

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

NEWSLETTER FEBRUARY 2008

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

We welcome today our guest speaker, Doctor Andrew Buffey.

ANNUAL GENERAL MEETING

The above will take place on **Wednesday 26th March 2008** at our monthly Parador meeting.

All committee members are prepared to serve for another year. However, as before, this in no way precludes other members of U3A standing for any position. If any nominations are received there will of course be an election at the meeting. If you wish to nominate someone, please ensure that you submit their name in writing, together with a named member to second the proposal and hand this to any committee member. In the event of an election, the nominator & the nominee will have an opportunity to say a few words prior to the election. Please also ensure that the nominated person is happy to stand for election!!!!

Audited accounts up to December 31st 2007 (the new agreed year end) will be available at this meeting.

Your committee wishes to propose an amendment to the statutes which will be discussed and voted on at the A.G.M.

At present, rather unusually, there is no time limit on the period that a committee member may serve. We are concerned that this is rather unhealthy and could block members wishing to serve on the committee and new ideas being introduced to the association.

We therefore propose that all members should serve no more than three years with an absence of at least two years before standing again. We propose that this be introduced after the A.G.M. as this will then provide a year for members to come forward and have a period of learning before any election or taking on of their new roles. All current committee members would be happy to help incoming members in any way they can, both before & after the 2009 election.

Tuesday 15th April – A Walking Treasure Hunt!

If you would like to exercise brain **and** body then join us for our first ***Walking Treasure Hunt***, deciphering Paul's cryptic clues as you enjoy our mystery meander through Moraira, discovering its many interesting sights. You will be grouped into teams of 4, and follow a route which will lead you ultimately to a restaurant for a menu del dia lunch (choice of starters/main courses/postre - ½ bottle house wine p.p., water, coffee and tip included). Some steps are involved along the route, with a stretch of walking across the beach, but the majority will be easy walking on level ground, taking approx. 2 hours to complete. Meet in the far end of the Moraira market car park (to the left of the funfair) at 10.30 a.m. Organisers: Paul Pruden & Angela Chantry. Numbers are limited. Paul/Angela will be taking full payment of 18 euros p.p. today.

WE'LL HAVE A BALL !!! FRIDAY 16TH MAY 2008

Tickets for this event at El Canor Function Rooms in Teulada will be on sale at The Parador from 10:00 a.m. on Wednesday 27th February. Price €35 each. We are delighted that members from other local U3As will be attending and do remember that you can bring friends and relatives to this strictly non profit making event. Tables can be made up from 6 - 16 people and we would like to know if you wish to sit with anyone in particular. Angela and Rosi will be taking money both before and after the February meeting and look forward to seeing you then. Requests for tables (any combination from 6 to 16 persons) for family/friends can be emailed to angelachantry@gmail.com with the names of the participants, and the required number of tickets will be ready in an envelope to exchange for your payment at the Parador. If there is sufficient interest, a coach will be organised to take members to the venue, leaving Javea Port at 7p.m. and returning from El Canor at 1 a.m. at a cost of € 8 per person. Names to Angela please and we will announce at a future meeting if there are sufficient numbers for this to be arranged, at which time payment will be collected.

HEALTH INSURANCE DISCOUNT

A little while back, I announced that we would have a Health Insurance policy on offer soon at a discounted rate from Mark Petrie, who is of course also offering the Liberty Seguros Home & Car Policies to us with a 15% discount. I am delighted to say that we now have this health insurance available. The policy is Integral DKV and offers all U3A members a 10% discount. The policy is written in English and is very comprehensive. If you are considering taking out private health cover do check it out. However, as Mark very correctly told me – Do be aware that any existing illnesses may not be covered with a new insurer. All staff at Mark's office are English speaking and will be happy to answer your queries.

Your local office is in the port on the seafront, next to La Esquina coffee & cocktail bar, and the office can be contacted on Tel. 96 579 3712

Or if Denia is more convenient for you Tel. 96 578 1815 or 96 578 0757..

Rosi

MEMBERSHIP

Names for the waiting list can be given to any Committee Member, or email to angelachantry@gmail.com – Membership Secretary

JENNY FLEW

It is with much regret that we report the recent death of a former member Jenny Flew, as a result of a road accident in New Zealand..

Many of you will remember Jenny in our early U3A days, when she gave excellent cooking advice to members in their own homes and was a very enthusiastic U3A member.

We wish to extend our deepest sympathy to her family and friends on their very sad loss.

CULTURAL ARTS:

Monday 3rd to Friday 7th March – *Blithe Spirit*

Javea Players' next production, directed by Christyn Nossell, is Noel Coward's timeless classic *Blithe Spirit*, at The Union Musical, Gata. All performances commence at 8 p.m. A reduced price of 10 euros p.p. is available to Javea U3A members who book for the performance on Tuesday 4th March. Ring the Box Office direct on 965794937 (mentioning that you belong to the Javea U3A).

Tuesday 18th to Thursday 20th March – *"Nails for the Carpenter"*

A passion play, written and directed by Andy Crabb, will be performed by the Careline Theatre in Alcalali, from the 18th - 20th March. It is proposed to stage this as "theatre-in-the-round", a format that should suit this dramatic story, augmented by a moving musical score. Tickets are 5 euros and the performances commence at 8 p.m. Tel. the Box Office on 639285464.

Friday 18th April – *Caius College Choir of Cambridge*

Concert by the Caius College Choir of Cambridge, conducted by Geoffrey Webber. The Choir regularly appears on national English radio and television, as well as travelling extensively. Sacred music of the period of Philip II and Mary Tudor. Venue: The Church of The Augustines Convent, Calle Loreta, Denia (near the Town Hall/Castle), commencing at 8.30 p.m. Meet in the bar of Hostel Loreto for pre-drinks at 7.30 p.m./or collect tickets here by 8 p.m. Tickets: 12 euros p.p. Organiser: Angela Chantry

DIGITAL PHOTOGRAPHY: *At the January meeting* Arthur Cockburn introduced the topic of Landscape Photography. He gave a number of pointers for successful landscapes and the group discussed an interesting range of photographs. Arthur set the group the challenge for this month's project of a landscape reflecting the points raised.

The current programme for the group is on the Digital Photography section of the U3A web site.

Examples of last month's project on "fauna" can also be seen on the web site.

If you wish to join the group (which is currently over-subscribed, please contact the group coordinator via the link on the web site to discuss availability. Members should be prepared to contribute to the group's programme.

DINING OUT: The group spent an enjoyable evening at Restaurant La Bomboneria in the Port on the 15th February and we are visiting Restaurant Verde Vent on the 29th February for a leap year lunch.

On March 13th we have planned a meal at Restaurant La Galera on the road to Benitachell. If you are interested in joining us for future dining out evenings please contact the group leader.

GARDEN CLUB: The first meeting this year was held on the 14th February, when aspects of plant positioning as well as composting were discussed. The next meeting will be a members 'Open Garden' visit on Sunday 9th March. For more details contact group leader

GENEALOGY: This month Hugh talked about DNA testing and how it is being used to connect groups of family members and determine geographical origin. More information from the "Website of the month" : www.ancestry.co.uk then press tab marked DNA.

The next meeting will be held on Tuesday 18 March at 2.30pm at the usual venue of the Social Centre when Leslie will talk about the Booth Family History.

HISTORY GROUP: The forthcoming presentations will be held at the Javea Players studio at 3.30 on the last Friday of the month

Feb 29th The Defence of Rorke's Drift 1879 Clive Hedge
March 28th The history , architecture and Feria of Seville Angela Chantry
April 25th Interpretation of the Spanish Civil War David Thoms
May 30th History quiz Clive Hedge
June 27th The Peninsular War 1808-1814 Alan Oliver

Don't forget "**HISTORY CAN BE FUN**"

LIVING GLUTEN FREE: Individuals who are gluten intolerant and therefore need to follow a life-long gluten free diet have an autoimmune disorder called Coeliac Disease. We refer to ourselves as "Coeliacs" and our medical treatment is our diet. 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.

In response to comments made about the general lack of awareness of the wider "food problems" facing the person on a gluten free diet when dining out in restaurants, or with those brave enough to cook for us, here is the last in a short series highlighting the less obvious sources of gluten.

Malt and Malt Products

Malt is a grain (typically barley but also wheat) that is sprouted, kiln-dried and ground into a slightly sweet-flavoured powder. Malt extract is a product processed from malt containing mainly maltose or malt sugar. It has many uses including making malt vinegar, brewing beer, distilling liquor and as a nutritious additive for natural flavouring in the food industry. You could be eating it in breakfast cereal, or even in ice cream, and be given a clue of its presence in some products such as 'Maltesers' and malt loaf. However, about 96% of the 16.5 million tonnes of malt made in the world is used as the main ingredient, with water, to make beer.

For a gluten free diet, food and drink containing malt derivatives are therefore on the banned list, so no pickles, sauces and ketchups using malt vinegar, all the typical breakfast cereals, all beers and lagers (although some GF beer is now available at vast expense from specialist outlets) and many other everyday items. Thankfully malt whisky, due to the distillation process, is gluten free. Catering for a Coeliac is made much easier by keeping to fruit based vinegars (e.g. wine or cider) and saving the beer casseroles for another day.

SCRABBLE: The Scrabble Club is held on Friday afternoons at 2.15. Different levels of play to suit everyone. If you would like to join us for a fun and interesting afternoon please telephone or email the Group Leader to discuss location.

SHARE TRADING: This group has ceased meeting for the time being, and members will contact each other by email when they have anything useful to report. If, however, anyone new is interested in share trading systems, they can email the Group Leader for information.

SNOOKER: The Snooker section continues to meet every Friday at JASPAS in Cabo de la Nao between 11.30 and 2.30 and all people who want to play need to do is to turn up on the day. Cost is normally between Euros 6 and 8 per head.

SOLO ON SUNDAY: Solo on Sundays is aimed at whoever you are - to meet up on a Sunday and enjoy a nice meal together and make new friends. Anyone of us can suggest a Restaurant of their choice for the next occasion, so come along - all new faces are welcome. Just ring 96 646 3389 to find out which venue and at what time.

SPANISH CONVERSATION: For various reasons, I shall not be leading any Spanish conversation groups this year. There will therefore not be any further formal meetings on a Monday morning. Should I be able to start another conversation group next year, I shall be in touch with the U3A to advertise this.

I hope that one of the many other Spanish speakers in the U3A (and I have met many people who are very fluent in Spanish over the past two years) may feel able to start up their own conversation group. I am happy to speak to anyone who may wish to do so and tell them "how I did it".

TRAVEL GROUP :

Tuesday 11th - Friday 14th March – *Walking in the Moratalla Mountains*

This trip is now full with a waiting list. Balance to be paid today and please complete the slip provided for your contact's name and telephone number. Organiser: Angela Chantry

Thursday 27th March – *Day trip to Murcia*

This trip is now full, but names will be taken for a waiting list. Payment of 12 euros p.p. today please from those members on the confirmed list who have not yet paid. The coach will leave El Rafalet at 08.00 hrs, and depart from Murcia at 17.00 hrs. The journey takes approx. 2 hrs. As the coach will be full, would members travelling "solo" please sit together so that others bringing their partners with them can do likewise. Organiser: Angela Chantry

Friday 4th April - *a day trip to the Homes and Garden Exhibition in Alicante.*

Depart Rafalet 09.30, arriving back Rafalet circa 5.30 pm. Price 17 euros to include coach and entrance. Organiser Larry Sherrington. Payment in full at February meeting.

Sunday 6th April - *Sevilla and Cordoba.*

Four nights 3 * hotel, half board, price 375 euros (110 euros single supplement). At present fully booked but if you would like to go on the waiting list please contact the organizer Mike Frost. Balance of payment required at the February meeting, at which time an itinerary will be supplied.

Thursday May 8th - *A day excursion to Cartagena*

Organiser Pat Wykes: more information in the next Newsletter. Price 10 euros.

June date t.b.a. A day trip to the island of Tabarca

Price 10 euros organiser Mike Frost

Tuesday 30th Sept to Saturday 4th Oct – The Monasterio de Piedra and Zaragoza

Proposed itinerary (to be finalised): en-route we will have a guided visit to the Real Monasterio de El Puig de Santa Maria, north of Valencia, then on to the Hotel Monasterio de Piedra for 1 night. There will be a guided visit round the 12th century Cistercian Monastery, the Wine Museum, Exhibition of the history of chocolate, Carriage Museum, visit to the Natural Park (waterfalls, caves, lakes), and a demonstration and display of birds of prey. Late afternoon we will make our way to the 3* Hotel Ramiro 1 in the centre of Zaragoza for 3 nights, with a city tour, and free time for sight-seeing. On the return journey to Javea we will stop for lunch at Teruel, declared a world heritage site. Cost: 375 euros p.p. in double/twin en-suite accommodation (half-board in Piedra, b&b in Zaragoza), guided tours as described, and gratuities. Single supplement: 140 euros. Deposit (for this trip in **cash** please) of 100 euros p.p. today. Organiser: Angela Chantry

PLEASE NOTE - travel organisers will be at the Parador on the days of the meeting from 10.00 am to collect any monies for the trips in an effort to reduce queuing after the meeting.

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.

Please note - If you are unable to use a trip which you have already paid for, you should inform the trip organiser so where possible a person (member) from the waiting list will be offered your place and then your money will be refunded. We have a clearly defined policy whereby guests are only permitted after all else has been exhausted and then the guest will pay a 50% premium on the trip price. We do not allow non member substitutions as it is unfair to our members. Mike Frost.

In the interests of reducing the size of the Newsletter the Registration of Interest Form and Emergency Contact Form will not be printed but will be available on the travel desks at the meeting.

I M P O R T A N T

Please note - 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** being paid for.

TRAVELLERS' TALES GROUP: Our next meeting will be an illustrated talk on *Nicaragua* by Angela Chantry, 11 a.m. for an 11.30 a.m. start. Venue: The Javea Players' Studio. Turn right just past Book World España (which is opposite Mercadona on the hill towards the old town), and first right again (Cronista Figueres Pacheco 6). The Studio is a few doors further on from Restaurant/Bar Fuentes – email/telephone the Group Leader if you wish to join other members of the group after the presentation for the menu del dia lunch.

WALKING: Our next walk will be on Thursday, 6th March. Meet 9.30 a.m. Tourist Office Car Park, Benitachell, opposite Mas y Mas. Please make sure you have ample water, refreshments, and comfortable walking shoes/boots. Telephone the group leader if you have any queries.

Date	Area	Duration	Kilometres	Ascent
6 th March	Castell de Castells	4	9	250
3 rd April	Javea	4	10	300
1 st May	Benimaurell	4	12	400
5 th June	Tarbena	3	8	300

WINE GROUP: With the wine group, next month's meeting will be on Wednesday 19th March at 12.00 at Caffe 5 Mentarios, where the subject of the talk will be the wines of Carinena.

NEW GROUPS

There will be a coffee morning meeting to discuss potential new groups MONDAY MARCH 17th at 10 30 am in the SOCIAL CENTRE (old town) Javea, by the new car park. Do come along and have a chat if you have any ideas for new groups or activities. A group or activity can be short term e.g. few weeks or on a more regular basis, as we know lots of you come and go like yoyos! However, there must be a wealth of experience out there with our large membership, so thinking caps on folks and help to improve our wonderful U3A Javea for its members. **Please advise Jackie if you will be attending.**

Jackie Heaton Groups' Co-ordinator.

We would to thank Elizabeth Collins for her time in running her Spanish Conversation group and wish her good luck for the future Also to Colin Bagnall for running the Gardening group. A big thank you to both, your input was greatly appreciated. We would also like to welcome Paul Pruden, who is the new group leader for the Garden Club.

NEW DEBATING GROUP

Member Tony Hortopp is starting a Debating Group. He will tell us how it will be run on Wednesday 27th February at the Parador and at our meeting in March, where the Debating Group will be our Guest Speakers, giving us all an opportunity to hear their debating skills and the chance to vote on the topic.

In a nutshell, each side will have two speakers & each person will speak for five minutes, questions will then be taken from the floor, and we then vote for or against the motion, but Tony will explain all on Wednesday, and reveal the topic!!

This will be very interesting and a lot of fun, so if you want to join the group, please contact Tony direct (see Activity Group Leader sheet).

SUGGESTIONS / INFORMATION

1. Discounts to U3A members on production of membership cards.
 - Prestige Cars, Pedreguer - 10%

 - Dr Buffey, Medical Centre, Javea - 15% on consultation at Centro Comercial, La Plaza

 - Liberty Seguros - 15% on car and household insurance
 - Javea Office - Tel. 96 579 3712 or visit at Avda. Marina Espanola 24, Javea. Next door to La Esquina Cocktail Bar on the sea front – port area.
 - Denia Office - Tel. 96 578 1815 / 0757

 - Gunitec, Javea - 10% on pool consumables

 - Book World Espana - 10%

 - Conchita Lopez, Optician, Javea Park - 10%

 - Terra Verde, Health Shop, Javea Port - 10%

 - 5% discount for U3A members on any cruises booked through Silver Travel at Moraira Tel 965745086 contact Sylvestre.

 - 25% discount on house insurance from AXA insurance Co, only for U3A members, Contact Scott Burchell (he is English) on 658949904 or E mail scottburchell_98@hotmail.com

2. **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.

3. **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.

4. **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!

5. **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.

6. **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.

7. **Attendance:** If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know.