hope that all will therefore get the message.

**Rosi Evans**

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**MEMBERSHIP**

Please take a moment to check the notice board where you will find details of those members whose subscriptions are due this month, and lists of those still outstanding for February and March 2007. To avoid having to queue, you may simply “post” an envelope containing your renewal form, together with your 12 euros, in the Renewals Box provided. Remember to collect your membership cards today – cards are only issued once, but please request a replacement if your card has been lost or damaged. If you have any personal details that you wish to update, please ask for a “change of details form”. We now have a waiting list for new members and names can be given to any Committee Member, or email to [angelachantry@gmail.com](mailto:angelachantry@gmail.com)

**Angela Chantry – Membership Secretary**

**BIRDWATCHING:** Please contact Group Leader if interested.

**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 as we have plenty of places.

### **CULTURAL ARTS GROUP:**

#### **Saturday 28<sup>th</sup> April – *Il Divo Concert in Valencia***

Il Divo will be returning to Spain for a special show to celebrate the America’s Cup in Valencia. The concert will take place at the Marina Sur, and doors open 8 p.m. Il Divo take to the stage at 10 p.m. Various ticket prices. A few members have booked for the concert, and will be staying overnight on the Saturday in a Valencia hotel. Please ask Angela for further details.

#### **Saturday 28<sup>th</sup> April – *Concert at Lliber Church***

The Marina Alta Orchestra, with the guitar soloist Tomas Camacho, will be performing works from Mozart in the Lliber Church, commencing at 18.30 hours.

#### **Sunday 29<sup>th</sup> April – *Concert at Benissa Church***

The Marina Alta Orchestra, with the guitar soloist Tomas Camacho, will be performing a concert at the Esglesia Purissima Xiqueta, Benissa, commencing at 20.00 hours.

#### **Monday 30<sup>th</sup> April – Friday 4<sup>th</sup> May: *The Javea Players performing A Touch of Danger***

Francis Durbridge’s *A Touch of Danger* is a thriller chilling enough to keep you on the edge of your seat and sparkling enough to provide you with a very entertaining evening. Directed by Penny Grant. Venue: Union Musical theatre at Gata, commencing 20.00 hrs. Tickets are priced at 15 euros for the Monday night Gala performance, inclusive of an after the show Cava buffet, and 10 euros for all other performances. For tickets/further information, please ring the Box office on 96 579 4937.

#### **Friday 18<sup>th</sup> May – *“Brahms Requiem”***

Coral Clasica Javiense will be performing Brahms’ Requiem with members of the Symphony Choir of Johannesburg, accompanied by the Orquesta Sinfonica de Alicante. The concert will be held in the Palau Municipal D’Esports in Javea Port. Doors open at 7.30 p.m. and the concert begins at 8.30 p.m. There will be a bar available for pre-concert drinks. Tickets priced at 15 euros will be available at the April meeting in the Parador – see Angela.

#### **Monday 21st May – *“Faure Requiem & Opera Choruses”***

Coral Clasica Javiense, together with members of the Symphony Choir of Johannesburg, will perform Faure Requiem & Opera Choruses, accompanied at the organ by Vicent Josep Giner. This concert will be held in the Iglesia de la Santa Cruz in Pedreguer, with its beautiful domed

ceiling, commencing at 8.45 p.m. Tickets priced at 10 euros (and printed directions) will be available at the April meeting in the Parador – see Angela.

**Sunday 3<sup>rd</sup> June – Concert in the Palau Ducal Dels Borja, Gandia**

Romantic songs of passion and love for tenor and classical guitar – Knut Schoch (tenor) and Carsten Linck (classical guitar). The concert will be performed in the Arms Courtyard of the Palau Ducal Dels Borja, commencing at 7 p.m. on Sunday 3<sup>rd</sup> June. Doors open at 5 p.m. and seating is unreserved. The concert duration is approx. 1½ hours, with a short 10-minute interval. Refreshments will be available for purchase prior to the concert. Tickets for groups are priced at 12 euros, plus cost of coach transport which will depend on nos. (total 20-25 euros max. for ticket and transport). Leave El Rafalet car park at 4.45 p.m., depart Gandia at 9 p.m. To book your place contact Angela, who will be collecting 20 euros p.p. at the Parador meeting on Wednesday, 25<sup>th</sup> April.

**Monday 18<sup>th</sup> – Saturday 23<sup>rd</sup> June: A “double bill” by the Javea Players**

A double bill of very amusing entertainment is to be performed by the Javea Players at the Restaurante La Micheta, which is next door to the Ifach Golf Club, off the Moraira to Calpe coast road. Each evening will commence at 19.30 hours with a rather splendid barbecue, wine, dessert and coffee. One half of the entertainment will be 8 sketches directed by Cherry Cabban, where you will meet a wonderful array of characters! The second half will be a rendition of John Mortimer’s play “*Knightsbridge*”, directed by David Garnett, which is set in a flat behind Harrods, again with some rather delightful individuals! The inclusive (barbecue and show) price for the evening is 15 euros, and reservations can be made with Penny Grant on 966471455.

**DIGITAL PHOTOGRAPHY:** The reformed Digital Photography Group now has a programme of dates for the rest of the year. Events include talks, photography projects and photographic trips. A selection of member’s photographs will be published on the web-site.

**DINING-OUT.** On Thursday 19th April 24 of us enjoyed an outstanding meal at La Boheme restaurant on the Arenal. They even treated us to an aperitif and a liqueur afterwards, which came as a very nice surprise.

Our next get together is planned for Thursday 17th May, details of the venue will be emailed to everyone early next month.

There is sufficient interest in the Dining Out Group to start an additional Dining Out group. If there anyone prepared to be the Group Leader for this separate Group please contact **Jackie Heaton**.

**FIRST AID:** The course held in February 2007 has been completed with 26 members attending. The next course will be in 2008 if there is sufficient interest.

**GARDENING:** The Gardening group is currently visiting the gardens of members. This has engendered much useful sharing of information and exchange of cuttings and seeds. The next garden visit will be on May 20<sup>th</sup> to a terraced campo garden in Jesus Pobre. There will be a trip to the Iris Gardens at Marnes on 3<sup>rd</sup> May. A talk by “Green Fingers” gardening experts Dick and Clodagh Handscombe on 23<sup>rd</sup> April precedes the U3A meeting on 25<sup>th</sup> April.

**GENEALOGY:** At this month's meeting James gave a short talk about using the census records to track family history and looked at overcoming some of the problems. Many members reported on the progress that they were making into their research and exchanged useful websites.

Website of the month: Finding the websites that are needed for tracing your family can be a daunting task, but Cyndi's list can be the answer. It contains links to over 250,000 sites from all over the world listed in over 180 categories. [www.cyndislist.com](http://www.cyndislist.com)

The next meeting will be on Tuesday, 22<sup>nd</sup> May at 2pm in the upstairs room at the Centro Social in Javea when April will report on her visit to The National History Show in Olympia, London, and will bring along examples of the latest materials and websites available to family history researchers.

**HISTORY GROUP:** There were more than 30 members at the group's meeting on Friday 20th April, who all thoroughly enjoyed Clive Hedge's talk on "Mutiny on the Bounty: Exploding the Hollywood myth". The next talk and date has yet to be finalised, but will be notified as soon as possible.

I would like to say a huge thank you to Pamela Halliwell, who has given unceasing support and enthusiasm to the group. We wish her all the very best on her return to the UK.

**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.

In response to queries for information on alternatives to "boring old spuds and rice" here's the third in a short series on naturally gluten free seeds and grains that are available.

#### [Soy Sauce.](#)

Soy sauce is one of the world's oldest condiments and is made from fermenting a mixture of mashed soybeans, roasted wheat or barley, brine and enzymes. Owing to the use of wheat or barley the resulting liquid contains gluten and is therefore on our "banned list". In practice this means that eating in Chinese restaurants becomes a nightmare and best avoided as are off-the-shelf bottled, canned or otherwise packaged oriental ready to use sauces. So please, spare a thought for your gluten free or wheat free guest and choose an alternative venue or party menu. Thanks.

**MAH JONG:** The Mah Jong group continues to flourish. Lacking any international governing body, Mah Jong has up to the present been played with varying rules in different parts of the world. The Chinese government in Beijing has now issued a set of definitive rules to standardize play internationally. The new rules are a radical revision of all the versions of the game played in China, Japan, Taiwan, Singapore, U.S.A. & Europe. If you are considering joining the group, now is an ideal time, as we are all battling to come to terms with these new rules.

We continue to meet at the Grand Café, Toscamar, every Wednesday at 7.30.

**MEDITATION: (Guidelines)** Our group is not connected, nor inspired by, any religion, sect, philosophy or creed. Our aim is to learn to be more relaxed and focused in everything we do and to learn to cope with stressful situations. We meet every Friday morning from 10.30 to 11.30 in the Social Centre situated at the back of the Health Centre in the old town (1st floor, room at the end of the corridor). Members should feel free to arrive late and leave early.

**VERY IMPORTANT** – people who would like to join the group should ring the group leader first to learn a few basic rules about the technique.

In between the meditation sessions, people should feel free to talk about anything but it is better to avoid very sad, negative or contentious subjects that could distract other members during the next session. If one Friday the group leader is not present other members can lead the mediation in turns.

**PETANQUE:** We meet at - Bar Sheila, 146 Cra La Guardia, known locally as "Charlie's Bar". It is situated between the tennis courts and the restaurant L'Echalote on the Costa Nova road (just along from the hairpin bend on the right-hand side) Same day and time as usual - Thursday afternoon - quarter to 3 for 3 o'clock start. If any new members are interested or any members not sure of the location please ring group leaders. Look forward to seeing you then.

**SCRABBLE:** This group meets at 2.30 pm on Fridays at Grand Cafe. All are welcome. There is a correction to the change of group leader, it is **Ann Roberts**.

**SHARE TRADING SYSTEMS** The Share Trading Systems Group is now temporarily full. If anyone is interested in joining, please contact Brian Walthew to be put on a waiting list. The aim of the Group is to find a trading system that will make profits at least 80% of the time, by sharing ideas and actual trading experiences. It is not an Investment Club where buy/sell decisions are made by majority vote. Each member goes away and acts on his own judgment, but shares the results with other members

**SINGING:** Due to insufficient support from U3A members the singing group can no longer continue without additional members. Those who support the group wish to continue singing and have decided to invite non U3A members to join and the response from members of the English Choir and the Javea Players has been most encouraging. The group will continue to rehearse on Tuesday afternoons, excluding the third Tuesday of each month and will for the time being will be known as the Tuesday Singers

**SNOOKER:** You will recall that we experienced some problems at the Snooker venue , Laceys, but I am pleased to be able to say that all is now well, the new tenants , who are very pleasant, having agreed to honour the previous arrangements - and they have reduced the bar prices!

We meet every week at 11.30 till 2.00 at Laceys in Cabo de la Nao. It is not necessary for any new member to do anything other than to turn up at the appointed hour and to let the Section leader have details of his or her E-mail address.

**SOCIAL RUMMYKUB:** The group is suspended until September 2007 unless someone else would like to take over until then. See Jackie Heaton:

**SOLO ON SUNDAYS** On your own on a Sunday? Then come along and join us for Sunday lunch! We are a small but friendly group and you would be most welcome to join us, just telephone a few days before the 29th April {we meet once a fortnight, the next date will be 13th May}...look forward to seeing you..

**SPANISH CONVERSATION** Please note the dates for the summer break: 25th June will be the last spanish conversation group meeting until Monday 3rd September.

**TRAVEL GROUP :**

***5<sup>th</sup>-12<sup>th</sup> May 2007: An 8-day tour of Andalucia's gardens and architecture***

**Please note a vacancy has become available for a single person – please contact Angela asap.** Those participating have been sent details of the menu at the various restaurants, and “travel joining instructions”, by email. A copy will be available for participants without email at the Parador meeting on Wednesday 25<sup>th</sup> April – **this date is the last opportunity to let me know whether you would prefer a vegetarian option.** Coach pick-up point for tour: Rafalet car park on the Benitachell road at 8.45 a.m. on Saturday 5<sup>th</sup> May. Organiser: Angela Chantry.

***Saturday 26th May - excursion to the Homes and Gardens Exhibition in Alicante.*** The coach leaves Rafalet at 9.30 am. This trip is now full. If you want to put your name on the reserve list please contact the organiser, Larry Sherrington.

***Sunday 27th May to Tuesday 29th May - Toledo.*** There are still some places left but payment in full is required today. Price 200 euros. Coach departs Rafalet 0900 Please collect your itinerary from Yvonne Sherrington today at today's meeting.

***Monday 11th to Thursday 14th June - Mallorca.*** There are still a few places available - contact Pat Wykes. Meet at the fast ferry at 4.00 pm behind the police station in Denia, arriving back in Denia at 1.00 pm on 14th June.

***Tuesday 9th to Friday 12th October - Barcelona.*** 4 days 3 nights in 3\* superior hotel, bed and breakfast. Please note the change of dates. Those who previously expressed an interest have been allocated places, and approximately 10 places remain. The hotel is located in the Barrio Gotico (historic area), within walking distance to many places of interest, and the Plaza de Cataluna where you can pick up open-top tour buses. On the Wednesday there will be a half-day excursion to Montserrat to visit the monastery. Price to include coach and hotel and trip to monastery 320 euros, single price 395 euros. A deposit of 75 euros per person is required today please, and payment in full at the June meeting. Organiser Mike Frost.

***Casino*** - due to lack of interest this trip has been cancelled and money will be refunded today. Organiser Pat Wykes.

***Cheques*** - please note that we need a separate cheque for each trip that you book. At the present time we are unable to accept money transfers in payment.

**\*I M P O R T A N T\***

**PLEASE note** - starting in February and for the foreseeable future we will only accept cash up to **49 euros** per person, and anything over must be paid by cheque made payable to:

**ASSOC SOCIAL DE LA TERCERA EDAD DE JAVEA**

As Spanish cheques do not have the holder's name printed on them, would you please print on the back of all cheques your **NAME** and **THE NAME OF TRIP OR TRIPS** being paid for.

**GUESTS**

In future we propose that non-members only be allowed to join a trip when we are sure that there are no more members wishing to go.

#### **TRAVELLERS' TALES GROUP:**

The next meeting will take place on Thursday, 26<sup>th</sup> April, when Angela will tell us about her recent adventure holiday in Nepal (postponed from March due to the extreme weather). Meet in the bar of the Restaurante El Corregidor for coffee at 11 a.m., with an 11.30 a.m. start. Directions: take the road from Javea to Benitachell, turn left at the traffic lights in the direction of Moraira. Down the winding hill, and keep going (past Rusty's) until you see Paichi Autos on your left and Clinica Assistel. Turn up the road between these two (signposted to El Corregidor restaurant and supermarket). The restaurant is the 4<sup>th</sup> turning on the left and there is plenty of parking in the road. All are welcome but please email or ring to let me know you are coming: Angela 966460978. In case of inclement weather, check with Angela first!

**WALKING:** First Thursday in the month. Meet 9.30 a.m. Tourist Car Park, Benitachell, opposite Mas y Mas. The walk lasts 3-4 hours with a steady pace to enjoy the scenery and company. Please make sure you have ample water, refreshments, comfortable walking shoes/boots, and waterproof jacket if the weather looks suspect. Telephone the group leader if you have any queries.

<b>Date</b>	<b>Area</b>	<b><u>Duration</u></b>	<b><u>Kilometres</u></b>	<b>Ascent</b>
Thursday 3 <sup>rd</sup> May	Bernia	3	6	200
Thursday 7 <sup>th</sup> June	Benimaurell	3	7	200

**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):** This group is at present is fully subscribed. Contact Group Leader.

**WINE GROUP:** The wine Section tried out a new venue last month and we are back there again this week to hear about the still wines of Penedes. Next month's meeting will be an Away Day at Gandia Wines.

**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 and emailed two 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.

**LINEA DIRECTA** has made the made the following exclusive offer to the U3A.valid until 15/03/08.

Any member calling for a car insurance quote mention the name U3A Javea and Breakdown Assistance and a Courtesy Car will be included free when you take out a motor insurance policy. with them.

The telephone number is **902 123 142** and they are English speaking.

**Insurance:** Members are reminded that as has been announced on previous occasions, they are responsible for their own insurance. U3A Javea is not liable in any respect for any loss or injury that may be suffered by Members whilst participating in the Association's activities.

### **SUGGESTIONS / INFORMATION**

1. We value your opinions about the running of the U3A but we need you to put your suggestions in the **Suggestion Box**.
2. 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.
3. If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know
4. **POOL 'BOYS':**  
**Gunitec** (next to Lidl in Javea) have agreed to a **10% discount** on swimming pool materials subject to your showing your U3A membership card.
5. Awaiting instruction from **SALSA** teacher as to whether Javea have a suitable venue



6. **COOKERY** – is anyone keen to take up the gauntlet oops I mean Oven Gloves.  
Contact Jackie as she has some ideas
7. **GO KARTING** If there is enough interest in this activity Chris Garwood would organise this fun event. If you are interested you can contact Chris on **tel. 96 649 1927** (email: [karting@u3ajavea.org](mailto:karting@u3ajavea.org)) or see **Jackie Heaton**
8. **""QUIZ NIGHT "" SATURDAY, MAY 19th at 7.30 at" BAR SHEILA "** known locally as **CHARLIES BAR**. It is situated between tennis courts and the restaurant L"ECHALOTE on the Costa Nova road ( just along from the hairpin bend on the right hand side)Price to include chicken curry supper or vegetarian dish let Jackie know your preference. Clive Hedge will be our Quiz Master so a fun evening is planned. Tickets for this first quiz night are limited to 50., price **6 EUROS** per person. Contact Jackie Heaton on 96 577 1839

### **AN INVITATION FROM CALPE U3A**

During the period **Friday 11 May 2007 – Saturday 19 May 2007** (inclusive) Calpe U3A will be holding an exhibition of the work produced by some of their groups.

The exhibition will be held at the Casa Cultura Calpe ( plenty of underground parking there ) and we have all been invited to attend. The show is open during the hours

**10:00 a.m. – 1.00 p.m and 6:00 p.m – 8: 00 p.m**

Apart from the opportunity to see the work, which on previous years was very good, it may inspire new groups for Javea U3A, so do try and visit if you can.

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Two men are out ice fishing at their favorite fishing hole, just fishing quietly and drinking beer. Almost silently, so as not to scare the fish, Mel says, "I think I'm going to divorce my wife - she hasn't spoken to me in over 2 months." Earl continues slowly sipping his beer, then thoughtfully says, "You better think it over - women like that are hard to find.

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**TRAVEL**

**REGISTRATION OF INTEREST**

**PLEASE PRINT**

Name 1

Name 2

I am definitely interested in

.....  
and will pay a deposit when required.

OR

I might be interested in

.....

Suggestions for further trips .....

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