

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

NEWSLETTER MARCH 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

ANNUAL GENERAL MEETING – WEDNESDAY 26 MARCH 2008

Our meeting this month at the Parador includes our A.G.M.

Audited accounts will be available, if requested and also a budget for the forthcoming year. We have not received any nominations for the committee so no elections are required to take place.

Your committee has recommended an amendment to the statutes and this will be put to members, with a vote following as announced last month.

Following the A.G.M we will have our usual monthly meeting, but will not have a Guest speaker - Rosi Evans

THE PLEASURES OF BEING A GRANDMOTHER.!!

Our Group Co-ordinator, Jackie Heaton, has decided to stand down in this role after giving some 3 ½ years of sterling service to Javea U3A.

Jackie has been in this role since the conception of our U3A and both she and Roy have contributed so much to making the association the success it is today. However, life changes and a gorgeous young grand daughter has come between us. Not surprisingly Jackie and Roy both want to spend more time travelling and enjoying her company and although we will be very sorry to lose Jackie's services I know we all understand her thinking.

Jackie can stay on & help us for another month if required but clearly we have to look for a new replacement as soon as possible, hence the advertisement below.

I know you would all like to join me in thanking them both for all their hard work. We will miss them. Rosi

SITUATIONS VACANT

Group Co-ordinator wanted for Javea U3A

The key role of the Group Co-ordinator is to liaise between U3A Group Leaders and the U3A Committee.

He or she, will encourage the formation of new groups whilst providing advice and support for both new and existing leaders.

The Co-ordinator will be required to attend committee meetings, generally one a month, and update the committee on all new or prospective groups or any potential problems or changes within existing ones.

The Group Co-ordinator will organise two formal meetings each year with all Group Leaders to ensure effective communication.

It is essential, that he or she has access to a computer for email contact. The successful applicant must also be prepared to address members at the Parador meeting and use a microphone.

If you would like to take on this role, you will be fully supported by the existing committee. Don't worry you won't have to find your own way and we'd love to hear from you.

Please contact Rosi Evans on tel. 96 599 522

In the event of there being several suitable applicants, an election will be held and the applicants will have an opportunity to address the members before a private vote takes place.

GROUP LEADER'S MEETING – TUESDAY 20 MAY 2008

Following on from the success of our last meeting in October , a Group Leader's meeting will take place on May 20th at Javea Social Centre.

If you would like to raise any questions or put forward any ideas please ask your Group Leader to present them at this occasion.

Tuesday 15th April – *A Walking Treasure Hunt!*

This event is now full with a waiting list. Meet in the far end of the Moraira market car park (to the left of the funfair) at 10.30 a.m. In case of inclement weather on the day, please ring one of the organisers between 9.15-9.30 a.m.: Paul Pruden (966493686) & Angela Chantry (966460978)

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 26th March. 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 March 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.

To date there has been very little demand for coach transport from the Javea Port to El Canor (circa 10 members). This will be the last opportunity to express your interest, so names to Angela please and we will announce at the April meeting if there are sufficient numbers for this to be arranged, at which time payment of 8 euros pp will be collected.

Yes Cinders – You shall go to the Ball For Ladies & gentlemen who may wish to hire a “ posh frock “ or Dinner Jacket, the following have apparently got a good selection of clothes & accessories to hire. They do not have a shop but presumably open up at your request. Contact **Loria and Judi on 606 230 745**

BREAKING NEWS The following letter is being sent to the 280+ people on our membership waiting list and time will be available at our Wednesday meeting for discussion and questions.

Dear.....

In the past few months your name was added to the waiting list to join the Javea U3A. The committee of Javea U3A very much regret having to limit the membership numbers, thereby creating a waiting list which in some cases can be over one year. We are therefore proposing an alternative which will allow you to take full advantage of the benefits of being a U3A member.

At 11.00 am on Wednesday, 4th June there will be a meeting in Moraira, in the theatre of the new Espai la Senieta, which is on the ground floor and can be accessed directly from the Moraira car park, the objective being to start a new U3A. At this meeting, which we hope you will attend, we will explain how the U3A operates, and the benefits it brings. If there is sufficient interest at this time we will ask for volunteers to form a Steering Committee to run the Moraira U3A (supported by the Javea Committee) for 6 months prior to holding formal elections. We hope that everybody on our waiting list will be able to attend. This meeting will be advertised in the local papers during the coming months so as to create interest from other people, and the meeting will also be open to members of other U3As.

If you require further information please contact the Vice President of Javea U3A Mike Frost on 966 460 962

MEMBERSHIP

Names for the waiting list can be given to any Committee Member, or email to angelachantry@gmail.com – Membership Secretary

Javea U3A Short Story Competition

We are running a second short story competition and hop that many of you will stimulate your imagination and put pen to paper.

1. The subject is : ‘CASTLE’.
2. A maximum of 2500 words typed with double line spacing and numbered pages.
3. The author’s name, story title and the word count to be provided on a separate sheet to ensure anonymity during judging.
4. Entries to be given to Sally Wells by 30 September 2008.
5. First prize is a €50 book token.
Second prize is a €30 book token.
6. Please contact Sally Wells if you require further information.

QUIZ NIGHT: Tuesday APRIL 15th 7.30 for 8pm Venue ---- Bar Mediterraneo Teulada. Clive Hedges will be our Quiz master again. Menu choice of Chicken, Lamb, Fish or Vegetarian option. Price 15 euros to include fab prizes! Come along & have a fun evening. Places for 50 quizzers! Phone Jackie 965771839 for details or see her at Parador meeting.

SALSA DANCING: Every Wednesday at L' Ancora tennis club (near Arenal Beach) time 9 - 10pm with Amanda. Commencing April 2nd Approx Price 3 - 4 euros. Come along to shake your funky stuff!!! Phone Jackie for details 96577 1839

NEW GROUPS

Tim Ladd	Agenda 21 Javea current information	
Jean Booth	Upholstery & Bridge	96 646 0453
John Othick	Poetry appreciation & reading	96 646 1079
Helen Hayes	Golf for ladies	606 376 542
Pat Robinson	Music appreciation	96 579 4509
Shirley King	Health walking	

I would like to propose the setting up of a U3A Health Walk starting in September. This would take the form of meeting once a week for a **one hour walk** on easy terrain. Footpaths, roads, track etc., no major mountains or unstable terrains in or nearby to Javea. You choose your own pace by walking at a speed where you “puff a bit” but can still comfortably hold a conversation.

Walkers would need to wear sturdy shoes such as trainers or lace ups, it is not necessary to invest in expensive walking shoes or boots. Sandals are not recommended.

When living in the UK I trained as a health walk leader and will need several volunteers to also train up and assist with the walks. Please contact me on **Tel: 965 792 436** if you would be interested in training as a Walk Leader. Initially we would need to meet once a week for the next few weeks, once the walks are established we would meet at the walks and, thereafter every 4 to 6 weeks to discuss any issues that might arise. A minimum of three leaders is necessary to undertake the walks. One at the front, one in the middle and one at the end.

It does not matter what your fitness level is you can join a Health Walk and very shortly will begin to feel fitter. So no matter how quickly or slowly you wish to walk there will always be someone nearby offering support and encouragement. At the end of the walk join the walk leaders at a nearby café for a cup of coffee and a relaxing chat.

I look forward to hearing from volunteers to become leaders and to anyone who will wish to join us in September when we will officially launch walk programme.

Richard King Potential Jazz group & jazz appreciation

A new group seeking to bring together musicians who would like to play jazz and develop their ability to improvise. Those joining should already have some facility with their instrument, and some ability to read music (even slowly) would be helpful.

Each meeting will have a small element of jazz education and a large element of playing. We shall focus on jazz “standards” in the “mainstream to modern era” i.e. post 1915! We shall probably utilise some of the Jamey Aebersold books as an initial starting point, supplemented by small/big band arrangements, as appropriate.

I plan to have a weekly “blow” as soon as numbers make it realistic, and we can use backing tracks if we have difficulty, initially, in recruiting a full rhythm section. **Tel. 965 792 436**

CULTURAL ARTS:

Thursday 27th March - *An Evening of Classical Guitar Music*

Neil Smith, one of Britain's leading classical guitarists, will be giving a performance of fine guitar music at the Hotel Rodat, Javea, on Thursday 27th March, commencing at 20.00 hrs. The evening will consist of two parts, each of approx. 45 mins., with an interval during which drinks and tapas will be available for purchase from the bar. The seating will be at tables (not numbered), and there will be an optional three course dinner (inc. wine) served after the concert for 30 €. The normal price is 20 €, but U3A members who book and pay in advance are being offered a special price of 15 €. Payment today please. Organiser: Angela Chantry

Wednesday 2nd April – *Neath Male Choir* This delightful Welsh Choir have returned to Moraira and will be performing at the Espai la Senieta (the new theatre in Moraira by the market carpark), on Wednesday 2nd April, 19.00 to 21.00 p.m., with an interval. Price: 10 euros. Please ring Irene on 966490941

Friday 18th April – *Caius College Choir of Cambridge* Concert by the Caius College Choir of Cambridge, conducted by Geoffrey Webber. The Choir regularly appears on national English radio and television, as well as travelling extensively. Sacred music of the period of Philip II and Mary Tudor . Venue: The Church of The Augustines Convent, Calle Loreta, Denia (near the Town Hall/Castle), commencing at 8.30 p.m. Meet in the bar of Hostel Loreto for pre-concert drinks at 7.30 p.m. Tickets: 12 euros. Payment today please. Organiser: Angela Chantry

Please check out the April Cultural Arts Newsletter on our website www.u3ajavea.org for further information on cultural events.

DIGITAL PHOTOGRAPHY: *At the February meeting* Dodie Hodgkinson led a session on printing tips. The group discussed the factors affecting print quality including choice of a printer, preparation of the printer, image quality and choice of paper and inks as well as ideas for creative printing. The challenge for the month was to produce a “perfect” print.

The current programme for the group is on the Digital Photography section of the U3A web site.

Examples of previous photographic projects can also be seen on the U3A web site.

Bookings are currently being taken for a joint Photographic and Gardening Group visit to the Jardin Escultorico at Alfaz de Pi on 8th July. Cost €10. Bookings can be made at meetings of the Gardening and Photographic groups.

If you wish to join the Photographic group (which is currently over-subscribed), please contact the group coordinator via the link on the web site to discuss availability. Members should be prepared to contribute to the group's programme

DINE AND DANCE: The next venue will be on Saturday, 5th April at Las Brisas, on the road between Javea and Jesus Pobre. Approximate cost €25 per person including wine. Names to Pat Wykes at the March meeting (limited number).

DINING OUT: Since the last meeting the group had a successful Leap year lunch at Restaurant Verd i Vent and have had an enjoyable evening at restaurant La Galera attended by 33 members. Due to the group Leaders holidays there will not be a Dining out event in April but we are hoping to plan the next dinner on the 9th May. Further details will be sent to all members early in April.

GARDEN CLUB: An enjoyable morning was spent looking at Colin Bagnall's garden earlier this month. The next garden visit will be to Angela & Don Chantry's garden on Sunday 20th April. A visit by coach to the Botanical Gardens at Valencia is planned for Wednesday 23rd April.

GENEALOGY: Contact Group Leader

HISTORY GROUP: The group enjoyed a really excellent presentation last month by Clive Hedge on "the Defence of Rorke's Drift.

The next presentation is on Friday 28th March on "Seville, History Buildings and the Feria, plus the Mesquita Cordoba".

Remember, **HISTORY IS FUN.**

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.

Identifying whether food or drink is gluten free or not is a major headache; for both the Coeliac and those brave enough to cook for us. So, in an attempt to provide clarification here is the first article in a short series looking at food labelling and ingredient listings.

Supermarkets

In the past couple of years Spanish supermarkets have begun stocking ranges of gluten-free products clearly labelled "SIN GLUTEN". Availability varies but as a minimum bread, biscuits, flour, pasta and cakes are usually offered, sometimes in the dietary sections. Locally, Mercadona has made enormous strides for the Coeliac and almost weekly introduces more products clearly labelled SIN GLUTEN to its own brand Hacendado. More importantly, these items are competitively priced making savings for the Coeliac who traditionally has nearly always paid a premium for food safety. Other supermarkets to be recommended include Carrefour, El Corte Inglés and Eroski, but sadly the other local staple Mas y Mas has a long way to catch up.

PETANQUE: Thursday afternoon - 2.45pm for a 3pm start, finishing about 5ish. We meet at – Bar Sheila, 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). If any new members are interested just come along on the day or ring group leaders for more details.

SCRABBLE: Contact group Leader.

SNOOKER: Contact Group leader.

SOLO ON SUNDAY:

Join us for Sunday lunch in a nice venue and meet friends. Everybody welcome, so come along and we will do our best to make the afternoon as enjoyable as possible for you. Ring 96 646 3389 for details. The next SOS's will be March 30th, hope you can make it.

SPANISH CONVERSATION:

Members of the two Spanish conversation groups visited the Desalination Plant in Javea for a guided tour in Castellano of the plant's facilities. This proved to be an extremely interesting and informative morning, especially for those who drink Javea water. In addition, it was a good test of our knowledge of technical Spanish. Unfortunately, tours of the plant are not conducted in English and their explanatory literature is in Spanish. **Elizabeth Collins**

TRAVEL GROUP:

Walking in the Moratalla Mountains – a very enjoyable trip with lovely walks, interesting sightseeing, good company and fantastic weather! Please check out the photos on the website. Organiser: Angela Chantry

Thursday 27th March – Day trip to Murcia

This trip is now full with a waiting list. The coach will leave El Rafalet at 08.00 hrs, and depart from Murcia at 16.30 hrs. The journey takes approx. 2 hrs. As the coach will be full, would members travelling “solo” please sit together so that others bringing their partners with them can do likewise. Organiser: Angela Chantry

Friday 4th April - Homes and Gardens Exhibition in Alicante. Coach departs Rafalet 09.30 am, arriving back at Rafalet 5.30. Price of 17 euros to include coach and entrance to the exhibition. SEVEN PLACES REMAINING. Contact Mike Frost.

Sunday 6th April - Sevilla and Cordoba. Coach leaves Rafalet 08.30 am.

Thursday 8th May - Cartagena Cartagena is an historic port, founded in 277 B.C. by the Carthaginians, and later part of the Roman Empire. It is the home of the Spanish Navy. This is a long trip, with lots to see, so the coach will leave Rafalet at 07:30 a.m. arriving 10.30-11.00. We will leave Cartagena at 5.00 p.m. arriving back around 08:30 p.m. Whilst there, you can take the panoramic lift up to the castle, visits museums, and take a tourist boat around the harbour (€4.5 for OAP's!), as well as seeing what is said to be the oldest submarine. Trip is full with a wait list. Organiser Pat Wykes. Pay at March meeting, €10 per person.

Thursday 5th June and Tuesday 10th June - a day trip to the island of Tabarca. This is situated a 20 minute boat ride from Santa Pola near Alicante. The island is a declared historical area, partly given over to a nature reserve, and is renowned for its fish restaurants. The coach leaves Rafalet on both days on 09.00 am to catch the 11.00 am underwater vision catamaran to Tabarca. We will return on the 4.45 pm ferry to Santa Pola, arriving back at

Rafalet circa 6.30 pm. Price of 20 euros per person to include coach and boat journeys. **Organiser - 5th June Mike Frost, Organiser - 10th June John Price.** Payment in full at today's meeting. Please decide which day you prefer to travel before arriving at the desk to pay!!

Tuesday 30th Sept to Saturday 4th Oct – *The Monasterio de Piedra and Zaragoza*

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. Visits to the 12th century Cistercian Monastery, Wine Museum, Exhibition of the history of chocolate, Carriage Museum, Natural Park (waterfalls, caves, lakes), and a demonstration and display of birds of prey. Late afternoon we will make our way to the 3* Hotel Ramiro 1 in the centre of Zaragoza for 3 nights, 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. Cost: 375 euros p.p. in double/twin en-suite accommodation (half-board in Piedra, b&b in Zaragoza), guided tours as described, and gratuities. Single supplement: 140 euros. Balance to be paid at the May meeting. Trip is currently full with a waiting list. Organiser: Angela Chantry

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.

Please note - If you are unable to use a trip which you have already paid for, you should inform the trip organiser so where possible a person (member) from the waiting list will be offered your place and then your money will be refunded. We have a clearly defined policy whereby guests are only permitted after all else has been exhausted and then the guest will pay a 50% premium on the trip price. We do not allow non member substitutions as it is unfair to our members. Mike Frost.

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.

TRAVELLERS' TALES GROUP: Our next meeting will be on Tuesday 25th March when Fabio will present his latest DVD entitled "*Why Wyoming ...?*"; 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 the Group Leader if you would like to stay on after the meeting for a menu del dia lunch.

WALKING: Our next walk will be on Thursday, 3rd April. 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.

Date	Area	Duration	Kilometres	Ascent
3 rd April	Javea	4	10	300
1 st May	Benimaurell	4	12	400
5 th June	Tarbena	3	8	300

WINE GROUP:

The wine group had a very successful meeting today when the subject of the talk and the tasting was the wines of Cariñena. Next month's meeting will be on 23rd April at Bon Appetit on the Arenal at 12.00 where we shall be looking at the wines from Somontano.

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 , 10% on health insurance
Javea Office - Tel. 96 579 3712 or visit at Avda. Marina Espanola 24, Javea.
Next door to La Esquina Cocktail Bar on the sea front – port area.
Denia Office - Tel. 96 578 1815 / 0757
- Gunitec, Javea - 10% on pool consumables
- Bookworld España.

Recently some members reported that this discount does not appear to be available. It seems that this was due to a number of new employees in the shop not being fully trained. The situation, as confirmed by the manageress, is that the 10% discount applies to all items in the shop that are **NOT** already discounted. The U3A discount is available in all BOOKWORLD ESPAÑA shops, including the new shop in Ondara. This is provided that you advise the staff of your membership at the beginning of the purchase.

- 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 96 322 9821 or e:mail scott@axainfo.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.