

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

**NEWSLETTER MAY 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

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Our guest speaker today is Brenda Bates who lived in Kenya for 25 years and has a wealth of knowledge of this area.

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**Thank you to all those members ...**

who renewed their membership at the last meeting. For those members who have not yet renewed their subscriptions, please complete a membership form, which can be printed off from our web site ([www.u3ajavea.org](http://www.u3ajavea.org)) and place it in an envelope with your 12 euros (cash only). Your envelopes can then be “posted” in the Renewals Box at the meeting on Wednesday 31<sup>st</sup> May. Please remember to ask for your membership card at the monthly meeting. The new cards no longer carry a specific membership number, and in future years you will simply receive a receipt upon renewal.

Please ask for a “change of details” form if any of your personal information needs updating. Your co-operation is greatly appreciated!

**Angela Chantry – Membership Secretary**

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**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 as we have plenty of places. Note that there will be no Group meeting during July and August.

### **CULTURAL ARTS GROUP:**

Since our inception last November we have had a most interesting and varied programme of activities: commencing with the Alicante Symphony Orchestra in the beautiful Church de la Santa Creu in Pedregeur, and Music for Christmas by the Coral Clasica Javiense in the same venue; a Christmas Concert by The Cloisters Singers in the Parador Hotel; a lovely 3-day break in Murcia taking in the sites as well as two ballets, Giselle and Romeo & Juliet; an “Evening with Izzy”, a delightful soprano singer, at the El Elefante Restaurant; the “Ray Charles Concert” in the Teatro Principal de Alicante; the wonderful Cirque du Soleil in Valencia; Chinese Cultural Music & Dance in Alicante; a concert by the Coral Clasica Javiense in Pedregeur; Izzy performing in the Careline Theatre, Alcalali; and finally, something for the horticulturalists!, a visit to La Albarda, a Mediterranean garden planted exclusively with native flora.

We now look forward to the autumn and, in particular, the new programme of music at the Palau de Les Arts Reina Sofia in Valencia, with our first visit planned for the *Gala Operalia* on the evening of Monday, 30<sup>th</sup> October. A deposit will be required at the Javea U3A meeting in June, with the balance payable in September. Further details will be in the June Newsletter.

### ***THURSDAY 1<sup>st</sup> and FRIDAY 2<sup>nd</sup> June– Uned International Choir***

21.00 hrs at the Santa Cruz Church, Pedregeur. German Choir and the International Orchestra Levante, present a concert including Mozart’s Coronation Mass and Paganini’s La Campanella. Entrance 10 euros. (please ask Angela for a map of Pedregeur if you would like to attend)

Jazz lovers may be interested in the following concerts to be held in the Torrecremada Gardens, Denia:

- *New Orleans Blue Stompers* (traditional jazz – Louis Armstrong, King Oliver etc) on Friday 16<sup>th</sup> June at 9 p.m.
- *Orquestra de Cambre de L’Emporda and Mediterranean Ensemble* (songs of Times Square – Cole Porter, Gershwin, Bernstein etc) on Saturday 24<sup>th</sup> June at 9 p.m.
- *Tandem* (modern jazz) on Friday 30<sup>th</sup> June at 9 p.m.

Tickets, priced at 10 euros (or pass for the 3 concerts at 25 euros) are available from Servicam or Costa Blanca Nachrichten or one hour before the concert at the venue.

### **If you know ...**

of any other interesting events taking place which you would like us to consider organising a trip to, please email at [angelachantry@gmail.com](mailto:angelachantry@gmail.com)

**DIGITAL PHOTOGRAPHY GROUP:** Our May meeting was our second at the Conferencia at Javea Social Centre and it appears to be the most suitable venue we have found and appears to be a fixture for the foreseeable future. We can now welcome new members to a larger place than we have had in the past, with plenty of seating, tables and even a viewing screen provided.

We discuss camera problems, look at the efforts by members to complete the current monthly assignment and discuss the methods used, look at one or two useful digital enhancement techniques, and enjoy the occasional demonstration of an associated procedure, last month it was a scanning demonstration and this month one of our group, John Atkinson, showed several slide shows set to very carefully selected music tracks. He has promised to demonstrate how it is done at a future meeting.

The June meeting will be on 13th at 20'clock, bring your camera and, if you want, your version of the current assignment which is - an action shot of a moving subject (in sharp focus if possible) with the background blurred as a result of camera motion.

There will be no meetings in July, August, or September as many members are away on holiday over the summer.

**DINING-OUT GROUP:** The group continues to experiment with new restaurants in the area. This week we visited L'Eschalote restaurant on the Cap de Nao road, and the general view was that the venue was the best so far. The restaurant is attractive and the food excellent. We are not sure yet where we are going in June, but we will let members know by e-mail as soon as possible.

**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:** Researching ones family history is one of fastest growing interests amongst people from the UK. This has been fuelled by programmes such as "Who do you think you are?" and the enormous growth in computer data bases. There is so much information now available on line to be tapped. The aim of the genealogy group is to support you doing it, whether it is to trace a missing grandfather or find out who were your 16th century ancestors. (Very few people are actually lucky enough to get back to William the Conqueror!).

**HISTORY GROUP:** There were 31 members at our meeting on 5th May when Peter Atkinson gave an excellent presentation on his cycling pilgrimage to Santiago de Compostella. The talk was both informative and humorous (who said history was boring?). The next meeting will be at 14.30 on Monday 12th June at Sally's house. Angela Chantry will give a presentation on the history of the Monastir de Montserrat, which was first mentioned in the 9th century.

**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 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 leader is now back in Javea after being away for 6 months. He will be contacting members to arrange a meeting end May/early June to discuss any progress and ideas, and review future plans. In the meantime, if any U3A members wish to join the group, please contact the Group Leader. If he is out, there is an ansafone for you to leave a message and your phone number.

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

**SOCIAL RUMMYKUB** : No Rummykub on June 5<sup>th</sup>, so the next meeting will be June 12<sup>th</sup> at 10:30 in the Javea Social Centre.

**SPANISH CONVERSATION**: The ladies seem to be enjoying our varied subjects of conversation, ranging from book and article reviews, cosmetic surgery to the strange habits of husbands and children. There will be no Spanish conversation on the following dates: 29th May, 30th June, 2nd October. We have decided between ourselves not to hold the group during the month of August, as many people will be away. After August, I shall have a review of numbers to see if we can include any more people.

#### **TRAVEL GROUP :**

***Elche and Ikea***: Thursday 22nd June - a trip to the shoe factory in Elche and then on to Ikea in Murcia. Cost 10 Euros, 15 Euros for non members. The coach will depart Rafalet 9 o'clock, returning approximately 6.30 pm. This trip is fully booked, and to be sure of your place if you have already indicated an interest it will be necessary for you to pay in full at the meeting on Wednesday, 31st May . Places will be offered to the reserves on Thursday, 1st June. Organiser is Mike Frost.

***Viva España*** : Saturday, 2nd September. An evening meal with a flamenco show and a horse display. 10 Euros deposit required at the May meeting with the balance of 40 Euros at the June meeting (the last one before the summer break). Larry Sherrington is running this trip, however Pat Wykes will be collecting the money at the May meeting on Larry's behalf.

***Segovia and Escorial***: Wednesday, Thursday and Friday 20th, 21st and 22nd September. 2 nights in a 3\* hotel and a visit to the Escorial on the return trip. (Entrance fee to the Escorial not included in the price) Total price 170 Euros, 50 Euros single supplement, plus 10% for non members. We require a 50 Euro deposit at May meeting, with the balance at the June meeting. Larry Sherrington is running this trip but Angela Chantry will be collecting the money.

#### ***Christmas Dinner Dance***

Venta la Posa, La Xara/Denia, Saturday 9th December. This is a typically Spanish venue, with live music with a latin bent, but good to dance to. There will be a menu of salad, 4 tapas, a choice of main course, dessert, wine and coffee. Price will be approximately 25-30 euros

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per person. Those wishing to attend can register by indicating on the "expression of interest" form at the back of the newsletter, or contacting Pat Wykes - organiser. A deposit of 10 euros per person will be collected at the June meeting.

**TRAVELLERS' TALES GROUP:** Our next meeting will take place on Tuesday, 13th June, when Angela Chantry will tell us about her recent trip to China. 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 the change of date – our final walk for this season will be on Thursday 8th June (not the normal first Thursday in the month). This will be at Tarbena and will be followed by lunch in a local restaurant. Meet at 9.30 a.m. in the Tourist Car Park, Benitachell, opposite Mas y Mas. We will recommence in the autumn 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) :** Intermediate Water Colour Painting consists of an enthusiastic group of 'aspiring' artists who work, exchange ideas and encourage creativity in each other. Members are working on portrait, wildlife, botanical and landscape paintings and are discovering and improving their artistic skills. Group Leader is now Dorothy Murphy.

**WINE GROUP :** The meeting on May 3rd had a quick change of location in Jávea Old Town when the designated Wine Bar had decided to shut after all, despite having advised to the contrary just a few days previously. We went back up the lane at half an hour's notice to Pepe's La Parilla. There we enjoyed, by happy coincidence, a preview tasting of some Ribera del Duero wines that are due to be featured at one of Pepe's regular sessions in July.

For the meeting at noon on Wednesday 7th June, we are going for better luck this time at the Manchega wine bar down the lane from Pepe's. Jávea will be in full fiesta swing and there's always the chance that the old town road works will hit this location that day. Are we deterred? Not a bit of it!

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**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.

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## **SUGGESTIONS / INFORMATION**

1. **Flower Arranging:** There will be a demonstration on Monday, 5th June at 11 o'clock at the Javea Social Centre by a professional florist from the UK. All are welcome. There will be a one euro collection to pay for the flowers. For further information contact Katrina 966 460 962.
2. **Torreveja U3A** – Monthly Meeting 1<sup>st</sup> Monday of the month. Next meeting June 5<sup>th</sup> at 11:00 am Olympia Restaurant, Mil Palmaris – Exit 68 A37 – for N332 to Cartegená, 1<sup>st</sup> roundabout take the sign-post to Mil Palmaris, approx. 500 metres from roundabout turn right signed for Olympia Restaurant/Club. Summer break until Autumn – 1<sup>st</sup> meeting 2<sup>nd</sup> Oct at Olympia Restaurant. Further Information Ann Ross – tel 966773022, annrossster@gmail.com or Celia Bentley – tel 966922522, celiaharry@hotmail.com.
3. 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.
4. A snooker group will start in the autumn if there is enough interest. Please contact Jackie Heaton if interested.
5. 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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