

# U3A Moraira - Teulada



[www.u3amoraira-teulada.org](http://www.u3amoraira-teulada.org)

## **NEWSLETTER Number 56 - October 2013**

### **Message from your Newsletter Editor**

Over the next few months, I am planning to introduce new articles in the monthly Newsletter. I have already received several suggestions and these have been considered by the Committee.

This month I am pleased to include two delicious recipes for autumn which have been kindly provided by Eileen Haxon, an anagram from Les & Helen Coughtrey and two simple knitting patterns from Maureen Burrows.

If you would like an interesting article or news item to be considered for inclusion in future editions of the newsletter, please email them to me.

Pat Clarke

[newsletter-editor@u3amoraira-teulada.org](mailto:newsletter-editor@u3amoraira-teulada.org)



### **Next U3A meeting**

The next General Meeting will be on Monday, 7<sup>th</sup> October 2013  
at the Salón de Banquetes, Avenida del Mediterráneo, Teulada at 10:30 a.m.

Doors open to members at 09:30 a.m.

After the business part of the meeting, Teulada-Moraira Councillor and Honorary U3A member, Sylvia Tatnell, will be giving us a talk about the history of Teulada and Moraira.

## Christmas Dinner Dance 2013

Details of the Christmas Dinner Dance to be held at the Salón Canor in Teulada on Wednesday, 11<sup>th</sup> December 2013 were contained in the September edition of the Newsletter.

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 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.



## Wine Tasting Evening with Colin Harkness

**Thursday, 31<sup>st</sup> October 2013**

Following last year's highly successful wine workshop, we have arranged another for you. Again the presenter will be Colin Harkness, who is a renowned expert on Spanish Wine. This event will be held on Thursday 31st October at La Mesa Restaurant at the rear of Los Limoneros Hotel from 5:30 – 7:30 p.m.

During the evening you'll be trying 5 Spanish wines of various hues and ages, these wines having been selected with the fast approaching Christmas festivities in mind. Each wine will be accompanied by bite sized tapas that compliment them and also give an idea of which Christmas food they would best suit. There will also be a chance to hear and discuss the regions of origin, decide just how much we like each one, and debate which wine is best suited to which food.

Entry is by ticket only to U3A members. Please book promptly as numbers have to be limited. Cost is 12 euros per person. To reserve your ticket(s), please email with your details or phone below.

For those who'd like to soak up the wine with some additional food, La Mesa is offering a special menu of Christmas Curry or Lasagne followed by Tiramisu, including a ½ bottle of wine per person, at a cost of only 10 euros each. I am also happy to reserve a place for this for you.

email [lynnclark0403@gmail.com](mailto:lynnclark0403@gmail.com) or phone 603 144 853.



## U3A Facebook Page

We now have our own Facebook page, still in the early stages but if you go to the following link and press "like" you should start receiving notifications. Please add any group news or send something to me to put on the page. Regards Shirley [sbaehr1951@aol.com](mailto:sbaehr1951@aol.com)



Go to [www.facebook.com/U3aMorairaTeulada](http://www.facebook.com/U3aMorairaTeulada) to see our new page.

## Members Comments

On 2<sup>nd</sup> September 2013, U3A member Martin Penn wrote:

*I was the lucky winner of today's raffle, a 50 euros Iceland voucher; please send my sincere thanks to the committee.*

*I have been a member for about three and a half years rarely missing a meeting. Quite apart from my win, I really enjoyed our meeting today, it is the first time I felt that the folk on the top table were listening to and encouraging members' comments.*

*Kind regards*

## Winter Fuel Allowance/State Retirement Pensions

More than 100,000 expat pensioners face losing winter fuel payments as the UK Government plan to introduce a 'temperature test'. The Government proposes to restrict elderly Britons living in warmer countries from claiming the benefit – worth up to £300 per year.

These pensioners have contributed to the welfare state via taxes and national insurance throughout their working lives. If you believe that this payment is your right and that you are not happy with the way in which the Government thinks they can treat us, then please go to <http://epetitions.direct.gov.uk/petitions/52121> and sign the petition.

Additionally, a second petition is also being organised to try to force the UK Government to fulfil its legally agreed duty as a member of the EU to pay pensioners the appropriate pension in line with other EU countries. If you wish to support this petition, please go to <http://epetitions.direct.gov.uk/petitions/51449>

## Group News

### Art/History Programme

#### Art Appreciation



Monday 14<sup>th</sup> October  
'A splash of colour' - Fauvism  
A talk by Cheda Panajotovic

#### History



Monday 28<sup>th</sup> October  
'Amelia Earhart (24th July 1897 –disappeared 2nd July 1937) - American pilot and aviation pioneer.'  
An illustrated talk by Angela Chantry

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>

### Film Group



Monday 14<sup>th</sup> October  
'Skyfall' starring Daniel Craig



Salón de Actos, La Senieta, Moraira

Doors open at 5:45 p.m. for a 6.00 p.m. start.

**Please show your current U3A membership card.**

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

You can also read about the making of Skyfall here: <http://en.wikipedia.org/wiki/Skyfall>

## Knit, Stitch and Natter



Hello all you knitters, stitchers and natterers

On 23<sup>rd</sup> of September a few of the ladies from our group and some ladies from our Benitachell Ladies club handed over to Nikki from the Costa Blanca News some garments for the children of Malawi.

She was really delighted with our efforts especially the little vests which she said were ideal for carrying over there as they are light and small. These little vests are so very easy to knit and I will be doing some more before she returns to Malawi in February.

Our efforts for Candy from the HELP group are also very well received.

Our colourful blankets make very welcome knee warmers for the people in the Hospice for Dementia and Alzheimer's. Once again these are very easy to make and can use up oddments of wool.

The patterns for these items follow.

You don't need to attend our meetings to make items I can always collect at the U3A meetings (Except the November meeting as I'm on holiday)

### Blanket:

Double knitting wool Size 4mm (UK8)

Cast on 40 stitches and knit for 39in.

3 of these strips sewn together make a knee blanket

Someone normally crochets around the edges to finish these off nicely.

The blankets can be made using chunky wool also.

Using 6mm needles cast on 35 stitches and knit for 39inches

Once again 3 of these strips make a blanket.

### The little vests:

Double knitting wool the brighter the better - 7mm needles

Cast on 44 stitches.

Work 18 Rows in K2 P2 rib.

Work 30 Rows in stocking stitch (I normally use a contrast for the SS)

Cast on 12 stitches at the beginning of next 2 rows

K2 p2 for 22 rows

Next row Rib 21 stitches. Cast off 26 stitches. Rib to end

Next row Rib 21 stitches. Cast on 26 stitches. Rib to end

Work 22 rows in K2 P2 rib

Cast off 12 stitches at beginning of next 2 rows

Work 30 rows stocking stitch

Work 18 rows in K2 P2 rib

Cast off. Fold in two and sew up the sides and underarms

**FINISHED!!** If anyone fancies having a go at any of these I do have wool and some needles and I can try and get them to you. Our next meeting is on 1<sup>st</sup> October.

For more information, please email Maureen Burrows [group-knit-and-natter@u3amoraira-teulada.org](mailto:group-knit-and-natter@u3amoraira-teulada.org)

## Quiz Group

Les and Helen Coughtrey run the Quiz Group and this week held the first of the new season. The group meets on alternate Thursdays at 4:00 p.m. at Sol Park. We all have fun testing our "little grey cells" (now, who used that phrase in literature?!) and the emphasis is on amicable rivalry, with much scratching of heads, whispered suggestions and groans or cheering as answers are given. The emphasis really is on enjoyment and we are extremely lucky to have such a friendly group of people. Why not come along and see for yourself? In the meantime, have a go at the following anagram - again, just for the fun of it.

Phrase from which to work:

Clue:

Solution:

**"AL - FEED POOR ELF BIG EARS!"**

**STAY HUMBLY ON YOUR FEET!**

Contains 5 words of 5, 4, 6, 1 and 4 letters.

The answer is a proverb and will be found later on the Quiz Group page of the U3A website.

For more information about this group, please email [group-quiz@u3amoraira-teulada.org](mailto:group-quiz@u3amoraira-teulada.org)

## *Solo Uno (formerly the new Singles Group)*

On 24<sup>th</sup> September this new group celebrated its first event with a get-together at Tessa's home. The event was attended by 24 members and was jointly organised by Tessa and Luli. At a cost of 10 euros per head, Tessa and Luli made two wonderful curries and a delicious lasagne with salad, dessert and all drinks included. David played the guitar and sang, providing some very good entertainment.



During the evening, it was decided to rename the group to **Solo Uno**.

The next event is to lunch at Parcent to experience the best paella in the region and a visit to a Japanese restaurant is also being organised.

The general idea of the group is that everyone is an active participant with ideas as to outings, dining out, theatre, concerts, travel, etc. Individuals do not have to do everything on their own, others in the group will support and help to organise events if necessary.

For more information, please email Carole [u3asingles2013@gmail.com](mailto:u3asingles2013@gmail.com)

## Spanish Groups



**Coffee Mornings with a Difference** – Saturday mornings 10:30 – 12:00 noon

**Sheila** will continue for the winter at Bar El Griego (Greco), Bar Relax, in Avenida de la Paz, Moraira (opposite QuickSave). We meet either outside or in the bar area at the back. For more information contact Sheila [billsheila@gmail.com](mailto:billsheila@gmail.com)

**Laura** will be starting her classes on Wednesday 9th October at 17:00-18:15 p.m. in Sol Park. This will be an Intermediate Class, but we will refresh everything on the Pre-Intermediate Class before starting on the subjunctive and conditional. For more information contact Linda West, Spanish Groups Coordinator [westlj32@gmail.com](mailto:westlj32@gmail.com)

### Message from your Treasurer

I would like to remind members to contact me (or any Committee Member) with suggestions of what members would like the Committee to consider spending money on. Members have to remember that we are not a registered Charity so are unable to give money to charities.

Shirley is talking to all the groups about their requirements. So far we have had requests from the Chess Group for 10 matching chess boards, Golden Oldies would like 2 Monitors, The Dining Out Group would like Barry Peters at their Christmas meal, The Mosaic Group have requested a second glass grinder whilst the Drama group are looking into their requirements.

Jill Cole

[treasurer@u3amoraira-teulada.org](mailto:treasurer@u3amoraira-teulada.org)

### Forthcoming Speaker

On Monday 4<sup>th</sup> November the guest speaker will be David Shute who is a former BBC Correspondent and Senior Talks Producer at BBC Pebble Mill. He will be telling us of his early days when he was making his name working for shows like 'The Today Programme'. He will be playing recordings of some of his reports and, if there is time, a few 'bloopers' from his private collection. These days he finds himself in demand as a Guest Lecturer on UK based cruise liners. He has recently returned from 100 days at sea.

## RECIPES FOR AUTUMN

At this time of year, late summer and early autumn, it is appropriate to use fruit in season. At the moment plums are at their best and signify a grown up flavour of autumn. Bake them in the oven with a little honey and serve with yogurt or use for cakes, jam and chutneys.

Plums are also a good source of the antioxidant Vitamins A, C and E and potassium, which help in the secretion of insulin for blood sugar.

### BRAISED PORK WITH PLUMS

Serves 4

Those of you who attended Eileen's cookery sessions will be aware that she is a great fan of ready prepared jars of chilli, ginger and garlic. These can be kept in the fridge and used as required. They are ideal to use in this recipe.

#### Ingredients:

3 ripe plums - halved and stoned  
800g pork shoulder (this is called magro de cerdo in Spain)  
2 tbsp rice wine or dry sherry  
3 tbsp soy sauce  
1 tsp grated ginger  
2-3 garlic cloves - chopped  
1 tsp chilli (or ½ red chilli deseeded and finely chopped)  
Vegetable cooking oil  
1 red onion – finely sliced  
1 tsp five spice powder  
½ tsp cinnamon  
1 tbsp sugar – any type  
1 tbsp tomato puree  
300ml chicken stock

#### Method:

1. Cut pork into cubes. Put into a bowl or food bag and add wine, soy sauce, ginger, garlic and chilli. Marinate for at least 1 hour or up to 24 hours.
2. Heat oven 160°C. Fan 140°C.
3. Heat oil in large frying pan. Add onion, five spice powder and cinnamon. Fry gently and then stir in sugar. Add the pork from the marinade and seal meat. Do not brown.
4. Add marinade, tomato puree and stock. Place in oven proof dish, cover and cook in oven for 2 hours.
5. When the first hour is up, add plums and cook uncovered until meat is tender and turning golden brown.
6. Thicken with chicken gravy granules or cornflour if necessary
7. Serve with rice or mashed potato

A slow cooker is ideal for this recipe.

## PLUM, PEAR AND CHOCOLATE CRUMBLES

Serves 4

Adding chocolate makes these crumbles special.

### Ingredients:

4 plums - stoned and cut into chunks  
4 pears - peeled, cored and cut into chunks  
1½ tbsp sugar  
25g plain chocolate – finely chopped  
50g butter or margarine  
60g plain flour  
25g sugar (preferably Demerara sugar)  
25g porridge oats

### Method:

1. Heat oven 180°C. Fan 160°C.
2. Put pears, plums, 1½ tbsp sugar and chocolate into a bowl and mix well. Divide among 4 x 250ml ramekins\*, then top each with a little knob of butter.
3. Rub butter into flour. Stir in demerara sugar and oats. Divide topping among the ramekins.
4. Bake for 25 – 30 minutes until golden and bubbling.
5. Serve with custard or vanilla ice cream.

\*If you don't have any ramekins, use a 1 litre ovenproof serving dish



## CALENDAR OF GROUPS

DAY	A.M.	P.M.
<b>MONDAY</b>	<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>
<b>TUESDAY</b>	<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>
<b>WEDNESDAY</b>	<i>Exercise Class</i> <i>Painting</i> <i>Petanque 1</i> <i>Spanish Conversation for 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>Pilates</i> <i>Rummikub</i>
<b>THURSDAY</b>	<i>Chess</i> <i>Freshwater Fishing</i> <i>Healthy Walking</i> <i>Petanque 2</i> <i>Petanque 3</i> <i>Photographic group</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>
<b>FRIDAY</b>	<i>Spanish Conversation for Beginners</i> <i>Yoga</i>	<i>Bridge</i> <i>Darts (evening)</i> <i>Patchwork</i> <i>Reading group</i>
<b>SATURDAY</b>	<i>Petanque 5</i> <i>Spanish Conversation – Intermediate/Advanced</i>	
<b>SUNDAY</b>		<i>Dining Out - Sunday Lunch Solo group</i>
<b>VARIOUS</b>	<i>Friends of Avinença, Jigsaw Puzzles, Solo Uno</i>	
<b>TO BE ANNOUNCED</b>	<i>Grumpy Old Men, Motorcycling</i>	

For further information on any of the above groups, please go to  
<http://www.u3amoraira-teulada.org/groups.html> or contact Shirley Baehr on 966 495 633

## **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](http://www.u3amoraira-teulada.org)

### **Moraira-Teulada U3A Committee Members**

<b>President</b>	Following her resignation, the position of President is currently vacant
<b>Vice President</b>	Frank Lee
<b>Treasurer</b>	Jill Cole
<b>Deputy Treasurer</b>	Jenny Lee
<b>Secretary</b>	Margaret Roberts
<b>Deputy Secretary</b>	Linda West
<b>Membership Secretary</b>	Sue Popkin
<b>Deputy Membership Secretary</b>	Margaret Williamson
<b>Group Coordinator</b>	Shirley Baehr Tel. 966 495 633
<b>Travel Group Coordinator</b>	Carol Mantle
<b>New Members Liaison Officer</b>	Don Roberts
<b>Newsletter Editor</b>	Pat Clarke
<b>Website Liaison/Discounts Officer</b>	David Haxon
<b>Speakers List Coordinator</b>	Eileen Haxon