

From our President

At the April meeting Peter Speer announced some of the social activities planned for this year, which include a Musical Evening at the end of June, a Hog Roast in September and a May Ball in 2011. Also announced were several fund raising events for the chosen Charity CARITAS, a Musical Soiree will take place at my house on 2nd June, Pat Robinson is organising a series of Girlie Evenings, Jean and Tom Miller are organising a Truckers' Breakfast, and Len and Jean Bicheno are organising a War Time Party. Tickets for the Musical Evening and Musical Soiree will be on sale in the main Hall at this months Parador meeting. There are only a few places left for each event. Also, Joanne O'Keefe and Michael Beaumont have planned a paella meal at their home at Cansalades Park on Saturday 19th June. As new events are planned, we shall publish them on the website and in the Newsletter. If you would like to organise an event or attend an event for Charity, please contact Peter Speer.

Last month we had an extremely interesting and amusing presentation from Bruno Goffin and his well behaved dogs. This month we have something completely different - a presentation from Kathryn Marsden, nutritionist, skin specialist and modern founder of the Hay Diet. She is a best-selling author with 14 books to her credit, and more than one million sales worldwide. So, do come along on Wednesday 26th May, the meeting starts at 11 a.m, to meet and listen to Kathryn.

Don't forget June is going to be an Open meeting, when you can come along and speak to our Group Leaders, and see what they have been doing, along with an odd nibble from the Foodies Group and a tippie from the Wine Tasting Group.

Finally, I do hope you are enjoying the change in the weather, and with a bit of luck we shall be able to use our pools within the next couple of weeks. I look forward to seeing many of you at the May monthly meeting.

Shirley King

MORE ABOUT OUR SPEAKER:

Kathryn is a nutritionist and the author of 14 books, including the bestselling *Complete Book of Food Combining* and *Good Gut Healing*. Kathryn loves nothing more than to spread the word that good food is the root cause of good health and that getting the diet right doesn't have to be hard work. She hates extreme regimes with a passion and believes unwaveringly in balanced healthy eating, but is also certain that one of the best sources of nourishment is a sense of humour. Her latest book, *Good Gut Bugs*, is published by Piatkus in May 2010.

Her talk is entitled:

'Fat is dangerous, eggs are bad for you and lettuce and lentils can be stressful'

This talk is all about smashing dietary myths - those nuggets of nutritional information that have been so often repeated and embellished that they've become accepted wisdom. As a result, most people think they already know what's good for them and what isn't. And yet, believe it or not, a great deal of the advice we rely on is actually misleading, based on outdated thinking or just plain wrong. The real answers might surprise you. Most important of all, eating healthily isn't the hard task you might imagine, and getting it right can make a massive difference to your general health and to how you feel. [Paul Wessendorff](#)

In this issue

Speaker details	1
Tues Lecture	2
Friends of Avinença	2
Ongoing Groups	2 - 4
Travel	5
General Info	5

Monthly Meetings Last Wednesday of Each Month

May Speaker

KATHRYN MARSDEN

Nutritionist

Skin specialist

Modern founder of the Hay diet

Membership

Membership for May now stands at 999 members.

Wilma Stevenson: javeau3amembership@gmail.com

FRIENDS OF AVINENCA

Algamesi Fiesta Wednesday 8th September.

This Fiesta claims to be the origin of the practice of men building Human Towers, subsequently claimed to have been started in Barcelona & Tarragona. We have enlisted the aid of the former Town Historian to tell us about the origins of the Fiesta and to explain the significance of the various activities. We will also be shown the best places to witness these spectacular activities. Cost €20 per person, packed lunch advised. Tickets can be reserved by email to xabia.forall@yahoo.es or purchased at the June Monthly Meeting.

These Friends of Avinenca excursions are open to all U3A Members

Trip to the Jucar River System Tuesday 19th October.

This will not be a trip in a boat. The Rio Jucar, arguably the most important river in the Valencian Community, has over many centuries influenced the landscape, habitation and agricultural patterns of life here. We will be exploring the Jucar and learning how man has tried, mostly successfully, to utilise the precious water that flows in this river system. Our guides will be showing us how water supplies are tested, how disputes over water supplies are resolved by the Water Tribunal and how the waters have been manipulated to allow a vast agricultural industry to prosper in the area.

Cost €20 per person, packed lunch advised. Tickets can be reserved by email to xabia.forall@yahoo.es or purchased at the June Monthly Meeting. These Friends of Avinenca excursions are open to all U3A Members

AN INVITATION TO THE "BALL"

The Moraira-Teulada U3A would like to extend a very warm welcome to all members of the Javea U3A to join in the fun at their Summer Ball, which is to be held at Salon El Canor, Teulada, on Friday 24th September – the menu and full details are available to view under "What's New" on the Javea website. Tickets, priced at €35, can be purchased from **Angela**

"CARE & SHARE" TEAM:

The Team offers support and practical assistance to others within the Javea U3A who, like the team members, have suffered loss. If you would like further information please email:

caresharepat@u3ajavea.org or
careshareangela@u3ajavea.org
Angela Chantry

TUESDAY LECTURE PROGRAMME 2010

1 June 2010 10.30 – 12.30

Casa de Cultura Javea Old Town

We have a double bill for our concluding lecture for the 2009-2010 Tuesday Lecture Series.

Tom Miller has the first half to talk about "*Digitising Slides*"

We all have collections of 35 mm slides collecting dust in our attics, and Tom will encourage us to put them in a more accessible form. He will describe the best way to select, organise and copy them. He will demonstrate the process of digitising slides using a dedicated slide copier and also the use of a scanner with a slide copier attachment. He will also make reference to photo enhancement programmes. He will conclude by describing the methods of organising and displaying digitised slides on the computer.

After the coffee break at 1145 approximately, Cheda will talk about "*Art in Madrid*"

Madrid is one of the great European centres for Art. Cheda will describe the Prado, the Reina Sofia Museum and the Thyssen Bornemisza where the Baron Thyssen-Bornemisza collection is housed. As always, his lecture will illustrate some of the major works displayed at these three galleries.

All are welcome, just come along.

Organiser: Alan Oliver at alan@oliverjavea.com

Ongoing Groups

BACKGAMMON: The U3A backgammon Group is meeting every Monday afternoons at Marples Café at the Arenal from 3pm – 5pm – just turn up! (Except August) **Organiser: Bob Denton**

BOOK CLUB:

The **MORNING** Book group meets on the first Tuesday of each month at 10.30 am at the Parador in Javea. The book chosen for June is *Cider House Rules* by John Irving.

BOOK CLUB:

The **AFTERNOON** group continues to meet at members' homes on the third Monday of each month from 3 - 5pm. The book chosen for June is *The Girl with the Dragon Tattoo* by Stieg Larsson.

In July both groups will amalgamate, as Christine Huguet (a lecturer in English Literature) will be joining us to discuss *The Mystery of Edwin Drood* by Charles Dickens. This is the last novel written by Dickens and is actually incomplete. Christine suggested that we could examine possible endings!

If you are interested in joining either of these Book Club groups or would like any more information, please contact Pru Hughes at pru.bookclub@gmail.com

CULTURAL ARTS:

I am very pleased to announce that Pat Ainsley has kindly agreed to work with me as Deputy for Cultural Arts – in my absence, Pat will be taking payments for me at the May meeting – in the Travel Room (next to the little shop as you enter the Parador).

Saturday 5th June: "Summer Concert"

By the Costa Blanca Male Voice Choir, in aid of Cancer Care, Javea. A great selection of songs, including *You raise me up*, *American Trilogy*, *Some Enchanted Evening*, and much more. Venue: the Town Hall Theatre, Teulada, commencing at 19.30 hrs. Tickets: €8 available at the meeting.

Saturday 5th June: "Charity Concert"

The *Montgo Chorale Choir* will be performing a charity concert in aid of Caritas at the Nuestra Senora de Loreto Church, Javea Port, commencing at 9 p.m. The entrance is free, but a generous donation in the retiring collection will be welcomed. The programme will consist of very popular and well-known sacred and secular favourites.

Tuesday 8th June: "Concert by The English Choir"

As part of the Moraira Moors and Christians fiesta, the English Choir are presenting a concert at Mare de Deu Dels Desemparats Church in the centre of Moraira, commencing at 21.00 hrs. It will consist of some popular music to sing along with and songs from the shows, including excerpts from *Phantom of the Opera*, *Les Miserables* and *Gilbert and Sullivan*. Entrance is free.

Sunday 13th June: "Choir Concert"

To be held in the lovely setting of the Mediterranean L'Albarda Gardens (La Sella urbanization, Pedreguer), commencing at 18.00 hrs. Refreshments will be served at the end of the concert. Programme performed by: Orfeo El Verger: *Romanticism*, Cor de la Rectoria: *Gospel, modern & poetry*, Orfeo de Xabia: *Spanish operettas*. Donation: €10 (Fundem members €8). Tickets available at the meeting.

Friday 18th June: "Il Divo – Three Tenors"

The phenomenal success of *"Il Divo"* has inspired the Three Tenors to stage a popular programme with a sophisticated mixture of light tenor songs and "hits" of today. At the Heredad de Elias Ferrer (Bullring gardens Alcalali), 20.00 hrs. (see map on website). The normal price is €20 – buy your tickets in advance from and pay €15 – available at the meeting.

Monday 21st June: "A Night Out"

The Javea Players' summer production at the Restaurante La Micheta (next to the Ifach Golf course off the Moraira-Calpe

coast road) is a comedy, so sure to be a fun night out. Tickets are €15, and include BBQ buffet, wine and show. Commencing 7.30 p.m. Payment required at the May meeting.

Friday 20th August: "Carmen" - Palma Concerts' first "opera production", directed by Lutz Kowalewsky, will take place in the Heredad de Elias Ferrer (Bullring Gardens, Alcalali) – see map on website, commencing at 20.00 hrs. Carmen: Pauline Birchall; Don José: Antonio Magno; Michaela: Salome Rodríguez; Escamillio: Stefan Sanchez; Flamenco: Carmen Cruz; Horse riding: Octavio Ferrer. Tickets priced at €20 – available from Angela at the June meeting for the reduced price of €15. Bar & bbq service available. **Organiser: Angela Chantry**

DIGITAL PHOTOGRAPHY: The April meeting of the digital photography group was a well attended talk by Peter Sanders on the use of artistic composition in photography. Our May meeting will be devoted to a talk by Dodie Hodgkinson on the use of Picasa. The group is currently well subscribed but, anyone wishing to join should contact Tom Miller at digitomingata@yahoo.co.uk and their names will be added to our waiting list. **Organiser: Tom Miller**

DINE AND DANCE: Due to lack of interest, the evening at Balcon el Puerto on 15th May was cancelled. There has also been no interest in the proposed dinner dance at the Indian Palace in June, so we are looking for an alternative venue where we can go with a much smaller group. Information at the next meeting. **Organiser: Pat Wykes Johnson.**

DINING OUT: This month 60 members visited restaurant Chez Angel at Javea Park where we had excellent food and wine. In my opinion this must be one of the best restaurants in Javea. Our next Dining Out Event will be on Thursday 17th June at restaurant La Cumbre **Organiser: Peter Speer**

DISCUSSION GROUP: We had an interesting discussion last Friday May 7th, the subject was:- "Should religious laws be allowed to take precedence over State laws?" There was a clear "No" to this. The discussions are lively and most enjoyable, but we could do with and would welcome more people.

We meet on the first Friday of every month, at the social centre Javea (1st Floor) from 4 pm to 6 pm. the next meeting will be on June 4th and the subject is "Women are more realistic than men". for more details ring Gill Birch on 966 473 023, or just turn up. **Organiser: Gillian Birch**

FAMILY HISTORY: Our next meeting is to be held on Tuesday 15th June at 2.15pm at the usual venue of the Social Centre. The topic will be "Imaginative ways of displaying your family research". Some of our members have been pursuing their family history research for many years and they are being encouraged to tell other members of the group how they can best display it and preserve it for future generations. **Organiser: James Hodgkinson**

FOODIES GROUP:

MiraPanajotovic gave an excellent presentation on the incredibly varied and delicious foods from her homeland Serbia. She not only had our tummies rumbling but we learnt so much in such a short time about the traditions, culture and history of the country. Mira enthusiastically painted a picture of country life, traditional foods and festive fare. We were doubly rewarded when we feasted on a miniature meal with corn bread, filo and cheese pastries (still warm from the oven) and beautifully presented desserts made from nuts and spices and dried fruits. *Cestitam* (congratulations) Mira! For more information request the Foodies minutes.

The June 17th meeting, the last before the summer, will be at 10.30 in the Javea Tennis when we shall have a question and answer session. So bring your tips and tricks or problems to solve. **Organiser: Barbara Craven**

HISTORY GROUP: The next meeting is Monday June the 7th in the Casa de Cultura at 1.15pm.

Subject: "AFTER KATHARINE - HENRY AND HIS WIVES" Presented by Sue Bentley.

The six wives of Henry VIII is one of the world's greatest stories. Last year's talk focused on Katharine of Aragon and her life as Henry's first ill-used wife. This talk takes up the story at the point when the dark and alluring Anne Boleyn catches Henry's eye (c.1527) and then follows the succession of wives up until Henry's death 20 years later in 1547. Members who are interested in joining the group please contact the **Group Leader, Sally Wells.**

NOT JUST FOLK MUSIC GROUP: Following several requests made by group members, it has been decided to **change the meeting dates of the group for the remainder of 2010. We will now meet on the last Monday of each month until further notice.** The next meeting of the group will therefore be held on **Monday 31st May** at The Bull and Bear Restaurant and Pub opposite Mas y Mas in Benitachell, gathering at 7.30 for 8.00pm start, and concluding at around 10.00 pm. Please let me know if you are able and would like to come to this session of the Group as soon as possible, either on 96-649-3959 or by E Mail to folk.music@u3ajavea.org

Anyone interested in joining the group should contact me in the first instance by E Mail at the above address, and we look forward to hopefully seeing some new faces at our sessions during the months ahead. Further details about the group and its activities can be found on the Javea U3A web site. Looking forward to seeing as many as possible on the 31st May. **Organiser: Paul Wessendorff**

QUIZ NIGHT: Next one is on Thursday June 24th, 7.30 for 8pm start. New venue, old friends: Miguel & Mar from La Polenta in Teulada have opened a Tapas Bar, EL SALAITO, Calle Roques 21 in the historic centre, just behind the Casa Cultura. Due to its small size, including kitchen, numbers are limited but they are keen for us to go. Menu choice: variety of tapas to start, main: pork in mushroom sauce or salmon cakes with caramelised onion, dessert: homemade cheesecake or chocolate ice cream. Bread & alioli, water & wine. Cost 15€. Parking may be a problem as it's fiesta time (again!) so allow time. Contact **Jeni & Stan** at:

stanjenioldfield@gmail.com. You can pay at May's monthly meeting (preferable, if possible) or on the night.

RUMMIKUBS: Could all members of the Rummikubs Group note we will have our last meeting for this season on Wednesday 30th June and restart Wednesday 1st September. **Organiser: Krystyna Stefanczyk**

SPANISH:

I will continue teaching until the 25 June and then there will be a break for the summer. Classes will restart in September or October once the booking for the room has been confirmed. **Organiser: Heidi Hancock**

SOLO ON SUNDAYS: Last Sunday 15 of us enjoyed a very pleasant meal at Faby's (the new Margons') in the Plaza. With the meal, wine and the little extras provided by the restaurant and good company, it was an exceptionally nice afternoon. If you would like to join us at the next gettogether, June 6th at the Golf Club, on the Benitachell Road, at 1.30 pm..... simply call Marion on 96 646 3389 or email me marionapril@hotmail.com we would love to see you! **Organiser: Marion Monsell**

SOLOS SOCIAL GROUP:

Friday 11th June: MABS Ball at El Canor, Teulada
Join our Solos table at the MABS Ball. Tickets: €45 pp – please pay at the May meeting.

Saturday 26th June: Dinner Dance

Venue to be confirmed.

Friday 24th September: Moraira-Teulada U3A Summer Ball at El Canor, Teulada

We will be having a Solos table – price €35 pp for cava reception, 3 course menu, wine & water, coffee & liqueur, with music for dancing provided by *Duo Romance*. Tickets available from Angela (choice of meat/fish and vegetarian option) at the June meeting (or email angelachantry@gmail.com).

If you would like to join us and receive regular updates of our activities, email Angela or ask today for a copy of our Solos programme.

Organiser: Angela Chantry

TRAVELLERS' TALES GROUP: Our thanks to John & Ann Boot for their excellent presentation entitled "*Australia, and a 4-day stopover in Hong Kong*". The next presentation will be given by Pat Robinson, and Pat will be telling us about "*South Africa*". This will be our summer "get-together", which will take place in the El Andaluz Restaurant, on the Benitachell to Moraira road. The talk will be followed by lunch: a 3-course menu del dia, with choice of starter/main course/dessert, including ½ bottle wine pp, some water, and tip (12 euros) – I will email the menu to participants in early June. If anyone else would like to join us, please book and pay at the forthcoming meeting – Pat Ainsley will be collecting monies on my behalf (in the Travel Room). Arrival: 11.30 a.m. for a 12 p.m. start. New members always welcome! **Angela Chantry**

WINE TASTING: The next meeting will be an evening meeting at 12.00 on Wednesday 16th June at La Cocina when we will be tasting some white and rosado wines which are ideal for summer drinking.

Organiser: Steve Collins

Travel 2010



The Travel Team would like to thank everyone who has taken the time to respond to our email survey, by sending us their comments and suggestions for future trips and excursions which they would like to see in our 2011 Travel Programme. Any members not on email who would like to participate, are invited to forward their ideas via our mailbox in Total Postal - the envelope should be addressed to "**Angela Chantry, Suite No. 53**". Full details of all our trips, payment methods etc can be found on the web site at www.u3ajavea.org

Wednesday, 16th June – Gandia

This trip has been cancelled due to lack of interest.

Organiser: Pat Johnson

Tuesday 28th September: A day trip to El Palmar on the edge of Albufera Lagoon. The coach will leave Rafalet 9.00 am to travel to the Information Centre at Albufera. There is a 10 minute walk (uneven ground) to the Information Centre where there are displays on the history of the area, methods of local fishing and rice growing, followed by a 15 minute video in English. At approximately midday we will travel 5 minutes to the small village of El Palmar, which is surrounded by the rice fields and canals. It can be fully explored in an hour, which leaves time for lunch before a 45 minute boat trip on the lagoon. We should arrive back at Rafalet about 5.30 pm. Price per person to include coach and boat 15€, payable at today's meeting. There is a bird hide at the Information Centre and any bird watchers wishing to visit it can remain at the Centre and the coach will return to pick them up at 1.00 pm to take them to El Palmar.
Organiser: Mike Frost

Friday 1st to Sunday 3rd October: Visit to Lorca. This 3-day visit will allow time to explore the many attractions of Lorca, declared an Historical and Artistic town in 1964: Fortress of the Sun, Lorca's Workshop of Time, Archaeological Museum, Embroidery Museums, Palace of Guevara, and ride the tourist train which leaves from the Visitor Centre. On the return journey visit the Monasterio de Santa Eulalia, near Totana, and perhaps walk the Way of the Cross, time for lunch (own purchase) before returning to Javea. We will stay at the 4* Hotel Jardines de Lorca (spa hotel), which is a short walk from the historical centre, 2 nights half-board (wine & water included during dinner). Price: circa 160€ (depending on nos), single supp. 36€. **Deposit of 50€ pp** at the April meeting. **Organiser: Angela Chantry**



A collection box for used **Postage Stamps** will be by the DVD and Book swap table. These stamps will be given to the Royal British Legion for their support fund, so please remember to bring Books, DVDs and now stamps as well to future meetings.

BOOK SWAP & AUDIO BOOK SWAP - Brenda will be pleased to see you at the Parador meeting. Remember to bring along your books or audio books, there is a small charge of 50c if you have no book to swap. This money will go towards the U3A chosen charity.

DVD SWAP at the Parador meeting - This only works if you remember to bring your DVDs along, so don't forget - Barbara will be pleased to see you as she is manning the DVD Swap table this month.

For Sale, Recycle or Wanted Board:

At the Parador meeting, we will have a board for you to advertise items you wish to SELL, RECYCLE (give away) or WANTED. To advertise your item please contact Jean at urecyclesale@yahoo.co.uk (email subject-U3A Javea notice board). Please make sure you put all the details about the item, and your contact number or email address. We will presume **you have sold, recycled or found the item before the next meeting** so if you wish the same advert to go on the board again make sure you contact Jean and ask for the advert to be resubmitted. On the 10th June we are starting a new way of advertising the For Sale, Wanted or Recycled items. Send your adverts by email to urecyclesale@yahoo.co.uk (email subject-U3A Javea notice board). Your advert will be placed on the new web page <http://javea-u3a-noticeboard.wikidot.com>, a link will also be available through the Javea U3A website. No personal details will be shown on the new web page and all contacts will be through the web site moderator. For further details please contact Jean Miller on 966 260 967

Next month's meeting is on Wednesday, 30th June at the Parador

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