

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

NEWSLETTER FEBRUARY 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

A few words from our President – Mike Frost

We are pleased to welcome today our guest speaker Tony Cabban, making his second appearance with us. At the end of the Newsletter you will find a nomination form for the election of a new President which will take place at the April meeting. If you wish to nominate someone you should complete the form and pass it to a member of the committee as soon as possible. Also attached is a form for registering your interest in future travel trips. The objective of this form is to save you queuing simply to register an interest. Again you can hand this to any committee member.

Thank you to all those members . . .

who renewed their membership at the last meeting. In order to make the task of renewals easier for us, and for you to avoid a long queue! we would ask all members who joined up to and including April 2005, to take a membership form home with you today, or print one off from our web site (www.u3ajavea.org). Please complete and place it in an envelope with your renewal subscription of 12 euros (cash only), and bring to our next meeting on Wednesday, 29th March. Please take an additional form(s) if you know other Javea U3A members who would like to renew, but who will not be able to attend the meeting in person next month. There is now a Renewals Box available for you to “post” your envelope(s)!

Your renewed membership will be activated from April 2006 and your new card will be valid throughout your continued membership of the Javea U3A. Cards will 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. (Members who joined from May 2005 onwards will receive notification in due course). Your co-operation is greatly appreciated!

Angela Chantry – Membership Secretary

There is now a LINKS page on the U3A web-site to other web sites that may be of interest to members. Could members please suggest additional links that you feel will be of interest to U3A members, by emailing webmaster@u3ajavea.org.

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.

1. Visit to Pego Marsh - Friday, February 24th 2006

For any potential new members, the Pego Marsh trip is classed as 'easy walking' – it is completely flat and on what should be a dry, graveled path. In order to watch birds, we also walk at a leisurely pace.

We will meet outside Barclay's Bank, Javea Park, at 8.00am and travel on to the marsh from there (about 25-30 minutes). We should return to Javea by 2.00pm. Feel free to bring 'elevenses'.

Please let the Group Leader know if you intend to come on the trip – anyone requiring a lift from Javea, or en route from Benitachell or Teulada, should inform him beforehand.

2. Visit to Ebro Delta - Monday, March 27th – Wednesday, March 29th.

A visit to the Ebro Delta during early spring is in its early stages of planning. Because of the distance involved we will be staying for 2 nights, returning after lunch on the Wednesday. Costs will be minimized by car-sharing and staying B&B somewhere clean but inexpensive. Anyone interested in joining this trip should contact the Group Leader.

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:

Wednesday 15th March – "An evening with Izzy"

If you enjoy good food, good company, and beautiful music, come and join us for a special dinner at the El Elefante Restaurant in Javea. This grand 'hacienda', set in lovely gardens, was the summer residence of the Spanish King Alfonso XII. Many original paintings, objects of art, and an impressive collection of elephants enhance the Castilian-style decoration. After your meal, sit back, relax, and listen to the delightful voice of "Izzy", an exciting, talented soprano, who will entertain us for an hour with a selection of opera/classical music. The cost for the evening is 28 euros per person, which will include a 3-course meal, coffee, water, ½ bottle wine, and gratuities (choice of 3 starters/main/desert). Any additional drinks to be paid for individually. Places are limited to 40. A deposit of 20 euros pp will be required today, with the balance to be placed in an envelope, with the event and your name clearly printed on the front, and brought to the venue on the evening. Alternatively, pay in full now (28 euros pp). You will be given a menu sheet to make your selection, which should be completed and returned to me at the meeting, or sent via email (angelachantry@lycos.com) no later than

Friday, 10th March. No menu no meal! If you would like to sit with friends, please state this on your menu sheet.

Thursday 20th April “One night of Soul – Ray Charles”

With original cast from New York and London – Ron Williams as “RAY”, singing gospel, jazz, blues and country. Tickets are still available at 30 euros per person plus 10 euros for the coach. The coach will leave Rafalet car park at 18.30 p.m. There is a bar/cafeteria for pre-concert drinks, with the show commencing at 8.30 p.m – duration 100 minutes, with no intermission. The coach will leave Alicante at 10.30 p.m. Full payment of 40 euros pp, or remaining balance for those already booked, to be paid at the meeting today.

Forthcoming local events of interest . . .

- Concert by the Ensemble Ad Libitum at the Iglesia de les Agustines, Denia, 8.30 p.m. on Friday 24th February (Vivaldi, Bach, Porpora), entrance 12 euros
- Concert to be performed by the Cataluna Philharmonic Orchestra featuring 13 year old Korean solo violinist Yoon-Hee Kim at the Altea Palau on Saturday 25th February.
- Concert by the Orchestra of the Marina Alta at 12 mid-day on Sunday 26th February at the Teatre Auditori del Centre Social, Javea
- The Aroma Flamenco Dance Company will present the show “De Romero y Azahar”, 8.30 p.m. on Friday 17th March in the Palau, Altea. Price 12 euros
- Concert by the Ensemble Cabanilles at the Iglesia de les Agustines, Denia, 8.30 p.m. on Friday 24th March (Vivaldi, Handel, Bach) entrance 12 euros
- The State Brasov Opera Company (Rumania) presents the opera El Barbero de Sevilla. Organised by the Asociacion Amigos de la Musica de la Marina. At the Palau, Altea, 8.30 p.m. on Saturday, 25th March. Price 30 euros.

Plans for Teulada

Alejandro Font de Mora, the Counsellor for Culture, recently visited Teulada, as plans for the new Music Centre were unveiled. He compared the new Teulada centre with the Guggenheim Museum of Bilbao or the Palau de les Arts in the City of Arts and Sciences in Valencia. He revealed that the centre, which was designed by Pachi Mangado, would also call on the expertise of Higini Arau, the world’s leading specialist in acoustics, to ensure a perfect sound pitch for the auditorium that is being built at a cost of over six million euros. When it is finished, it will look out over the Les Sorts valley of the Municipality.

The new Palau de les Arts in Valencia is now apparently to remain closed for the rest of the year for alterations!

If you know . . .

of any other interesting events taking place which you would like us to consider organising a trip to, please get in touch by phone (966460978) or email me at angelachantry@lycos.com

DIGITAL PHOTOGRAPHY: The February meeting went well with many subjects discussed including file transfer, composition and enhancement. We spent some time reviewing the seascapes brought in by members - quite a respectable standard was achieved. The next assignment is Almond Blossom and/or Spring Flowers. Please bring yours (on camera card preferably) to the March meeting - It would be appreciated if you limit the number to no more than two. Enhance them if you want and tell us all what you did (the

'before' picture would be helpful here - this does not need to be one of the two). Copies will be taken in case we can get some of them displayed on our u3a web page.

We meet next at 1400 on 14th March 2006 at the 121 Bar, 5 kilometres out along the Carretera Jesus Pobre. Apologies for absence would be appreciated.

DINING OUT : The Dining-Out group had a very pleasant evening at El Caballero, 28 of us attended and enjoyed a very good meal. Our next planned venue is Meso de Juan V1. This is a new Spanish restaurant in Benitachell of which we have heard good reports. It will be interesting to go somewhere where many of us haven't been before.

We now have 70 members in the Dining-Out group but so far only one or two people have been disappointed through not being able to accommodate the numbers and we feel sure as Spring arrives together with the usual crowd of visitors from the UK, our numbers attending each month will lessen to a more manageable size. We are still happy to take in new members if anyone is interested, but because of the communication difficulties we can only accept people who have an e-mail address.

This is a message to all existing members of the group. We don't have a venue for our March meeting, if anybody has any ideas we would be delighted to hear from you - we thought it might be a good idea to have a luncheon.

FIRST AID: First meeting will be held Monday 27th February at 10:00am at Javea Social Centre.

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: The Group meets monthly on a Tuesday afternoon, as arranged.

HISTORY GROUP : There were more than 20 people at the group meeting on 27 January and Maria Hollingsworth's talk on "Cirros de los Santos" was very interesting and thoroughly enjoyable. The next talk will be given by David Thoms on "Shakespeare's Stratford" at the Group Leader's house on Friday 3rd March at 2.30 p.m. Sally has asked Kenneth Brannagh to start off the meeting with his famous "to be or not to be" soliloquy from Hamlet but is still awaiting his reply!! We now have 30 euros in the 'pot' with which to start our library and any history book donations would also be very welcome. Also, if any U3A member has an interest in any historical subject and would like to give a talk, please let the Group Leader know.

HOLISTIC THERAPY: The next meeting of the Holistic Therapy group will take place on Wednesday the 8th March. The subject will be 'An Introduction to Reiki Healing'. If anyone is interested in attending, could they please contact the Group Leader by telephone or email. Please meet outside the front of Barclays Bank on the Cabo La Nao Road at 10.30am and then we will travel in convoy to the Group Leader's home! The Group Leader looks forward to hearing from you.

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.**

PETANQUE: The group will meet every Thursday 3pm to 4:45 pm at the football pitch at the side of the river in Javea Port. Refreshments will be provided.

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: The "Introduction to Social Bridge Course" is progressing well. If anyone has any ideas or suggestions as to the general organisation of the Group please contact the Group Leader.

SOCIAL RUMMYKUB : The next meeting will be at the Javea Pueblo Social Centre on February 27th at 10:30am.

TRAVEL GROUP :

Xativa: Friday 17th March - depart Rafalet 0900 am to see the street market and the fallas. The road train to the castle is booked to depart at 2pm and return at 4 pm. The coach will depart Xativa at 4.30pm. Payment of 14 euros is required in full at today's meeting. This excludes the 2 euros entrance fee to the castle. There is still space on the coach - if you are interested please speak to Larry Sherrington.

Valencia Oceanographic, Science Museum and IMAX: - Thursday 23rd March, depart Rafalet 09.15 am. Total price 27 euros, to include coach, Oceanographic, Science Museum and Imax cinema. There are 10 places remaining - please contact Mike Frost. Payment is required in full at today's meeting.

Ibiza 28, 29 and 30th April. Depart from Denia on 0800 ferry 28th April, returning to Denia 1900 on 30th April. Price 150 euros per person, single supplement 30 euros. The price includes ferries both way, 2 nights half board 3* hotel in San Antonio, transfers to and from the hotel and a coach excursion on 29th April. Pat Wykes is the organiser of this trip, and you need to pay her €60 per person at the February meeting, and the balance at the March meeting. Please also give Pat your passport or residencia number, to speed up hotel registration.

Cirque Du Soleil: Wednesday May 10 Departure time to be finalised .Subject to a high demand we are proposing to run two coaches for this event so there are plenty of places on the coaches at the moment, though it would be a good idea to call Mike Frost to confirm there are places on the bus before you buy your Cirque Du Soleil seats (on-line via El Corte Ingles).

Granada: - 17, 18 and 19 May. 4* hotel, 2 nights half board, including coach and entrance to the Alhambra 160 euros per person (single supplement of 50 euros). We have 32 people

reserved at present, if anybody else is interested please contact Mike Frost. We will require a 50 euros deposit per person at the March meeting, and payment in full at the April meeting.

And then:.....

After the summer we are planning a trip to Viva Espana to include the display of the white horses. A trip to Xixona to visit the nougat factory and museum is also under consideration. Watch this space!

TRAVELLERS' TALES GROUP: A new group is forming to share experiences of travels, treks, adventures and, maybe, the occasional mishaps! We will meet on a monthly basis, with a member of the group giving a presentation, followed by discussion and questions. Exchanging information – photos – maps – guide books – leaflets – cost of excursions – etc. will enable us to gain an insight into a country before traveling, and broaden our knowledge of what may be a “must see” or what to avoid! The first 3 talks will be on “Thailand”, “Kenya and the Indian Ocean”, and “The Gambia”. The first meeting will take place on Thursday, 23rd February, with coffee at 10.30 a.m. for 11.00 a.m. start – please ring the Group Leader for details of how to find us, or ask today for the written directions.

WALKING: We meet the 1st Thursday in the month at 9.30am in the Tourist Car Park in Benitachell (opposite Mas y Mas). You will need decent footwear, a packed lunch and water. 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 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) : Mixture of landscape, still life and Xmas cards being produced. Input by members of the group is good and everyone enjoying the class and the company.

WINE GROUP : Please contact the Group Leader.

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. There has been an interest in forming Poetry, Drama and Choir Groups. Anyone interested in becoming a group leader for any of these groups could they contact Jackie Heaton.

TRAVEL
REGISTRATION OF INTEREST
PLEASE PRINT

Name 1

Name 2

Trips to
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Suggestions for future trips
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COMMITTEE NOMINATION

Committee Position: President.....

Name of Nominee:

Name of Proposer:

Name of Seconder: