

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

**NEWSLETTER OCTOBER 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

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Today we welcome back our guests the U3A Calpe Choir.

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**WELCOME EVERYONE - A few words from our President**

**Extraordinary General Meeting**

Just to advise you that our November meeting we will take 10 minutes at the start for a mini Extraordinary General Meeting. We wish to make a minor amendment to the constitution.

**WE'LL HAVE A BALL !!!!!**

Just a date for your diaries.

We are delighted to announce that we have booked the excellent function suite at El Canor, Teulada for a U3A Dinner/Dance on **Friday 16<sup>th</sup> May 2008.**

Plenty of advance warning, so none of this “ Oh no, I’ll be in England” !!!

**SPECIAL NEWS** – Family and friends are also able to attend, it is great to have the space to include people that would love to attend our events but perhaps are not members.

The cost will be € 35 per. head and tickets will be on sale at the monthly meeting in January. This will be non profit making and everything will be given back in food, drink, dancing or gifts to those attending. Of course, that is once we have paid for the food, drink and music !!!

We do hope that very many of you will attend.

**Rosi**

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## **TIM TIMMERMANN**

It is with much sorrow that we record the sudden death in July , of our member Tim Timmermann , after a short illness. We would like to extend our sympathy to his widow Christine and their family and friends.

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## **MEMBERSHIP**

If you are not receiving the newsletter by email it is probably because I do not have your current email address! – please ask for a “change of details form” at the **Check In** table, where you will also find a box containing membership cards which have not yet been collected. Cards are only issued once, but please let me know if you require a replacement if your card has been lost or damaged. The waiting list for prospective new members will continue for the present, and names can be given to any Committee Member, or email to [angelachantry@gmail.com](mailto:angelachantry@gmail.com).

**Angela Chantry – Membership Secretary**

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**BIRD WATCHING:** Anyone new U3A members interested in joining the birding group should contact the group leader, preferably by email. No previous experience is necessary, but a pair of binoculars is essential to take full advantage of this hobby.

## **CAR TREASURE HUNT MONDAY 3<sup>RD</sup> DECEMBER 2007:**

The event is in no way a rally, a race or a test of your driving skills. Just a drive around very nice country areas with your navigator and yourself answering some questions based on the area as you drive along. Not difficult I promise you, as those who attended the last event will assure you!!!

Instructions are very clear and easy and there will be prizes for the winners of the Treasure Hunt and also for numbered entry tickets.

A four course meal with wines and soft drinks is of course included and after this the prize winners will be announced and awarded their “goodies” .

The cost for this event is €23:00 per person.

I’ll be taking money at The Parador on Wednesday 31<sup>st</sup> October from 9:30 a.m. or, a deposit then will secure your place, with final payment on Wednesday 28<sup>th</sup> November, again from 9:30 a.m.

Looking forward to seeing you.

**Rosi Evans**

**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:**

The trips to the Teatro Principal de Alicante to see *The Three Musketeers* (October) and *Stomp, the Musical* (November) have been cancelled due to lack of support.

### **Tuesday 27<sup>th</sup> November – *Evita***

The legendary musical *Evita*, written by Tim Rice and Andrew Lloyd Webber, is to be performed by the Footlights Theatre Company at the Casa de Cultura, Calpe; starring Amanda Dean as Eva Peron and featuring a cast of over 45, augmented with a 20-strong international Evita Choir. Tickets: 14 euros p.p. plus coach 6 euros. Full payment of 20 euros will be required at the meeting in the Parador, on Wednesday 31<sup>st</sup> October. The coach will leave El Rafalet at 18.30 hrs, returning approx. 22.45 hrs. The performance commences at 20.00 hrs with an interval of 20 mins. A bar service is available at the venue. Organiser: Angela Chantry

### **Saturday 1<sup>st</sup> December – *The Messiah (part 1)***

Coral Clasica Javiense will be joining with the U.N.E.D. Choir and the Marina Alta Orchestra for their performance of the Messiah. Further details t.b.a.

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

An evening of Christmas music at the Iglesia de la Santa Creu, Pedreguer. Further details t.b.a.

**DIGITAL PHOTOGRAPHY:** At the September meeting of the Digital Photography group John Atkinson talked about basic camera settings and gave tips for improving digital photographs. The group shared and discussed their macro photographs some of which can be seen on the U3A website. Information and times of future meetings for members of the group can be found on the U3A website. The Digital Photography Group is currently full. If you wish to be put on the waiting list send an email to the Group Leader on [digital.photography@U3AJavea.org](mailto:digital.photography@U3AJavea.org).

**DINE & DANCE GROUP:** Our next get together will be at Monroe's Carvery in Pedreguer, on Friday 9<sup>th</sup> November, with music provided by John Curtis. The 3-course menu with wine included is 12.75 euros – pay on the night. Please meet in the restaurant at 8 p.m. Further information/names to [angelachantry@gmail.com](mailto:angelachantry@gmail.com)

**DINING-OUT:** To be advised

**GARDENING:** After our first season we have a healthy membership packed with lots of experience and knowledge and we have shared some beautiful gardens, ours and visited ones.

We have an idea to put the experience into a book entitled "Economic, Easy Mediterranean Gardens". It's a book we want now but the realisation will take time.

Discounts at Viveros Chorro are 10% with cash, 6% with credit card and show your U3A card. There is a U3A card behind the desk on the noticeboard.

**GENEALOGY:** At the October meeting of the group, members with an interest in finding out about Irish and Scottish ancestors. Due to the weather, it was a small gathering, but we discovered that there are a one or two websites available for containing documents saved from the Irish uprisings and just one good Scottish website. Best website for the Irish was [www.ireland.com](http://www.ireland.com) and for Scottish ancestors was [www.scottishpeople.com](http://www.scottishpeople.com). The next meeting will be held on Tuesday 20<sup>th</sup> November at the usual venue at the social centre at the slightly later time of 2:30pm. We will be preparing our display for the U3A November meeting.

**HISTORY GROUP:** Our next presentation will be given by Fred Crowson on Friday 30 November at the Grand Café, Toscamar at 14.30. The subject is 'Oliver Cromwell - hero or villain'. As last time, food is available at the Grand Café, from snacks and sandwiches to full meals. If you would like to eat, just turn up early.

New members and anyone willing to give a presentation on any subject are always welcome. Please contact the group leader.

We also plan to create A History Group web page, to include details of the lending library, a recommended reading list, plus more information about the group's activities. Watch this space!

If you hated history at school, think again! History is 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 second in a short series highlighting the less obvious sources of gluten.

Chocolate.

Much of the chocolate consumed these days is made into bars that combine cocoa butter and sugar in various quantities to give us the choice of dark, milk and white varieties. Arguably it is one of the most popular foods in the world and, as a flavour, appears in a staggering number of related products, including vermicelli, drinking powders and chocolate chips for baking. Owing to the many processes that can be applied to the source cocoa butter there is ample opportunity for gluten bearing materials to be added along the way even if, as in some cases, the gluten containing substance has only been used as a dusting on the product or as a moulding agent. More commonly, gluten is added as wheat derived sugars or cross contamination from biscuit or grain bearing chocolate runs.

When eating in restaurants, chocolate is therefore on the "banned list" and if catering for a Coeliac guest it's best avoided as an ingredient. Should the urge be too great to overcome, I

recommend the Valor brand of simple milk and dark bars but remember to keep the wrapper as evidence to allay lingering doubts.

**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 Wednesdays at 7.30 p.m. at the Grand Café, Toscamar, Jávea. We are considering changing the session from an evening to a daytime meeting if there is sufficient interest. 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.

**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 meet at - Bar Sheila, 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 interested or any members not sure of the location please ring group leaders. Look forward to seeing you then.

**SCRABBLE:** This group meets at 2.30 pm on Fridays. The new venue is Meson de Paco, Carretera Benitachell. All are welcome.

**SHARE TRADING:** The aim of the Group is to help each other find a system that will ensure profits at least 80% of the time, and minimise losses. This is not an Investment Club where buy/sell decisions are made by majority vote. Each member goes away and makes his own decisions, but advises the other members the results.

At present the Group is full, but if anyone would like to be a member, please contact the Group Leader, by email to be put on the waiting list.

**SNOOKER:** We meet at JASPAS, which is the new name for Lacey's, at Cabo de la Nao at 11.30 each Friday. We have the use of 2 or 3 tables as the numbers dictate, and the weekly cost does not normally work out to be more than €6 per Member. New Members are always welcome. The Section has the tables from 11.30 until 2.30.

**SOLO ON SUNDAYS:** Don't spend Sundays alone, it is not good for you! Join us for Sunday Lunch and meet new people and make new friends. We try different venues and anyone is welcome to suggest a Restaurant of their choice, so come along and see for yourself. We are a small group and we don't bite!

**SPANISH CONVERSATION:** The Advanced Conversation Group is operating at full capacity at present and since the members seem very enthusiastic and no-one has dropped out, there will be no vacant places available in the foreseeable future.

We have had three new members join the Intermediate Conversation Group recently, which has swelled our numbers. I do not anticipate including any more new members in the near future, but do have a few names of people who would like to join when a vacancy arises.

Both groups are kept to a maximum of 8 per group in order to ensure that everyone has an opportunity to speak and for the groups to operate as conversation groups, not grammar classes.

Would all members of both Groups please note that the last Spanish conversation classes for this year will be held on 5th November 2007. I will let you know the commencement date for 2008 some time in January.

On various occasions I have been asked if I will take people at a Beginner/Basic level, but it is not my intention to lead such a group. There is therefore an opportunity for such a group to start, should anyone wish to take this on.

#### **TRAVEL GROUP :**

***Friday 16th November - Benidorm Palace.*** Coach leaves Rafalet 7.15 pm and there are still places on this trip. Payment in full today please. Total price 58 euros to include coach, deluxe meal and show and all gratuities. Cheques only please. Organiser Pat Wykes.

***Monday 26th November - day trip to IKEA*** and nearby shopping centre. Price 10 euros. Depart Rafalet 09.30, arriving back at Rafalet 6.00 pm. Organiser Larry Sherrington. Trip fully booked with waiting list. Payment in full today.

***Wednesday 28th November - Social lunch at Las Brisas*** following the final meeting of the year. Price 15 euros to include 3 course meal, half a bottle of wine per person, a bottle of water, coffee, tip and raffle prizes. Organiser Mike Frost. Payment in full today at which time you will be given a menu choice to complete and hand back TODAY. This will be returned to you at the lunch together with your raffle tickets.

***Thursday 29th November - Xmas shopping in Valencia.*** To visit the shopping centre El Saler near the Oceanographic. Payment in full today, price 10 euros. Organiser Mike Frost.

***Saturday 8th December - Xmas Dinner Dance,*** Spanish style at Venta de Posa near Denia. Price 30 euros to include cava on arrival, dinner with half bottle of wine and water and live music for dancing. Payment in full today please. Organiser Pat Wykes.

#### **2008**

***Thursday 24th January - Day's excursion to Sagunto,*** north of Valencia. More information shortly. Price 10 euros. Organiser Larry Sherrington. Please complete an expression of interest form today. Payment at the November meeting.

***Sunday 6th April - Sevilla*** for the feria, the biggest fiesta in the year. 4 days, 3 nights in a 3\* hotel, on half board, followed by a day in Cordoba, either staying there overnight or going on to Granada, yet to be finalised. Approximate price 380 euros per person, 100 euros single supplement. Please complete an expression of interest form today. Final price will be

announced at the November meeting, at which time we will need 100 euros deposit per person. Organiser Mike Frost.

**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.

**\*IMPORTANT\***

**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 Brian Walthew for his very interesting and informative pictorial presentation of Cuba. The next meeting will be on Tuesday, 13<sup>th</sup> November, when Fabio will show us his new DVD on the Kenya Safari organised by Brenda Bates earlier this year. Please note change of venue: this will be at Angela's house and not at the Javea Art Centre. Arrival at 3 p.m. for refreshments, with a 3.30 p.m. start.

**WALKING:** Our next walk will be on Thursday 1<sup>st</sup> November. 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.

**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 biggest meeting ever last Wednesday with 23 Members attending, and I gave a talk on the white wines of Galicia some of which we tasted later.

Next month's meeting is likely to be an away day visiting the bodega of Enrique Mendoza at Alfas del Pi on 14th November, but details of costs, etc. still have to be finalised. The total cost including lunch could be €45-50 because we shall be tasting no fewer than 9 wines. If

any prospective new member of the wine section is interested in this trip please ring the Group Leader.

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## **SUGGESTIONS / INFORMATION**

### **NEW DISCOUNTS FOR U3A MEMBERS**

#### **1. 10% DISCOUNT FROM PRESTIGE CARS – PEDREGUER**

Prestige Cars of Pedreguer who have supported our Cancer Support Garden Fete so well, have offered a 10% discount to all members of Javea U3A.

The 10% is discounted off the final bill and covers parts and labour. This discount is offered on all services from Prestige Cars including body work, valeting and car servicing.

Please produce your membership card when asking for your discount.

#### **2. DISCOUNT FROM INTERNATIONAL MEDICAL CENTRE – JAVEA**

15% DISCOUNT FROM INTERNATIONAL MEDICAL CENTRE

Dr Andrew Buffey, MRCGP DRCOG DFFP a U.K. General Practitioner offers us 15% on a consultation.

The Medical Centre which offers a 24hour emergency call and advice service can be contacted on 965 790 514 for appointments and 648 017 121 for 24 hour emergencies.

Dr Buffey is based at : Centro Commercial La Plaza  
Avenida del Pla 120,  
03730 Javea

Consultations with Dr Buffey will be €45 less 15%

#### **3. LIBERTY SEGUROS HOME INSURANCE & CAR INSURANCE**

Our current offer of 15% discount on car and household insurance will be increased to 20% discount next year providing we are able to sell 200 policies in the first year. These policies can be sold by Javea, Denia, Calpe U3As so it really is worth getting a quote from Mark Petrie before your existing policy is due for renewal.

4. Further discounts to U3A members can be had from **LINEA DIRECTA (tel. 902 123 142)** **GUNITEC** (next to Lidl in Javea), **BOOK WORLD ESPAÑA**, **CONCHITA LOPEZ** (optician in Javea Park) and **TERRA VERDE** (a health products shop in Javea Port)

**5. 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.



**6. 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.

**7. 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!

**8. 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.

**9. 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.

**10.** 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.

**11.** 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.

**12.** If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know

**13. 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.

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There is to be a **SOCIAL QUIZ NIGHT** on **Saturday 10<sup>th</sup> November** at "Shila's Bar" Costa Nova (same venue as before). Clive Hedge will be our quizmaster and so that you can meet other U3A quizlings, teams will be allocated per couple, per table on the night. **PRICE 9 euros** this includes a meat paella **or** spaghetti **or** salad, plus a glass of wine or water.  
Contact **Jackie Heaton** on tel. **96 577 1839 A.S.A.P** with numbers and choices as places are limited.

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**TRAVEL**

**REGISTRATION OF INTEREST**

**PLEASE PRINT**

Name 1 .....

Name 2.....

I am definitely interested in

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and will pay a deposit when required.

OR

I might be interested in

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Suggestions for further trips .....

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**CONTACT DETAILS IN CASE OF EMERGENCY ON OVERNIGHT TRIPS**

I/We

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Traveling to

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On .....

Confirm that

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has agreed to act on my/our behalf in case of emergency. The contact details are :

Telephone no (including country code if not Spain).....

Mobile no (including country code if not Spain).....

email.....

(whichever are applicable)