

U3A Moraira - Teulada



www.u3amoraira-teulada.org

NEWSLETTER Number 54

July 2013



Message from the President

Hello again folks,

Another busy month has simply flown past and here I am again. It's hard to read the calendar since last month as it's full of writing, and it's true that a lot of the days have the entry "Denia hospital" followed by a time and Department! I am full of praise for the hospital, and their new appointment system is awesome and works very well. For the uninitiated, you go to the "today's appointments" at the desk and hand over your SIP card, which is then swiped. In return you are given a sort of cloakroom style ticket with a number on it, and your SIP number, full name, time and date of appointment, and (here's the good bit) EXACTLY where to go. So if it says Trauma, room 19 for example, you can go and sit outside room 19 knowing you will be called in. THEN comes another good bit, at the time the doctor wants you to come in to see him or her, your number is displayed in large letters on the TV screen on the wall, and off you go. It's a super system and works a treat. I notice too that more and more of the staff in the hospital are speaking English, but that's probably because they have all got together and decided they can't cope with the likes of me destroying their lovely language any more!

My husband Al has settled in to being the Captain of the Ifach Golf Club, he's got his own car park space, and although I'm not saying that's what persuaded him to take the job..... He's enjoying it I think, although not so keen on having to go to regular meetings with Agendas and Minutes and the like, not something he's done for a long while. He's got a 06:30 a.m. start for a Competition tomorrow (Saturday) though, and he says he'll be ok once he's there, it's cleverly called "Early Bird"...

The Lions did a RASTRO in Teulada at the beginning of the month, and goodness you need to be on your toes! I get there at 06:45 a.m. in order to get a site, and the other Lions have started to get there about 7 now. The other stall holders are very quick to start sorting through what we're putting out, sensing bargains I guess. We make lots of money from it and after the first hour it's fun, but until then it's a bit daunting being surrounded by so many people, mostly foreign gentlemen!

This is the first year I have been to the Moraira Music Festival, and again it was a Lions involvement. I've clearly been missing out on a lot of (very noisy) fun as it was a brilliant night. One of the Groups was a bit loud for me, and I couldn't understand what they were singing, but the Footlights performance from CATS and the little Cheerleaders were brilliant. Having been there since 5:00 p.m., I was on my way to my car when JJ Jones was on, and anyone seeing me would I know have wondered at the poor old soul walking the streets of Moraira singing "Sweet Caroline" as she went, in a very flat voice! I am a great Neil Diamond fan, and have seen him several times in concert, and JJ Jones is excellent at singing his songs.

Last Sunday I was invited to be a part of the Ayuntamiento party at the Moors and Christians parade. I hadn't been to that before either as we have two little dogs who are very afraid of fireworks, so we tend to stay home with the shutters down and the TV up! This year though it was Al's job to look after them. Honestly, it simply never occurred to me that the whole of the Costa Blanca would be coming, well that's what it felt like when I was looking for somewhere to park! I ended up outside Barclays Bank, so I was a bit late meeting my friend, and all the seats in the main Town Hall stand were taken, so we had reserved seats at street level. It really was the most amazing display and I saw lots and lots of you there. The costumes were magnificent, and the ages of some of the children taking part surprised me. They were all so confident and clearly enjoying themselves. I confess the highlight of my evening was the horses, and my camera was very busy! I sent some pictures to a friend in the UK and told her that the building with blue lights in the window behind the horses was my bank (Sabadell), and so effectively the horses were in the main street, she was very impressed!

On Wednesday next week Al and I have kindly been invited to one of Pauline McGough's Spanish Class lunches, this one is for the end of term. It's a very nice way to thank Bar Med for letting the group have the room free, and a lovely way to spend a couple of hours.

On Thursday it's the "end of term party" for the U3A Quiz Group run so well by Helen and Les, so we're looking forward to stretching our brains first, then enjoying good company for a BBQ. The quizzes are a lot of fun, and I would like to think they keep my mind active – well that's what I'd like to think!

Yesterday I was invited to the Annual Speech day and Prize giving for the Lady Elizabeth School at The Marriot Hotel in Denia. I thought it would be boring (although my own school days are too long ago to remember from personal experience, and I never won anything anyway!), but how wrong I was. I confess I have never even heard of some of the topics that the youngsters won prizes in, and that sadly says more about me than it does about them. A girl of about 12 had sung in the choir at the beginning, then won certificates for 5 languages, Physiology, Drama, Music, Textiles and Literature, and a prize for Pure Maths (?), clearly a star in the making. Also a VERY popular young lady as a huge cheer went up for her.

Tomorrow (Saturday) I'm at the HELP shop in the morning as usual, and thank you very much for supporting it in such numbers, it's lovely to see you all there. All of the Saturday shift are U3A members, and sometimes non U3A customers must wonder about us and our clients!

Tomorrow evening I'm off to a Barn Dance, another first for me. I won't be dancing, not with my shoulders, but I'll be going yee hah with the best of them, always supposing that's still what you're supposed to shout!

Our speaker at the next meeting is Nikki Luxford, and I'm looking forward to hearing about her adventures in Malawi very much. I hope lots of you will come along and support her, she's a lovely girl, and has been a great friend to the U3A since we started.

We don't have a General Meeting in August, although the Committee will still have a meeting. The next U3A meeting is on 1st July and after that the next one will be on 2nd September. I do hope to see lots of you on the 1st July, but if you are going away, as always, travel carefully and arrive safely. For those staying here for the summer, doubtless we will meet in the market, in Pepe la Sal, in the HELP shop or in the Health Centre!

Take Care

Ann

Moraira-Teulada U3A Committee members

<i>President</i>	Ann Colclough Tel. 965 747 343
<i>Vice President</i>	Frank Lee
<i>Treasurer</i>	Jill Cole
<i>Deputy Treasurer</i>	Jenny Lee
<i>Secretary</i>	Margaret Roberts
<i>Deputy Secretary</i>	Linda West
<i>Membership Secretary</i>	Sue Popkin
<i>Deputy Membership Secretary</i>	Margaret Williamson
<i>Group Coordinator</i>	Shirley Baehr Tel. 966 495 633
<i>Travel Group Coordinator</i>	Carol Mantle
<i>New Members Liaison Officer</i>	Don Roberts
<i>Newsletter Editor</i>	Pat Clarke
<i>Website Liaison/Discounts Officer</i>	David Haxon
<i>Speakers List Coordinator</i>	Eileen Haxon



Next U3A meeting

The next **General Meeting** will be on Monday, 1st July 2013
at the Salón de Banquetes, Avenida del Mediterráneo, Teulada
at 10:30 a.m.

Doors open to members at 09:45 a.m.

After the meeting Nikki Luxford, from Costa Blanca News, will be giving a talk about her adventures in Malawi.

There will be no General Meeting or Newsletter in August

Group News

Bikers



Calling all bikers to action - come out and enjoy the good weather here on the Costa Blanca and enjoy some nice scenic rides. Call Jack on 670 387 967 or email Jack on dodgespain@gmail.com

Cocina Club



Shirley Baehr (Groups Coordinator) has formed a new food appreciation group. It is not intended to be a dining out group or a cookery class. Members of the group will not only love food but will also be interested in swapping recipes, bringing along some tasters, talk about local restaurants, perhaps taste local cheeses or different olive oils, and will endeavour to have a different topic for discussion or a demonstration at each meeting.

The group meets locally on the 2nd Monday of each month. If you are interested in joining, please email Shirley sbaehr1951@aol.com

Golden Oldies Music Group



The Golden Oldies Music Group enjoyed another very entertaining evening at the Café del Mar on Friday 24th May which approximately one hundred members attended.

The Golden Oldies Band played a wide range of music in three sets of five tunes in each set. The band members who played were Dave Collins, Peter Becker, Laurence Baehr, Ann Briggs, Evert Goetz and guest drummer for the evening, Geoff Cookson. Andy Keen and John Hopwood entertained with a wide variety of songs.

Solo artists were the very talented Pauline McGough who played some traditional Spanish music on her classical guitar followed by some lovely songs while playing her acoustic guitar. A new member, Dave Peachy, who is a well known performer in Moraira, enjoyed great applause for his Johnny Cash, Elvis Presley and BB King songs. Mike Lawson entertained with some wonderful Boogie-Woogie music on the keyboard. Andy Keen entertained everyone with some great songs. Ruud & Stella Maarsman, also very well known performers in the local area, entertained us to a selection of their blues and jazz music and Laurence Baehr, who is our superb blues harmonica player in the band, performed a mixture of his own haunting compositions as well as some well known tunes on his keyboard.

All together a really enjoyable night for everyone and many thanks to all members of The Band, The Solo Performers and to all of our 'Groupie' members who supported us on the evening.

Unfortunately, the only constant thing in life is change and the band is no exception to that rule. We very much would love to hear from any singers and keyboard players, and indeed any other musicians, who enjoy the music we play. The band meets most weeks at 3:00 p.m. on Tuesdays at the Tropicana Bar behind the European Centre up the road opposite the Paichi garden centre.

Anyone interested in

- joining the band, or
- doing a solo performance at our Music Nights, or
- becoming one of our 'Groupies'

please contact John, the Group Leader johnsuehop@hotmail.com

Please note that the next Music Night will not be, as previously advised, in August.

To ensure that the band has lots of new music to offer and also that we have a really super line-up of solos - and because it will be a little cooler - we have decided that the next Music Night will be held on

Saturday 7th September at the Café del Mar

Spanish Classes during the summer months

Carmen If you wish to join, please email Linda West deputy-secretary@u3amoraira-teulada.org	Conversation classes Wednesdays from 3 rd July to 28 th August Bar area at Los Leones, Sol Park, Moraira	Beginners, Post Beginners and Intermediate 10:00 a.m. – 11:00 a.m. Advanced 11:00 a.m. to 12:00 noon
Sheila Shipsides group-spanish-intermediate@u3amoraira-teulada.org ;	Conversation group Saturday mornings Bar El Greco (Bar Relax) opposite Quick Save in Moraira	Intermediate 10:30 a.m. – 12:00 noon
Pauline McGough	Pauline is taking a break in July and August. Classes will resume again at the beginning of September	

Understanding Psychotherapy – Proposed New Group



How do psychotherapists practise and what goes on in their offices? This proposed new group (which is *not* a psychotherapy group) will be the fourth such group that Mike Lawson has run. His experience has been that the subject material always gives rise to really interesting discussion.

If there is sufficient interest, the group will begin at the end of September and will run until approximately the end of November/beginning of December. Friday mornings 9:45 a.m. to 12:00 noon.

Further information can be found on the website
www.u3amoraira-teulada.org/groups/intro2psych

If you wish to join the group, please email Mike on group-intro2psych@u3amoraira-teulada.org

GROUP DETAILS

As many groups take a break during July and August, please check with Group Leader

Group	Group Leader(s)	Proposal	Dates/ Location/ Venue	Frequency
<i>Alternative Wine Group</i>	Peter Romain	Alternative wine appreciation. A chance to taste good low priced wines	To be advised	2 nd Wednesday of the month 5:00-7:00 p.m. Doors open at 4:30
<i>Art Appreciation</i>	Brian Nicholls & Cedomir Panajotovic	A wide variety of art, artists and art movements will be visually presented	Salón de Actos, Espai La Senieta, Moraira	2 nd Monday of the month at 10:30 a.m.
<i>Backgammon</i>	Barry Jacobs	For all levels	Bar/Restaurant, Sol Park, Moraira	Wednesdays 3:00 – 5:00 p.m.
<i>Badminton</i>	Rose Avila	For all levels	Benissa Sports Hall Palau Sant Pere	Wednesdays 2:00-4:00 p.m.
<i>Bowls</i>	Don Roberts	Green Bowls	The Inn on the Green, Javea	Weekly Monday and Wednesday p.m.
<i>Bridge, Social</i>	Sybille Ross	Friendly Bridge. No partner needed. We play Acol.	Bar of Restaurant, Los Leones, Moraira	Weekly Friday 2:30-5:00 p.m.
<i>Canasta</i>	Sandy Bianco	An uncomplicated card game	Moraira	Fortnightly Mondays 2:00-4:00 p.m.
<i>Chess</i>	Ed Morley	Social Chess	Espai La Senieta, Upstairs – last room on the left	Weekly Thursday 10:30 a.m.-12:30 p.m.
<i>Classical Music Appreciation</i>	Geoffrey Shean	Appreciation of Classical Music	Moraira Yacht Club	Last Monday of the month 10:30 a.m.
<i>Cocina Club</i>	Shirley Baehr	To discuss food, recipes, restaurants	Moraira	2 nd Monday of every month p.m.
<i>Computing – Beginners</i>	Peter Romain	Practical help with computing	Benitachell	Weekly – Tuesdays 2 classes 10:00 a.m. & 1:00 p.m.
<i>Computing - Intermediate</i>	Peter Romain	Practical help and training with computing	Benitachell	2 nd , 3 rd and 4 th Mondays of the month a.m.
<i>Craft</i>	Elizabeth Wilson	General Craft Group	Moraira	Once a month Thursdays 3:00 p.m.
<i>Creative Photography</i>	Don Roberts	Composition, editing, printing, mounting and framing	Benitachell	On Hold until September 2013
<i>Creative Writing</i>	Rosemary Sheppard	Members bring their writings for criticism and help	Moraira	Alternate Mondays at 3:00 p.m.

<i>Cribbage</i>	Colin Turner		Bar Med Teulada	Wednesday 7:00-10:30 p.m.
<i>Darts</i>	Len Beisser	A fun social evening playing darts or pool	The Sports Bar near the Gemesant restaurant Moraira	Fridays 7:30 p.m.
<i>Debating</i>	Geoffrey Shean	The object of the group will be to meet once a month and debate a subject chosen the previous month	Moraira area	2nd Wednesday of every month 3:00 p.m.
<i>Dining Out</i>	David and Eileen Haxon	The group will enable members to sample different cuisines and restaurants in the area	Moraira/Teulada area	Twice a month Tuesday evening
<i>Dining Out - Singles</i>	Norman Peterken	Dining out for singles		Twice a month Saturday evening
<i>Dining Out - Sunday Lunch Solo Group</i>	Audrey Germann	Dining out for singles	Local area	Twice a month 1:00 for 1:30 p.m.
<i>Drama Group</i>	Anne Cattle		Salón de Actos, Espai La Senieta, Moraira	1 st and 3 rd Tuesdays of the month 11:00 a.m.-1:30 p.m. followed by lunch (if you wish)
<i>Exercise Class</i>	Sue Hopwood (administrator)	Fitness & Toning	Gimnas Ximo, Calle Calpe 50, Teulada	Every Wednesday 10:30 – 11:30 a.m.
<i>Film Group</i>	Philip Chaney	English Language films	Salón de Actos, Espai La Senieta, Moraira	2nd Monday of the month 6:15 p.m. for 6:30 p.m.
<i>Five a Side Football</i>	Colin Brady	Fun Five a Side Football	Sol Park Tennis Club	Every Tuesday 7:00 p.m – 9:00 p.m.
<i>Flower Arranging</i>	Tina Wallis	Practical flower arranging	Bar area of Los Leones, Sol Park, Moraira	Every other Tuesday 2:00 p.m.-4:00 p.m.
<i>Fishing</i>	Graham Foot	Freshwater fishing expeditions	Regional	Every other Thursday
<i>Friends of Avinença</i>	Paul and Pat Pruden	To gain entry to many aspects of local history and activities that otherwise would be difficult to access	Various	To be announced
<i>Gardening</i>	Christina Rene	To share knowledge and exchange problems, tips, advice, seeds, cuttings, , etc.	Locally	To commence September 2013

<i>Golden Oldies Musicians Group</i>	John Hopwood	A mixed music group for anyone who would like to play any type of music	Tropicana Bar, Calle Viejo del Portet, Moraira	Every Tuesday 3:00 p.m.
<i>Golf</i>	Geoff and Rona Hurst	A golf group of experienced players for Texas Scramble	Benidorm	2 nd Monday of each month
<i>Golf</i>	Robin Woods	A golf group of experienced players for Stableford	Various	3 rd Monday of each month
<i>Healthy Walking</i>	Robert Verbruggen & Noelene Cummins	One hour walks	Various	One week Tuesday, one week Thursday 10:00 a.m.
<i>History</i>	Cedomir Panajotovic and Brian Nicholls	A wide range of lectures	Salón de Actos, Espai La Senieta	Last Monday in the month at 10:30 a.m.
<i>Jigsaw Puzzles</i>	Les Coughtrey	Puzzle Exchange	Moraira	Once a month
<i>Knit, stitch and Natter</i>	Maureen Burrows	Knit, stitch and sew items for local charities		Fortnightly Alternate Tuesdays 2:30-4:30 p.m.
<i>Mah-Jong</i>	David Goodall and Pam Millburn	The basics are easily learnt in the first session	Restaurante Shanghai on the Moraira to Calpe road on the left just past Mas-y-Mas	Weekly Thursday 2:00-4:00 p.m.
<i>Mosaics</i>	Meri Snell	Learn the basics of this decorative art	Moraira	2 groups a month Tuesday and Wednesday p.m.
<i>Padel Tennis</i>	Michael Cain		Teulada	Mondays at 11:00 a.m. and Thursdays at 2:30 p.m.
<i>Painting</i>	Stella Maarsman	Oils, pastels and watercolour	Moraira area	Wednesdays 10:00-12:00 noon
<i>Patchwork</i>	Yvonne Romain		Benitachell	Mondays 2:00-5:00 p.m.
<i>Petanque 1</i>	Peter Pulford		Purpose built rinks at Cumbre del Sol	Weekly Wednesday a.m.
<i>Petanque 2</i>	Pamela Powell		Purpose built rinks at Cumbre del Sol	Weekly Thursday a.m.
<i>Petanque 3</i>	Douglas Evans		Brevis Bar, Sol Park	Weekly Thursday 10:00 a.m.
<i>Petanque 4</i>	John Manley		Brevis Bar, Sol Park	Weekly Thursday p.m.
<i>Petanque 5</i>	John Manley		Brevis Bar, Sol Park	Weekly Saturday a.m.

<i>Photography</i>	Trevor Kemp	We decide what topic we will work on and we will not compete for 'best picture'. Instead, we will try to improve our own skills and have fun together	Various	3 rd Thursday of each month a.m.
<i>Pilates</i>	Sue Popkin (administrator)	Body conditioning routine	Teulada	Weekly - Thursdays 2 classes 11:00 a.m. & 12:15 p.m.
<i>Quiz Group</i>	Helen and Les Coughtrey	Fun Quiz	Los Leones, Sol Park, Moraira	Twice a month Thursday 4:00 p.m.
<i>Reading Group</i>	Gaby Mauger	To explore all types of literature, to read those books you might not normally choose	Moraira area. Contact Leader for details	Monthly Friday p.m.
<i>Rummikub</i>	Angela Pulford	Rummikub is a game for 2-4 players. Each week players on each table will be drawn randomly	Café Costamar below Pepe la Sal in Barclays Bank shopping parade, Moraira	Weekly Wednesday 3:00-5:00 p.m.
<i>Sailing Group</i>	Richard Jones	To meet up and discuss sailing with the possibility of arranging lessons and sailing	Espai La Senieta, Moraira	Monthly Tuesday 4:00 p.m. plus sailing days
<i>Scrabble</i>	Diana Price	Have fun playing this popular game	Café Costamar below Pepe la Sal in Barclays Bank shopping parade, Moraira	Weekly Monday p.m.
<i>Spanish Groups</i>	Linda West (coordinator)	To join various groups	Moraira/Teulada	See Schedule for 2012/2013.
<i>Spanish Conversation – Beginners</i>	Pauline McGough	No books, no grammar, just talk	Bar Med, Teulada	Classes will resume again in September 2013
<i>Spanish Conversation – Intermediate</i>	Sheila Shipsides	Coffee morning with a difference	Bar El Greco (Bar Relax) opposite Quick Save, Moraira	Weekly Saturday 10:30 a.m.-12:00 noon
<i>Table Tennis</i>	Janet Dane	All levels	Los Leones, Sol Park	Weekly Thursday 3:00-5:00 p.m.
<i>Ten Pin Bowling</i>	John Rhodes	6 players on each lane 2 games	Ozone Bowling Alley, Moraira	2 nd Tuesday of each month 7:15 for 7:30 p.m. Please pre-book with Group Leader
<i>Yoga</i>	Stella Maarsman	Hatha Yoga	Moraira area	Thursdays 10:00 a.m.

CALENDAR OF GROUPS

DAY	A.M.	P.M.
MONDAY	<i>Art Appreciation</i> <i>Classical Music Appreciation</i> <i>Computing – Intermediate</i> <i>History</i> <i>Golf</i> <i>Padel Tennis</i>	<i>Bowls</i> <i>Canasta</i> <i>Cocina Club</i> <i>Creative Writing</i> <i>Film group</i> <i>Patchwork</i> <i>Scrabble</i>
TUESDAY	<i>Computing - Beginners</i> <i>Drama group</i> <i>Healthy Walking</i>	<i>Computing - Beginners</i> <i>Creative Photography</i> <i>Dining out (evening)</i> <i>Five-a-Side Football (evening)</i> <i>Flower Arranging</i> <i>Golden Oldies Musicians Group</i> <i>Knit, Stitch and Natter</i> <i>Mosaics</i> <i>Sailing group</i> <i>Ten Pin Bowling (evening)</i>
WEDNESDAY	<i>Exercise Class</i> <i>Painting</i> <i>Petanque 1</i> <i>Spanish Conversation for</i> <i>Beginners/Pre-Intermediate</i>	<i>Alternative Wine Appreciation</i> <i>Backgammon</i> <i>Badminton</i> <i>Bowls</i> <i>Cribbage (evening)</i> <i>Debating</i> <i>Mosaics</i> <i>Rummikub</i>
THURSDAY	<i>Chess</i> <i>Freshwater Fishing</i> <i>Healthy Walking</i> <i>Petanque 2</i> <i>Petanque 3</i> <i>Photographic group</i> <i>Pilates</i> <i>Yoga</i>	<i>Craft</i> <i>Mah-Jong</i> <i>Padel Tennis</i> <i>Petanque 4</i> <i>Pilates</i> <i>Quiz group</i> <i>Table Tennis</i>
FRIDAY	<i>Spanish Conversation for</i> <i>Beginners</i>	<i>Bridge</i> <i>Darts (evening)</i> <i>Reading group</i>
SATURDAY	<i>Petanque 5</i> <i>Spanish Conversation</i> <i>– Intermediate/Advanced</i>	<i>Dining Out- Singles (evening)</i>
SUNDAY		<i>Dining Out - Sunday Lunch Solo group</i>
VARIOUS	<i>Friends of Avinença, Jigsaw Puzzles</i>	
TO BE ANNOUNCED	<i>Gardening, Grumpy Old Men, Biking,</i> <i>Scale Down Group</i>	

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 items that you wish to be included in the newsletter must be with the Editor by the middle of the third week of each month. Photos are welcome.

This newsletter is posted on the U3A website and, to protect privacy, no email addresses or telephone numbers are shown without the owner's specific permission. Go to the website for emailing instructions.

DISCOUNTS

In order to reduce the size of the Newsletter, the details of U3A discounts are now only included in the copies which are printed for non computer owners. For computer owners details of discounts are given on the website www.u3amoraira-teulada.org