

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

NEWSLETTER JANUARY 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

I would like to welcome everyone to our first meeting of 2006. It is a year this week since the Javea U3A was formed, and I am sure you will agree that it has been a very successful year. The committee and I are starting to prepare for the Annual General Meeting, scheduled for our April meeting. At that time it will be necessary to elect a president to replace me. At the end of the Newsletter you will find a nomination form for this position. Please bear in mind that any person you nominate and/or second must actually be willing to carry out the role. I already have one nomination proposing that Rosie Evans, currently vice president, take over the position. I would like to take this opportunity to thank the committee, on your behalf, for all their hard work during the past months and look forward to the continuing success of Javea U3A.

An early reminder concerning your membership...

We very much hope that you have enjoyed your first year's membership of the Javea U3A and that you will want to continue through 2006. In order to make the task of renewals easier for us, and for you to avoid a long queue! we would ask all those members who joined up to and including April 2005, to take a membership form home with you today, or print one off from our website (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, 22nd February. Please take an additional membership 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 will be a Renewals Box available for you to "post" your envelope(s)!

Your renewed membership will be activated from April 2006 and you will receive a laminated membership card. These new cards will be "permanent" and will not carry a specific membership number – all group leaders are given a monthly updated list of members' names, telephone numbers and email addresses (where available). In future years you will simply receive a receipt upon renewal. (Members who joined from May 2005 onwards will receive notifications in due course). Your co-operation is greatly appreciated!

Angela Chantry – Membership Secretary

Our Guest Speaker today is Keith Homden who will be talking about his life as a prison governor in England.

The guest speaker for February is Tony Cabban.

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: New members are welcome and no previous knowledge is assumed. Contact the Group Leader.

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 The Marina Alta Classic Car Club has approximately 100 members with many and varied cars and they enjoy a social/rally event, in our area about once a month. “Meetings” for U3A members, can however be arranged at a mutually acceptable place and time. Contact the Group Leader.

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 :

1st – 3rd February Ballet in Murcia

Arrangements for the visit to Murcia 1st-3rd February have now been finalised and participating members will be staying at the 4* Catalonia Conde de Floridablanca, a newly renovated hotel close by the Floridablanca Gardens, Cathedral and historic centre. In addition to sight-seeing, we will be attending performances of “Giselle” and “Romeo & Juliet” by the Ballet Del Kremlin. Final balance to be paid at the Javea U3A meeting on Wednesday 25th January.

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. If there is sufficient interest, a coach will be arranged to take us to the Teatro Principal de Alicante for this “night of soul”, which starts at 8.30 pm. Cost, including transport, will be in the region of 30 euros. Deposit of 20 euros required at the meeting on Wednesday 25th January.

Wednesday 10th May – The Cirque du Soleil

An amazing evening – not to be missed! – at the Cirque du Soleil, under the Grand Chapiteau in Valencia. Dralion is the fusion of ancient Chinese circus tradition and the avant-garde approach of Cirque du Soleil. The show's name is drawn from its two main symbols: the dragon, representing the East, and the lion, representing the West. “Suspended in time

between the past and the future, Dralion is a celebration of life and the four elements that maintain the natural order: air, water, fire and earth. Innovation soars to new heights as it defies the laws of nature". Mike Frost is organizing this event and will explain at the meeting. Coach transport to the venue in Valencia will be provided at 10 euros per person. If you would like to join us on the coach, please ask Mike to add your name to the list at the meeting on 25th January.

Wednesday 17th May – Il Divo in Concert

Il Divo will be appearing in Barcelona on Wednesday 17th May. Anyone interested in an overnight trip? Tickets are priced at 36.50 euros and 43.20 euros + transport + 1 night hotel. Please register your interest at today's meeting.

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 with the Group Leader.

DIGITAL PHOTOGRAPHY: The meeting scheduled for 10th January had to be postponed - your group leader was forced to delay his return to Spain from the Christmas/New Year break. So the meeting on the 14th February is at the same location - so we meet at the Barclays Bank on the Cap Nau road just before 2pm on 14th February when some one will collect you. A reminder that a seacape, shot fairly recently is still the current project, in digital form preferably. I will be sending a selection of them for inclusion on our group's page on the club's website.

Volunteers still required to hold a camera set up session for members newer to digital photography. More ideas wanted for future group activities - by email to the Group Leader.

New members are welcome, bring your photos on CD, floppy disk or memory card.

DINING OUT : The Dining-Out group met prior to Christmas on 15th December at Las Brisas restaurant where 25 of us enjoyed a very pleasant festive meal. The group has now grown to around 60 members and because we believe that most restaurants can only produce their best food for limited numbers we are restricting attendance to around 25 people for each meal. The January meal was at El Caballero in Javea on 19th January.

A note for members' diaries the February meal will be on the 23rd February because there is an outing planned to the Benidorm Palace on the 16th by the U3A travel group and we want to avoid the clash. Those of you not on e-mail please contact us by telephone. As usual it will be 'first come first served'.

FIRST AID: Depending on the interest we will start a Group. Please contact the Groups Co-ordinator.

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. Please contact the Groups Co-ordinator.

GENEALOGY: The Group meets monthly on a Tuesday afternoon, as arranged. The next meeting is Tuesday 21st February at 1.30pm at the Javea Social Centre. Contact the Group Leader.

HISTORY GROUP : The next history group meeting/talk is scheduled for Friday 27th January at 2.30 pm and will be given by Maria Hollingsworth. The subject is 'Buried Treasures in the Cirros de los Santos' (Murcia region) that pre-date 'the flood'. As this is likely to be Maria's last presentation, a good turn-out would be great! There are future talks planned on "Eleanor of Aquitaine" and "Shakespeare's Stratford-upon-Avon". Dates for these will be advised.

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 : We started again Friday 13th of January, 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: This will be a new group up and running soon. Please contact the Groups Co-ordinator.

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 started with its first lesson on Wednesday 18th January 2006 as planned at the Benitachell Bowls Club. The course is ten lessons over ten weeks.

Following on from the U3A meeting on the 25th January, the Group Leader would like meet others interested in Social Bridge so that games can be arranged.

If anyone has any ideas or suggestions as to organisation I would be very pleased to hear from them. Contact the Group Leader.

SOCIAL RUMMYKUB : The first meeting was a success with 10 people attending.

The last meeting was at the SOCIAL CENTRE in Javea on January 23rd at 10.30am. For all meetings please bring along a RummyKub game if you have one.

TRAVEL GROUP :

Benidorm Palace Thursday 16th February. Depart Rafalet 19.30. Depart Benidorm 01.15 for return journey. We cannot take any more bookings for this trip. For those lucky enough to be going:-

Menu choices: for second course is prawn cocktail, which we have booked for everyone. If this is not acceptable the options are salad or tortilla. The main course is fillet of steak, booked for everyone, the alternatives being sole or vegetarian. If you wish to deviate from the menu please advise Larry by 1st Feb. Dress is smart casual, the balance of monies needs to be paid to Larry today, or latest 1st Feb. The full price for the trip is 55 euros which includes 9 euros for the coach.

Valencia Oceanographic, Science Museum and IMAX Thursday 23rd March. Depart Rafalet 09.30. Return at approx 18.45. The price for all the visits and the coach is 27 euros. Those wishing only to visit the Science Museum need pay 10 euros for the coach and their own admission cost. Phone Mike for any information.

Xativa This was originally planned for 2nd March, but has now been moved to Friday 17th March. Depart Rafalet 09.00. Return approx 17.30. We have changed this date because the new time will give people the option to attend the street market and it is also the time of the Fallas which will prove an added attraction. Price 14 euros, including the coach and the road train to the castle. Phone Mike for any information.

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 both ferries, 2 nights half board 3* hotel in San Antonio, transfers to and from the hotel and a coach excursion on 29th April. The organiser of this trip, will take names today, and will then collect a 50 euros deposit for each person at the February meeting.

Granada during week commencing 15th May 3 days, 2 nights half board in 4*hotel including coach 160 euros. At present there are only 12 people who have shown any interest in this trip. The optimum number is 30. If you wish to add your name to this trip or any other at the back of the Newsletter there is a form for you to use.

Cirque du Soleil. We are hoping to take a party to see this truly spectacular show in Valencia on Wednesday 10th May. Depart Rafalet 19.30 returning at approx 01.00. If you have Internet access go to www.cirquedusoleil.com where there are some clips of the show. This is a world-class show and will be fully booked very quickly, so we need to act now. Due to extreme complications with the booking process I propose to organise this event differently which I will explain at the meeting. The coach will be 10 euros. For further information phone Mike. THIS EVENT IS NOT TO BE MISSED!!

Report on Terra Natura Visit

On Thursday 19th Jan a party of 27 people enjoyed a beautiful day out at the Benidorm theme park. After the disappointment at the cancellation of the original trip last year due to inclement weather, the group enjoyed a sunny day out. Terra Natura involves a walk round the continents of the world including the flora and fauna, sights and sounds of the very different cultures and environment around the world. Also during the day there were shows of singing and dancing and a short improvised elephants' bath time and lunch. A most pleasant and enjoyable day out.

TRAVELLERS TALES: 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 travelling, 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 am for 11.00 am start – please contact the Group Leader.

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 from the Group leader 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.

The committee would like to thank all Group Leaders for their continued hard work and enthusiasm.

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 the Group Co-ordinator.

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.

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: