

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

NEWSLETTER MARCH 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 Steve Taylor, a locksmith, who will give a talk on “Security”.

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.

Congratulations to the winners of our short story competition. We hope to have another competition later in the year.

The entries submitted for the Short Story Competition will be on sale at today’s meeting, at a cost of €3.

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 January and February 2007. To avoid having to queue, you may simply “post” an envelope containing your renewal form, together with your 12 euros, in the Renewals Box provided. Remember to collect your membership cards today – cards are only issued once, but please request a replacement if your card has been lost or damaged. 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

ED PEARSON

We are sorry to announce the death of Ed Pearson after a brave battle with cancer. Ed was one of our original members and our condolences go to his wife, Joyce and his family.

BIRDWATCHING: Please contact Group Leader if interested.

CAR TREASURE HUNT AND LUNCHEON:

The above event will take place on Monday 16 April 2007.

We will depart from the Shell Service Station and 24 hour café on the N332 near Pedreguer and then will be following printed directions & answering questions relating to sights along the way. There will be a prize for the quiz winner or perhaps more appropriately for the navigator, as they generally end up looking for the clues and answering the questions. However, that is a matter for the winning driver & navigator to discuss !!! The event will finish with a group luncheon & prize giving.

PLEASE NOTE – THIS IS NOT A SPEED TRIAL !!!!! Those participating will leave at their own pace and we meet for lunch at 1:30 p.m, there is ample time to reach the rendezvous !!

Numbers are limited to 40 people, probably 20 cars and the cost is €20 per. head to include a comprehensive luncheon (3 courses) plus coffee and free flowing drinks.

The route is designed to take in lovely scenery with some roads that you may not have been along before. Roads are bendy and for this reason we suggest that for the comfort of your passengers, if they are prone to travel problems, an occupancy of two people per car is recommended. i.e. not using the back seats.

We suspect that this event may be oversubscribed in which case we will draw names out of a hat.

Please see Rosi after the meeting to register your names, full payment will be required at the March meeting.

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:

Good Friday 6th April – *The English Choir*

Commencing at 19.30 p.m. in Moraira Church, the programme will include a selection of sacred music and will feature visiting soprano soloist Rosemary Jukic giving the first performance of items composed by the choir's Musical Director, Gordon Lawson. Further information: contact June on 965786712 or Colin on 965771287.

Saturday 21st April – “*A night of Song*”

Commencing at 20.30 p.m. at the Casa De Cultura in Orba, being performed by Jane and James Boulton, accompanied by Gordon Lawson at the piano. This will be a concert of Popular Classical Music, including Spanish and Italian songs, arias from Spanish operetta, arias and duets from both Italian and French opera and American musicals. Tickets: 10 euros. Contact: Anne or Ron on 965583804

Saturday 28th April – *Il Divo Concert in Valencia*

Il Divo will be returning to Spain for a special show to celebrate the Americas Cup in Valencia. The concert will take place on Saturday 28th April at Puerto de Valencia, Avenue del Puerto 1 (South Port). Doors open at 8 p.m. and Il Divo take to the stage at 10 p.m. Tickets are priced at 49 euros (non-reserved seating), 80.50 euros and 124.50 euros. Ring Servicam on 902444300 (English service available) to buy with credit card, and tickets can be collected from Cam Banks (e.g. Javea, Denia, etc – you enter the credit card used to book and your tickets are printed off for you). If sufficient people are interested (buying own ticket/s) I will organise coach transport (but there is no guaranteed transport – it will depend entirely on nos.). I have a plan of the seating - please ask to see/or for further information.

Monday 30th April – Friday 4th May: The Javea Players performing *A Touch of Danger*

Francis Durbridge's *A Touch of Danger* is a thriller chilling enough to keep you on the edge of your seat and sparkling enough to provide you with a very entertaining evening. Directed by Penny Grant. Venue: Union Musical theatre at Gata, commencing 20.00 hrs. Tickets are priced at 15 euros for the Monday night Gala performance, inclusive of an after the show Cava buffet ,and 10 euros for all other performances. For tickets/further information, please ring the Box office on 96 579 4937.

Friday 18th May – “*Brahms Requiem*”

Coral Clasica Javiense will be performing Brahms' Requiem with members of the Symphony Choir of Johannesburg. The choirs will be accompanied by the Orquesta Sinfonica de Alicante, and the concert will be held in the Palau Municipal D'Esports in Javea Port. Further details and tickets available at next month's meeting.

Sunday 20th May – Iglesia de la Santa Cruz, Pedreguer

Coral Clasica Javiense, together with members of the Symphony Choir of Johannesburg, will perform a second concert (programme to be announced) at the Iglesia de la Santa Cruz in Pedreguer. Further details and tickets available at next month's meeting.

DIGITAL PHOTOGRAPHY

The Digital Photography group has now reconvened. This is a group of interested amateurs (not experts!) who meet to share their expertise and/or enthusiasm and with the aim of taking better digital photographs. The group will meet monthly at 2.30 at the Centro Social in Javea pueblo. There will be monthly photographic projects, occasional speakers and visits to locations of photographic merit.

The next meetings will be on 24th April, 29th May, 24th July, 12th June (Group visit) , 25th September, 30th October, 27th November. The project for the 24th April meeting is *Flowers*

members are asked to bring not more than 3 prints of flowers taken in the last month and there will be a talk on basic camera settings when using a digital camera in manual mode.

DINING-OUT. On Thursday 22nd March our group made a return visit to La Bomboneria restaurant in Javea Port. Once again they served us an excellent meal in the Spanish style with a very pleasant ambience.

In April we will be meeting on Thursday 19th, the venue to be announced soon. This month we were able to squeeze in everybody who wanted to join us and hope to be able to do the same in April.

We have been trying out several new restaurants with some disappointing results so if anyone has recently visited somewhere they really enjoyed that would be suitable for a group of 25 or so people, please contact Group Leader

There is sufficient interest in the Dining Out Group to start an additional Dining Out group. If there anyone prepared to be the Group Leader for this separate Group please contact **Jackie Heaton**.

FIRST AID: The course held in February 2007 has been completed with 26 members attending. The next course will be in 2008 if there is sufficient interest.

GARDENING: The Gardening group has got off to a good start with 33 members. The group are currently visiting each other's gardens, exchanging ideas, cuttings and seeds. The next Garden visit will be 15th April. There will be a trip to the Iris Garden at Marnes on 3rd May. There will be a talk: *The Realities of gardening for a healthy U3A* by "Greenfingers" Dick and Clodagh Handscombe at the Casa Cultura, Javea Pueblo [down the steps from the church and to the left] at 18.00-20.00 hrs on Monday 23 April € **Open to all including non-garden group members.**

GENEALOGY: There was quite a buzz at this weeks meeting as several members had made significant progress in their research. April after searching for her grandfather for 34 years had found him in the recently released soldiers service and pensions records for WW1. To date only surnames A & B have gone on line which is 2.5 million names.

Details can be seen at

www.nationalarchives.gov.uk/news/stories/150.htm?homepage=news

Helen gave an interesting talk about her involvement in transcribing records for the Free BMD site which is aiming to complete, in the near future, a free index to all Births Marriages and Deaths in the UK from 1837.

The next meeting will be on Tuesday, 17th April at 2pm in the upstairs room at the Centro Social in Javea when James will give a short talk about using the census records to track your family and will look at overcoming some of the problems.

HISTORY GROUP The next group meeting is to be held at the Nueva Javea offices (next to the Red Cross/Cruz Roja) on the road from the Port to the Pueblo. The talk will be given by Clive Hedge on Friday 20th April at 14:30, on "Mutiny on the Bounty: exploding the Hollywood myth". Now that we have a larger meeting room, hopefully more can attend. Aren't you lucky

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

Amaranth (El amaranto)

Amaranth is one of the oldest cultivated plants and was part of the staple diet of the Aztec and Inca civilizations. It is a pseudocereal and related to the spinach family. The seeds are rich in minerals and protein and are said to have more calcium and magnesium than cow's milk. It can be used in baking, cooking and for sprouting. Apart from the obvious nutritional interest amaranth is a plant with a great future and much in vogue for trials into the manufacture of cosmetics, colourings and biodegradable plastics.

Did you know... amaranth is one of the foods selected by NASA for space flight meals? They needed a food high in nutrients, easily digested and which packed a punch above its weight!

Bottom of Form

MAH JONG: The Mah Jong group continues to flourish. Lacking any international governing body, Mah Jong has up to the present been played with varying rules in different parts of the world. The Chinese government in Beijing has now issued a set of definitive rules to standardize play internationally. The new rules are a radical revision of all the versions of the game played in China, Japan, Taiwan, Singapore, U.S.A. & Europe. If you are considering joining the group, now is an ideal time, as we are all battling to come to terms with these new rules.

We continue to meet at the Grand Café, Toscamar, every Wednesday at 7.30.

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 meet at - 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 interested or any members not sure of the location please ring group leaders. Look forward to seeing you then.

SCRABBLE: This group meets at 2.30 pm on Fridays at Grand Cafe. All are welcome. There is a correction to the change of group leader, it is **Ann Roberts**.

SHARE TRADING SYSTEMS The Share Trading Systems Group is now temporarily full. If anyone is interested in joining, please contact Brian Walthew to be put on a waiting list. The aim of the Group is to find a trading system that will make profits at least 80% of the time, by sharing ideas and actual trading experiences. It is not an Investment Club where buy/sell decisions are made by majority vote. Each member goes away and acts on his own judgment, but shares the results with other members

SINGING: The Singing Group continues to rehearse on Tuesday afternoons, 2.30 to 4.30, in Gata Residencia, omitting the third Tuesday of each month.

The group is approximately twenty strong but a number of members are seasonal so our rehearsal groups are smaller. At present we are working on a collection of songs from which we will make selections for performances when we feel that we are ready to face the public.

New members will always be welcomed but it has to be said that we are strong on enthusiasm but not necessarily expertise, so new members who can read music will be particularly welcome.

SNOOKER: So far as the snooker section is concerned it pretty well runs itself now that we are established at Lacey's in Cabo de la Nao. We meet every Friday at 11.30 and have 2 tables reserved for 2 and a half hours, the cost normally being no more than €5 a head. We do need, however, more members who if they want to come along should just turn up on the.

SOCIAL RUMMYKUB: The group is suspended until September 2007 unless someone else would like to take over until then. See Jackie Heaton:

SOLO ON SUNDAYS Come along and join our small but friendly group for Sunday Lunches. Aimed at anyone on their own - don't be shy, give us a try. We meet once a fortnight - next date 1st April, Just ring or email Group Leader for the venue.

SPANISH CONVERSATION Both groups are full at present. There will be no Spanish on **9th April**.

TRAVEL GROUP :

Tuesday to Friday 17th-20th April – Walking in the Sierra Espuna Regional Park

The cost will be 140 euros pp sharing twin/double room with en suite, and includes 3 nights accommodation, full board, 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 the final balance on arrival. Pictures of the February walking holiday to the Sierra Espuna Regional Park can be viewed on our website, www.u3ajavea.org. Organiser: **Angela Chantry**

Saturday 21st April - Casino Mediterraneo, Villajoyosa.

Dinner music and dancing, plus free casino entrance for any gamblers. Buffet dinner, coffee, dessert, wine/beer/water included (not spirits). Coach leaving Rafalet at 20.30, leaving the Casino at 01.00. Price 35 euros per person, payable to **Pat Wykes** at the March meeting.

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

This tour is now full – names for reserve list only. Those participating are invited to attend a pictorial presentation of the proposed tour on Monday, 9th April. Meet at Restaurante El Corregidor (see directions above in Travellers' Tales) at 12 p.m. for the presentation, followed by lunch at 1 p.m. Coach pick-up point for tour: Rafalet car park on the Benitachell road at 8.45 a.m. Saturday 5th May. Organiser: **Angela Chantry**.

Saturday 26th May -the Homes and Gardens Exhibition in Alicante.

Coach leaves Rafalet 09.30. Price 20 euros to include coach and entrance to the exhibition. Payment today please. Organiser **Larry Sherrington**.

Sunday 27th to Tuesday 29th May - Toledo.

There are still 5 places available on this trip. Price 200 euros. 4* hotel, 2 nights. Payment today please in full. Organiser **Larry Sherrington**.

Monday 11th to Thursday 14th June - Palma, Mallorca.

3 nights bed and breakfast at Hotel Isla de Mallorca in central Palma. We will take the fast ferry from Denia departing 17.00, arriving 22.00. 2 full days in Palma, returning on the 20.00 ferry on 14th June. Transfer between ferry and hotel included but make your own way to Denia. Price 270 euros per person sharing a double room, 330 euros single. 100 euros deposit to be paid at today's meeting, balance to be paid at the April meeting. Please give ID number (passport or residencia) when paying balance. Organiser **Pat Wykes**.

Tuesday 2nd to Friday 5th October - Barcelona.

3 nights in Barcelona bed and breakfast only circa 300 euros, to include coach and trip to Monserrat. Expressions of interest please today. Deposit of 100 euros required next month. Organiser **Mike Frost**.

I M P O R T A N T

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 on the back of all cheques your **NAME** and **THE NAME OF 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:

The next meeting will take place on Thursday, 29th March, when Angela will tell us about her recent adventure holiday in Nepal. Please note new time and venue! Due to an increase in numbers, this meeting will take place at Restaurante El Corregidor. Meet in the bar for coffee at 11 a.m., with an 11.30 a.m. start. Directions: take the road from Javea to Benitachell, turn left at the traffic lights in the direction of Moraira. Down the winding hill, and keep going (past Rusty's) until you see Paichi Autos on your left and Clinica Assistel. Turn up the road between these two (signposted to El Corregidor restaurant and supermarket). The restaurant is the 4th turning on the left and there is plenty of parking in the road. All are welcome but please email or ring to confirm: Angela 966460978.

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.

Date	Area	<u>Duration</u>	<u>Kilometres</u>	Ascent
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 wine section had the best attended meeting yet on 14 March at a new venue, Caffe 5 Mentarios where I gave a talk on the red wines of Navarra, and we then enjoyed some excellent tapas. I think we shall be going back there again soon. Next meeting, because of Easter, will be Wednesday 18 April, venue to be decided, at 12.00 as usual

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 value your opinions about the running of the U3A but we need you to put your suggestions in the **Suggestion Box**.
 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.
 3. If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know
 4. **POOL 'BOYS':**
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. Awaiting instruction from **SALSA** teacher as to whether Javea have a suitable venue
 6. **COOKERY** – is anyone keen to take up the gauntlet oops I mean Oven Gloves.
Contact Jackie as she has some ideas
 7. **GO KARTING** If there is enough interest in this activity Chris Garwood would organise this fun event. If you are interested you can contact Chris on **tel. 96 649 1927** (email: karting@u3ajavea.org) or see **Jackie Heaton**
 - 8, There will be a Quiz night organised but a date has yet to be arranged.
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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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