

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

**NEWSLETTER SEPTEMBER 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

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We welcome today as our guest speaker George Thomas, who will be talking about “Bonsai – A Living Art”.

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**A few words from our President**

Where did the summer go?

It seems such a short time since we were saying our “Goodbyes”, “See you soon”, “Keep cool” and now it’s late September. But, as someone pointed out to me ( rather unkindly I thought ) policemen are looking very young as well !! Whatever, we all hope that you had a very enjoyable few months either here in Spain or away.

During this period, your Committee and Group Leaders have been beavering away and we trust that you will enjoy the trips and new activities that are planned. As always, any ideas that you have, or would like to see included, please do speak to any one of us and we will do our best to make them happen.

We all look forward to the next three months and thank you for sharing them with us.

Welcome back to you all. - **Rosi**

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We are delighted to welcome you all back after what we hope has been a relaxing and enjoyable summer break. Please take a moment to look at our notice board – we have pinned up a list of those members whose subscriptions are due for renewal in September and in October. If this applies to you, then we would ask you to pay your 12 euros at the end of today’s meeting (renewal forms are available at the membership desk). Alternatively, print one off from our website and once completed, put it in an envelope with your 12 euros and bring it to the next meeting – your envelope can be placed directly into the Renewals Box which saves time on queuing!!

**Angela Chantry - Membership Secretary**

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## Thought for the Day

### *THE THREE LIVES OF MAN*

- You believe in Father Christmas
  - You don't believe in Father Christmas
  - You look like Father Christmas!
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**BIRDWATCHING:** Now that the really hot weather is behind us, our late autumn/winter programme will commence on Wednesday, 11<sup>th</sup> October, with a visit to our 'local patch' – Pego Marsh. Since our first visit to this excellent site, we have been informed of three other spots worth a visit within the Pego Marsh area. We hope to include these additional sites on 11<sup>th</sup> October. Our second excursion will be to the reserves at El Hondo and La Mata on Wednesday, 15<sup>th</sup> November.

### *Pego Marsh - 11<sup>th</sup> October 2006*

For those who have yet to visit this site, the walking is easy, i.e., it is completely flat and on a graveled path that should be dry. In order to watch birds, we also walk at a leisurely pace. However, there are no hides to protect birders from inclement weather, so bring suitable clothing for the time of year. Please feel free to bring sufficient food and drink to enjoy during the walk. The group will meet outside Barclay's Bank, Javea Park, at 8.00am (park in the new parking bays to the rear of the bank) and travel on to the marsh from there. Sharing of cars saves on fuel costs, limits the number of vehicles requiring parking space and encourages friendships! Anyone requiring a lift from Barclay's Bank should inform one of us beforehand – this can usually be arranged. The drive to the marsh takes about 25-30 minutes from Javea. Anyone wishing to meet the group at Pego Marsh should contact one of us beforehand to make arrangements. We can expect to see 30 to 40 different bird species during the visit. The group should return to Javea by 2.30pm.

### *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:**

#### ***OCTOBER/NOVEMBER – X Festival Internacional D’Orgue***

The Concerts de la tardor (classical music) will again be held in Pedreguer as part of the above festival, between 6<sup>th</sup> October-10<sup>th</sup> November. Further details will be given as soon as the programme is available.

#### ***SUNDAY 29<sup>th</sup> OCTOBER – “OPERALIA” (note date has been changed)***

I have been informed by the Box Office at the Palau de les Arts Reina Sofia that tickets for individual concerts, i.e. the Operalia, will not be on sale (either by phone, on-line, or in person) until the 16<sup>th</sup> October. Clearly, many seats will be taken by season-ticket holders, and those remaining are likely to be the least desirable – seats in zone 5 have a restricted view and those in zone 6 no vision – just sound! I intend to try and obtain tickets on the 16<sup>th</sup> October, only purchasing seats in zone 4 or better (not zones 5-6). Ticket prices have still not been announced, however, as previously agreed, I will stay within a budget of 50 euros pp (to include the 10 euros pp coach fare). The remaining balance will be collected at the meeting on Wednesday, 25<sup>th</sup> October. Please direct any queries to me (not to Mike Frost who collected the deposits on my behalf).

Should it prove impossible to obtain tickets for the Operalia, then I will try instead to purchase tickets for the matinee performance of La Boheme on Sunday 26<sup>th</sup> November. **For those persons who have already paid their deposits, if I do not hear from you prior to October 16th, then I will assume you are agreeable to this alternative.** “La Boheme” is also being offered as an excursion – see below.

#### ***MONDAY 30<sup>TH</sup> OCTOBER – MISTERI PLAY D’ELX (World Heritage)***

The Elche Mystery Play is a sacred lyrical drama dating from the Middle Ages, narrating the Dormition, Assumption and Coronation in Heaven of the Virgin Mary. The play is performed in the Basilica of Santa Maria every August, and in “even years”, additional performances are held in late October/November. The music includes Medieval, Renaissance and Baroque melodies, and is performed by a children’s as well as an adult choir, their innocent voices representing the Virgin and the angels. Further information about the Play, which is in two parts, can be viewed on [www.turismedelx.com](http://www.turismedelx.com) (in English). The distinguishing factor of the Play is its complex production, dividing the horizontal “worldly space” from the vertical “heavenly space”, using aerial equipment that converts the whole into a spectacular experience.

We are proposing to travel to Elche on the morning of Monday 30<sup>th</sup> October, staying 1 night in the centrally-located 3\* hotel Tryp Ciudad de Elche (or similar). Cost for a twin/double room, including breakfast and IVA, is approx. 66euros, single approx. 58 euros. There are

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many interesting sites to see in Elche, including the Palacio de Altamira (open 12.00 p.m. to 21.00 p.m.) within which is the Archaeological Museum where the Dama d'Elx is on display until the 1<sup>st</sup> November. The Mystery Play takes place at 22.00/22.30 hours (tbc) on the Monday evening, each part taking 1-1½ hours, with a 15 minutes interval. Tickets, which are not available to purchase until 2 weeks prior to the event (prices have not yet been announced), are likely to be in the region of 15-30 euros, depending on location. I propose buying the best available seats (the cheapest tickets are standing room only). If there is sufficient interest, a minibus/coach may be possible, otherwise own car/share. A deposit of 50 euros pp will be required at the meeting on the 27<sup>th</sup> September, with the balance payable in October.

### ***FRIDAY 17<sup>th</sup> AND SUNDAY 19<sup>th</sup> NOVEMBER – CORAL CLASICA JAVIENSE***

A concert, with a more light-hearted programme and recital, will be performed by the Coral Clasica Javiense: the first on Friday 17<sup>th</sup> 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 19<sup>th</sup> November at Javea's 15<sup>th</sup> century gothic Church of San Bartolome in the Plaza de la Iglesia, pueblo. Times to be confirmed. Tickets will be available at our U3A meeting in the Parador on Wednesday 25<sup>th</sup> October, priced at 10 euros. Please ask me if you would like a map showing the location of the church in Pedreguer and where to park.

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 26<sup>th</sup> NOVEMBER – LA BOHEME***

La Boheme, Puccini's famous opera, will be performed by a young, yet undeniably capable cast, aimed at all audiences. As with the Operalia, tickets are not available for purchase until October, and prices have still to be confirmed. We are proposing to go to the matinee performance, and I will endeavour to purchase tickets in zones 4 (or better) with a maximum cost of 50 euros, to include the coach transport to the Palau de Les Artes Reina Sofia. A deposit of 30 euros will be required at the meeting in September, with the balance payable in October.

### ***SUNDAY 17<sup>TH</sup> DECEMBER***

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 will be 10 euros.

**DIGITAL PHOTOGRAPHY GROUP:** The group meets again after the summer break 1400-1600 on 10th Oct at the conference room in Javea Social Centre.

We will look at and discuss members holiday assignment pictures of - 'a swimming pool - think Hockney not family'. There will be a demonstration of a Photoshop technique that should be useful to members. Members digital grumbles will be sympathised with and help given - if possible. The photo assignment for the next month will be announced.

New members are welcome - but they must have joined, or be about to join, the Javea u3a.

**DINING-OUT GROUP:** To avoid clashing with the trip to Segovia the Dining-Out group had its first gastronomic experience of the season a week early. We visited the Restaurante Puerto which is overlooking the bay adjoining the fish market. We all enjoyed a very pleasant evening in good company and well presented food. Next month we will meet on Thursday 19th October which is our usual third Thursday in the month. The venue and details of the meal will be e-mailed to everyone in the first week of October.

**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:** We had a great start to the new season with April giving a talk on how she found an old photo of her mother as a child on her grandmothers lap and how she started to think as to who they really might have been and the lives that they lived. Her trail took her from agricultural workers in Nottinghamshire, to Rotherham, Liverpool and to silversmiths in Leeds. She related how she went on to discover six generations in various branches of her maternal line in over twenty years of research.

Why not come along and find out who were your ancestors? The next meeting of the group will be a workshop aimed at helping members start the process of researching their family history. Just bring along all the information that you might have about your family, particularly your parents grandparents and possibly great grandparents; dates of birth, marriages, deaths and maiden names. Write down what you can put together and we will then help you to get going! The meeting will be held at the Centro Social, Javea at 2pm on Tuesday, 17th October. The coffee bar is open downstairs prior to the meeting whilst the meeting itself is held upstairs in the room at the end of the corridor!

For further information please contact the Group Leader.

**HISTORY GROUP:** I hope you all had a good summer. I have been away for over two months and I am hoping to arrange a meeting for sometime in October. I will contact you soon regarding subject and date.

**HOLISTIC THERAPY:** The next meeting of the holistic therapy group is to cover an introductory talk and demonstration of the Indian Head Massage. Please contact Tricia Essery by e-mail or phone to register your interest. 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.

**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:** If there is sufficient interest we propose to start a Scrabble group. If you are interested in this please contact Mike Frost. We would probably hold this on a Friday morning at the social centre.

**SHARE TRADING SYSTEMS:** The aim of the group is to help each other find a simple system for share selection that should ensure the maximum chance of profits and the least chance of losses. The present system looks hopeful.

When the Group Leader is not available he can be contacted by email, and members can also contact each other either by phone or email and also arrange meetings.

**SNOOKER:** The Snooker section is now up and running. We meet every Friday morning at 11.30 (for 2 hours) at Lacey's which is right near Cabo de la Nao, next to the Swiss cable TV centre. We have had 2 meetings so far, both lightly attended because many people are still away, but I am sure this will improve as time goes by. Several members who expressed an interest initially seem to have fallen away, so we need more people asap. The cost per week is negligible, since I have negotiated a rate of € per hour for each of the 2 tables booked, so with 10 people attending the cost per head is only €.

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

**SOCIAL RUMMYKUB :** The next meeting is Monday 23<sup>rd</sup> October at the Javea Social Centre 10:30am.

**SPANISH CONVERSATION:** We restarted our groups on 4th September. We hope to have 3 new members in our intermediate group and possibly one new member in the advanced group - all taken from the waiting list. I will contact those still on waiting list if any other vacancies arise.

## **TRAVEL GROUP :**

Since starting the U3A, the Travel Group have produced excess funds and the committee feel that it is appropriate to refund this to members by offering a number of trips at greatly reduced prices. As we expect a high take-up of these trips, we do not propose to take guests in the first instance.

### ***VillaJoyosa - Thursday, 19th October***

A visit to the colourful town of Villa Joyosa. You can visit the market, explore the town, or stroll along the 3.5 km sandy beach. At 2.30 pm we will move on to Jijona to visit the turrón and marzipan factory and museum with a guided tour, after which (time permitting) we will have about an hour to explore the old town of Jijona. Depart Rafalet 9.30 am, returning to Rafalet circa 6.30 pm. Price 5 euros. Organiser Mike Frost. Payment in full today please.

### ***Christmas shopping in Alicante - Thursday, 16th November***

A day's Christmas shopping in Alicante. Depart Rafalet 9.30 am returning to Rafalet circa 6.30. Price 5 euros. Organiser Mike Frost.

### ***Valencia - Thursday, 23rd November***

In the morning there is an opportunity to visit the Lladro porcelain factory with a very interesting tour showing the production process and hand painting of the pieces, and then a visit to the seconds shop on the site. The afternoon will be free for Christmas shopping in Valencia. Depart Rafalet 9.30 am returning to Rafalet 6.30 pm. Price 5 euros. Organiser Pat Wykes.

### ***Social Lunch , La Mesena - Wednesday, 29th November***

Following the final general meeting of the year we propose a re-run of last year's very successful social lunch at Restaurante Mesena. Price around 16 euros. Organiser Mike Frost. To reserve a place on any of the November activities, simply complete the registration of interest form at the back of the Newsletter and we will collect the money at the October meeting.

We would like to thank June and Bob Grainger for putting together a small first-aid kit which will be taken on all future travels.

### ***Xmas Dinner Dance at Venta la Posa: - 9th December .***

Cost will be approximately 28 euros per person, including wine. The restaurant is in Denia, so transport will not be provided. If you have not already, please give names to Pat Wykes. A deposit of 10 euros per person will be payable by the October meeting.

**TRAVELLERS' TALES GROUP:** Our thanks to Fabio for his very captivating dvd presentation entitled "*Footsteps on the Canyons*" – a wonderful portrayal of his recent travels around Utah. The next meeting will take place on Thursday, 12<sup>th</sup> October, when Felicity and Yvonne will tell us about their experiences in South Africa. We gather for coffee at 10.30 a.m. for an 11 a.m. start. Please email/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. Our first meeting for the autumn will be on Thursday, 5th October.

**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. We have certainly enjoyed ourselves. Members please note, we will not be meeting together until autumn.

**WINE GROUP :** We had our meeting at midday on the second Wednesday of this month, the date that will now become the regular one for any other local wine enthusiasts that might wish to sip and see. Tim Ladd handed over responsibility as organiser to fellow enthusiast Steve Collins, who conducted the informal tasting. We are not wine snobs, ( and certainly make every effort not to become such) and enjoy tasting wines and hearing what other folk think of them. Steve Collins will welcome any newcomers. **Tim Ladd.**

As you know I have taken this over from Tim Ladd. We held our first meeting under my leadership last Wednesday at Divinos in Javea. I gave a short talk to the 12 people attending on the red wines of Ribero del Duero, which was followed by a few excellent tapas. Our aim is to make this bar our resident bar with a meeting there every other month, but we will visit other bars who can supply wine for us to taste both in Javea and elsewhere. It is hoped that a visit or visits to bodegas can be arranged in the future.

The next meeting will be Wednesday October 11<sup>th</sup> at 12 o'clock at Jamon y Jamon, which is the downstairs part of Pan y Pan at the entrance to Sol Park in Moraira. If you need instructions on how to get there then please request them when you e:mail or telephone me with your confirmation that you will be attending.

The format will be the usual one with wines to taste followed by a few tapas. The subject of the talk will be wines of La Rioja. **Steve Collins**

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**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.

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## **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. **POOLS:** We estimate that between our 400+ members there must be in excess of 100 swimming pools, these being looked after by apprentice "pool boys". If there is sufficient interest at today's meeting, we propose to arrange a get-together, with the aim being to improve our knowledge of how pools work and overcoming problems. Gunitec, the pool company next to Lidl's, have expressed interest in attending our get-together to answer questions and maybe offering a 10% discount to U3A members. John Atkinson, a pool boy of 14 year's experience, has offered to lead this exercise. Please contact John to register a definite interest at [enquiries@u3ajavea.org](mailto:enquiries@u3ajavea.org).

**TRAVEL**

**REGISTRATION OF INTEREST**

**PLEASE PRINT**

Name 1 .....

Name 2 .....

Trips to

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Suggestions for future trips

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