

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

NEWSLETTER FEBRUARY 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 Membership Secretary : Sally Wells
Deputy Secretary : Joyce Pope

We welcome today our guest Clive Hedge speaking about “My Early Days at Sea”

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

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 November 2006 and January 2007. Remember to collect your membership cards today, and 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

Angela Chantry – Membership Secretary

JOHN BOND

We are very sorry to report the death of our member John Bond who died peacefully but unexpectedly in his sleep last week.

We offer our sincere condolences to his family and friends

BIRDWATCHING: The next birding field trip will be to Pego Marsh and surrounds on Thursday, 8th March, when hopefully we should see some spring migrant species. As usual, we will meet outside Barclays' Bank in Javea at 8.00am. If transport is a problem, lifts can usually be arranged from Javea. Please let the group leader know if you wish to join this trip.

CAR TREASURE HUNT AND LUNCHEON:

The above event will take place on Monday 16 April 2007.

We will depart from the Shell Service Station and 24 hour café on the N332 near Pedreguer and then will be following printed directions & answering questions relating to sights along the way. There will be a prize for the quiz winner or perhaps more appropriately for the navigator, as they generally end up looking for the clues and answering the questions. However, that is a matter for the winning driver & navigator to discuss !!! The event will finish with a group luncheon & prize giving.

PLEASE NOTE – THIS IS NOT A SPEED TRIAL !!!!! Those participating will leave at their own pace and we meet for lunch at 1:30 p.m, there is ample time to reach the rendezvous !!

Numbers are limited to 40 people, probably 20 cars and the cost is €20 per. head to include a comprehensive luncheon (3 courses) plus coffee and free flowing drinks.

The route is designed to take in lovely scenery with some roads that you may not have been along before. Roads are bendy and for this reason we suggest that for the comfort of your passengers, if they are prone to travel problems, an occupancy of two people per car is recommended. i.e. not using the back seats.

We suspect that this event may be oversubscribed in which case we will draw names out of a hat.

Please see Rosi after the meeting to register your names, full payment will be required at the March meeting.

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:

29th to 31st March – “Snake in the Grass”

The Monte Pego Theatre Company will be performing their latest production, *Snake in the Grass* by Alan Ayckbourn, at the Rafol Theatre on the 29th-31st March. Tickets for this psychological thriller are priced at 10 euros and can be obtained from the Box Office on 699745363, or 965977534 (after 6 p.m.), or by emailing: mptcinfo@lycos.com.

Sunday 1st April – “Nights on Broadway”

The premiere of the Harlequins new production *Nights on Broadway* will take place at Benidorm Palace on Sunday 1st April. The programme is filled with popular musical numbers from the Broadway stage, including “Phantom”, “Cats”, and “Grease”, plus songs from Motown and country & western. In addition, the “Urban Logik” Breakdance Crew will perform their exciting routines. Benidorm Palace now operates a “no smoking” rule in the restaurant, although there is a smokers’ section in the upper balcony. Tickets, priced at 34 euros, include the Benidorm Palace meal with wine, or you can book for the show only at 18 euros. Coaches are available from local pick-up points. Doors open at 7 p.m. and the show commences at approx. 9 p.m. For further information and table reservations ring 965831818 or 629263463, or contact Benidorm Palace direct on 965851660/1.

Friday 18th May – “Brahms Requiem”

Coral Clasica Javiense will be performing Brahms’ Requiem with members of the Symphony Choir of Johannesburg. The choirs will be accompanied by the Orquesta Sinfonica de Alicante, and the concert will be held in the Palau Municipal D’Esports in Javea Port. Further details will be published later.

Sunday 20th May – Iglesia de la Santa Cruz, Pedreguer

Coral Clasica Javiense, together with members of the Symphony Choir of Johannesburg, will perform a second concert (programme to be announced) at the Iglesia de la Santa Cruz in Pedreguer. Further details will be published later.

DIGITAL PHOTOGRAPHY – A Group Leader is required, please contact Jackie Heaton.

DINING-OUT GROUP: Unfortunately next month we will be unable to organise a venue as we will be away. However, the team will meet again on 22nd March, a week later than usual as "Travel" have already arranged a trip to Valencia Fallas on our usual meeting date the third Thursday - 15th March. We will be a day or two late sending out details of the next venue because we are not returning until 3rd March. We are always looking for new venues, if anyone has a particular favourite restaurant, whether or not you are members of the Dining-Out group, please let us have the details.

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 GROUP: The inaugural meet was in Colin's garden where 12 of us met.

Initially we plan several such meetings in order to know each other. The next will be at 1500hrs on 11th March at the garden of Sean and Marie. We have about 30 members, which is enough and we will advise when we are able to take more. All of U3A are invited to our opening event, a talk by Dick and Clodagh Handscombe [the famous "Greenfingers"] on Tuesday 27th March at 1800hrs in the Casa Cultura, central Javea. [please confirm the venue with me as it is yet to be booked, tel group leader] Their subject is-The realities of gardening
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for a healthy U3A.100 seats are available. I will take bookings over the phone and it will be best to check before arriving.

Dick and Clodagh have years of experience here on CB, written 4 books which will be on sale, and will answer questions.

Contacting by email is easy, an apology to phone only members, if any required. Put it down to teething problems.

GENEALOGY: The next meeting will be Tuesday, 20th March at 2pm in the upstairs room at the Centro Social in Javea when one of our members, Helen Granville will give a short talk about the Free BMD site of which she is a member and for which she voluntarily transcribes records. Why not check out this site for yourself before the meeting; www.freebmd.org.uk

HISTORY GROUP: Thanks to David Thoms for his excellent talk on "The modernization of Spain", which was very well received. The next talk will be given by Clive Hedge on the Mutiny on the Bounty, "Exploding the Hollywood Myth". I am trying to reserve a room in the Social Centre for early April. The date will be advised as soon as possible.

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.

Polenta (La polenta)

Polenta is a form of ground maize or corn meal and is prepared by stirring the maize flour into boiling water resulting in different consistencies depending on the amount of water used. Firm polenta can be shaped into a block that is then cut into slices and grilled or fried. It is a low fat, high carbohydrate food; but beware the added ingredients – it is common to flavour polenta with butter, olive oil or parmesan cheese. Polenta can also be used in place of breadcrumbs or as a flour replacement in both sweet and savoury dishes.

MAH JONG: We meet weekly at the Grand Café, Toscamar, Javea, on Wednesday evenings at 7:30 for 8.00. We are a friendly mix of novices and experienced players.

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 Shila, 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 interest or any members not sure of the location please ring group leaders. Look forward to seeing you then.

SCRABBLE: This group now has a new leader Anne Hawker. The group will continue to meet at the Grand Cafe, Toscamar at 2.30 on Friday and all are welcome.

SHARE TRADING SYSTEMS: The purpose of the group is to work together to find a system that will make maximum profits with minimum risk. It is not an investment group, and all members go away and make their own decisions - only advising the results, good or bad, at the next meeting. Please contact Group Leader.

SINGING: To date 18 members have expressed interest in joining the new Choral Group in addition to our accompanist Brian Mathews.. Our first rehearsal took place on Tuesday 13th at Brian's home in Gata Residencia, refreshments by courtesy of his wife Doreen, with 10 members attending. Future rehearsals will be held on Tuesday afternoons with the exception of the third Tuesday of each month. The group's immediate objective is to present an inaugural performance at an evening social event in June prior to the summer recess.

SNOOKER: So far as the snooker section is concerned it pretty well runs itself now that we are established at Laceys in Cabo de la Nao. We meet every Friday at 11.30 and have 2 tables reserved for 2 and a half hours, the cost normally being no more than ?5 a head. We do need, however, more members who if they want to come along should just turn up on the.

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

SOLO ON SUNDAYS Dont spend Sunday lunchtimes on your own-join us and make new friends. We meet every other Sunday. So come along, just ring the Group Leader for details of next venue.

SPANISH CONVERSATION: Spanish Conversation Groups : We have now resumed for 2007 with one new member of our group. Whenever possible, we shall try to hold our meetings on the first floor of the Social Centre, so if you do not see us in the bar area, try upstairs. Groups remain full for the moment

TRAVEL GROUP :

Thursday 15th March - Valencia to see the Fallas

Coach departs Rafalet 9.30 departing Valencia at 4.00. Price 10 euros. Organiser Mike Frost. Payment today.

2nd to 5th April - Peniscola.

This trip is now fully subscribed. If anyone wants to be on the reserve list, please contact Larry Sherrington.

Tuesday to Friday 17th-20th April – Walking in the Sierra Espuna Regional Park

We will be staying in the Hotel la Mariposa, Gebas, which is a small hamlet inland of the Murcia province at the foot of the Sierra Espuna reserve. Inclusive programme as follows:

Tuesday 17th April arrival 12 p.m., check in, ploughman's lunch followed by a 4-hour guided walk, evening meal

Wednesday 18th April breakfast, all-day guided walk with packed lunch, evening meal

Thursday 19th April breakfast, all-day guided walk with packed lunch, evening meal

Friday 20th April breakfast, departure

The cost will be 140 euros pp sharing twin/double room with en suite, and includes 3 nights accommodation, continental breakfast, lunches as described, evening meals, IVA, and guided walks as per the programme. There is a bar service for drinks, at additional cost. **This trip is now full (names for reserve list only).** Participating members please pay a deposit of 50 euros in cash at the February meeting on Wednesday 28th February. Pictures of the February walking holiday to the Sierra Espuna Regional Park can be viewed on our website, www.u3ajavea.org. Organiser Angela Chantry

5th-12th May 2007 - An 8-day tour of Andalucia's gardens and architecture

This tour has been timed to coincide with Cordoba's annual *Festival de los Patios*, when courtyards are bedecked with beautiful floral displays. Highlights will include Cordoba's Great Mosque; Seville's cathedral and the Reales Alcazares; Ronda's Alameda del Tajo gardens, and much more. Cost 600 euros p.p. in twin/double room. This tour is now full – names for reserve list only. Those participating are invited to attend a pictorial presentation of the proposed tour at 12 p.m. on Tuesday 6th March, followed by a 3 course lunch with wine (15 euros inc.) at the El Corregidor Restaurant (near Clinica Assistel on the Benitachel/Moraira road). The final balance should be paid at the meeting today, or at the lunch above (or posted direct to the organiser **to be received by the 6th March latest**). Organiser: Angela Chantry.

Saturday 26th May - an excursion to the Homes and Gardens Exhibition at Alicante.

Coach leaves Rafalet 09.30. Price 20 euros to include coach and entrance to the exhibition. Payment at the March meeting. Organiser Larry Sherrington.

27th 29th May Toledo

There are still places available on this trip price 200e 4* hotel 2nights 3 days 50e deposit today , balance at March meeting. Organiser Larry Sherrington

11th to 14th June - a trip to Mallorca.

A 3* hotel in the city centre of Palma for 3 nights at half board. Price 275 euros with a 55 euros single supplement. Including the fast ferry. Please complete the registration of interest form today and hand to a committee member. A deposit of 100 euros to be collected at the March meeting. Organiser Pat Wykes.

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: Our thanks to Linda and Dennis for their fascinating talk on "A wood carving holiday in Austria", with an excellent accompanying pictorial presentation. The next meeting will take place on Thursday 29th March when Angela will tell us about her recent adventure holiday in Nepal. We gather for coffee at 10.30 a.m. for an 11 a.m. start. Please email or telephone the Group Leader for details of how to find us.

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:

Date	Area	<u>Duration</u>	<u>Kilometres</u>	Ascent
Thursday 1 st March	Pinos	4	9	150
Thursday 5 th April	Benimaurell	3	8	200
Thursday 3 rd May	Bernia	3	6	200
Thursday 7 th 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 continues to grow as more new members are coming along. We meet on the second Wednesday of each month and last week I gave a talk on the white wines of Rueda, which everybody seemed to enjoy even if some did not agree with some of the marks awarded by Penin, the acknowledged bible for Spanish wines. The meeting, which always starts at 12 middday was at what is becoming our home venue, Il Divino on Ronda Sur in Javea, but I am attempting to organise another venue for the March talk which will be on the red wines of Navarra ,on 14th March

Murphy's Other Laws

Are You Aware That:-

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those that wait may be the things left- by those that got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. The shin bone is a device for finding furniture in the dark
15. When you go to court, you are putting yourself in the hands of 12 people who weren't smart enough to get out of jury duty.

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.

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. Javea **U3A Short Story Competition (Fiction)**
The winner and runner up will be announced today.
5. **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.
6. Awaiting instruction from **SALSA** teacher as to whether Javea have a suitable venue
7. **COOKERY** – is anyone keen to take up the gauntlet oops I mean Oven Gloves.
Contact Jackie as she has some ideas

THOUGHT FOR THE DAY

IT IS NICE TO BE IMPORTANT - BUT IT'S MORE IMPORTANT TO BE NICE.

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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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