

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

NEWSLETTER JANUARY 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

Today we welcome as our guest, the lawyer Marc White.

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.

A Few Words from Our President

Welcome back everyone, I wish you all a Very Happy and Healthy 2008.

Christmas has come and gone, and all that remains now, are the extra pounds (in weight) , the bills (more pounds) , and perhaps a few items still hanging around, (hopefully not the relatives !!) but it happens the same way every year and really we must enjoy it or why would we do it every time ? The answer, that like banging your head against a stone wall, is wonderful when it stops, is not acceptable and does not display the seasonal good will and cheerful attitude that is expected from all U3A Members ! However, I really do hope that on a more serious note you all had a very enjoyable time whether in Spain or away and your Christmas holiday was full of good cheer.

Some new things for you all in 2008. A Walking Treasure Hunt, A May Ball and of course lots of travel trips and events. Please do let us know what you want from your Association

and we'll do our best to provide it. All suggestions welcome, either in the Suggestions Box or alternatively just pass them to any Committee Member.

I have heard of some six or seven members who were unlucky enough to be poorly over Christmas, there certainly have been some strange lurgies doing the rounds, so the wishes for your very good health in 2008 are really relevant. The bright sunny weather of early January is a good start so far, long may it continue.

A warm welcome also to all our new members, very patient people who have I'm afraid had a long wait, but I hope they enjoy all that we have to offer now they are finally with us. With over 650 members, we do have a wealth of talent amongst us and it would be good to have some new groups in 2008 so please everyone do consider starting something new for us all.

I hope you all have a really good year and I look forward very much to meeting up with you at some of our many events.

Rosi

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 30th January. 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 January 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 the February 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

CULTURAL ARTS:

Sunday 24th February – *The Legend*

This spectacular musical performed by Lili Ignatova's "Dream Dancers" brings Bulgarian culture to the stage in a unique blend of modern dance, rhythmic gymnastics and colourful native Bulgarian folk dancing. Legend's ancient tale (ostensibly the Greek legend of Orpheus and Eurydice), is powered by an incredible musical score and innovative choreography. At the *Palau*, Altea, the performance (90 mins. with interval) commences at 18.00 hrs. Price (for ticket and coach) 25 euros (cash). The coach will leave El Rafalet at 16.30 p.m, returning to Javea at approx. 20.00 p.m. Full payment today please. Organiser: Angela Chantry

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).

DIGITAL PHOTOGRAPHY: *At the November meeting* Yvonne Jenkins led a session on photographing wild life. The quality of the photographs she shared with us, covering a range of animal and bird-life, was breath-taking. She also highlighted the type of equipment needed and the dedication in achieving such high standards. Eve set a challenge for the group project for the month to photograph fauna.

The group offered suggestions for the 2008 programme. Members of the group provide the sessions based on their own interests or research. Thanks to everyone who has contributed towards the programme for the next 6 months which is now available on the web site.

At the December 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 the month's project of a landscape reflecting the points raised.

If you wish to join the Digital Photography Group please contact the group coordinator via the link on the web page to discuss availability.

DINING OUT:

This month 24 members of our newly formed group visited Restaurant Chez Angel in Javea Park. We experienced excellent food accompanied by fine wine and good company. Everybody enjoyed a thoroughly good evening. In February we plan to visit Restaurant La Bomboneria in Javea Port and hope to also hope to arrange an additional lunch at Verde Vent in the Jalon at Bernia. If you are interested in joining us for future dining out evenings please contact the group leader.

FIRST AID: Taking The Fear Out Of First Aid

A three week course will be held in February 2008, the first three Mondays in February, 10.00am-11.00am in the Social Centre near the old market place. The Group Leader will have a table at the January meeting to collect names but if you can't make these, come anyway. If you would like to come please try to attend all three mornings.

GENEALOGY: The next meeting will be held on Tuesday 19 February at 2.30pm at the usual venue of the Social Centre when Hugh Donnachie will talk about DNA testing

HISTORY GROUP: The History Group meets on the last Friday of each month at 3.30 pm in the Javea Players Studio. The schedule for the next 5 months is as follows. If you are interested joining please contact the group leader.

29 February - The defence of Rorke's Drift 1879, presented by Clive Hedge.

28 March – The history and architecture of Seville, presented by Angela Chantry.

25 April – Interpretations of the Spanish Civil War, presented by David Thoms.

30 May – History Quiz, presented by Clive Hedge.

27 June – The Peninsular War 1808-1814, presented by Alan Oliver.

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 fourth in a short series highlighting the less obvious sources of gluten.

Nibbles

Most hosts (and hostesses) like to offer guests some type of tasty morsel to enjoy with drinks, whether dinner or lunch is to follow or not. Many restaurants likewise include a small olive or two to keep us busy before the main event gets underway. Not surprisingly the Coeliac often stays hungry whilst others take advantage of the nibbles. This is despite that essential tool in the Coeliacs' armoury, the “official taster”, a spouse or friend willing to test crisps for invisible flavours! When inviting a gluten-freer to your drinks party (and hopefully dinner too) here are some simple offerings that can be dished up to ensure that he/she doesn't feel left out.

- Olives, with or without stones, with or without stuffing of pimiento or anchoa
- PLAIN crisps, leave your hedgehog flavoured packets in the cupboard or put them in a bowl clearly labelled as such. This way, the official taster gets a night off.
- Gherkins, cocktail onions and such like in wine vinegar.
- Dried fruits like apricots, dates, raisins but NOT figs.

Anything more complicated, including nuts, can be a problem but there are many interesting gluten free appetizers that take very little effort to produce. Please contact Jools for some ideas.

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:

I would like to welcome old friends and new to join us on Sunday lunchtimes again after the Christmas break - hope it was enjoyable for you. Our next venue will be February 10th at 1 pm and will probably be at Jávea Golf Club, so come and enjoy yourself. Ok? see you next Wed.

SPANISH CONVERSATION: There are no lessons at present but Elizabeth will decide when they are to start again once we have been back for a few days and have found our Spanish land legs.

TRAVEL GROUP :

Thursday 21st February - day excursion to Alcoy, famous for it's Moors and Christians fiesta. A chance to visit the museum of the Moors and Christians and the air raid shelter used in the Spanish Civil War, as well as the old town. Coach departs Rafalet 09.00 am, arriving back at Rafalet circa 6.30 pm. Price 10 euros. Organiser Mike Frost. Payment today please. Please note Alcoy is very hilly and may not be suitable for anyone with walking difficulties.

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

This trip is now full with a waiting list. Balance to be paid in February. Organiser: Angela Chantry

Thursday 27th March – *Day trip to Villena and Novelda (NOTE change of date from Tuesday 25th)*

This trip is now full with a waiting list – members who reserved their places last month please pay in full today (35 euros p.p. - cash). Organiser: Angela Chantry

TBA March - Dinner Dance at the Casino in Villajoyosa

Organiser Pat Wykes. More information at the February meeting.

Friday 4th April - a day trip to the Homes and Garden Exhibition, Alicante

Depart Rafalet 09.30, arriving back Rafalet circa 5.30 pm. Price 18 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.

Tuesday 16th to Saturday 20th September – *The Monasterio de Piedra and Zaragoza*

This trip is in the planning stage. Proposed itinerary: 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 (evening meal/breakfast). 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. Then to Zaragoza for 3 nights (b&b), 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. Confirmation of price at next meeting. Expressions of interest to Organiser: Angela Chantry

TRAVEL VACANCY

After 2 years valuable work Larry Sherrington (and his helper Yvonne) have decided to stand down from the travel organisers group. This leaves a vacancy in the travel organizers group, the role is not too demanding, it involves attending a one hour meeting each month to discuss plans and also arranging and leading 2/3 trips in the course of a year , if you are interested in joining us please contact group leader Mike Frost.

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.

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.

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 first meeting of the New Year will be an illustrated talk on *Bologna & Venice* by Felicity, on Tuesday, 29th January, 11 a.m. for an 11.30 a.m. start. Venue: The Javea Players' Studio. Turn right just past Book World Espana (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 Group Leader if you wish to join other members of the group for the 9 euro menu del dia lunch. All meetings will take place on the last Tuesday of the month.

WALKING: Our next walk will be on Thursday, 7th Feb 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. Walking programme:

Date	Area	Duration	Kilometres	Ascent
7 th Feb	Lliber	3.5	8	150
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

Colin Bagnall has organised a walking holiday in Andorra from 15th to 22nd June - a fine time of year for flowers, birds and wildlife. There are other cultural attractions nearby, cheap shopping and a huge Spa in Andorra La Vella. There are 2 leaders so equal chance for steady and for fit walkers. The group will be staying in the 3*** Hotel Coray, Encamp, with buffet style [excellent] evening meal (wine extra), 32 euros p.p.n. sharing double, or plus 5 euros single supplement (no limit on singles). There are places available for 8 more people. Please pay your deposit of 50 euros (cash) to Angela Chantry today. Further details from Colin (see Group Leader's list under Gardening).

WINE GROUP: The next Wine Group meeting will be on 21st February, subject and venue to be decided on group leaders return to Spain. Details to follow by E-mail to those who are members.

QUIZ NIGHT THURSDAY 28th FEBRUARY .Bar Mediterranea TEULADA 7.30pm.

Jenny and Stan Oldfield will be our quiz masters for the night.

Cost **15 euros** to include hot meal and half bottle of wine (meal to be served half way through evening) & wonderful prizes!

MENU: a) fish (emperador) b) chicken c) lamb

Numbers limited so contact Jackie Heaton **96 577 1839** after FEBRUARY 1st with your details or Rosi Evans at the meeting at the Parador

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
- 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



CANCER SUPPORT GROUP (MABS)

Winners of the 2005 9th October Award

*....help and support,
just a phone call
away*

PRESIDENT
45 Cansalades Park
03739, Jávea
Tel/Fax: 96 579 4083
Mobile 686 305 006

Lyn Jones
U3A
Javea.

Dear *Lyn*

GARDEN FETE – OCTOBER 2007

My sincere apologies for my tardiness in responding to the wonderful donation of 3127,77€, which was raised at the Garden Fete, held in your beautiful villa and grounds, on Tuesday 23 October 2007.

At the presentation on Wednesday 28 November, I said that I was overwhelmed with such generosity from 100 people who attended that the function. Then, I could not explain that this donation, at a time when regrettably, the Group is very much under pressure, with so many people becoming ill with cancer and requiring our assistance, many of whom are without funds to support themselves during this time of stress, was a life line we very much needed. Therefore, I am afraid my emotions took over but would you please pass onto the members of this fantastic club our sincere appreciation for all the support that has been given to us.

I enclose a receipt for your records.

Yours sincerely

Jacquelyne Phillips
JACQUELYNE PHILLIPS MBE
President
23 December 2007

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