

**NEWSLETTER no. 15,
October 2009**

Message from the President

Dear Members,

It certainly doesn't seem a year since the last Annual General Meeting, how quickly the time has flown!

One of the nicest parts of my "job" is meeting so many Members in unexpected places (and here I would like to apologise to those of you I don't recognise!) and I learn a lot from these casual meetings about how you think we're doing, and what we could do better. I was very pleased to meet a lady in High Street Heaven at The Inn On The Green when I was checking out a discount offer, but sad when I heard what she said. She said that she had joined us, but only been to two meetings as she hadn't felt very welcome. It is incredibly hard, and very brave for someone to come along on their own to such a large meeting with so many people. The way the Salon is set out means that it's quite easy to chat to other folks, and if you see someone you haven't met before, especially if they're on their own, PLEASE talk to them and make them welcome. Don Roberts has very kindly offered to take on the responsibility of welcoming new Members, so if he approaches you with someone who has just joined, I would very much appreciate it if you could explain a bit about the U3A to them, and generally make them welcome.

There were five items in the Suggestion Box after the last meeting - here are four of them with the replies - the fifth was an anonymous letter which has been passed to the Group Leader concerned.

1. Comment: That the meetings do not have to have an account of the last meeting and A/C's every month.

Reply: I'm afraid they do! Under the terms of our Constitution we are required to read out a Synopsis of the previous meeting, and it must be proposed, seconded and ratified by the Members. Believe me there is nothing I would like more than not to have to read it out, but we must abide by the Constitution.

2. Comment: I think it extremely rude that people walk out during a performance. These people give their time and services free and the least we can do is stay or, if there really is a need to leave early, do it after the business meeting and before the performance starts.

Reply: I couldn't agree more!

3. Comment: consider giving a Powerpoint Presentation of the excellent U3A website at one of the meetings.

Reply: Much as I agree with the phrase "the excellent U3A website", we know that this would appeal to a limited number of Members. Arrangements were made earlier in the year for some Members to have an introduction to computing and the website, but they had to be cancelled. It is very much hoped that it will be possible to hold it in the not too distant future for those who are interested.

4. Comment: Would it not be a good idea to state at the end of the meeting and before the entertainment that people may leave or use the loo. A five minute break would cover all.

Reply: We tried this twice in the early days, more than half of the members left, and the others drifted back chatting in dribs and drabs, and took much longer than five minutes.

Please keep your comments and suggestions coming, they may of course be completely anonymous

if you wish.

Discount offers are always welcomed, and often arranged by Members themselves. I sometimes go and check them out, but often I don't need to as the offers are quite clear. Occasionally a business will offer us something really special, and in November that's what Tiffany's Jewellers in Javea is doing. Keith Phillips is holding a U3A "event" on 12 and 13 November for us and Javea U3A. It starts at 12 noon and will end at 22.00 (10.00 PM) and during this time you will be able to enjoy the Cava and wine that Keith offers, but much more importantly, you will be able to take advantage of some REALLY amazing offers. Keith is offering 30% discount on diamond jewellery, 25% discount on Silver, and there will be a selection of jewellery at a massive 50% discount! Tiffany's is on the beach, near La Esquina.

As I write this The Wireless Years show is just ahead of us. It has taken a considerable amount of time to get this off the ground, and I'm very grateful to Jerry Lane for agreeing to do it. Last May Angela Chantry and I met Jerry in the Hotel Diamante in Calpe to collect the tickets for The Wireless Years show at the Careline Theatre. While we were chatting Jerry casually said it was his aim to do some kind of show at all of the smaller theatres, and immediately I said we had a lovely theatre in Moraira, and the idea was born. At the time Jerry wasn't aware that the theatre existed, and during the next few months we were in a very strange situation where I was emailing Jerry pictures of the theatre in Moraira to him in Las Vegas, where he was starring in his own show! I am also grateful to Javea U3A, and especially Angela Chantry, for agreeing to take half of the tickets. I am sure the show will be a great success, and of course we will be supporting the Costa Blanca Samaritans too, which makes it even more worthwhile. I do hope that Jerry will enjoy working in the theatre enough to want to put on something else for us in the future.

The guests at the AGM will be from the Consulate in Alicante. Martyn Standing was at the DWP presentation given in Moraira last April, and generously offered to bring a team to visit us, and to answer questions which were causing our Members concern. I have sent a list of the questions which Members gave me to Martyn – they are mainly about the arrangements for the new EHIC health cards, but no doubt there will also be questions which occur to Members as they listen to Martyn and the team he brings with him. I'm hoping a number of you who perhaps do not normally come to meetings will come to this one - there's bound to be a question you would like answered, or an issue you would like explained!

I hope very much to see you at the meeting on the 2 November,

Best wishes,

Ann Colclough



Next general U3A meeting

This will be on **2 November** 2009, at the Salon de Banquettes, Avda. Mediterraneo, Teulada, at 10.30 am. Doors open 09.45.

TRAVEL/OUTINGS

Madrid

Dates: 2 – 5 November. We will meet outside the Wok Restaurant opposite Moraira market car park at 8.45am for a 9am start. All details are on the travel section of the website. **Very important:** For free museum entry for pensionistas please bring your passport. Please also bring details of a person to contact in case of emergency, NOT the person with whom you are travelling. In case of any problem just before leaving that prevents you from travelling, I will check the e-mails the night before, or do phone or text the travel mobile on 646861273 (No messages on this phone please, I can't retrieve them).

Leader Jan Adams

Italy

Dates: 2-13 October, 2010. The full details are now on the website in the travel section. If you are one of the 96 people who have expressed an interest and are therefore on my 'possible' list, you will need to pay a deposit of 250€, IN CASH if at all possible, at the 2 November general meeting to confirm a place. If you are on the Madrid trip, or otherwise unable to attend the meeting, check the website for suggestions.

Leader: Norman Peterken

Future trips

- **Elche Day trip**
26 January 2010. Details available soon.
- **Benissa Treasure Hunt**
February - details later
- **Xative Day Trip**
April or May.
- **Tarbena Donkey Sanctuary**
A repeat trip is being considered for spring or early summer.

Jan Adams

Travel group leader

CULTURAL ARTS PROGRAMME

“Wait until dark”

Tuesday 1 December.

An entertaining and suspenseful thriller, to be performed by the Javea Players at the Union Musical Theatre, Gata, from 30 Nov to 5 Dec, at 20.00 hrs. There will be free parking available at the end of the street. This is a charity production – for every ticket sold the Javea Players will donate 1€ to buy sensory equipment for Ryan, a severely handicapped child who lives in Javea. The U3A group will attend on Tuesday 1 December, at the discounted price of 8€ (full price 10€) – book via Angela (collect your tickets from me at 7.30 p.m. in the foyer on the night).

“Oklahoma”

Tuesday 10 November

This musical event will be performed by the Footlights Theatre Group in the Casa de Cultura, Calpe, commencing at 20.00 hrs. For those attending, please collect your ticket/s from Angela at the November meeting.

“Sleeping Beauty”

Sunday 20 December: The Ballet de Moscou will perform “*La Bella Durmiente de Tchaikovsky*” at the L’Auditori de la *Mediterrània* in La Nucia, commencing at 20.00 hrs. Ticket price: 25€ + 10€ pp for the coach. The coach will leave Rafalet at 18.15 hrs and make a second pick-up outside Lidl’s on the main road through *Benissa* N332 (Avda Europa), and then travel on to La Nucia. Full payment is required at the November meeting (the best seats available will be booked on receipt of payment). Contact Angela for further information angelachantry@gmail.com

For other local events of interest, please visit the Cultural Arts page on the website. www.u3amoraira-teulada.org.

ACTIVITY GROUPS

Now that most of the groups are up and running, I hope you have all found something you are enjoying. From your feedback the enrolment meeting seemed to have been a success. You can still join groups through the web or by phoning the individual group leaders. Once again I would remind you that if you are connected to the internet you should check our website regularly for updates on the groups and any new ones. Alternatively details are available in the newsletter or through myself or one of the committee.

I am really pleased to inform you that we have four new groups now operating.

- *Classical Music Appreciation* run by Nick Green
- *Spanish One Year on for post beginners*, Meri Snell
- *Slimming*, Tanya Keen
- *Understanding Psychotherapy – An Introduction*, Mike Lawson

For further information see below.

We hope to have news of a *Social Bridge* Group next month for people looking to play bridge on a regular basis. I hope to have details of this new group soon.

What a wealth of talent we have at the U3A - four new groups and counting! As usual if you have any ideas for a new group or feel you could start a group, please contact me.

Shirley Baehr – Groups Co-ordinator

Classical Music Appreciation

The object of the group is to enjoy a couple of hours of appreciation of Classical Music. It does not matter whether you know nothing about Classical Music or if at the other end of the scale you have a degree in Musicology. All Moraira/Teulada U3A members are most

welcome.

You will hear music from the early renaissance period right through to present day composers. Sessions will take one of three formats.

- Concert Style- Overture, Concerto, Symphony.
- Music of individual countries
- Sessions dedicated to one composer

The group leader will add background information about the composers and the music being played.

We meet at the back room of Bar Mediterraneo Teulada 4TH MONDAY OF EACH MONTH 10.30am to 12.45pm. Our use of the room is on the understanding that we support the bar by purchasing refreshments and that some of us will stay for lunch. The sessions finish at around 12.45pm and those who wish to stay for lunch will be offered a 3 course menu with wine for €10.

Group Leader: Nick Green

Email: nickcamerongreen@gmail.com

Spanish Lessons - One Year On – Post Beginners

The course will be run by an experienced language teacher and commence 9 November. If you have done a basic course in Spanish, this will be your next step as a follow-up. The six months of lessons will cover grammar, vocabulary, role play and practice in speaking. Lessons will be held every Monday morning weekly 9.45-11am at Los Leones, but there will be no lesson on the first Monday of the month so you can attend U3a General meetings.

Meri Snel, johnmerisnell@gmail.com

Slimming

Do you want to lose weight? Do you want the support of like-minded people? Does it help you to be weighed-in every week? I will help you to keep focused, give you targets and encouragement. Come and join us! Take the first step now, just click on my photo to send me an e-mail.

Meetings: Every Tuesday afternoon 3:30 to 5:00. Venue: Initially at my home - Cumbre del Sol.

[Tanya Keen](#)

Understanding Psychotherapy - An Introduction

Have you ever felt that you are stuck in a rut?

Have you ever felt you are on a merry-go-round - "here we go again" - déjà vu - "I keep getting into this kind of situation"?

Have you ever been in a situation where you feel someone is pushing you into doing something and you don't know how to get out of it?

Have you ever wished you could be more assertive without being aggressive?

Have you ever wondered what your dreams mean?

This is not a psychotherapy group. What I am offering is a series of between six and eight talks about the world of psychotherapy - its theory and its practise. At the end of the meetings, group members will have a fair understanding of how psychotherapy works and probably some insights into their own processes too. For more details visit the website.

Mike Lawson

Philosophy

This new Group will be starting in November. The series of meetings beginning on Friday 13th will be led by Nancy Appleyard (although the group is being managed by Sonia Kleyman, sonia.kleyman@gmail.com). Here are some examples of the topics to be covered:

- He who knows and knows that he knows is a wise man: what philosophy can tell us about wisdom and self-knowledge.
- Where does wisdom come from? Is wisdom different from knowledge and if so, how? Can we learn to be wise and if so, how?
- If the truth be known: what philosophy can tell us about truth? Is my truth your truth? Do we recognise truth when we see it?
- The best present: what philosophy can tell us about living in the present. Do you spend time thinking about the future or the past? Do you worry about things you have or haven't done? How you can learn to live in the present?

Golf

The next meeting will be on the 16 November at 11 am please let me know at least seven days before if you wish to play.

Keith Yeulett

Line Dancing

This group will now meet at the Restaurant Don Quixote in Moraira, 2-4pm on Mondays. For further information please contact me.

Barbara Ives

Genealogy

A few places are still available for people with little or no previous family history knowledge. We meet the fourth Wednesday of each month. At Los Leones, Sol Park at 10.00am.

Tessa deacon, tessadeacon@gmail.com.

General History

The monthly history lectures at Espai La Senieta will now start at 10.30am and not 10.00am.

Brian Nicholls

Discounts available to U3A members on production of current membership cards

Additions to this list of stores and services which offer discounts to U3A members depends entirely on members informing us of them. Please notify any committee member if you have a suggestion for addition to this page.

Disclaimer

The fact that a supplier of goods or services appears in this list does not mean that they are recommended or endorsed by the committee. They are listed solely because they are offering a discount to U3A members. The Committee does not accept any responsibility for problems that may occur with the purchase of any product or service and Moraira-Teulada U3A shall not be held liable for any such problems. Any complaints the committee receives from members will be investigated and if the supplier is found to be at fault the committee may decide to remove that supplier from the list.

Bodega Blasco in Teulada offers 10% discount on wine cases to all U3A members on production of membership card. It is situated at Polígono Industrial, Teulada, Calle Cristal.lr 14. behind the petrol station. We are informed that this Bodega has a wide range of popular wines which, with a discount, are generally cheaper than same brands in supermarkets.

Bookworld. 10% discount except on "Sale" or "Discount Offers". Please present membership cards BEFORE the assistant enters the details in the till.

Colby's Sports Café. Located at Ctra. Moraira-Calpe 128 (next door to International Doctor on one side and the scuba diving shop on the other). Colby's will give a 10% discount to all Moraira-Teulada U3A members on production of your membership card.
Tel. 965 743 133

De Pelo hair salon, Benitachell

Ladies and gents. Open Mon - Fri, 9.00 am until they have finished; and Saturday 10.00 - 4.00 pm. 10% discount on production of current membership card.

Tel. 96 649 3049

Fiesta Crafts, Jávea, offer a 10% discount to all Moraira-Teulada U3A members on production of your U3A card. This discount cannot be used in conjunction with any other offer and your card must be shown at the beginning of the transaction in order for you to receive your discount. The Fiesta Crafts website gives telephone and email details, map of how to find it, opening times and more.

Hair styling & manicure

Nicki Wilson (NVQ qualified) comes to your own home. 20% discount negotiated by

one of our members who recommends Nicki as "friendly, obliging and very professional". Tel. 695 439 938.

Liberty Seguros: 15% discount on car and house insurance.

* Benitachell - Pieter Verbeek SL, Avda Lepanto 37

Tel. 96 649 3295

* Calpe - Foster Consulting SL, Avda Gabriel Miró 18, Edf Dextella, Entlo 2

Tel. 965838384 and 965833052

* Dénia - Mark Petrie SL, C/ Ramón y Cajal, 8 bajo

Tel. 96 578 1815 and 96 578 0757

* Jávea - Avda Marina Española, 24 bajo

Fax: 96 579 3712

Mermaid Diving Service, Moraira. 10% off try-dives and 7% off diving courses for U3A members.

Moraira Plumbing/Heating (Ray Gardner).

10% discount to all Moraira-Teulada U3A members on production of your membership card. Tel. 966 498 993 (mobile 620 523 613).

Palma Concerts

20% reduction to U3A members for all concerts.

The Half Price Bookshop. All books available online at half price plus permanent 10% discount for U3A members. Recommended as reliable by one of our own members. Includes 10% off cost of postage.

The Tool Bar, Moraira.

The owners, Stuart and Wendy, are offering a 10% discount on purchases from their retail range to U3A Members. They have the full range of Draper tools as well as other choices. Members must produce a current U3A membership card, a copy of which is held by the owner for validation purposes. The Tool Bar is situated in Moraira opposite the school on Moraira-Teulada road. Tel. 96 574 5805

The Mutz Nutz (pet supplies).

Located just outside of Moraira along the Moraira-Calpe coast road (next to the farmacia), the Mutts Nutz pet supplies shop can offer you all you need for your pets. Steve and June will welcome U3A members, and a discount of 5% is available on all items except food such as dog biscuits and meat. Steve has asked us to point out that the discount IS however available on treats for the animals! You can also get good advice from Steve on how and what to feed your pets. Please show your membership card to get the discount. Tel. 96 574 4476

Tiffany's Design & Manufacturing Jewellers, Marina Española in Jávea Port.

20% off purchases and 10% off repairs for U3A members. Keith, or one of his staff, will register you and give you a card for your discounts. Keith makes jewellery too, and is always happy to give his opinions on what can and can't be done.

Moraira-Teulada U3A Committee members

President: Ann Colclough

tel. 965747343

Vice President: Pamela Kershaw

966497098

Secretary: Vacant

Deputy Sec.: Margaret Roberts

Ass.Membership Sec: Isabel Tugwell

Group Coordinators:

Shirley Baehr 966495633

Brian Nicholls 965747600

Public Relations Officer:

Barbara Turner

Treasurer: Graham Simons
Dep. Treasurer: Colin McNae
Travel Treasurer: Colin McNae
Membership Sec.: Caz Williams

Non-Office-Holding members:
Don Roberts

CIRCULATION OF NEWSLETTERS You can read and/or print off copies of the U3A Teulada/Moraira newsletters. The small file version is intended for members who have dial-up modems and long download times. This version contains basically just the text content of the newsletters. The other version is for members with a broadband internet connection. It contains photographs, illustrations etc. that make the Newsletter more attractive to read. Contributors please note that all copy must be with the Editor by the end of the last week of each month. Photos are welcome.

GROUPS AND

Alternative Wine Society *Ted Adams*
Aromatherapy workshop *Valerie Millis*
Art Appreciation *Brian Nichols*
Beading making jewellery *Anna Marie Inger*
Bowling, 10 Pin *Dave Goodings*
Card Making/Scrapbooking *Martin and Carole Bentley*
Chess *Ed Morley*
Choir *Ann Johnson*
Classic music appreciation *Nick Green*
Computing email and internet for beginners *Evelyn Adams*
Cookery/Entertaining at Home *Anne Rodger*
Crafts *Elizabeth Wilson*
Creative Writing *Philip Lewis Rothwell*
Cribbage *Colin Turner*
Dining Out *Peter and Sue Wells*
Drama *Pam Ridlington*
Drawing back to basics *Linga Gent*
English Grammar for Confused Spanish Students *Richard Perry*
Fishing, freshwater *Michael Wilson*
Gardening *John and Chris Parsons*

GROUP LEADERS

History *Brian Nichols*
Line Dancing *Barbara Ives*
Mah Jong *Diana Jarvis*
Modern Jive for Beginners *Richard Perry*
Padel tennis *Richard Perry*
Painting with pastels *Linda Gent*
Painting - Water colour techniques an introduction *Lynn Haigh*
Patchwork *Yvonne Romain*
Petanque *Andy Keen*
Petanque 2 *Doug Swindell*
Photogroup *Regina Mueller*
Philosophy *Sonia Kleyman*
Quiz *Helen & Les Coughtrey*
Reading *Gaby Mauger/Pam Milburn*
Sailing *Richard Jones*
Singles Dining Out Saturdays *Norman Peterken*
Skittles for the family *Robin Woods*
Slimming *Tanya Keen*
Spanish Conversation Intermediate *Sheila Shippides*

Genealogy, an introduction *Tessa Deacon*

Genealogy, on the ancestral trail *Elaine Wareham*

Golf *Keith Yeulett*

Health walking *Rena Hurst*

Spanish for Beginners (2 groups) *Sue McNae*

Spanish for Beginners (group 3) *Elke Woods*

Spanish lessons one year on Post - beginners *Meri Snell*

Sunday Solo Group *Audrey Germann*

Walking *Bob Fisher*

Yoga (All levels) *Sue McNae*