

# UNIVERSITY OF THE THIRD AGE : JAVEA

(www.u3ajavea.org)

## NEWSLETTER MAY 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 Treasurer**: Mick Cox  
**Deputy Membership Secretary** : Sally Wells  
**Deputy Secretary** : Joyce Pope

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We welcome today our guest Gilly McNally – a sports injury therapist.

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### 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.

**Rosi Evans**

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### **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 March and April 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](mailto:angelachantry@gmail.com).

**Angela Chantry – Membership Secretary**

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### **THOUGHT FOR THE DAY**

In spite of the ever increasing cost of living, it's still popular !!

Kathleen Norris

May 2007

**BIRDWATCHING:** The visit by 11 members to the Ebro Delta on 21<sup>st</sup>-24<sup>th</sup> April was very successful with 94 or more bird species seen during the trip. The weather was just what we had hoped for – dry, sunny and warm. Everyone had their favourite sightings but, for birdwatchers from Britain, more than 75 *night herons* stood roosting in a field by the side of the road was special, as was 10 *collared pratincole* setting up nesting territories 15 metres from our footpath. In both cases, the birds filled the telescope eyepiece for all to see! For those of you who haven't a clue what I'm talking about – put the bird names into a 'Google search' and see what you are missing! Many thanks to Geoff Gardner for the photographs supplied for the U3A website.

The latest field trip El Hondo and La Mata reserves was yesterday, 22<sup>nd</sup> May. Group members were notified of this trip by email.

**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:**

##### ***Sunday 3<sup>rd</sup> June – Concert in the Palau Ducal Dels Borja, Gandia***

Romantic songs of passion and love for tenor and classical guitar – Knut Schoch (tenor) and Carsten Linck (classical guitar). The concert will be performed in the Arms Courtyard of the Palau Ducal Dels Borja, commencing at 7 p.m. on Sunday 3<sup>rd</sup> June. Doors open at 5 p.m. and seating is unreserved. The concert duration is approx. 1½ hours, with a short 10-minute interval. Refreshments will be available for purchase prior to the concert. Tickets for groups are priced at 12 euros, plus cost of coach transport which will depend on nos. (total 20-25 euros max. for ticket and transport). Leave El Rafalet car park at 4.45 p.m., depart Gandia at 9 p.m. To book your place contact Angela, who will be collecting 20 euros p.p. at the Parador meeting on Wednesday 23<sup>rd</sup> May. This will be the last opportunity to book as I have to pay for the tickets I have reserved.

##### ***Monday 18<sup>th</sup> – Saturday 23<sup>rd</sup> June: A "double bill" by the Javea Players***

A double bill of very amusing entertainment is to be performed by the Javea Players at the Restaurante La Micheta, which is next door to the Ifach Golf Club, off the Moraira to Calpe coast road. Each evening will commence at 19.30 hours with a rather splendid barbecue, wine, dessert and coffee. One half of the entertainment will be 8 sketches directed by Cherry Cabban, where you will meet a wonderful array of characters! The second half will be a rendition of John Mortimer's play "*Knightsbridge*", directed by David Garnett, which is set in a flat behind Harrods, again with some rather delightful individuals! The inclusive (barbecue and show) price for the evening is 15 euros, and reservations can be made with Penny Grant on 966471455.

**DIGITAL PHOTOGRAPHY:** The reformed Digital Photography Group now has a programme of dates for the rest of the year. Events include talks, photography projects and photographic trips. A selection of member's photographs will be published on the web-site.

**DINING-OUT.**

The group had a very enjoyable meal at The Cumbre Restaurant in Cumbre Del Sol and would certainly consider a return visit.

The last three months we have been able to include everyone who wanted to join us so nobody has been disappointed.

**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 is currently visiting the gardens of members. This has engendered much useful sharing of information and exchange of cuttings and seeds. The next garden visit will be on May 20<sup>th</sup> to a terraced campo garden in Jesus Pobre.

**GENEALOGY:** The next meeting will be on Tuesday, 22<sup>nd</sup> May at 2pm in the upstairs room at the Centro Social in Javea when April will report on her visit to The National History Show in Olympia, London, and will bring along examples of the latest materials and websites available to family history researchers.

**HISTORY GROUP:** There was yet another excellent talk in April by Clive Hedge. The next talk will be given by Angela Chantry on 'The Borgas of Gandia'. This will be given at 3.00 pm on Wednesday 30th May at 'El Corredidor' (on the Benitachell-Moraira road). All are welcome. For further info phone Sally Wells 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.

**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.

**JULY and AUGUST** the meditation meetings will be suspended. We will start again Friday the 7th of September.

**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 Sheila, 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. The new venue is Meson de Paco, Carretera Benitachell. All are welcome.

**SHARE TRADING SYSTEMS:** The purpose of the Share Trading Systems Group is to find a system that will give good profits at least 80% of the time, and for members to give each other confidence in their trading. There have already been interesting developments.

It is not an Investment Club as members make their own decisions about buying and selling, but share their activities with the other members.

At present the Group is full, but if anyone is interested in joining, please email the Group Leader giving your name, address and phone number and you will be put on the waiting list.

**SNOOKER:** For the Snooker section can you please just say that we meet every Friday at 11.30 for 2 and a half hours at Lacey's at Cabo de la Nao next to the Swiss Cable TV company. No need to book - just turn up and play. Normal cost €5 per head.

**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:** Don't spend Sundays on your own, join us for Sunday lunch at various menus. Next occasion is 3rd June about 1pm. We'd make you very welcome, try it...and call the Group Leader to find out the venue.

**SPANISH CONVERSATION:** Conversation groups will continue to meet at the Social Centre in Javea until Monday 25th June. We hope to welcome Wendy Turner back to the advanced group soon. Both groups remain full at present.

**TRAVEL GROUP :**

*Tour of Andalucia – May 2007*

My thanks to all the participants who made this such an enjoyable trip. Don't forget the photo competition! Please print a copy of your favourite picture of a flower-filled patio or courtyard taken whilst we were in Cordoba. Professional expertise is not required – just what appealed

to you. The print (with your name on the reverse) should be placed in an envelope marked "Cordoba 2007" and handed in to Rosi at the meeting in the Parador on Wednesday 23<sup>rd</sup> May. A prize will be awarded to the picture selected by our judges, Mike Frost and John Evans, the winner to be announced at the June meeting. Please also email me your "funny photos" taken during our trip (or supply a print) for inclusion on our U3A website.

**Alicante Homes & Gardens - 26th May:** List now closed ,coach departs Rafalet 0930.

**Toledo 27<sup>th</sup>-29th May:** List now closed, coach departs Rafalet 0900.

**Mallorca 11th 14th June:** List now closed, 4pm meeting at Denia for 5pm ferry.

### ***Tour of the Palau Ducal Dels Borja, Gandia - Thursday 28<sup>th</sup> June***

Gandia is a typical working Spanish city, with many modern shops, tree-lined walkways, parks and squares, all of which are on a level plane. There will be a guided visit to the **Palau Ducal dels Borja**, opportunity to see the cathedral, and time for shopping and refreshments before our return to Javea. The coach will leave El Rafalet at 9 a.m., guided visit at 10.30 a.m., which lasts 45 mins., and we will leave Gandia at 2 p.m. Cost (inc. guided visit) will be 15 euros p.p. payable today. Organiser: Angela

## **SEPTEMBER**

**Rice Fields of Valencia - Thursday 6th September:** A day trip to the rice fields of Valencia, including a visit to Sueca, followed by a boat trip around the Albufera lagoon and a lunch of tradicional Valencian food. Total cost 25 euros, payable at the June meeting. Organiser Mike Frost. Expressions of interest today please.

**Viva Espana Saturday 15th September:** includes the display horses, evening meal and coach, price TBA. Organiser Larry Sherrington. Please complete the expressions of interest form and hand to a committee member. Payment in full at the June meeting.

**Titanic Exhibition Thursday 27th September:** price 25 euros to include coach, entrance to the Science Museum and Imax Cinema for the film about the Titanic. Coach departs Rafalet 0930, payment today or at the June meeting. Organiser Pat Wykes.

## **OCTOBER**

**Barcelona 9th to 12th October:** 4 days 3 nights bed and breakfast in a 3\* superior hotel, including a day excursion to Montserrat. Price including coach 320 euros, single 390 euros. There are still a few places left on this trip. A deposit of 75 euros is required today, and payment in full at the June meeting. Organiser Mike Frost.

## **NOVEMBER**

**An evening at Benidorm Palace - Date TBA:** organiser Pat Wykes. Expressions of interest to Pat Wykes today please.

**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.

## **\*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 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:**

We wish a fond farewell to Pam Halliwell, a long-standing member of our group, who is soon to be returning to the U.K. Our very best wishes go with you, Pam.

The next meeting will take place on Thursday 31<sup>st</sup> May, when Eileen and Charles will tell us about their recent "Round the World" trip, with a special focus on South America. Our last talk for the season will be on Thursday 21<sup>st</sup> June when Ellen will recount her experiences of a "Gorilla Trek" in Uganda. Meet in the bar of the Restaurante El Corregidor 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 4<sup>th</sup> turning on the left and there is plenty of parking in the road. All are welcome but please email or ring to let me know you are coming: Angela 966460978. In case of inclement weather, check with Angela first!

**WALKING:** Our final walk for the season will be on Thursday 7<sup>th</sup> June and will be different from that advertised last month. In view of the lovely warm weather, we will now be walking in the "hidden valleys" (Lliber/Jalon area), a pleasant walk without any difficult inclines! Menu del dia lunch will follow at Restaurante La Piscina, Parcent. Meet 9.30 a.m. Tourist 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.

**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 next meeting, which will be the last before the summer break, will be on Wednesday 20 June when there will be a fun quiz and a tasting of wines from around the world.

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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 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.

There is a Health Products shop called TERRA VERDA, in Javea Port, in the pedestrian area opposite the Tourist Information office and is next to Café D'Art. It is understood that discount will be available for U3A members.

**LINEA DIRECTA** has made the made the following exclusive offer to the U3A.valid until 15/03/08.

Any member calling for a car insurance quote mention the name U3A Javea and Breakdown Assistance and a Courtesy Car will be included free when you take out a motor insurance policy. with them.

The telephone number is **902 123 142** and they are English speaking.

**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** or via the web site on the “**Contact Us**” page.
  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](mailto:karting@u3ajavea.org)) or see **Jackie Heaton**
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**TRAVEL**  
**REGISTRATION OF INTEREST**  
**PLEASE PRINT**

Name 1

Name 2

I am definitely interested in

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and will pay a deposit when required.

OR

I might be interested in

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Suggestions for further trips .....

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