

NEWSLETTER Number 55

September 2013

Message from the President

Hello again everyone,

I hope you have all enjoyed a wonderful summer, where ever and whatever you have been doing. I know lots of you have had friends and family visiting you and I hope they (and you) all had a super time. It's sad but true that already the days are getting shorter, and the sky is not so bright now when our two little dogs tell us it's 7:00 a.m, and time to get up!

Our last General Meeting was, of course, in July, and what a wonderful talk Nikki gave us. There were some "technical problems" to start with, but nothing bothers Nikki, and she just carried on chatting while Peter Romain did his best to get things back on track. What a wonderful speaker Nikki is and I doubt very much if there was a dry eye in the room – male or female – when she was telling us about the children. I know that lots of us gave Nikki contributions after the meeting was over for various projects. I bought a bike (thank goodness no one will ever ask me to ride it) and she was very grateful indeed to all of you. I asked Nikki why she went where she did, and her answer was simple. She wanted to do something charitable to "make a difference", so she looked on the Internet, and simply chose the village in Malawi that she went to, from all the ones that came up. It's wonderful that a young woman like Nikki, who brings such enthusiasm to all she does, feels that she got much more out of the trip personally than the help she gave to the children by her being there. I know she's going again, I do hope she will come back and tell us more about it.

My summer has been varied and interesting, and it's been very nice to see so many of you supporting the things going on in Moraira. The Lions have raised a lot of money at the two summer concerts we've had so far, and it's lovely to stand up on the stage and see so many friendly faces in the audience. Thank you for coming and for your generosity, it helps us a lot. The next one is traditionally the one where we get the biggest contribution, and that's Manhatton Jazz on 8th September. I confess that jazz is not my very favourite kind of music, but I'll be there, and I hope you will too.

The HELP shop in Moraira goes from strength to strength, and again it's lovely that as many of you support us as you do. I'm sure you already know, but I'll tell you just in case you don't, that the money raised in the shop goes to pay for respite care. If someone is looking after a friend or relative on a full time basis, and needs a break, then the HELP shop pays for the person they are caring for to be looked after professionally. It's a wonderful scheme and one I know many carers are grateful for. The shop is a lovely place to be, and it certainly doesn't feel like work!

There will be the usual free party for local children in the "Church Square" in Moraira on 31st October for Halloween. If you haven't been, why not come along, it's great fun, and the fancy dress parade the children do is brilliant, and of course there are prizes too, and games. It starts about 17:30.

The tickets for the Christmas Dinner Dance are printed and cut, the venue is booked, and so is the music. I'm sure it will be another great U3A night at the Salón Canor, and it's certainly something to look forward to. You can read more about it on Page 3 of this Newsletter.

Nothing else from me at the moment, except to say enjoy what's left of the summer, and take care,

Best wishes, *Ann*

Moraira-Teulada U3A Committee members

<i>President</i>	Ann Colclough
<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, 2nd September 2013
at the Salón de Banquetes, Avenida del Mediterráneo, Teulada
at 10:30 a.m.

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

Message from Newsletter Editor

I have been producing the monthly Newsletter for over 2 years and I hope that you enjoy reading it.

I am now looking for new ideas and I would like to consider your views as to any suggestions you may have. It may be that you would like a section for the members to give an update on special events, special anniversaries, etc. Another thought would be to have a 'For Sale' or 'Wanted' section.

Please email me with your views newsletter-editor@u3amoraira-teulada.org

I shall look forward to hearing from you,

Pat Clarke

Christmas Dinner Dance 2013

By popular demand we are really pleased to announce that we are going to hold another subsidised Christmas Dinner Dance at the Salón Canor in Teulada on Wednesday, 11th December 2013 for a maximum of 400 members. The entertainment this year will be provided by ***'Timewarp'*** on the recommendation of several of our members.

If you wish to come along, you will need to complete a form, which can be downloaded from the homepage of the website <http://www.u3amoraira-teulada.org/index.html>

Please complete this form and bring it along to one of our General Meetings in September, October or November, together with the full amount in cash. To make it easier for our Party Committee, please ensure that all the names on your form are as shown on their membership cards and are also fully paid up members of the Moraira-Teulada U3A.

Group News

Art/History Programme

Our team of speakers looks forward to welcoming you to our new season's series of art and history presentations.

Art Appreciation

Monday 9th September
'Artists as Illustrators'
A talk by Brian Nicholls

History

Monday 30th September
'Dividing the World'
A talk by Andrew Johnson

Both lectures take place at La Senieta Theatre in Moraira and start at 10.30 a.m.

There is illustrated detail on the above talks on the U3a website
<http://www.u3amoraira-teulada.org/groups/art.html>

Badminton

The badminton workshop will resume on Wednesday, 4th September.
Time 14:00-16:00 p.m.
Anyone interested should email Coordinator/Coach, Rose Avila
group-badminton@u3amoraira-teulada.org with subject 'Will Attend'.

Classical Music Appreciation

This group will be starting again at 10:30 a.m. on Monday, 30th September at Moraira Yacht Club. The club meets on the last Monday of the month. We are offering any member a free cup of coffee if you would like to come along and give us a try. Full details on the U3A website. For further information contact Group Leader, Geoffrey Shean group-classicalmusic@u3amoraira-teulada.org

Debating

The Debating Group will start again at 3:00 p.m. on Wednesday, 11th September. We are sending out a special invitation to anyone who enjoys a good argument. Come and see us, we meet on the second Wednesday of every month from 3.00 p.m. until 5:00 p.m. We meet at a private house in Moraira and enjoy a good debate and enjoy homemade refreshments before we go home. Full details on the U3A website. For more information contact Group Leader, Geoffrey Shean group-debating@u3amoraira-teulada.org

Film Group

The aim of the Film Group is to show English language films to members of the Teulada-Moraira U3A, on a monthly basis (the second Monday of each month at a start time of 6:00 p.m.) in Espai la Senieta, Moraira - Salón de Actos, during the winter season (October 2013 – May 2014). Films are chosen by members of the group from own stock and by purchase, and titles will reflect entertainment value, special interest and awards given.

Planned films for the 2013-2014 season are as follows:

Date	Title	Run Time
14 th October 2013	Skyfall	2 hours 17 minutes
11 th November 2013	Les Miserables	2 hours 38 minutes
9 th December 2013	The Quartet	1 hour 38 minutes
13 th January 2014	Zero Dark 30	2 hours 37 minutes
10 th February 2014	Made in Dagenham	1 hour 53 minutes
10 th March 2014	The Girl with the Dragon Tattoo – Daniel Craig	2 hours 37 minutes
14 th April 2014	Argo	2 hours
12 th May 2014	Life of Pi	2 hours 6 minutes

Please note that

- Because of the longer duration of the films, doors will open, for this season, at **5:45 p.m. for a start time of 6:00 p.m.**
- Please show your **current** U3A membership card at the entrance
- Further information on the forthcoming films will be shown on the U3A website, in the monthly newsletter and, once you have registered with the Film Group at a General Meeting in Teulada, by email.

More details of the first film '**Skyfall**' with illustration, a review, and a link to the trailer can be found on the U3A website <http://www.u3amoraira-teulada.org/groups/film.html>

Gardening Group

For 2013-14 the Gardening Group will normally meet monthly on the 3rd Monday of the month, from 2:30-4:00 p.m., with a couple of exceptions:

Monday 23rd September (this is one of the exceptions)

Monday 21st October

Monday 18th November

Monday 9th December (another exception)

Monday 20th January

Monday 17th February

Monday 17th March

Monday 21st April

Monday 19th May

Monday 16th June

If you are interested in joining this group, or you wish to have details of individual events, venues, etc. please email Christina Rene, Group Leader, christina@renetus.com

Pilates

The Pilates Group will restart in September. However, as the Thursday morning group is now full, it is proposed to try and get another group going for 11:00 a.m. on a Tuesday in Teulada. For further information or to register, please contact Sue Popkin suepopkin@gmail.com

Singles – Proposed New Group

It has been suggested that a new Singles Group, which would meet during the week, could prove popular. This could be for a meal, a coffee, a cultural trip, or going to the cinema. If you would be interested in joining such a group, then please contact Shirley Baehr sbaehr1951@aol.com with your name, email address and telephone number.

Once Shirley has an indication of how many of you would be interested, she will hold a meeting to discuss the way forward.

Spanish Classes 2013-2014

Spanish classes will be recommencing along similar lines to last season.

If you wish to book a place with either Carmen or Laura, please contact

Linda West westlj32@gmail.com

and for Pauline's classes at Bar Med email paulinemcgough@gmail.com

Sheila's conversation group will continue on Saturday mornings at the Bar El Greco from 10:30-12:00 noon. group-spanish-intermediate@u3amoraira-teulada.org

Further information will be available at the next General Meeting in Teulada on 2nd September.

New Cultural Arts Coordinators Urgently Required

As you know, our wonderful Cultural Arts Coordinator, Angela Chantry, has stepped down from the post after more than 4 years, in order to do more travelling.

Angela not only provided information about everything on offer locally, she was often to be seen at General Meetings selling tickets for theatre events, and this was a very helpful service for our Members.

It has been decided that now there is so much on offer in this area in the way of entertainment that a team of people is needed to continue with Angela's work, similar to the way the Travel group is set up. Members of the committee will help initially in any way they can for this to happen and Angela will gladly pass on the details she has of various contacts.

This is a really interesting opportunity for a team of Members and a chance to give something very important back to your U3A. Why not get together with some of your friends to form a team?

If you are interested please contact **Shirley Baehr** at sbaehr1951@aol.com

GROUP DETAILS

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	Teulada	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>	Sybillie 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	Moraira	Fortnightly

		card game		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 October/November 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	2 nd Wednesday of every month 3:00-5:00 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	1 st and 3 rd Tuesdays of the month 2 groups
<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	Fitness & Toning	Gimnas Ximo,	Every Wednesday

	(Coordinator)		Calle Calpe 50, Teulada	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 5:45 p.m. for 6:00 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, spare plants etc.	Locally	3 rd Monday of the month 2:30-4:00 p.m.
<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	Moraira	2 groups a month

		this decorative art		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 and Thursdays 2:00-4:00 p.m.
<i>Patchwork</i>	Yvonne Romain		Benitachell	Mondays 2:00-5:00 p.m. and Fridays 2:00-4:00 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 (Coordinator)		Teulada	Weekly - Thursdays 11:00 a.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	Espai La Senieta, Moraira	Monthly Tuesday 4:00 p.m. plus sailing days

		arranging lessons and sailing		
<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 2013/2014.
<i>Spanish Conversation – Beginners</i>	Pauline McGough	No books, no grammar, just talk	Bar Med, Teulada	Wednesday and Friday mornings
<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>Understanding Psychotherapy</i>	Mike Lawson	A series of 8-10 meetings commencing on 27 th September		Fridays 9:45 a.m.- 12:00 noon
<i>Yoga</i>	Stella Maarsman	Hatha Yoga	Moraira area	Tuesdays 10:00-11:00 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>Gardening</i> <i>Patchwork</i> <i>Scrabble</i>
TUESDAY	<i>Computing - Beginners</i> <i>Drama group</i> <i>Healthy Walking</i> <i>Yoga</i>	<i>Computing - Beginners</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>Craft</i> <i>Mah-Jong</i> <i>Padel Tennis</i> <i>Painting</i> <i>Petanque 4</i> <i>Quiz group</i> <i>Table Tennis</i>
FRIDAY	<i>Spanish Conversation for</i> <i>Beginners</i> <i>Understanding Psychotherapy</i>	<i>Bridge</i> <i>Darts (evening)</i> <i>Patchwork</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>	

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