

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

NEWSLETTER OCTOBER 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 Calpe Choir".

A few words from our President

"Good News " and " Not Such Good News"

Well, the good news first is that our members now exceed 500 and we welcomed 63 new members last month. Incredible really in less than two years !! Those of you who have been with us since the start, will be aware of the difficulties this can present us in terms of a monthly meeting place. We are enjoying The Parador and do hope that this venue can continue, but it would be irresponsible of us if we did not look to the future and what may happen if we continue to grow like Topsy.

So, the " Not Such Good News "

After discussing several alternatives at our last committee meeting, we have settled on the following.

During October and November we will continue to sign up new members . However, we can not have any increase in numbers during January, February and March 2007. During these months we will keep a list of would be applicants and as people leave we can invite those on the waiting list to join us. We will of course monitor this situation very carefully and will announce our future policy in March 2007. We are very sorry that inevitably some people will be disappointed by this, but feel we have no alternative at present.

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. Please take a moment to check the notice board where you will find a list of members whose subscriptions are due this month, and those still outstanding for September. 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". **Angela Chantry – Membership Secretary**

Thought for the Day – Spell Checker

Eye halve a spelling chequer
It came with my pea sea
It plainly marques four my revue
Miss steaks eye kin knot sea

As soon as a mist hake is maid
It nose bee fore two long
And eye can put the error rite
Its rarely ever wrong

I strike a key and type a word
And weight four it two say
Weather eye am wrong oar write
It shows me straight a weigh

Eye have run this poem threw it
I am shore your pleased too no
My chequer tolled me sew.

BIRDWATCHING:

El Hondo (near Elche) & La Mata (near Torrevieja) - 15th November 2006.

It is anticipated that both of these reserves will be visited during the day, the morning at El Hondo, the afternoon at La Mata. As with Pego Marsh, the walking at both reserves is easy. However, at both El Hondo and La Mata, there are hides to sit in and El Hondo has a very nice centre where we can enjoy our packed lunches.

The meeting place and time are as above for Pego Marsh, 8.00am at Barclay's Bank. However, for those who live along the route to the Benissa entrance of the motorway, the additional meeting places along route will be:

1. 8.15am: Benitachell (the tourist information centre car park opposite Masymas).
2. 8.30am: outside the Benissa motorway entrance (junction 63).

We can expect to see over 50 different bird species during the day.

The group should return to Javea by 6.00pm.

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:

"OPERALIA" AND "LA BOHEME" : It has proved impossible to obtain tickets for the above performances, the main reason being that any one individual is only allowed to purchase 4 tickets for any one performance. At the present time it is not a feasible option to ask members to obtain their own tickets, with organised coach transport for the group (as we did earlier this year for the trip to the Cirque du Soleil in Valencia) because the on-line booking system is not yet "on-line" and it is equally impossible at present to get through on

the telephone booking line. I am sorry to have to disappoint everyone, but I propose leaving any visit to the new opera house until next year, by which time one hopes that these problems will have been resolved. Should anyone wish to make their own arrangements, I am happy to email a file containing information relating to prices/seating plan/booking instructions/directions. As an alternative, we are now proposing an excursion to the Teatro Principal de Alicante to see the ballet "Rasputin" – see below for details. Clearly this will not suit everyone and a refund of deposits will be made to those members not choosing this option.

FRIDAY 3rd NOVEMBER – Cor Cabanilles: As part of the 10th Festival Internacional D'Orgue the Cor Cabanilles will be performing a selection of music from Mendelsohn, Elgar and Dvorak, commencing at 9 p.m. at the Iglesia de la Santa Cruz in Pedreguer. This 80-strong choir will be conducted by Diego Ramon. Cost: 10 euros – please pay in full today. Own transport – I have maps showing directions/parking. Meet in the bar next to the Church at 8.30 p.m. to collect your ticket.

FRIDAY 17TH NOVEMBER – RASPUTIN: To be performed by the Russian ballet company, Renaissance. Seats towards the rear on the ground floor are available, the cost being 36 euros plus 10 euros for the coach. Deposit of 40 euros required today, balance of 6 euros on the coach. The programme commences at 8.30 p.m. and lasts approx. 110 minutes, with an interval. The coach will leave El Rafalet at 6.30 p.m (18.30 hrs), and depart Alicante approx. 10.45 p.m. (22.45 hrs). If you would like to use the coach for an evening out in Alicante, perhaps for shopping or a meal, then please add your name to the list - the coach only option will cost 10 euros.

FRIDAY 17th AND SUNDAY 19th NOVEMBER – “Autumn Gold”: A concert, with a more light-hearted programme and recital, will be performed by the Coral Clasica Javiense: the first on Friday 17th November in the Iglesia de la Santa Cruz in Pedreguer, with its wonderful organ and beautiful blue domed ceiling. The second will be on Sunday 19th November at Javea's 15th century gothic Church of San Bartolome in the Plaza de la Iglesia, pueblo. Both concerts will commence at 20.30 p.m. The programme will include Mozart's Allelula, Brahms' Wie Lieblich sind deine Wohnungen, Handel's Rejoice, Rejoice and much more. Tickets are 10 euros. Please ask me if you would like a map showing the location of the church in Pedreguer and where to park. 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 – Christmas Concer: A Christmas Carols Concert by the Coral Clasica Javiense will take place at the Iglesia de la Santa Cruz in Pedreguer, commencing at 7.30 p.m. – tickets will be available at our November meeting, priced at 10 euros.

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. Please see the poster on the noticeboard and copy of the menu. Tickets: 45 euros. ENQUIRIES / BOX OFFICE Tel: 619009052 / 902888187

DIGITAL PHOTOGRAPHY GROUP: The October meeting was hit with technical bugs that prevented the use of the digital projector - however a very good selection of swimming pool (think Hockney not family) pictures were viewed on a laptop display. These pictures will be reviewed again at the next meeting. Printing issues are going to feature regularly during our second year. Each month we hope to get one of the group to bring a selection of their favourite prints for discussion. We are currently examining easy methods to place a border around a print using Photoshop Elements. The current assignment is to photograph a flower using the macro setting - easy? Not really because you have to get an insect on the flower. If you fancy taking up this challenge or even if you don't you would be welcome.

The next meeting is on Tuesday 14th November starting at 2.00pm.

DINING-OUT GROUP: We had full attendance for a very pleasant evening at Negros Restaurant last Thursday the 19th October. For a change we chose a less expensive venue which, whilst lacking some of the "gourmet niceties", was good value for money. The Dining group continues to grow and it is good to see new faces every month. However communication is beginning to become a problem so in future we will only be able to take additional members who have e-mail. A date for your diary - our December meeting will be a week earlier than usual to avoid Christmas week and all the other eating and drinking that will be going on, so that will be Thursday 14th December.

Our next night out is Thursday 16th November, details will be e-mailed early next month.

FIRST AID: The First Aid course is finished and may be repeated in early 2007.

GARDENING GROUP: There is a lot of interest in forming a gardening group, so if anyone would like to volunteer as leader, they would be welcome. It is not necessary to be an expert gardener, but just to organise things for the group and come up with ideas for activities.

GENEALOGY: This month's workshop, aimed at helping members start the process of researching their family history, went down well with a good attendance. Hopefully it will start the process of discovery for many of us into our past. Next month the meeting will be Tuesday, 21st November at 2pm in the upstairs room at the Centro Social in Javea. The group task is to choose one line of your family and discover where the Parish Records, prior to 1837, might be stored for the area where they then lived.

HISTORY GROUP: The next history group meeting is on Friday 27 October 06 at 14.30 in Sally's house. Peter Atkinson has kindly to give a talk on "the Moors and Christians; conquest, re-conquest and cultural legacy". This talk is now fully subscribed.

HOLISTIC THERAPY: If you interested in joining the Holistic Therapy Group, please contact the group leader via e-mail or telephone. Thank you.

LIVING GLUTEN FREE: Gluten is a protein found in wheat, barley, rye and oats which provides the stretchy or binding qualities associated with common foods such as bread and pasta. Some individuals are gluten intolerant and therefore need to follow a life-long gluten free diet: I am one of those people. This group is designed to assist others like myself in coping with such a regimen on a daily basis, locating suitable alternative foods and recipes and how to avoid dietary mistakes when eating outside of the home environment. This information is also relevant to people who avoid wheat or who have family or friends visiting that demand such attention. Some members have already benefited from this group's kitchen tour, outings to Mercadona and local health food outlets as well as information sheets that are available on request.

MAH JONG: We meet weekly at the Grand Café, Toscamar, Javea, on Monday 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 have resumed our Thursday afternoon play. A quarter to 3 for 3 o'clock at the petanque courses in Javea, next to the river Gorgos. If any new members are interested they can phone the Group Leaders. We look forward to seeing you all!

SCRABBLE: Those interested in starting a scrabble group are invited to a meeting at the Grand Cafe, Toscamar, on Wednesday at 11.30 am on 1st November. Contact Mike Frost..

SHARE TRADING SYSTEMS: The next meeting is yet to be arranged. 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 meets every Friday at 11.30 to 1.30 at Lacey's next door to the Swiss Cable TV Centre at Cabo de la Nao. There is no need to book a place, as you can simply turn up and play. Lacey's telephone number is: 966472415. We need more members, and if anyone would like to join then please give the Group Leader a call.

SOCIAL BRIDGE: This Group is discontinued due to lack of support. It may start up again in October if there is interest.

SOCIAL RUMMYKUB : Contact Group Leader.

SPANISH CONVERSATION: We hold Intermediate and Advanced conversation groups on Monday mornings. I am not able to change the date, time or to increase the number of classes held. We shall not be holding any beginners' conversation classes.

TRAVEL GROUP :

ALICANTE Thursday 16th November Depart Rafalet 09.30:

Those people who returned an expression of interest form requesting places on this trip have been allocated a place subject to payment being received by 1st November. This trip is full, with 4/5 reserves on each. If you would like to be on the reserve list for Alicante please contact Mike Frost (there are always a number of drop outs, so it is worthwhile to do this).

VALENCIA Thursday 23rd November:

Tour of the Lladro factory in the morning, then shopping in the afternoon. The Coach is full and there is a wait list; we will try to repeat at a later date. Meet at Rafalet for coach departure at 9:30 a.m. €5 payable to Pat Wykes at the meeting on 25th October.

Restaurante Mesena Wednesday 29th November:

The Social lunch will be after the U3A November meeting at approx 1.00 pm. The price will be 20 Euros per person to include Menu del Dia, 2 glasses of wine plus coffee plus IVA plus tip plus raffle prizes. This event is fully subscribed, but if you want to go on the reserve list contact Mike Frost. Payment in full at today's meeting please.

Christmas Dinner Dance at Venta de Posa, 9th December, 8.30 for 9.00:

A traditional Spanish restaurant with live music. Deposit of €10 due at 25th October meeting, balance of €20 at November meeting. Menu is salad, 4 tapas, choice of main course, pudding and coffee to include half a bottle of wine and water. Please let Pat Wykes know your choice of main course (shoulder of lamb, entrecote, sole or vegetarian)

IKEA end of January 2007, date to be confirmed:

A trip to a shoe factory outlet in Elche (not Pikolinos) and then on to IKEA in Murcia. Cost 10 Euros per person. Please complete the expression of interest form at the back of the Newsletter and hand this to a committee member. Money will be collected at the November meeting. The organizer is Larry Sherrington.

MAY 5th-12th 2007 – An 8-day tour of Andalusia's gardens and architecture:

Andalusia, 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. A deposit of 50 euros pp required today. Organiser: Angela Chantry

Christmas 2006: If you want to go away for Christmas, contact Jean Laiken in Calpe on 965 832 623. Every Christmas for the last 15 years Jean has taken over a hotel in Guardamar (south of Alicante) for an English Christmas for her group plus Calpe U3A and she has now extended the offer to the Javea U3A. 23rd to 27th December, full board, lots of wine and food, carols and mince pies, price 265 Euros per person, single supplement 15 Euros.

Calpe U3A Travel Group: have arranged a trip to Portugal from 13 to 20 November 2006 and have approx.15 or 16 places not yet taken which we would like to make available to your members. The cost is 490 Euros pp with a single supplement of 175 Euros. The coach leaves from Calpe on 13 Nov. Contact should be made in the first instance with Annie Welton on 667807620.

TRAVELLERS' TALES GROUP: Our thanks to Felicity Arnott and Yvonne Jenkins who gave us an extremely informative and entertaining presentation on their experiences in South Africa. Our next meeting will take place on Tuesday 21st November, when Chris and Gerald Dobson will tell us about their travels in Australia. We gather for coffee at 10.30 a.m. for an 11 a.m. start. Please email the Group Leader for details of how to find us, or ask for directions today.

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. The artists have had an excellent spring / early summer and hopefully we are improving. Contact Group Leader.

WINE GROUP : We had a talk on the wines of La Rioja last month at Jamon y Jamon in Moraira, which was followed by some excellent tapas. This is a venue which we will definitely go back to next year. Some 11 hearty souls attended, but more are needed, and new members will be particularly welcome.

Our meeting in November will be at our "home" venue, Il Divino, in Javea on Wednesday 8 November at 12 o'clock where I shall give a short talk on Rose wines, appropriate before winter is upon us and we forget how nice they are and how inexpensive. The talk will be followed, as usual, by a few tapas, and we will discuss what ideas members have for next year's meetings.

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 2 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.

TRAVEL
REGISTRATION OF INTEREST
PLEASE PRINT

Name 1

Name 2

Trips to
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Suggestions for future trips
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