

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

NEWSLETTER JUNE 2006

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

Our guest speaker today is Sonia Kleyman talking about her role as a Justice of the Peace.

Thank you to all those members ...

who renewed their membership at the last meeting, and a warm welcome to all newcomers. Please remember to collect your membership cards. If you have any personal details which you wish to update, in particular telephone numbers and email addresses, then please ask today for a "change of details form". We wish everyone an enjoyable and relaxing summer, and look forward to meeting you all again in September.

Angela Chantry – Membership Secretary

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 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. Note that there will be no Group meeting during July and August.

CULTURAL ARTS GROUP:

MONDAY 30th OCTOBER – “OPERALIA”

As at the time of writing, information concerning ticket prices and availability is still not forthcoming. However, in order to be in a position to book seats when (and if!) they become available, a deposit of 30 euros will be required at the meeting on Wednesday, 28th June, which Mike Frost will collect on my behalf. Depending on numbers, the coach cost will be 10 euros per person.

Operalia, the World Opera Competition, was founded in 1993 by Placido Domingo, to discover the best new young opera singers of today. His goal is to attract singers of all voice categories, up to the age of 30 years old and from all around the globe, and make them be heard by a panel of distinguished international opera personalities in the most prestigious and competitive forum in the world. Hosted in a different international city every year, Operalia 2006 will take place in Valencia for its 14th Season. Above and beyond the prize money awarded to the finalists, it is Placido Domingo's commitment to pave and support the career of any and all worthy contestants through further personal guidance and recommendation. The competition runs from the 24th October, with the final to be held in the Palau de les Arts Reina Sofia on Monday, 30th October. The 10 finalist contestants will each have to sing an aria of their own choosing from among the prepared arias, and one Zarzuela aria if necessary, accompanied by a full orchestra. Under the leadership of Placido Domingo, a panel of international Judges (directors of the world's great opera houses) will select the winners of the Operalia 2006 Competition.

Further information will be published on the web site as soon as it becomes available, or email me at angelachantry@gmail.com, or telephone 966460978 towards the end of July.

DIGITAL PHOTOGRAPHY GROUP: We meet once a month to enjoy each others pictures and experiences whilst getting to know this great new development in photography. The emphasis is more on shooting and image processing followed by screening with discussion.

Each month there is a photo assignment for every one to attempt if they so wish. The last completed project, an action picture with *the subject captured in focus but the background blurred by camera movement* proved to be a challenge too far for most of our digital cameras. We debated the reasons for this at length as well as looking at camera problems such as battery shortcomings and 'known' faults i.e. faults recognised by the manufacturer.

Group leader gave several demonstrations of enhancement techniques, using a popular image processor, which included a repeat of the 'sky replacement' trick and a look at putting borders and framing lines on prints.

The summer assignment is 'a picture taken around a swimming pool in high summer - think Hockney rather than family'. Also it was decided that if any member thought they could improve on their previous attempts at any of the past assignments they would also be shown and discussed.

There are no meetings in July, August or September. Our next meeting is at the Javea Social Centre ,1st Floor conference suite, on 10th October 2006.

DINING-OUT GROUP: The Group finished for the summer with our eleventh meal at Karma restaurant in the centre of the Pueblo. 25 of us enjoyed an unusual and well cooked menu. We have visited eleven different restaurants during the past year which are as follows:

1. We started with a lunch at Venta de Posa.
2. In September we visited Negresco which unfortunately is now a bank!
3. October the old favourite Pepe y Estrella.
4. L'Escut was our November choice.
5. For our Christmas outing we went to Las Brisas as it is Northern European run and had all the Christmas extras.
6. January was El Caballero, well liked and loved by all.
7. February was Juan VI in Benitachell which was so overbooked the hosts had to eat in the Chinese restaurant next door!
8. March was La Bombonera which is a very nice Spanish restaurant within an hotel in the Port.
9. April was Vadis restaurant on the Arenal - again very Spanish and high quality..
10. In May we visited L'Eschalote restaurant on the Cap de Nao road which was probably our personal favourite.
11. And in June we finished at Karma restaurant in the Pueblo.

Unfortunately we are obviously not able to give any detailed recommendations but if anyone chooses to call us we would be happy to give you our view of the different restaurants. The Group is on a slimming regime for two months and we will meet again on the SECOND Thursday of September which is the 14th because of the proposed trip to Segovia and many of our group have booked to go on this trip.

We would like to visit new restaurants next year and if anyone has any ideas for unusual places please let us know. Otherwise see you all in September.

FIRST AID: The First Aid course is finished and may be repeated in early 2007.

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.

GENEALOGY: Who do you think you are? This was the title of the family history programme on the TV when various celebrities such as Jeremy Paxman had their ancestors traced. It is also what a lot of our group members have been doing throughout the year. It is incredible the amount of information that you can now learn from the internet about your ancestors. Were they a famous footballer, a shepherd on the hills in Yorkshire, a beer seller, a country farmer, a hostel keeper, a canal boat person moving bricks from Bedfordshire into an industrialized London or an ancient mariner. These are some of the occupations of our own ancestors that we have discovered throughout the year.

The first meeting after the summer will be at 1.30pm on Tuesday 19th September at the Javea Social Centre when April is giving a short talk on how she discovered some of her family history. Any U3A member will be welcome to join us and start discovering their past. Come along and get help in tracing that missing grandfather or cousin.

HISTORY GROUP: Thanks to Angela Chantry for a great presentation on the Monastir de Montserrat. We can't wait to visit the monastery! I have bought 6 history books (all Spanish history) for the group and after the last meeting there is €43.00 still in the pot. If any member has history books that they could donate or lend to the History group, it would be much

appreciated. Please contact Sally Wells with any offers of books. Thanks to all who have attended History group presentations for your excellent support and please all come again when we restart in September.

HOLISTIC THERAPY: Please contact the 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.

MEDITATION : Meetings every Friday 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. Note also that they have opened a new International bookshop called BIBLOS. It is nearly opposite the hotel Parador. They have agreed to give us 10% discount.

PETANQUE: We have had a great time, a lot of fun and tremendous improvement in the play! However, a lot of people are going on holiday so Thursday 29th June is the last day we shall play. We stop for July and August and shall start again on THURSDAY 15 SEPTEMBER at 3 pm sharp, at the petanque courses at the end of the football field alongside the river Gorgos in Javea (for those who wish to join: from the beach road it is only 2 minutes walk alongside the river Gorgos). Have a good summer and see you all in September.

SHARE TRADING SYSTEMS: Since the Group Leader's return to Javea at the end of May after being away 6 months, there have been two meetings for group members to review Systems. There will be another meeting July 10th and then none for two months.

As many members will be away in July, if any u3a members would like to attend the July 10 meeting please phone the Group Leader. If he is out, leave a message on the answering machine with your name and phone number and he will get back to you.

The aim of the group is to help each other find a simple system for share selection that should ensure the maximum chance of profits and the least chance of losses. The present system looks hopeful.

When the Group Leader is not available he can be contacted by email, and members can also contact each other either by phone or email and also arrange meetings.

SNOOKER: The snooker section is very much of a new venture, but we are making progress. I have about 20 members who are interested in participating, and some 8 or 9 of us are going to Lacey's at Cabo de la Nao this Wednesday 21st to try out the tables. I have played there as have some of the other members, and if everyone is happy with them and the venue it is likely that we will start playing there in September either once a week or fortnightly.

Having set up the section my aim is to get it to run itself so that if I do not make one of the meetings then other members of the group can make the booking for the next meeting after

they have finished playing. It should be possible cum September for me to negotiate a very attractive rate for the use of the tables. More members are always welcome.

SOCIAL BRIDGE: This Group is discontinued due to lack of support. It may start up again in October if there is interest.

SOCIAL RUMMYKUB : Contact the Group Leader.

SPANISH CONVERSATION: Spanish will not take place for the next two weeks, but will resume on 10th July. There will be no classes during August. Hopefully I shall be contacting some of the people on the waiting list during the summer as we shall probably have a very few places available in September, depending on their conversation level. Those people who already attend but feel that they will not be able to do so on a regular basis after September, should let me know now, so that other people can be offered a place. Feliz verano.

TRAVEL GROUP :

Viva España: Saturday 2nd September. The list for this is now closed with 52 attending. Payment in full is required at the June meeting, total cost is 32 plus 8 for coach.

Horario : Depart Rafalet 1945

Arrive Rafalet Circa 0215

Outside Sevillian horse show and dressage. Inside for meal and Flamenco show, coach departs about 0130. Details of Menu will be finalised with full payment. Organiser Larry Sherrington

Segovia: List now closed. Total price 170 euros plus 50 euros single supplement, payment in full required at June meeting. Coach leaves Rafalet 20th September 0830, returns Rafalet 22nd September circa 7 30 pm. Organiser Larry Sherrington.

Xmas Dinner Dance at Venta la Posa: 9th December .

Please give names to Pat Wykes, as it is close by, near Denia, we will not be arranging a coach.

Denia U3A have places left on their trips as follows:

Madrid: 11th to 14th October Staying at a city centre 4* Hotel Convention 3 nights bed with breakfast and meals available in the hotel if required. We will go for group meals out for those who wish. Includes – The National Day Parades, A city sightseeing tour. A 75km excursion to the Escorial Palace.

Price is 212 euros with 40 euros for a single supplement

A non returnable deposit of 50 euros is required to reserve a place. Contact u3atina@hotmail.com or u3adenia@hotmail.org

Terra Natura/Terra Mitica: 13th September. Coach costs 10 euros we will book a group admission for those who wish.

Valldigna Monasterio: 27th September A day coach trip with a superb lunch at the Moli Canyar

TRAVELLERS' TALES GROUP: Our last meeting was rounded off with a glass or two of vino and some very tasty tapas – thank you to all my fellow travellers for the convivial company and tales! We will resume in the autumn on Friday 8th September, with a

presentation by Fabio – further details in the September newsletter. We gather for coffee at 10.30 a.m. for an 11 a.m. start. Please email 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. Our first meeting for the autumn will be on Thursday, 5th October.

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. The artists have had an excellent spring / early summer and hopefully we are improving. We have certainly enjoyed ourselves. Members please note, we will not be meeting together until autumn. Have a good summer everyone.

WINE GROUP : Contact Group Leader.

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 2 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. **Flower Arranging:** The two training mornings were enthusiastically received by the group. The students on both occasions went home with a pleasing arrangement and a growing understanding of the technical side of things. Happy flower arranging everyone.
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. How about a few more suggestions on how we can enrich your day out at your U3A Club.
3. If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know

TRAVEL
REGISTRATION OF INTEREST

PLEASE PRINT

Name 1

Name 2

Trips to

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Suggestions for future trips

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