

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

**NEWSLETTER NOVEMBER 2005**

**Committee:**

**President** : Mike Frost – Tel 96 646 0962  
**Vice-President** : Rosi Evans – Tel 96 599 5227  
**Membership Secretary** : Angela Chantry – Tel 96 646 0978  
**Treasurer** : Lin Jones – Tel 96 647 0187  
**Secretary** : Pat Ainsley – Tel 96 577 1763  
**Groups Co-ordinator** : Jackie Heaton – 96 577 1839  
**Deputy Membership Secretary** : Sally Wells – 96 579 1622  
**Deputy Secretary** : Joyce Pope – 96 599 5209

---

**PLEASE NOTE THERE IS NO MEETING IN DECEMBER**  
**OUR NEXT MEETING IS JANUARY 25<sup>TH</sup> 2006**

---

Our Guest Speaker today is Tony Cabban, our Javea councillor, to speak on the subject regarding the situation of local government.

---

The guest speaker for January is Keith Homden who will be talking about his life as a prison governor in England.

---

**The U3A Javea Estatutos have been prepared and will be taken to Alicante for recording on Monday 28th December. Rosi would like to thank Tim Ladd , as it would not have been possible without his help.**

Group Leaders please email all your details for the next Newsletter to Pat Ainsley, Club Secretary no later that Sunday 22<sup>nd</sup> January 2006 to allow for preparation and printing. Email: patandstan@tiscali.es

---

**ASTROLOGY** : The next meeting will be held on Thursday, 19th January at 2.00pm at the home of Sue Bentley in Javea. Please ring to confirm attendance (96 646 8446), and also for directions if required. We will be looking at the elements of Fire, Earth, Air and Water and their interaction in the natal chart. New members are welcome and no previous knowledge is assumed.

**BIRDWATCHING** : In order to satisfy as many members as possible, visits to Pego Marsh were made on both October 18th and 19th. The two days brought different rewards. 37 different species were recorded on the 18th, the highlights being 1 White Stork, 3 Purple Swamphen and several hundred Chaffinch. The following day brought 39 species with (presumably) the same White Stork, 1 Great White Egret (passing through) 1 Hen Harrier, 2 Booted Eagle (sitting in trees giving excellent views) several Bluethroat, 1 Wheatear and 4 Brambling.

On November 11th, 12 members visited two nature reserves during the day, one near Elche, the other, just north of Torrevieja, at La Mata. The morning was spent at El Hondo de Elche

Nature Reserve. Here we saw 40 different species, the highlights being 1 Osprey, 9 Glossy Ibis, 3 Booted Eagle, about 10 Purple Swamphen and 2 Great Grey Shrike. We then adjourned to the information centre at the reserve for a picnic lunch. The group then visited La Mata Nature Reserve where 20 different species were seen. Some excellent birds were seen here too, but we were all especially thrilled to see 10 Stone Curlew and 1 Marsh Sandpiper.

Anyone interested in joining the birding group should contact Nigel or Sue Bentley via email (NigelSue@gonuts4free.com) or telephone (96-646-8446). No previous experience is necessary. The next outing is scheduled for January 2006.

**CULTURAL ARTS GROUP :** The Cloisters Singers, directed by Nona Hale, will be performing their St. Nicholas Day concert of Christmas and other music at the Parador, Javea, on Tuesday 6th December at 8 p.m. The soloists are Sylvia Kestin (soprano), Bruce Addison (verse), with accompanist Margaret Gilbert, and the world-acclaimed guitarist, Esteban Antonio, will be travelling to Javea especially to support the chosen charity for this one performance. Tickets are 15 euros (available today or purchase at the door on the night).

I know that all who attended the concert performed by the Symphony Orchestra of Alicante for the IX Festival Internacional d'Orgue will agree that we enjoyed a wonderful evening of music, culminating in a fantastic encore of Albinoni's Adagio. The Church de la Santa Creu, with its splendid organ and beautiful blue/white dome, was a perfect setting. I am very pleased to say that we will be returning to this venue for a special Christmas Concert to be performed by the Coral Clasica Javiense, on Sunday 18th December, at 8.45 p.m. This 40-strong choir, led by Colin and Anne Bagnell (previously members of the London Symphony Chorus), have a delightful programme in store, including the first movement from Bach's Christmas Oritorio; Palestrina's Matin Responsory; a 14th century German-Latin melody "In Dulci Jubilo"; Vivaldi's "Gloria"; John Rutter's "Sans de Carol"; the West Indian carol, "Mary Had a Baby", and much more. Tickets are 10 euros and full payment is required today, own transport (maps available). Please meet me in the bar immediately adjacent, "Bar Central Musical", from 8 p.m. onwards, to collect your ticket (not numbered).

Please note that the above events will take place instead of the proposed trip to the Palau de la Musica in Valencia on the 14th December as there was insufficient interest (14 members), and also the trip to the Teatro Principal Alicante will not take place, again due to lack of numbers (9 members). I enquired about the possibility of having a minibus for each of these events, but the cost per person is prohibitive.

***A double helping of ballet!*** I am looking into the cost of having a 3-day trip to Murcia leaving around 1 p.m. on Wednesday 1st February (roughly 2-3 hour journey), returning to Javea after breakfast on Friday 3rd February (2 nights bed & breakfast in a 3\* hotel), in order to see two performances by the "Ballet del Kremlin", with coach travel to the venue each evening. The first, on the Wednesday evening at 8.30 p.m., is *Giselle*, and the second, on the Thursday evening at 8.30 p.m., is *Romeo and Juliet*. Artistic direction by Andrei Petrov and the Symphonic Orchestra of Murcia; Director Robert Luter. Tickets are priced at 18 and 24 euros (with a 1.50 euro booking fee per ticket). Rooms would be twin (sharing can be arranged if appropriate) or a single room at a supplement. **PLEASE LET ME KNOW IF YOU THINK TWO WOULD BE TOO MUCH!!** If you would like the excursion, but based on 1 night away and 1 performance, which performance would you prefer? Or would you consider going away for 2 nights, but having the option to choose which ballet you would like to attend, with the other night free to "do your own thing"? I hope to have further details of costs etc. available for the meeting.

In order to allow time for the booking of tickets/coach and collection of payment, the next concert visit is proposed for Friday 3rd March. This will be for a performance by the Valencia Orchestra. Programme: Gidon Kremer, violin and director; Webern arrangement of J.S. Bach's "Ricercare"; Jean Sibelius' Concerto for violin and orchestra, and R. Schumann's Symphony No. 2. The coach will leave at 5 p.m. (to be confirmed) from Rafalet (the pick-up point used by the Travel Section). Departure from Valencia t.b.c. Full payment (22 euros) will be required at the Javea U3A meeting on Wednesday, 25th January.

I will welcome feedback! Please let me know what you think of the various events and venues. Either email/telephone me or leave a message (anonymously if you wish!) in the Javea U3A suggestions box, which is available at each meeting: angelachantry@lycos.com or telephone 966460978, mobile 655350007. Any suggestions from members for Cultural Arts Group visits will be most welcome.

### ***Notice Board***

- Christmas Concert by the Marina Alta International Choir at the Mare Nostrum Complex, Alfaz del Pi on 4th December at 8 p.m.
- Christmas Concert by the Coral Clasica Javiense on Friday 16th December at 8 p.m. in the Church La Merceda, Calpe (see info at the beginning of this Newsletter – same Concert to be performed in Pedreguer).
- 16th-17th December a Choral Singing Festival at the Social Centre Auditorium Theatre, Denia

**DIGITAL PHOTOGRAPHY:** Our first meeting was on 4th October, the attendance was small but enthusiastic with photos shown from family snaps to safari wildlife. The next meeting was on the second Tuesday in November (8th) at the home of one of our group - several issues regarding digital enhancement were discussed with demonstrations. Several camera problems were discussed as was remedial work on some pictures using digital processing software.

The next meeting will not be until the second Tues in January (10th) at the home of one of our group, meeting first outside Barclays bank near Arenal on the Cabo de la Nau road at 1.45pm. Members have been asked to shoot a seascape picture for discussion. We expect to finish about 4pm. New members are welcome, bring your photos on CD, floppy disk or memory card.

**DINING OUT :** We visited Pepe y Estrella restaurant on the 20th October and everyone had a good evening as we received no complaints. We were even regaled with some tuneful entertainment by one of our members during the course of the evening.

Our group is looking forward to a night out at L'Escut restaurant in Javea. Once again we are pleased to report we have a full house.

Our December venue has already been chosen due to the difficulty in booking groups at that time of year. We are going to Las Brisas restaurant because, being Northern European, they have full Christmas decorations, Christmas trees etc to create the right mood. This will be a four course menu and whilst there will be the traditional turkey, the menu offers several mouthwatering choices. We will be contacting the group by e-mail as usual during the course of the next week. Those of you not on e-mail please contact us by telephone. As usual it will be 'first come first served'.

Gordon Carter : Tel. 96 579 3193 or email: gordon.carter@tiscali.es

**GARDENING GROUP** : The gardening group has currently come to a stop in the absence of feedback on venues or activities. We are currently looking for a new leader with bright ideas on possible group activities. Please contact me if you have any suggestions you want to put forward and I will follow them up. Pat Wykes / Tel. 96 647 1971 or email: patwykes@wanadoo.es

**HISTORY GROUP** : On the 23rd November Ron Daniels from the Calpe history group gave an excellent talk on the Spanish Armada, followed by a video. Over 20 members attended, so the history group has expanded which means a new venue may have to be found as an alternative to Sally's rather bijoux town house. There are future talks planned on "Eleanor of Aquitaine" and "Shakespeare's Stratford-upon-Avon". Dates for these will be advised. Group Leader Sally Wells / Tel. 96 579 1622 or email: SAMWELLS@terra.es

**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. Please contact Jools on 96 579 6918 for details.

**MEDITATION** : In December we will only meet twice because I will be away from the 15th. The only two meetings will be Friday the 2nd and Friday the 9th at 10.00 a.m. as usual in the Social Centre, first floor at the end of the corridor. We will start again Friday 13th of January, (not a good day for the superstitious) because Friday the 6th is a holiday. **Please contact Piera King (650 835 372) before attending the class for the first time.**

**SOCIAL BRIDGE** : To date we have 24 potential players and I was somewhat overwhelmed by this. Do we want to play as a group? If so we need a venue or can we sort ourselves into smaller groups and play in each others homes?

Can we have a short gathering after the U3A Meeting on the 30th, if not then after the first meeting in January. Then if anyone has any ideas or suggestions as to organisation I would be very pleased to hear from them. Contact Nora Fleetwood on 96 646 1362

**SOCIAL RUMMYKUB** : The next meeting is at the SOCIAL CENTRE in Javea on December 6th at 10.30am. Please bring along a Rummykub game if you have one. – Jackie Heaton

**TRAVEL GROUP** : We have set out below a plan for excursions during 2006 and in an attempt to reduce the queuing at the end of the meeting you will find attached a form for you to register your interest in any of the trips. You can then hand this to a committee member at the end of the meeting. This will allow us to make long term plans and determine how much interest there is. NB Filling in the form does not guarantee a place on any trip.

#### *JANUARY*

Terra Natura Thursday 19th January Depart Rafalet 9.30 am. There are still places available for the coach only at 10 Euros, then the entrance charge will be payable by the individual. We have the original tickets for those who have already paid in full for the trip we had to cancel due to the bad weather.

### *FEBRUARY*

An evening at Benidorm Palace to include dinner, show and coach. 45 Euros per person Thursday 16th February - more details at the January meeting. We will need a deposit of 20 Euros per person today (30th November) non-returnable, with the balance to be paid at the January meeting.

### *MARCH*

Following many requests to revisit Xativa, we are arranging a trip for Thursday 2nd March, price 14 Euros per person to include coach and roadtrain to the castle. Entrance to the castle (not included) is approximately 2 Euros. Payment for this will be required at the end of the January meeting.

### *MARCH*

Thursday 23rd March. A visit to Valencia to the Science Museum/Oceanografico and Imax Cinema. 27 Euros per person to include coach and entrance fees. This trip was fully subscribed last year and as we now have twice the membership there should be sufficient interest. Payment of 15 Euros deposit will be required at the January meeting.

### *LATE APRIL* (date tba)

A 3 day, 2 night trip to Ibiza, price approximately 150 Euros per person.

### *MIDMAY* (date tba)

A 3 day, 2 night trip to Granada, 160 Euros including entrance to the Alhambra Palace, staying in a 4\* hotel beside the Alhambra.

**WALKING:** We meet the 1st Thursday in the month at 9.30am in the Tourist Car Park in Benitachell (opposite Mas y Mas). You will need decent footwear, a packed lunch and water. The walk lasts for 3 – 4 hours with a steady pace to enjoy the scenery and company - Al Knight.

**WATERCOLOUR PAINTING (BEGINNERS):** This activity has proved to be very popular and I am currently teaching my 5th group of students. 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 if they call me on 96 579 6918 or after the monthly meetings. Sessions normally take place Monday or Tuesday mornings for approximately 2 hours.

**WATERCOLOUR PAINTING (INTERMEDIATE) :** Group going strong with 6 people at the last class. Mixture of landscape, still life and Xmas cards being produced. Input by members of the group is good and everyone enjoying the class and the company. Contact Anne Muir for further information.

**WINE GROUP :** At the start of November we had an excellent meeting at Blasco's new tasting room at his Teulado warehouse. As inaugural visitors we were presented with a selection of wines from Bodega Real, by a lady who driven early that morning from Madrid especially to be with us. All reported too in the CB Friday edition of Nov. 11th. For December 7th, members are asked to e-mail or advise Tim Ladd 96 579 3847 asap if they intend to come, and whether or not they would be prepared to spend up to €20 for a tasting and food or instead just stick with the regular format. The majority vote will win!

## **SUGGESTIONS / INFORMATION**

1. Information about Flamenco Dancing?
2. Information about Living in Spain? (Blevins Franks have a book on this subject)
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.

\*\*\*\*\*

### **Some food for thought**

#### **THE VALUE OF TIME**

If you want to know the value of **A YEAR**, ask a student who has just failed his or her final exams.

If you want to know the value of **A MONTH**, ask a magazine editor.

If you want to know the value of **A WEEK**, ask a woman who has just given birth to a premature baby.

If you want to know the value of **A DAY**, ask a child on Christmas Eve.

If you want to know the value of **AN HOUR**, ask a couple of lovers who can't wait to see each other again.

If you want to know the value of **A MINUTE**, ask someone who has just missed the train, bus or plane.

If you want to know the value of **A SECOND**, ask someone who has just missed being involved in a serious accident.

If you want to know the value of **A MILLISECOND**, ask an athlete who has just won an Olympic Medal.

**TIME WAITS FOR NO MAN.....** so live life to the full.

\*\*\*\*\*

**A MERRY CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR TO ALL.**



**TRAVEL**

**REGISTRATION OF INTEREST**

**PLEASE PRINT**

Name 1 .....

Name 2 .....

Trips to

.....  
.....  
.....  
.....  
.....

Suggestions for future trips

.....  
.....  
.....