

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

NEWSLETTER JANUARY 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 Suzanna Bultitude talking about “Amigos Europeos de Javea”.

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 October and November 2006. 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

STAN AINSLEY

It is with very much regret that we report the death of Stan Ainsley, the husband of Pat our U3A Secretary and a member of the Association.

Stan died in the early hours of Sunday 21st January after a relatively short illness.

Our thoughts are very much with Pat and her family at this very sad time.

BIRDWATCHING: Visit to the Ebro Delta, 21st-24th April 2007 (four day/three nights)

At the end of March 2006, eight U3A Birding Group members made a three-day visit to the Ebro Delta, spending two nights at the Hotel Montsia in Amposta (www.hotelmontsia.com/index.html). We recorded 87 bird species during the trip. This year, in an attempt to see more spring migrant species, the timing of the visit has been moved to April – it should also be a little warmer!

The hotel's room-only rate is 40€ whether for single or double occupancy. The cost for three nights will therefore be 120€ per person for single occupancy or 60€ per person for two sharing a twin room. Last year, breakfast at the hotel was around 6€ per person, we stopped for light lunches locally on the delta, and ate an evening meal at a very reasonably-priced restaurant close to our hotel. Last year the journey each way took 3½ hours, mostly along motorways. Car sharing is encouraged and the cost of fuel distributed between those travelling in each vehicle.

I sent an email to all Birding Group members on 19th January asking for a show of interest. Would all members who have not responded to my email please do so as soon as possible. I would like to book our hotel accommodation. Many thanks.

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 14th APRIL – Altea Palau

Musical concert at the Altea Palau by the Quinteto Mare Nostrum Musicae (violin, viola, violonchelo, contrabajo): performing works by F. Faure, C. Saint-Saens, J. Massenet and F. Schubert. Time: 20.30 hours. Ticket 15 euros pp plus cost of coach (which will depend on nos.). If you would like to join this trip please confirm on the registration form at the end of the newsletter or email angelachantry@gmail.com Full payment will be required at the February meeting.

Friday 18th May – “Brahms Requiem”

Coral Clasica Javiense will be performing Brahms Requiem combined with a 47-strong orchestra and a visiting South African choir. Venue: Javea Palau D'Esportivo. Further details will be published later.

Forthcoming local events

Sunday 11th February – Casa de Cultura, Calpe

Classical music by The Cuesta Quintet, 7.30 p.m. at the Casa de Cultura, Calpe. Tickets: 3 euros.

Classical Programme for Feb/March at the Altea Palau

Tickets: at the Palau box office; online at www.cam.es; or tel: 902444300

Saturday 3rd Feb: XII Anniversary Concert (Marina Friends of Music Association) by the Catalonia Philharmonic Orchestra. Violin soloist: Yoon- Hee Kim. Directed by: Alfonso Saura Llácer. Time: 20.30h. Price: 20 €

Saturday 10th Feb: The José Porcel Flamenco Dance Company presents “Libre Albedrío”. Time: 20.30 h. Price: 15 €

Thursday 22nd Feb: Piano concert. Carmen Carrillo plays works by Beethoven, Schubert, Chopin and Albéniz. Organised by: The Rotary Club. Time: 20.30 h. Price: 8 €

Saturday 24th Feb: The Ballet d`Europe presents Mozart’s “Réquiem”. Choreography by Jean Charles Gil. Time: 20.30 h. Price: 15 €

Saturday 10th March: Concert by the Orchestra of Valencia for the benefit of the Local Association against Cancer. Time: 20.30 h. Price: 12 €

Tuesday 13th March: Opera “Don Pasquale”. Comical opera in three acts by Gaetano Donizetti. Libretto by Giancomo Ruffini. III Lyrical Week organised by the Marina Friends of Music Association. Time: 20.30 h. Price: 30 €

Friday 16th March: Opera Gala. The best universally known overtures, arias and duets. Verdi, Puccini, Donizetti, etc. III Lyrical Week organised by the Marina Friends of Music Association. Time: 20.30 h. Price: 25 €

Sunday 18th March: Opera “La Boheme” by Puccini. III Lyrical Week organised by the Marina Friends of Music Association. Time: 19.00 h. Price: 30 €

DIGITAL PHOTOGRAPHY – Alan Turner: Some of you will already be aware of the very sad and sudden death of Alan Turner in December, who will be very much missed, by not only his family, but his many friends at the U3A.

Alan provided great leadership to the Digital Photography Group and was a very popular person. His enthusiasm & knowledge on the topic was infectious and the group enjoyed great success. His untimely death leaves a gap that will undoubtedly be very hard to fill.

We all offer our most sincere condolences to Wendy, his widow, and to his children.

DINING-OUT GROUP: This month we visited LÉchalote restaurant where we enjoyed an outstanding six course meal in very good company as usual. 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 next course " Taking the fear out of First Aid " will be held on 3 Monday mornings in Feb. 2007. Dates---5th,12th,and 19th Feb. Time---10.00am until 11.00am.

Venue--The social centre near the old market place.

We get the centre free so do please buy a drink. In view of the work going on nearby parking may be difficult so allow a bit longer than usual. I will take names at the January meeting, but if you miss it, just turn up on the 5th. If you are coming, try to attend all three days.

GARDENING GROUP: We now have a leader for this Group. Please contact the Group Leader if interested.

GENEALOGY: The next meeting will be Tuesday, 20th February at 2pm in the upstairs room at the Centro Social in Javea when we will be concentrating on problem solving and sharing information on useful web sites.

Website of the month: Boyds Marriage Index 1538-1840 and lots of other early records: www.britishorigins.com

HISTORY GROUP: I hope all members had a good Christmas and a good start to the New Year and are now full of of vigour for 2007. The next history group meeting is at 2.30 on Friday 2nd February at Sally's house. The talk will be given by David Thoms on "The modernization of Spain since the 19th century". Although the talk is fully subscribed, please ring me if you are interested as there could be cancellations.

HOLISTIC THERAPY: Please contact Group Leader.

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 second in a short series on naturally gluten free seeds and grains that are available.

Quinoa (La quinoa)

This king of grains comes to us from the high altitude (3,000 to 4,000 metres above sea level) plains of South America and was at one time considered to be sacred. It contains a valuable source of protein including all the essential amino acids that our bodies can't make on their own and so offers a true health bonus. Additionally, quinoa is relatively lower in fat than other cereals whilst being richer in iron, calcium, potassium, phosphorus, fibre and vitamin E than other more common grains such as wheat or rice. For the botanists, quinoa is part of the spinach family but is cooked in the same way as rice, creating a light and fluffy dish. It can also be used in soups and salads.

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 now have new group leaders and venue for petanque - 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 meets at 2.30 pm on Fridays in the Grand Cafe, Toscamar. Currently we have 8 members and we play in either English or Spanish. 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.

SNOOKER: The Snooker Section continues to gain in strength, but we still need a few more members. We meet every Friday morning at 11.30 at Laceys which is next to the Swiss Cable TV Centre at Cabo de la Nao, and the sessions now last until 2.00pm which gives most people 3 games. The cost does not normally exceed €5 per head.

SOCIAL RUMMYKUB : Rummykub next meeting Monday Feb 5th at 10 30 am at GRAND CAFE Toscamar on Cabo Nao road just past JAVEA COLLEGE and then every other week.

SOLO ON SUNDAYS Dont spend Sunday lunchtimes on your own-join us and make new friends. We meet every other Sunday, the next being 4th February. So come along, just ring the Group Leader for details of next venue.

SPANISH CONVERSATION: Feliz 2007 a todos los estudiantes de espanol. We start our Spanish conversation group meetings again on Monday 12th February in the Social Centre in Javea. Group 1 at 10.30am - we shall hopefully have a new member starting (Suzy) – and Group 2 at 11.45am – a group much changed from that which started in February 2006. I hope you will all be prepared to tell me about your Christmas or New Year (in Spanish, of course). We shall all be interested to hear each other's New Year resolutions and offer "helpful" advice. That is what conversation groups are for! Since we now have two male participants in Group 2, we should have a good balance of ideas. Please telephone or email the Group Leader between 10th and 12th February if you will not be attending the groups this year.

TRAVEL GROUP :

20th to 23rd February – Walking in the Sierra Espuna Regional Park

The February trip is now full. Will participating members please pay the final balance on arrival at the venue. Organiser: Angela Chantry

Wednesday 21st February - a day trip to Elche, the city of palms:

Visit the Priest's Garden and enjoy the town and the park. Coach departs Rafalet 09.00 am and departs Elche 3.30 pm. Price 10 euros. Payment in full at today's meeting. Organiser Pat Wykes.

Thursday 15th March - a day's excursion to Valencia (Fallas):

See the Fallas and experience the mascaletas. Coach departs Rafalet 9.30 am and departs Valencia 4.30 pm. Price 10 euros. Payment in full at February meeting. Organiser Mike Frost.

Mon 2nd April to Thursday 5th April - 4 days and 3 nights excursion to Peniscola.

3* hotel, dinner bed and breakfast and coach 185 euros per person, single supplement 80 euros. The trip includes a day trip to Tarragona and the medieval city of Morella and a boat trip on the Delta del Ebro. Payment in full at today's meeting. Organiser 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 at the February meeting on Wednesday 28th February. Organiser: Angela Chantry

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

Andalucia, situated in the southernmost part of the Iberian Peninsula, is unrivalled in its wealth of history, culture, beautiful architecture and gardens. 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, which has the oldest walled garden in Europe, dating from the 8th century; Seville's cathedral and the Reales Alcazares, a magnificent palace which mixes Christian and Moorish styles; Ronda's Alameda del Tajo gardens, and much more. Please see the separate itinerary/booking form for further details; cost 590 euros pp in twin/double room. **This tour is now full – names for reserve list only.** Organiser: Angela Chantry.

Saturday 26th May - a trip to Alicante (Ideal Home and Gardens Exhibition).

Coach departs Rafalet 9.30 am and departs Alicante 5.00 pm. Price to include coach and entrance 20 euros per person. Payment in full at the April meeting. Organiser Larry Sherrington.

Sunday 27th May to Tuesday 29th May - 3 days and 2 nights trip to Toledo.

4* hotel, dinner bed and breakfast and coach 200 euros, single supplement 45 euros. En route to Toledo we will visit the Royal Palace at Aranjuez, and in Toledo there is an optional visit to a Toledo steel works. 50 euros deposit required today. Organiser Larry Sherrington.

Mid June, dates TBA - 3 nights in Palma, Mallorca

via the fast ferry. More information in February from the organiser, Pat Wykes. Price TBA.

IMPORTANT

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 your name on the back of all cheques and the name of the 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 Felicity for a most interesting and informative talk on her recent trip to Cambodia, with an excellent accompanying slideshow. The next meeting will take place on Thursday 15th February when Dennis will tell us about "A wood carving holiday in Austria". 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. The walk for February will be either Pinos or Jalon, depending upon the weather/progress of the almond blossom:

Date	Area	<u>Duration</u>	<u>Kilometres</u>	Ascent
Thursday 1 st Feb	Pinos	4	9	150
Thursday 1 st March	Jalon	3½	10	NEG
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 next meeting will be on Wednesday 14 February at 12.00 at Il Divino in Javea where I shall be giving a talk on the wines of Rueda to be followed, as usual, by a few tapas.

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

3. Javea U3A Short Story Competition (Fiction)

- Today (Wed 31st Jan) is last day for submission. The author's name, story title and the word count to be provided on a separate covering sheet to ensure anonymity during judging. Entries to be placed in the membership renewals box. The winner will be announced at the February U3A meeting.
- First prize will be a €50 book token. Second prize will be a €30 book token.
- Please contact Sally Wells for further information

4. POOL 'BOYS':

We will recommence in January. **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. Denia U3A have Salsa dance classes to which the teacher would like to offer to Javea U3A, jointly at first, but one of our own if there is enough interest. See Jackie Heaton.
6. There is a proposed new group, U3A Music. Are you interested in forming a musical group? To date 8 members have expressed interest. Previous musical experience will be helpful but ability to read music not essential. Contact Group Leader.

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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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