

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

NEWSLETTER NOVEMBER 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

We welcome today as our guests the guitarist John Anthony and his wife Suzanne who will dance the flamenco.

A few words from our President

Christmas Greetings !!!

I don't think I have ever been organised enough to go in writing with a Christmas greeting so early in the year and still some 25 shopping days to go !!

However, what better time to wish every one well and say thank you to you all for your support this last year. On this topic, I am sure you would all wish to be included in a big vote of thanks to the committee members and group leaders who have all worked so hard to make this year the success it has been. Without their ideas, and efforts, the U3A would be a far less interesting association. So, thank you very much to you all.

I would also like to take this opportunity, to wish every one of our members a Really Happy and Peaceful Christmas and all that you wish for yourselves and your families in 2007.

Have a great time and I look forward to seeing you back at the Parador in the New Year.

Rosi Evans

A warm welcome to all newcomers and thank you to all those members who renewed their subscriptions last month. Remember to collect your membership cards today. Could I remind everyone that we are not able to accept cheques – cash only please. If you have any personal details which you wish to update, in particular telephone numbers and email addresses, please ask today for a “change of details” form. As announced last month, after this meeting we will not be accepting any new members for the next few months and I will be keeping a “waiting list” of prospective applicants. All those with subscriptions outstanding which were due in September will now have their names removed from our membership list, unless I receive notification of impending payment.

Angela Chantry – Membership Secretary

Thought for the Day

Thinking of Christmas eating, it seemed a good idea to join a gym.

The joining instructions said – Wear something easy & loose fitting.

Now I ask you, if I had anything “ easy & loose fitting ” , would I even be bothering to join a gym ?????

BIRDWATCHING: The next birding field trip will be to **Pego Marsh on Friday, 8th December 2006**. I hope that by changing the day to a Friday some members who couldn't make a Wednesday will be able to come on this trip. The meeting point will, as usual, be at **Barclays' Bank in Javea at 8am**.

There is a photograph taken by one of our members, Alastair Hepburn, during the group's last visit to this area on October 11th 2006. This can be seen on the U3A website on the What's New page.

Anyone interested in joining the birding group should contact Nigel or Sue Bentley, preferably via email. No previous experience is necessary, but a pair of binoculars is essential to take full advantage of this hobby.

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:

Friday 8th December – Music Concert with pianist Won Kim

Commencing at 7 p.m. at the Palau Altea. Price 8 euros. Book online via www.cam.es
SERVICAM venta de entradas.

Saturday 9TH December – Teulada German Choir

The Teulada German Choir with the Levante International Orchestra are performing a concert (Mozart) at the Iglesia de Sant Bertomeu, Javea, commencing at 21.00 hrs. Donation at the door: 12 euros.

Saturday 16th December – Christmas Concert

A music concert to be performed in the Teatre Auditori del Centre Social, Denia, commencing at 8.30 p.m. Free entrance.

Saturday 16TH December – Christmas Concert

Christmas Concert at the Iglesia de Sant Bertomeu, Javea, by the Concert Orfeo de Xabia, commencing at 22.00 hrs. Free entrance

Sunday 17TH December – Christmas Concert

A Christmas Carols Concert by the Coral Clasica Javiense at the Iglesia de la Santa Cruz in Pedreguer, commencing at 7.30 p.m. Tickets 10 euros, own transport. Please ask for a map of Pedreguer which shows the location of the church and parking. For those people who have already paid for their tickets, please collect from Gill Atkinson at the meeting in the Parador on Wednesday 29th November, and any additional members who would like to attend should also see Gill (she will be assisting Rosi, our President, at the Cultural Arts table).

Coral Clasica Javiense was formed 3 years ago by Colin Bagnall in an effort to have a choir of excellence singing great music classics in the region centred on Javea. With a membership of almost 40, they are enthusiastic, growing and very international. The choir is working towards its largest project to date – concerts this coming May performing Brahms Requiem combined with a 47-strong orchestra and a visiting South African choir. You will not have to travel to Valencia or Alicante - one concert will be in the Javea Palau D'Esportivo. Further details will be published later.

Sunday 17th December – Izzy's Christmas Special "Classical meets Contemporary"

Izzy, a delightful and talented soprano singer, will be performing her *Christmas Special* on Sunday, 17th December. The evening will commence at 6 p.m. (18.00 hrs) with a Cava Reception. Venue : Salon El Canor Teulada (directions printed on back of ticket). After Dinner Entertainment with IZZY, followed by dancing to the Band and Darrell's Disco. Tickets: 45 euros

ENQUIRIES / BOX OFFICE -Tel: 619009052 / 902888187

Tuesday 2nd January – New Year's Concert

Commencing at 8.30 p.m. at the Palau Altea. Price 30 euros. Book online via www.cam.es SERVICAM venta de entradas.

DIGITAL PHOTOGRAPHY GROUP: The November meeting survived some technical bugs to enable the use of the projector - so images of all the 'swimming pool - think Hockney' assignment were shown and discussed as well as an excellent response to the 'flower close up but with an insect on it' project. In addition there were a number of 'recaps' ie. projects redone over the summer - one, in particular, a landscape of Javea Town emulated the landscapes of 18th & 19th century artists showing the forces of nature dominating the town. This catching up left the demonstration of border creation and our family calendar project short of time but the latter will be demonstrated again, a little more slowly, at the next meeting.

The current assignment is a 'Christmas card front with border and letters capped with snow'. Traditional snowscenes are difficult to get here and are not a required element. The next meeting is at the Javea Social Centre - 2.00pm Tuesday 12th December..

DINING-OUT GROUP: Bacchus restaurant in Javea was the venue where 26 of us enjoyed an excellent evening on 16th November. However, with 22 people choosing to cook their own steak on a stone it soon became fairly difficult to see across the room!!

The night out in December will of course have a Christmas theme although we will ensure that the menu has a varied choice. Because our usual third Thursday is very close to Christmas this year we will meet on the second Thursday which will be the 14th. As usual we will contact everybody early in December with details.

There are now over 80 members in the Dining Group which is excellent because it enables so many people to enjoy one another's company. However, we try and keep the numbers to around 25 for any one meeting to ensure the restaurant is able to give good service and provide quality food. We have therefore reluctantly decided that we can take no more new members for the next few months.

FIRST AID: The next course " Taking the fear out of First Aid " will be held on 3 Monday mornings in Feb. 2007. Dates---5th,12th,and 19th Feb. Time---10.00am until 11.00am.

Venue--The social centre near the old market place.

We get the centre free so do please buy a drink. In view of the work going on nearby parking may be difficult so allow a bit longer than usual. I will take names at the January meeting, but if you miss it, just turn up on the 5th. If you are coming, try to attend all three days.

GARDENING GROUP: To be announced.

GENEALOGY: We now have 22 members in the group, many of whom are avidly researching their family history. The meeting this month concentrated on looking at where the Parish Records can be located prior to 1837 when the compulsory registration of births, marriages and deaths came into being.

Website of the month: For the location of Parish Registers; www.genuki.org.uk

Next month the meeting will be Tuesday, 19th December at 2pm in the upstairs room at the Centro Social in Javea when we will be running a workshop on "Getting started".

HISTORY GROUP: The history group ended 2006 with an excellent talk by Mary Sears on our local Moors and Christians history. As usual, it was very well attended. Thanks to those who helped with furniture 'humping' and to those who sat on the stairs.

2007 starts with a talk from David Thoms on 'The modernization of Spain since the 19th century' and date for this will be confirmed.

Thank you so much for your continued support and enthusiasm and I wish you all a very happy Christmas

HOLISTIC THERAPY: With the forthcoming festivities and holiday commitments, the holistic therapy group will not be meeting again until the New Year. Have a great time!

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.

In response to queries for information on alternatives to “boring old spuds and rice” here’s the first in a short series on naturally gluten free seeds and grains that are available.

Millet (*El mijo*)- This delicious grain is definitely not just for the budgies, in fact it’s commonly eaten in Africa, China, South America, Russia and India. The tiny grains when gently boiled have a texture that is very similar to cous-cous and this makes it a perfect alternative to rice. It can also be lightly toasted to bring out a nutty flavour and then used in salads or sprinkled over breakfast cereals. Puffed millet grains are also available for use as a breakfast alternative. Millet grains are an excellent source of iron and magnesium and contain 3 times the amount of vitamins B1, B2 and B9 of other cereals.

MAH JONG: We meet weekly at the Grand Café, Toscamar, Javea, on Wednesday evenings at 7:30 for 8.00. We are a friendly mix of novices and experienced players.

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.

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 now have new group leaders and venue for petanque - Bar Shila, 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 interest or any members not sure of the location please ring group leaders. Look forward to seeing you then.

SCRABBLE: This group now meets 2.30 on Fridays at the Grand Cafe, Toscamar. Currently we have 8 members and we play either English or Spanish Scrabble, and all are welcome. The group will close for Xmas after Friday 15 Dec and re-start on 5th Jan 2007

SHARE TRADING SYSTEMS: The purpose of the group is to work together to find a system that will make maximum profits with minimum risk. It is not an investment group, and all members go away and make their own decisions - only advising the results, good or bad, at the next meeting. Please contact Group Leader.

SNOOKER: The Snooker Section continues to gain in strength, but we still need a few more members. We meet every Friday morning at 11.30 at Lacey's which is next to the Swiss Cable TV Centre at Cabo de la Nao, and the sessions now last until 2.00pm which gives most people 3 games. The cost does not normally exceed €5 per head.

SOCIAL RUMMYKUB : We are contemplating a new venue but until further notice we will continue to meet at the Social Centre in Javea old town on alternate Mondays. Our next meeting is on 4th December at 10.30am.

SOLO ON SUNDAYS Don't spend Sundays alone, - come along and join us and make new friends ! Next get together is at Margon Restaurant in the Port on December 3rd at 1pm. Male or females will be most welcome - looking forward to seeing you

SPANISH CONVERSATION: Two of the ladies from the Intermediate conversation group have now joined the Advanced group and two new members have started in the Intermediate group. After mid December there will be no classes until February. I shall be reviewing the situation in February to see if we can accommodate any further people in the Intermediate group.

TRAVEL GROUP :

Wednesday 29th November (today) Social Lunch at Mesena

at 1.00pm – fully booked with 52 places

Saturday 9th December, 20.30 for 21.00 Dinner Dance at Venta de Posa.

Please pay balance of €20, and give meal choice (lamb, steak, sole) to Pat Wykes at November meeting

Tuesday 30th January 2007 - Elche shoe factory and IKEA, Murcia

visit to a shoe factory outlet in Elche and then on to **IKEA** in Murcia. Price 10 euros. Coach departs Rafalet 09.30 - organizer Larry Sherrington, payment in full TODAY please.

20th to 23rd February 2007 – Walking in the Sierra Espuna National Park:

The small hillside hamlet of Gebas lies inland of the Murcia province at the foot of the Sierra Espuna reserve, which offers wonderful scenery, wild life, flora and fauna, and good walking tracks. We will be staying in the Hotel la Mariposa, a small hospederia offering all modern facilities, 5 minutes from the park entrance. Subject to numbers, the hotel will be closed to other guests during our stay. Walks will be of medium grade (but no “scrambling”), and our inclusive programme will be as follows:

Tuesday 20th February arrival 12 p.m., check in, ploughman’s lunch followed by a 4-hour guided walk, evening meal

Wednesday 21st February breakfast, all-day guided walk with packed lunch, evening meal

Thursday 22nd February breakfast, all-day guided walk with packed lunch, evening meal

Friday 23rd February breakfast, departure

The cost (based on 16-20 persons max.) will be 140 euros pp sharing twin/double room with en suite, and includes 3 nights accommodation, continental breakfast, lunches as described, evening meals, IVA, and guided walks as per the programme. There is a bar service for drinks, at additional cost. You may opt out of some of the walks if you wish, e.g. for sight-seeing in Murcia, and members who would like to join the party (but without the walking!) are also welcome, but there will not, of course, be a refund for meals not taken. This is a non-smoking establishment (except outside on the terrace) and vegetarians can be catered for. Transport: car share. If you would like to join this trip, please register your name/s on the form at the end of our newsletter, or email me at angelachantry@gmail.com A deposit of 50 euros pp will be required and I will contact everyone to arrange collection. Organiser Angela Chantry.

Wednesday 21st February 2007 - a day trip to Elche

Elche, the City of Palms, to visit the Priest’s Garden and enjoy the town and the park. Coach departs Rafalet 9.00 and departs Elche at 3.30. Price 10 euros - organiser Pat Wykes. Payment in full at the January meeting.

Thursday, 15th March 2007 - a day's excursion to Valencia

See the Fallas and experience the mascaletas (fire crackers). Price 10 euros. Coach departs Rafalet 09.30 - organiser Mike Frost - payment at February meeting.

2nd-5th April 2007 - 4 days, 3 nights excursion to Peniscola

3* hotel - dinner, bed and breakfast and coach circa 185 euros per person – single supplement 80 euros - to include a day trip to Tarragona and the medieval city of Morella, and a boat trip (weather permitting) on the Delta del Ebro. Organiser Larry Sherrington - Payment in full at January meeting.

5th-12th May 2007 - An 8-day tour of Andalucia's gardens and architecture

Andalucia, situated in the southernmost part of the Iberian Peninsula, is unrivalled in its wealth of history, culture, beautiful architecture and gardens. This tour has been timed to coincide with Cordoba's annual *Festival de los Patios*, when courtyards are bedecked with beautiful floral displays. Highlights will include Cordoba's Great Mosque, which has the oldest walled garden in Europe, dating from the 8th century; Seville's cathedral and the Reales Alcazares, a magnificent palace which mixes Christian and Moorish styles; Ronda's Alameda del Tajo gardens, and much more. Please see the separate itinerary/booking form for further details. Organiser: Angela Chantry. A deposit of 50 euros pp is required today which Rosi, our President, will collect on my behalf.

27th - 29th May 2007 - 3 days 2 nights trip to Toledo

4* hotel - dinner, bed and breakfast and coach circa 200 euros per person - single supplement 45 euros. En route to Toledo we will visit the Royal Palace at Aranjuez, and in Toledo there is an optional visit to a steel factory. Organiser Larry Sherrington. 50 euros deposit required at the January meeting.

Mid June (dates TBA) 3 nights in Palma, Mallorca

via the fast ferry. More information in January from the organiser Pat Wykes, price TBA.

POSSIBLE FUTURE EVENTS

April - an evening at the casino in Villa Joyosa to include buffet and floor show

May - trip to Alicante to visit the Ideal Home and Gardens Exhibition reportedly being attended by some English TV personalities.

You will find the Registration of Interest form has been modified in an endeavour to help us plan more effectively in the future and to determine how serious your interest is. For instance, if you tick the 'I am definitely interested in' you will be expected to pay a deposit. If, however, you tick the 'I might be interested in' we will put you on the second list and confirm at a later date To quote from Calpe U3A - you say, you pay!!

For all the above events except IKEA, please complete an Registration of Interest form today, and hand it to a member of the Travel Group. **WE WILL ONLY COLLECT MONEY TODAY FOR IKEA AND VENTA LA POSA.**

TRAVELLERS' TALES GROUP: Our thanks to Chris and Gerald Dobson for their excellent talk and pictorial presentation of their travels in Australia. The next meeting will take place on Thursday 21st December, when Angela Chantry will tell us about her tour of Jordan and Egypt. We gather for coffee at 10.30 a.m. for an 11 a.m. start. Please email or telephone the Group Leader for details of how to find us.

WALKING: First Thursday in the month. Meet 9.30 a.m. Tourist Car Park, Benitachell, opposite Mas y Mas. The walk lasts 3-4 hours with a steady pace to enjoy the scenery and company. Please make sure you have ample water, refreshments, comfortable walking shoes/boots, and waterproof jacket if the weather looks suspect. 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: we had our best attended meeting since the change in Group Leader at Il Divino last month when we sampled 6 Rosado wines and enjoyed a good selection of tapas.

Our next meeting will not be a meeting as such since we shall be having a Christmas lunch on Wednesday 13 December at the Alabrasa restaurant near the Arenal. There will be a "welcome" glass of Cava plus house wines with the lunch and a dessert wine to end the meal, but not too much talk from me this time. The total cost per head is not expected to exceed €15.

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.

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 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. If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know
3. **Calpe U3A** have a gentleman who is looking for support for a radio group which is open to any of the Javea U3A members. This is a foundation course which covers the theory and practical handling of amateur radio, transmitters and receivers leading to a 'Radio Society of Great Britain' licence.
It will be run on 2nd and 4th Tuesday in the month. Please contact Roy Maiden on 96 583 8496.

4. Javea U3A Short Story Competition (Fiction)

Details of this are -

1. The subject is Spain.
 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 covering sheet to ensure anonymity during judging.
 4. Entries to be placed in the membership renewals box.
 5. To be submitted no later than the January U3A meeting.
 6. The winner will be announced at the February U3A meeting.
 7. First prize will be a €50 book token.
Second prize will be a €30 book token.
 8. Please contact Sally Wells for further information
5. **POOL 'BOYS':**
The first training session on pool maintenance took place this week and was very successful, and we are very grateful to John Atkinson for all his efforts. Due to outside commitments there will be no sessions in December but we will recommence in January. **Gunitec** (next to Lidl in Javea) have agreed to a **10% discount** on swimming pool materials subject to your showing your U3A membership card.

TRAVEL

REGISTRATION OF INTEREST

PLEASE PRINT

Name 1

Name 2

I am definitely interested in

.....
and will pay a deposit when required.

OR

I might be interested in

.....

Suggestions for further trips

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