

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

NEWSLETTER MARCH 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

Venue Change: From April 26th 2006 the venue for the U3A Monthly Meeting will be the Parador Hotel, Javea.

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.

Thank you to all those members . . .

who renewed their membership at the last meeting. In order to make the task of renewals easier for us, and for you to avoid a long queue! we would ask all members who joined up to and including April 2005, to take a membership form home with you today, or print one off from our web site (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, 26th April. Please take an additional 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 is a Renewals Box available for you to "post" your envelope(s)!

Please remember to ask for your membership card at the monthly meeting. The new cards no longer carry a specific membership number – all group leaders are given a monthly updated list of members' names, telephone numbers and email addresses (where available). If your name is absent from the list it may be that your renewal is overdue! In future years you will simply receive a receipt upon renewal. (Members who joined from May 2005 onwards will receive notification in due course). Please ask for a "change of details" form if any of your personal information need updating. Your co-operation is greatly appreciated!

On Monday 6th March a few of us from the Committee were invited to visit the Benimeli Club Residencial to view the facilities available for respite, short and long term care. If anyone is interested in having a copy of the brochure, please ask a member of the Committee.
Angela Chantry – Membership Secretary

ASTROLOGY: The Group is suspended until further notice.

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.

CULTURAL ARTS GROUP:

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. The coach will leave Rafalet car park at 6.30 p.m. (18.30 p.m.). There is a bar/cafeteria for pre-concert drinks, with the show commencing at 8.30 p.m. – duration 100 minutes, with no intermission. The coach will leave Alicante at 10.30 p.m. (22.30 p.m.). Will those members who left a deposit only, please put the outstanding balance of 20 euros per person in a named envelope and give it to me on the coach.

Thursday 20th April – Evening visit to Alicante

If you would like an evening in Alicante, perhaps shopping in El Corte Ingles followed by a meal, why not join us on the coach we have arranged as above. Coach seats only are available at 10 euros per person – leaving Rafalet car park at 18.30 p.m. and returning at 22.30 p.m. Please give your name to Mike Frost at the meeting on Wednesday 29th March, or email me on angelachantry@lycos.com and pay on the coach.

Wednesday 10th May – The Cirque du Soleil

Order your ticket online from El Corte Ingles – or easier still, ring their booking office in the morning (902400222), ask to speak to a ticket sales person in English and order your ticket/s over the telephone by credit card (tickets can then be picked up later at an El Corte Ingles store). As ticket prices vary, you are therefore free to book the seats to suit your own pocket. Coach transport to the venue in Valencia will be provided at 10 euros per person – please ring Mike Frost prior to booking your tickets to reserve your place on the coach.

Friday 26th and Saturday 27th May – concert in the Careline Theatre, Alcalali

Izzy, a delightful and talented soprano singer, will be performing two evening concerts, commencing at 8.00 p.m., at the Careline theatre in Alcalali. Tickets, priced at 17 euros, will be available at the meeting on Wednesday, 26th April (own transport).

Saturday 27th May – visit to La Albarda Garden, near Pedreguer

Something for the horticulturalists! “La Albarda” garden is owned by the Enrique Montoliu Foundation, a private, non-profit making organisation, and was created in 1996 with the central aim of preserving the environment. This Mediterranean garden, covering an area of 50.000 m², is planted exclusively with native flora, enhancing the preservation of natural resources such as water and the development of local wildlife. There will be a guided tour, in English, for which no charge is made, but donations to the Foundation are warmly received. The visit will take place at 10 a.m. , lasting approx. 1 hour, and numbers will be limited to 20. It is easy walking, on the level. Further details as to the meeting point will be given in the Cultural Arts Newsletter next month (own transport).

Forthcoming local events of interest . . .

- Concert by the Orquesta Barroca La Dispersione at the Iglesia de les Agustines, Denia, 8.30 p.m. on Friday 7th April. (sopranos/contraltos/tenors and bass). (J. S. Bach: Pasi3n seg3n) entrance 18 euros
- Saturday 8th and Sunday 9th April at 20.30 p.m. Pla i Reves stages LA PASSO passion play, at the Palau, Altea, price 6 euros (NB ring to check that the Palau has reopened since its recent closure due to wind damage, on 966881924)
- John Sivell Charity Easter Concert, Wednesday 18th April, San Bartolome Church in the pueblo, Javea. Entrance 15 euros (organised by the Javea Community Group)

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 by phone (966460978) or email me at angelachantry@lycos.com.

DIGITAL PHOTOGRAPHY GROUP: The March meeting at Bar 121 went well with many subjects discussed including SLR cameras, exposure problems and picture enhancement. Unfortunately the TV provided was unable to show our digital photographs so we were reduced, on this occasion, to viewing on one laptop - fortunately the excellent presentation by Eve Ross and Felicity Arnot on the problems they encountered with their African wildlife photography comprised many large prints which were handed round for all to clearly see.

We spent some time reviewing the almond blossom/spring flowers pictures brought in by members - an excellent standard was achieved and some of these will be offered for the March 2006

group's web page. The next assignment is to bring two landscapes of Javea with Montgo in the background, preferably with all cables/poles digitally removed. Copies will be taken in case we can get some of them displayed on our u3a web page.

Sorting out display problems means that next month's location has not yet been finalized - it will probably be in one of our homes which means, unfortunately, that this group's membership must be restricted to the current list of twenty.

DINING-OUT GROUP: In February 34 of us had a very nice evening at a new restaurant in Benitachell called Meson de Juan VI. However, whilst we enjoyed each others company the service was rather stretched for a restaurant of that size, so it was decided to restrict numbers in the future. Our March venue was La Bomboneria which is a very pleasant restaurant in Javea port just off the seafront. 22 of us attended and enjoyed a very good meal in excellent company. The venue for April is yet to be confirmed but members will be informed by e-mail as soon as possible. The date will be April 20.

FIRST AID: TAKING THE FEAR OUT OF FIRST AID: The three week course finished last week. We had lively discussions and questions and hopefully there are now 34 more people with confidence to offer help or even take charge in an emergency. Could be repeated next year? There will be a booklet for sale at the meeting re: First Aid and Emergency Numbers.

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: The group meets on a monthly basis sharing information and helping each other with queries and suggestions as to where to research next in their family histories. Members are also encouraged to talk about their research and discoveries that they have made. Last month we took a look at family history magazines and at 19th century photos from a member's collection. The next meeting is on Tuesday 25th April at 1.30 at the Social Centre when the group is going to look at Scottish ancestry and the many sources that are available to get information.



(Thanks to Jane Reynolds for the photo)

HISTORY GROUP : Thanks to those who attended David's excellent talk on Stratford. Also, thanks to all who helped with refreshments etc. The next meeting is on Wednesday 5th April at 2.30 p.m. and the talk will be given by Maureen Stanley on 'Eleanor of Aquitaine (1122-1204)'. Please note that this has been rescheduled from Tuesday 4th April, so I apologise for any inconvenience. Please let the Group Leader know if you would like to attend.

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 that on Friday 21st and 28th of April there is no MEDITATION meeting.** 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 now meet regularly on Thursday afternoon at 3 o'clock sharp and continue until 4.45 pm. These are the time allocated to us by the Javea Council. We currently have 18 - 20 players which works out well and we all have a very enjoyable time.

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" is about to end and then we lose the bowls club venue- but we have permission to play in the social bar (where we have had U3a monthly meetings up to now) on Monday mornings from 10 am. If anyone is interested please contact the Group Leader by phone or email or see her after the March meeting. It's taken a while but perhaps we can get going now!

SOCIAL RUMMYKUB : The next meeting will be at the Javea Pueblo Social Centre on April 10th at 10:30am.

SPANISH CONVERSATION: At present I have two conversation classes running, one advanced and one intermediate. Both are on a Monday morning at the Social Centre. At present I do not intend to expand the number of classes. Both classes are full and so I am unable to take any new members at present.

TRAVEL GROUP :

Ibiza: 28-30th April. Balance is payable at the March meeting: 90 euros per person, plus 30 euros supplement for single rooms. We will need to meet at 07:00 at Moll de la Fusta in Denia Port. This is near the new fish market. Parking should be easy at that time of morning. Arrival back in Denia on 30th at 19:00.

Cirque du Soleil: Wednesday 10th May the coaches will depart Rafalet at 6.45 pm. There are still some places available on the coaches, bearing in mind that you must buy your ticket for the show from El Corte Ingles. Organiser Mike Frost.

Granada: 17, 18 and 19th May 2 nights 4* hotel half board, price 160 Euros which includes the hotel, the coach and the entrance to the Alhambra (single supplement of 50 Euros). Deposits of 50 Euros need to be paid at today's meeting, so that we can confirm our reservation. The balance is due at the April meeting. Organiser Mike Frost.

Elche and Murcia: Shop till you drop! Thursday 23rd June A visit to a shoe factory in Elche and then on to Ikea in Murcia. Price 10 Euros. Organiser Mike Frost.

Viva Espana!: Saturday 2nd September. An evening at Viva Espana to include coach, dinner, flamenco show and display horses. Price circa 50 Euros. Organiser Larry Sherrington.

Segovia and the Escorial: 20th, 21st and 22nd September 2 nights, 3* hotel half board with a visit to the Escorial on the return journey. Total price circa 155 Euros (single supplement 50 Euros). We will be taking deposits for this at the May meeting, payment in full at the June meeting. Organiser Larry Sherrington.

TRAVELLERS' TALES GROUP: Our next meeting will take place on Thursday, 27th April, when Brenda Bates will tell us about her recent travels in India. 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, or ask today for the written directions.

WALKING: Please note for the month of APRIL ONLY we will be meeting on Thursday 13th April, same time and venue. Thereafter - First Thursday in month. Meet 9:30 Tourist Car Park, Benitachell, opposite Mas y Mas. 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 and so on 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) : 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 : The next meeting will be held on Wednesday 5th April at noon in La Parilla Bar and Restaurant in the old town. Some tapas will be served and we shall taste probably three wines. Please let the Group Leader know by phone or email by the evening of Monday 3rd April if you would like to attend. Estimated cost per person €13.

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. 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 Jackie Heaton.

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: