

U3A Moraira - Teulada



www.u3amoraira-teulada.org

NEWSLETTER Number 57 - November 2013

Message from your Newsletter Editor

This month's Newsletter contains:

Important Dates for your Diaries
Computer Corner – a new feature by Binary Bill
Details of the next Golden Oldies Music Night
A book review by Sonia Kleyman
Gardening Tip of the Month – a new feature by Christina Rene
Some useful Spanish phrases – a new feature by Pauline McGough
Two delicious recipes for Halloween provided by Eileen
Group News, including another anagram compiled by Helen and a report from the Gardening Group

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



Next U3A meeting

The next General Meeting will be on Monday, 4th November 2013
at the Salón de Banquetes, Avenida del Mediterráneo, Teulada at 10:30 a.m.

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

Many Group Leaders will be in attendance with interesting displays.

After the business part of the meeting, David Shute, former BBC correspondent, will be talking to us
about 'Going Foreign for the BBC'.

Important Dates for your Diaries

- **U3A Election of Committee Members** – Completed nomination forms must be submitted by the end of the General Meeting on 4th November. Voting will take place at the Annual General Meeting on 2nd December 2013. Any U3A member may stand for election for any of the positions on the Committee. Nomination forms can be downloaded from the U3A website <http://www.u3amoraira-teulada.org/election13/election13-nomination-form.pdf>
- **Mayor's Meeting at El Canor** – The Mayor will be hosting a meeting starting at 6:00 p.m. on Wednesday, 30th October 2013 at El Canor, Teulada. One of the main topics will be the Padron for Teulada-Moraira.
- **The European Health Insurance Card (EHIC)** – An informative talk about Healthcare in Spain is being given at 12:00 noon on Tuesday, 19th November 2013 at La Senieta in Moraira. The talk is being organised by the UK Department of Health Representatives based at the British Consulate in Alicante in collaboration with the UK Department of Health and will be presented by Martyn Standing. For more information, visit <http://www.healthcareinspain.eu>
- **Christmas Dinner Dance** – This will be held on Wednesday, 11th December 2013 at Salón Canor, Teulada. Your last chance to purchase tickets for this event will be at the General Meeting on 4th November 2013. If you wish to come along, then you will need to complete a form, which can be downloaded from the U3A website <http://www.u3amoraira-teulada.org/xmas-dinner-dance.html>

Computer Corner by Binary Bill

Doug Engelbart, the man who is credited with inventing the computer mouse in the 60's, died in July this year aged 88, but it only became a reality after his patent expired. Before then we controlled computers only with the keyboard. This is why we can still use control (CTRL) codes because virtually all software (or applications/apps) still has these included.

Some simple CTRL codes (press and hold it down) –

with S - to save your document,
with P - to start the print option,
with C - to copy and
with V - to paste.

If you want to use an English keyboard/computer to generate the Spanish accents simply try pressing the "Alt Gr" key – hold it down - and then press the vowel key.

More next month.

Music Night - 7th December - Café del Mar

What a really super line-up of performers we have in store for you this time!
Once again we have a full program with many of the old favourites and some new faces never before seen at our Music Nights.

Our shows certainly have become ever more popular with both performers and with our wonderfully supportive audience - 'The Groupies'.

We already have more bookings from Groupies than ever before, so far ahead of the night. Many in the audience at the last Music Night said "It was the best ever" and we hope this one will be even better!!!

Please do book the date in your diaries and send me the usual e-mail requests for seats - not that I can ever actually guarantee a seat but most audience members do find one!!

We are very lucky to have such a super venue as the Café del Mar and, whilst the acoustics may not be wonderful, the venue certainly is.

Entry is by prior booking only and the charge at the door is the usual €2.50 per person (makes the adding up simple for those taking the money!!)

In the past I have been very flexible in allowing members to bring visitors who are staying with them to the Music Nights but it has been evident recently that some have been bringing local friends who are not members of U3A. Please do not abuse the system as I really do not wish to prevent members joining us simply because they have visitors staying with them.

Do please send me your requests for places as soon as possible.

Best wishes to all,
John

johnsuehop@hotmail.com

Walking Over Eggshells by Lucinda E Clarke

A book review by Sonia Kleyman

This is a heart-breaking read, but one I couldn't put down. A child who tries so hard to be loved, and who has done nothing to deserve the abuse - verbal, mental and physical - she receives from the one person in the world who should love her, cries out to be comforted. Throughout her life, everything she achieves - and it is much - is done with one object in view - to win the approval and love of her mother. Only as a mature adult does Lucinda come to understand that her mother is incapable of showing affection, her personality disorder renders her beyond reach. However it is too late to undo the damage that has been done over the years and the writer has to learn, with the love and support of friends who value her, that she is loveable and worthy and that she can be proud of her achievements. This is a beautifully-written book, believable and well-documented, giving a vivid impression of an exciting life - albeit somewhat scary at times - full of challenges and variety. Far from wondering how well Lucinda might have fared with a conventional and supportive mother, my feeling is that she achieved so much because of, and in spite of, her upbringing.

Footnote from Editor - Lucinda is the pen name of one of our U3A members, Dee Craig.

Group News

Art/History Programme

Art Appreciation



Monday 11th November
The Golden Years of Satire in the late Georgian Period
A talk by Mike Rendell

History



Monday 25th November
'YUGOSLAVIA; A country that almost was' (1918-1990's)
A talk presented by Cheda Panajotovic

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>

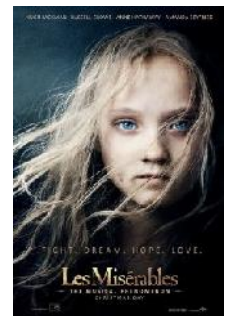
Film Group



Monday 11th November
'Les Misérables' starring Hugh Jackman, Russell Crowe
and Anne Hathaway

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
Be found on the U3a website
<http://www.u3amoraira-teulada.org/groups/film.html>



Quiz Group

The next Quiz will be over by the time that you read this and we anticipate the usual fun and relaxation, together with some frustration caused by occasionally being unable to recall that answer that you *really* know, but which stubbornly remains stuck in the recesses of your mind! Whatever happens, we are lucky to have such friendly Members so join us at Los Leones, Sol Park, fortnightly - we meet at 3:45 pm for a 4 o'clock start and finish around 6:00 p.m.

The solution to the anagram in the last Newsletter is, of course, "Pride goes before a fall". We're sure that proved fairly easy, so here's another one for you and the answer is a commonly used phrase.

The phrase from which to work: **A PERT PC HACKER ROVES**
The clue: **AND CONCEALS BREAK-IN!**
The solution contains: **4 WORDS OF 5, 4, 3 AND 6 LETTERS**

For more information about this group, please email Helen & Les group-quiz@u3amoraira-teulada.org

Gardening Group



On 21st October 26 members of the Gardening Group enjoyed an afternoon in the delightful garden of Debby Williams in Moraira. Pascual Vallés of Paichi Garden Centre came along to give advice on how to look after fruit trees, cacti and the other numerous Mediterranean plants in this very varied garden.

Pascual gave us several interesting tips, including

- The necessity to clean garden tools after use in order to avoid spreading any pest disease or fungi that may have been encountered
- Fruit like oranges that split their skin whilst still on the tree and not yet ripened could be caused by over watering or over feeding. Do not remove these from the tree immediately.
- Remove any dead fruit from a tree like Nispero

Certain species of cacti, e.g. Agave, were now being eradicated and banned from sale. This is because they are foreign imports with no natural enemies in Spain and have become invasive and difficult to control.

After some light refreshment Pascual handed out goody bags to everyone. Pascal also said that any U3A member could apply at the Paichi garden centre for a loyalty card that will give 10% discount on purchases.

The next meeting of the Gardening Group will be on Monday 18th November from 3:00 to 5:00 p.m.

El Jardin de los Sentidos – a guided tour of a truly sensational botanical garden created out of a barranca, now a Tea Garden associated with a boutique hotel located between Calpe and Altea. The owner, Andre Spiekerman, is opening his garden to us exclusively on this Monday and will give us his personal guided tour. The cost is €6 per person and includes tea and home-made cake.

See <http://www.jardindelossentidos.com/en/> for more details. Admission is by invitation only, please contact christina@renetus.com to register.

Gardening Tip of the Month

Now is the time to give some of your ornamental perennials and shrubs their annual haircut and re-shape, once the fruits or berries have finished.

Christina Rene

group-gardening@u3amoraira-teulada.org

Useful Spanish Phrases

Cuando tenga tiempo	-	When you have time
Cuando pueda	-	When you can
Me he perdido	-	I'm lost
No me acuerdo	-	I don't remember
Solo estoy mirando	-	I'm only looking

Message from your Treasurer

Expenses for the Groups this month are higher than expected after requests from the Mosaic Group, Film Group and the Golden Oldies.

Following discussions with the Town Hall with regard to the requirement of obtaining the correct permission to show films in La Senieta to U3A Members, Philip Chaney has done a great job to negotiate with the Motion Picture Licensing Company in Barcelona for a licence that will cover us for a year.

Jill Cole

treasurer@u3amoraira-teulada.org

Can you help?

I help to run a charity book stall in Teulada to help support the Alzheimer's day care centre. I need a chap to help me - which involves setting up the tables and lifting out the boxes of books. The job takes 15 minutes each end to set up and put away, starting 9:00ish and finishing 1:00ish on Wednesdays. On cold or wet days, we would not open the stall.

We pay 10 euros, but all the money for the books goes to the centre.

We would sincerely appreciate your help.

Many thanks.

Sandy Bianco (96 574 4850) or sandyebianco@gmail.com

RECIPES FOR HALLOWEEN

It is now the time of year for Halloween, pumpkins, trick or treat and yet more fireworks.
So why not EAT; DRINK AND BE SCARY!!!!!!!

PUMPKIN SOUP with CHILLI CROUTONS

(chillies help to improve the circulation as the weather gets colder)

Preparation Time 10 minutes
Cooking Time 30minutes
Serves 6 (freeze leftovers without cream)

Ingredients:

1 tbsp vegetable oil
¼ tsp each of ground cumin and ground cinnamon
1 large leek – trimmed and sliced
1 large carrot – roughly chopped
1 potato –peeled and diced
400 g peeled pumpkin or butternut squash - diced
1.3 litres (2 ¼ pt) hot stock
1 bay leaf
2 tbsp cream (optional)

Croutons - 3 slices white bread
 Olive oil or vegetable oil for frying
 Crushed chillies or chilli powder to serve

Method:

1. Heat oil in large saucepan and lightly heat cumin and cinnamon for a few minutes.
Add vegetables, stock and bay leaf. Bring to the boil and simmer for 20 minutes.
2. Discard bay leaf, puree the soup and return to the pan.
Season, stir in cream (if using) then re-heat gently.

To make croutons:

Remove crusts and cut bread into cubes. Heat some oil in a pan and cook bread for 2 minutes, until browned on all sides. Drain on kitchen paper and season with chillies.

Sausage and Cider Pie

Forget the fireworks and enjoy this pie

Serves 4

Ingredients:

1 tbsp vegetable oil
250 g mushrooms (these can be of mixed varieties)
½ Kilo good quality sausages - Pork or herb
1 large onion - chopped
150 ml cider or apple juice
150 ml beef or chicken stock
1 level tbsp cornflour mixed with 1½ tbsp soy sauce
1 tbsp wholegrain mustard

Topping - ¾ kg potatoes - peeled and cut into chunks
 2-3 carrots - cut into slices
 Milk and butter to mix
 75g cheddar cheese - grated

Method:

1. Heat oil in a large frying pan. Fry mushrooms until browned. Set aside on a plate.
2. Fry sausages until browned. , then remove to a plate with the mushrooms.
3. Cook onions until soft adding a little more oil if necessary.
4. Return mushrooms and sausage to the pan together with cider, stock, cornflour and soy sauce and mustard. Simmer for 20 minutes until thickened.
5. Meanwhile cook the potatoes and carrots in a large pan of water until tender.
6. Drain and mash the potatoes and carrots with some butter and milk. Season.
7. Heat oven to 190°C.
8. Put sausage mix into an ovenproof dish and top with mashed vegetables and grated cheese.
9. Bake for 30 minutes.



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>Pilates</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>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>Yoga</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>	
SUNDAY		<i>Dining Out - Sunday Lunch Solo group</i>
VARIOUS	<i>Friends of Avinença, Jigsaw Puzzles, Solo Uno</i>	
TO BE ANNOUNCED		

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

Moraira-Teulada U3A Committee Members

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