

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

**NEWSLETTER NOVEMBER 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

---

Today we welcome as our guests, John Anthony on guitar and Claire Post on flute.

---

**EXTRAORDINARY GENERAL MEETING**

Wednesday 28<sup>th</sup> November. We need to make a slight amendment to the constitution and will take the first ten minutes of the meeting to discuss this.

---

**A Few Words from Our President**

It's hard to believe, but yet another year has flown by and here we are on our last meeting of 2007.

I've personally bought only one Christmas gift, so I can see a period of intense shopping ( not to mention worry & expense !! ) fast approaching , is it ever any different ???

2007 has seen some new events with our U3A. We've had our first charity effort which was a great success and we're now on our second car treasure hunt, which hopefully, will be as enjoyable as the first was in April. Mike Frost and his team have come up with some wonderful trips and there are many in the pipeline for 2008. We've recently had a Group Leader's meeting, which all found worthwhile & we agreed that this will become a six monthly event. Our mini exhibition in the reception area at the Parador is another first, showing what the different groups undertake and achieve. Plans are well under way for our first Ball in 2008 and we'll be selling tickets for that in the New Year, so there's an awful lot going on.

We still have a back log of people wanting to join and we hope to resolve this in early 2008. We need to see if the tremendous intake that we had last November reduces of it's own accord i.e. non renewal by those members, or do we start another U3A close to Javea to take our overflow ? A difficult decision. The majority of the people waiting to join, want to be with us as they have friends who are already members , and asking them to join a new U3A will not solve that problem. To run another one in Javea is feasible but will have complications i.e. potential confusion re. dates and trips , who can go to what etc., nothing insurmountable, but

definitely difficult, or, the final option , we live with a controlled waiting list, not satisfactory, but if it's for a short waiting period only, it may yet be the best.

At the end of the year is a perfect time for me to say a VERY BIG THANK YOU to everyone who works so hard for this Association. I may be biased, but I believe that we have a great membership, an excellent Committee and they together with our talented Group Leaders, and our willing helpers at the door give so much time to making our U3A what it is. Thank you to you all. We always need more ideas to keep it fresh, so please, any thoughts let us know , they will be discussed & considered, so tell us what you would like and so long as it's feasible and legal ( !! ) we'll do our best to include it.

This time of the year is also, not surprisingly ( !!!), the perfect time to wish you all A Very Happy & Enjoyable Christmas, whether you are in Spain or away, I hope that you all have a lovely time with a Very Happy & Healthy 2008 to follow.

Good Health to you all & have fun.

Rosi

---

## **MEMBERSHIP**

Names for the waiting list can be given to any Committee Member, or email to [angelachantry@gmail.com](mailto:angelachantry@gmail.com) – **Membership Secretary**

---

## **Javea U3A Charity Garden Party - October 2007**

Javea U3A would like to give thanks to the generosity of the following participants in donating gifts to support the U3A Garden Party held for the benefit of the "Cancer Support Group (MABS)" charity.

The function was a great success and raised a total of 3127.77 Euros. A cheque will be presented to the Charity President - Jacqui Phillips, at the U3A November meeting.

AL GIARDINO, ALL SPORTS, AUSTRIACO & CAFE WIEN, AUTOBUSES DENIA, AZORIN, BACCHUS, BARINA, BERTOMEU GRAU, BEST BUYS, BODEGA EL CORCHO, BOOKWORLD, BORJA, CERAMICAS VALLES, CESTERIAROIG, CHARLIE GROUP, CHEZANGEL, COCO, COLONIALES – PORT, CORNISH PRIDE, DASELECTA WINE MERCHANT, DEVGAR, DIVAS, EL CABALLERO, ELELEFANTE, ENGLISH BAKERS, ETHOS, FLORISTERIA, GURKIA PALACE, H20, HUMPTYDUMPTY, INSPIERATIONS, INTERIORS, JAIME VIVES, JAVEA GOLF CLUB, JAVEA PLAYERS, LA GALERA, LA MAINA-PORT, LA PALLISSA, LA RUSTICA, LA CASA BLANCA, LAS BRISAS, LUNA, MARSAL PERFUMERIAS, MASENA, MONTGO, MONTGO VERD, PARADOR, PEPE Y ESTRELLA, PLA48, PRESTIGE CARS, QUICK SAVE, ROMANTICA, RUST & CO, SCALLOPS, SCRAPBOOKING, SHEER BLISS, SOFIAS, SPECSAVERS, SUNNY NAILS, TAURUS MUSIC, THE NAIL STATION, THE SALON, VILLE CELESTE, VIVEROS CHORRO GDN CENTRE, VIVEROS TOSCA, JOHN CHUNN, MICK COX, DOROTHY & COLIN CRABTREE, ALICE DAVIES, MIKE FROST, JACKIE & ROY HEATON, TIMLADD

AND ALSO OUR THANKS TO EVERYONE WHO DONATED BOOKS, CAKES AND OTHER ITEMS

## **BALL:**

WE'LL HAVE A BALL !!!

The date is Friday 16<sup>th</sup> May 2008 – Cost €35 p.h. Friends and Family welcome. Tickets on sale in January.

## **CAR TREASURE HUNT**

This is now full with a waiting list. If you have not yet paid, please pay at the November meeting – Rosi.

## **CULTURAL ARTS:**

### **Saturday 1st December – “A Mediterranean Opera Night”**

Emilia Vera (soprano) and Jose Antonio Navarro (tenor), the programme includes Bach/Gounod's “Ave Maria”, Rodolfo's aria from “La Boheme”, Duets from Bellini's Opera “Puritani”, Puccini, etc. Venue: Casa Cultural Jaume, Av. Mestre Serrano. Doors open at 17.30 hrs and concert commences at 19.00 hrs. (bar and tapas available). Book via Angela, pay direct at venue on the night (maps available).

### **Sunday 16<sup>th</sup> December – Coral Clasica Javiense**

An evening of Christmas music at the Iglesia de la Santa Creu, Pedreguer, commencing at 7.30 p.m. Tickets (and maps) available today, priced 10 euros.

**DIGITAL PHOTOGRAPHY:** At the October meeting Sue Bentley led a session on choosing a digital camera. Members discussed the merits or otherwise of their own cameras. The photographic project for the month was the fishing port. The recent rain and resulting devastation provided unusual photographic opportunities in addition to the more picturesque aspects of the port.

The Digital Photography group is currently over-subscribed. If you wish to be added to the waiting list email the contact on the Activities page of the web site. Details of the programme can also be found on the Digital Photography area of the web site.

**DINE & DANCE GROUP:** Our next get together will be on Saturday 22<sup>nd</sup> December at Las Brisas Restaurant on the Jesus Pobre Road, where we will have the Festive Dinner Menu, with music for dancing provided by *Double Impact*. Price: 25 euros, pay on the night (please ask me if you would like to see a copy of the menu). Meet in the restaurant 8 p.m. for 8.30 p.m. Names to [angelachantry@gmail.com](mailto:angelachantry@gmail.com)

**DINING-OUT:** Expressions of interest to Group Leader.

## **FIRST AID: Taking The Fear Out Of First Aid**

A three week course will be held in February 2008, the first three Mondays in February, 10.00am-11.00am in the Social Centre near the old market place. I will have a table at the Nov. and Jan. meetings to collect names but if you can't make these, come anyway. If you would like to come please try to attend all three mornings. Dr. Bob Grainger

**GARDENING:** A quiet season, we are planning a pruning demonstration.

**GENEALOGY:** At the November meeting we talked about our latest research finds, reported on Scottish and Irish research sites, exchanged news and useful websites and discussed topics for future meetings.

The next meeting will be held on Tuesday 18<sup>th</sup> December at the usual venue at the social centre at 2pm. The topic will be "Record Keeping" – How do we store the sources of all that information that we have researched.

The website of the month is for those members researching Scottish ancestors; [www.scotlandsppeople.gov.uk](http://www.scotlandsppeople.gov.uk).

**HISTORY GROUP:** There was yet another great presentation in October by Clive Hedge on "The Spanish Armada" and there were nearly 50 present. The next presentation will be on Friday the 30th at The Grand, Toscamar; "Oliver Cromwell-hero or villain" by Fred Crowson. The group would like to thank Pat Wykes for her generous donation of 10 history books. Anyone wishing to join the group please contact the group leader Sally Wells. **HISTORY CAN BE FUN!!**

### **LIVING GLUTEN FREE:**

Individuals who are gluten intolerant and therefore need to follow a life-long gluten free diet have an autoimmune disorder called Coeliac Disease. We refer to ourselves as "Coeliacs" and our medical treatment is our diet. 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.

In response to comments made about the general lack of awareness of the wider "food problems" facing the person on a gluten free diet when dining out in restaurants, or with those brave enough to cook for us, here is the third in a short series highlighting the less obvious sources of gluten.

#### Stock cubes, stock powders and gravies.

Stock cubes and bouillon type powders are widely used to add flavour and seasonings to cooking. Cousins of the stock cube are the gravy granules, powders and, less commonly these days, gravy browning. This family of products is common in domestic situations whilst their use in restaurants is a debate for a braver writer. Many of the brands are household names which indicate their long term association with the kitchen although liquid stock packaged in cartons or pouches has appeared as an alternative, often from the same well-known manufacturer.

The basic problem is simply that wheat flour is used as an ingredient in many brands as a tasteless "make-weight" or binding or thickening agent. This means that the Coeliac will avoid a multitude of casserole style dishes (including the drier versions like chilli con carne and shepherd's pie) as well as requesting meals, for example roasts, minus the gravy. As a general rule, Spanish restaurants avoid the use of these aids preferring to make their own stocks from first principles whilst British establishments continue to embrace the crumbly cubes family even if just to accompany a traditional roast dinner. Short of interrogating the entire kitchen and waiting staff it is extremely difficult to determine if these gluten bearing ingredients are present and to spare the feelings of both the Coeliac and their fellow diners' normally more plain fare will suffice!

When catering for a Coeliac guest, the situation is much simpler. Cornflour can be used for thickening sauces instead of a traditional roux and Bisto Best gravy mix in glass jars is widely available (NOT the granules in drums or powder in packets) as a replacement for cubes and

November 2007

for gravies. Or, as happens with me, ask your friend to supply you with a cube or two from their stash or, of course, boil those bones and make your own!

**MAH JONG:** The game of Mahjong (meaning “sparrow” from the twittering sound of the tiles on the board), is also known as the game of Four Winds and is derived from traditional Chinese card games. In 1998 the Chinese government declared mahjong to be an official sport and published a unique set of rules which are now followed internationally. The first World Championship was held in Tokyo in 2002. Now you can play this fascinating and fun game in Jávea. We meet on Tuesday afternoons at 3.00 p.m. at the Grand Café, Toscamar, Jávea. Those who have played before are welcome to join us, or those who haven't played before but are interested, are welcome to come along and watch the play. For further details contact the Group Leader.

**MEDITATION:** Christmas break. Last meeting in December: Friday the 7th. We meet again Friday the 4th of January.

**SHARE TRADING:** This group has ceased meeting for the time being, and members will contact each other by email when they have anything to report. If, however, anyone new is interested in share trading systems, please contact the Group Leader.

**SPANISH CONVERSATION:** Suspended until later January 2008.

#### **TRAVEL GROUP :**

##### **Wednesday 28th November - Social Lunch at Las Brisas.**

Fully booked. If you are attending the meeting today please collect your menu and raffle tickets from Katrina Frost if possible before the meeting or at Las Brisas. Lunch is booked for 1.15. There will be 86 of us attending and the owner would prefer if we arrived after 1.00.! Organiser Mike Frost

##### **Thursday 29th November - Xmas shopping in Valencia.**

Coaches leave Rafalet 09.30 and arrives back at Rafalet circa 6.00 pm. Organiser Mike Frost.

##### **Saturday 8th December - Xmas Dinner Dance at Venta de Posa.**

Price 30 euros to include cava, dinner with half a bottle of wine, and live music for dancing. There are still spaces available. Full payment must be made today together with menu choices. Organiser Pat Wykes. (At the meeting contact Mike Frost)

##### **Thursday 24th January 2008 - Day's excursion to Segunto.**

Coach leaves Rafalet 09.15 and arrives back at Rafalet circa 6.30 pm. Price 10 euros. Organiser Larry Sherrington. Payment in full today please. In the event of bad weather on the day, please telephone after 08.00 am either Larry Sherrington, Pat Wykes or Mike Frost for information.

##### **February (date tba) 2008 - Day trip to Alcoy.**

Organiser Mike Frost. Price 10 euros.

##### **Tuesday 11<sup>th</sup> - Friday 14<sup>th</sup> March 2008 – *Walking in the Moratalla Mountains***

A 4-day walking and sight-seeing holiday, staying at the 3\*\*\* Hotel Cenajo which is located among the mountains of the Moratalla range in the north-east Region of Murcia. This is an area of forests, mountains, lakes and rivers, home to lots of wildlife. In addition to walking, at the Hotel Cenajo you will be able to enjoy a range of (free) sports facilities, saunas, and an indoor swimming pool. Price 150 euros p.p. sharing twin/double en-suite accommodation, November 2007

half board (breakfast and hot/cold evening buffet). Single supplement 10 euros p.p.p.n. To include coach transport, walks and excursions (maximum 30 participants). If you are interested in this trip, please ask for the detailed itinerary. Deposit today: 50 euros (**Cash**), with the balance to be paid in February. Organiser: Angela Chantry

**Tuesday 25<sup>th</sup> March 2008 – Day trip to Villena and Novelda**

The coach will leave El Rafalet at 08.00 hrs, going south and inland from Alicante to Villena, where we will visit the 11<sup>th</sup> century Moorish Castle of the Atalaya, Archpriest's Church of Santiago, and have a guided tour of the Archaeological Museum and learn about the discovery of the Villena treasure. Then on to Novelda to see the 12<sup>th</sup> century Mola Castle and St. Mary Magdalene's Sanctuary. After an included lunch, we will visit the Casa Museo Modernista in Novelda, one of the finest examples of Art Nouveau in Spain, arriving back in Javea at approx. 19.30 hrs. Access to Atalaya Castle includes steps and there is an incline of some 200 yards up to Mola Castle. The rest of the trip includes some walking but is basically on level ground – it will be a busy schedule with much to see. Reserve your place today, with full payment of circa 35 euros in January. Organiser: Angela Chantry

**Thursday 4th April 2008 - Day trip to the Homes & Garden Exhibition in Alicante.**

Payment at February meeting. Price tba. Organiser Larry Sherrington.

**Sunday 6th April 2008 - Sevilla for the feria.**

4 days, 3 nights in a 3\* hotel on half board followed by a day and a night in Cordoba. Price 375 euros p/p, single supplement 110 euros. Deposits today of 100 euros p/p, cheques only please. Balance of payment at the Feb meeting

**Tuesday 16<sup>th</sup> to Saturday 20<sup>th</sup> September 2008 – The Monasterio de Piedra and Zaragoza**

This trip is in the planning stage. Proposed itinerary: en-route we will have a guided visit to the Real Monasterio de El Puig de Santa Maria, north of Valencia, then on to the Hotel Monasterio de Piedra for a 2-night stay. There will be a guided visit round the 12<sup>th</sup> century Cistercian Monastery, the Wine Museum, Exhibition of the history of chocolate, Carriage Museum, visit to the Natural Park (waterfalls, caves, lakes), and a demonstration and display of birds of prey. Then to Zaragoza for 2 nights, with a city tour, and free time for sight-seeing. On the return journey to Javea we will stop for lunch at Teruel, declared a world heritage site. Expressions of interest to Organiser: Angela Chantry

**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.

In the interests of reducing the size of the Newsletter the Registration of Interest Form and Emergency Contact Form will not be printed but will be available on the travel desks at the meeting.

**\*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:** Our thanks to Fabio for his really fascinating DVD presentation of Brenda's *Kenya Safari*. The next meeting will be on Thursday, 13<sup>th</sup> December, when Linda and Dennis will tell us about their travels in *New Zealand*. Arrive for coffee at 11.00 a.m. for an 11.30 a.m. start, and the presentation will be followed by our "*Christmas Get Together*" - there will be a charge of 2 euros p.p. to include coffee and wine. Please bring a plate of "finger food" to share, and email [angelachantry@gmail.com](mailto:angelachantry@gmail.com) to confirm your attendance and whether you will be staying on for our social gathering.

Our first presentation of the New Year will be "*Bologna and Venice*" by Felicity, on Thursday 31<sup>st</sup> January, 11 a.m. for 11.30 a.m. start.

Meetings will now take place in our new venue – at the home of John & Beryl Chun – please email Angela or ask today for written directions (just off the Javea/Jesus Pobre road). Would the members who have the group's books: *100 Things to do Before you Die*, and *1000 Places to see Before you Die*, please bring them to the meeting in the Parador so that they can be borrowed by other members.

**WALKING:** Our next walk will be on Thursday, 6<sup>th</sup> December. Meet 9.30 a.m. Tourist Office 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. Walking programme:

Date	Area	Duration	Kilometres	Ascent
6 <sup>th</sup> Dec	Castell de Castells	3.5	10	200
3 <sup>rd</sup> Jan	Gata de Gorgos	3.5	8	300
7 <sup>th</sup> Feb	Lliber	3.5	8	150
6 <sup>th</sup> March	Castell de Castells	4	9	250
3 <sup>rd</sup> April	Javea	4	10	300
1 <sup>st</sup> May	Benimaurell	4	12	400
5 <sup>th</sup> June	Tarbena	3	8	300

Colin Bagnall has organised a walking holiday in Andorra from 15<sup>th</sup> to 22<sup>nd</sup> June - a fine time of year for flowers, birds and wildlife. There are other cultural attractions nearby, cheap shopping and a huge Spa in Andorra La Vella. There are 2 leaders so equal chance for steady and for fit walkers. The group will be staying in the 3\*\*\* Hotel Coray, Encamp, with buffet style [excellent] evening meal (wine extra), 32 euros p.p.p.n. sharing double, or plus 5 euros single supplement (no limit on singles). There are places available for 8 more people. Please pay your deposit of 50 euros (cash) to Angela Chantry today. Further details from Colin (see Group Leader's list under Gardening).

**WINE GROUP:** Please note change of venue for the Wine Tasting Group's Christmas Lunch on Wednesday 12th December. This will now take place at Restaurant Amarre 152, which is off the road from the Cabo de la Nao Tennis Club towards the beach at the Parador end of the Arenal. Amarre 152 is within that small marina complex off the Canal de la

November 2007

Fontana. For those already booked, the menu and price remain the same, and there are still some places available. Price is 20 euros to include wine/water, coffee and a glass of cava on arrival (at 1 p.m.). Please ring Tim Ladd for further information/to book.

**There will not be a meeting in January.**

---

## **SUGGESTIONS / INFORMATION**

1. Discounts to U3A members on production of membership cards.
  - Prestige Cars, Pedreguer - 10%
  - Dr Buffey, Medical Centre, Javea - 15% on consultation at Centro Comercial, La Plaza
  - Liberty Seguros - 15% on car and household insurance
  - Gunitec, Javea - 10% on pool consumables
  - Book World Espana - 10%
  - Conchita Lopez, Optician, Javea Park - 10%
  - Terra Verde, Health Shop, Javea Port - 10%
  
2. **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.
  
3. **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.
  
4. **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!
  
5. **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.
  
6. **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.
  
7. 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.
  
8. 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.
  
9. If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know
  
10. **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) or see Jackie Heaton.