

U3A Moraira - Teulada



www.u3amoraira-teulada.org

NEWSLETTER Number 58 - December 2013

Message from your Newsletter Editor

This month's Newsletter contains:

- Important information about renewing your membership for 2014
- A Christmas Rhyme by Rosemary Sheppard
- Computer Corner by Binary Bill
- A book review by Gaby Mauger
- Some more useful Spanish phrases by Pauline McGough
- A synopsis of the book 'Walking over Eggshells' by the author, Dee Craig
- A report of a visit to El Jardin de los Sentidos and Gardening Tip of the Month
- Group News, including a write-up of the Group Leaders meal by John Hopwood, and some more anagrams and puzzles from Helen & Les
- Some Christmas tips for a stress-free Christmas and an alternative dessert provided by Eileen

Don't forget that the Annual General Meeting will be held on Monday, 2nd December when the new Committee for 2014 will be elected. After the business part of the meeting, the Golden Oldies will be providing us with some lively entertainment. We hope that you will be able to join us, but if you are unable to come, the members of the Committee all wish you a very Merry Christmas and a healthy and prosperous New Year.

I would like to thank everyone for their contributions to the new-style Newsletter. Without you, it wouldn't be possible. Please keep your articles coming!

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 Annual General Meeting will be on Monday, 2nd December 2013
at the Salón de Banquetes, Avenida del Mediterráneo, Teulada at 10:30 a.m.
This is your opportunity to elect your Committee for 2014, so please come along and join us.
Doors open to members at 09:30 a.m.**

Please note that we will NOT be taking any subscriptions for New Members or Renewals.

Membership Renewals 2014

There will be six opportunities for you to renew your membership for 2014. These are as follows:

Thursday, 2 nd January 2014	La Senieta, Moraira
Monday, 6 th January 2014	Salón de Banquetes, Teulada
Monday, 3 rd February 2014	Salón de Banquetes, Teulada
Thursday, 13 th February 2014	La Senieta, Moraira
Monday, 3 rd March 2014	Salón de Banquetes, Teulada
Monday, 17 th March 2014	La Senieta, Moraira

Timings for these dates will be sent to you in the December E-news.

Please ensure that you bring along your existing membership cards.

Members who are not here due to travel or other reasons can give their membership card(s) and subscriptions to a friend or neighbour who can renew on their behalf. If you are aware of friends/neighbours who are members but do not have a computer, would you please pass this information onto them. Members who did not collect their cards in 2013 will receive a card at any of the dates shown above.

New members are also welcome.

Computer Corner by Binary Bill

Earlier this month I bumped into my mate Harry, he told me that this business of using the ctrl key with other letters isn't new stuff at all. So I sez, whatcha mean? And he says, well if you click on any little icon in most applications, just hesitate, let the mouse curser rest for a few seconds, and bingo, it shows you another way of getting to that menu. Then I sez to 'im, bet you don't know why you should always sign out of a web email account, then 'e says, you don't need to with androids or these Apple thingumys, so then I had to admit 'e was right.

Last thing we spoke about was getting an email wot says "your email account looks as if an attempt to access it was made from" then it says, click 'ere to sort it. Well, I sez, any idiot knows not to respond but go direct to the right web site.

Finally, Hexadecimal Harry says do you know that my numbering is being used for the new IP addressing system, 'cos the decimal one only has around 4.7Billion an' they is running out.

Well, I was gobsmacked, then I searched and 'e was more or less right.

Yours in 'appy surfing, Bill.

A Christmas Rhyme

by Rosemary Sheppard (U3A Creative Writing Group)

So Christmas time is here again
It's different – 'cos we live in Spain!
To start with, well, the weather's better
And you can stroll without a sweater.
But maybe 'cos we're in the sun
The Christmas shopping's not such fun.
The Christmas treats we all remember –
On sale in Britain from November -
In Spanish stores are not displayed
While 'Merry Christmas' sung by Slade
Does not blare out from every shop
Until you want to scream out 'STOP!'.
We do get turkey, that is true,
And Christmas Pud and Mince Pies too
But Stilton! That is hard to find,
And Christmas Crackers!
Never Mind!
We don't miss British ice and snow,
At Christmas to the beach we'll go.
We'll sip some cava, eat jamón
And all that yummy sweet Turrón.
So 'Festive Cheer' to one and all
Where'er you are – just have a ball!



'Nightwoods'
by Charles Frazier

A book review by Gaby Mauger (U3A Reading Group)

Perhaps better known as the author of 'Cold Mountain' Charles Frazier's novel 'Nightwoods' was one of the Reading groups favourite books this year, scoring 75 out of a possible 80 points in our very unscientific voting system!

The story is set in the 1960s in the Appalachian Mountains of North Carolina. Luce is a young woman whose miserable life has brought her to the conclusion that she can neither trust nor rely on anyone but herself.

At the opening of the novel, she is the sole caretaker and occupant of an isolated old lodge at the foot of the mountains. Alone, that is until she becomes the unwilling guardian of her murdered sister's two children.

"Luce's new stranger children were small and beautiful and violent ..."

The children are traumatised and mute since witnessing their mother's murder; Luce has to defend them against not only their murderer stepfather who is hunting for them, but also the wilderness that presses in on all sides.

A lovely story beautifully written in spare economical prose that still manages to convey a real sense of place and time, the traumatic past that has brought Luce and the children together unfolds very slowly but each word is supercharged with clues. This is a highly atmospheric novel, acutely perceptive of both human nature and the natural world. It also tells a tale filled with suspense and drama.

There is nothing sentimental or overblown in Frazier's descriptions of the wilderness this is nature red in tooth and claw, harsh and unforgiving. Both Luce and the children have developed by necessity an innate ability to survive, their lives already pared down to the bare essentials.

Frazier's novel is very evocative of a certain kind of American rural life, seemingly suspended in both time and history.

"Fireplaces. The stones sooted from 50,000 hearth fires mostly lit by women long dead."

A highly recommended read.

Useful Spanish Phrases

De repente	-	Suddenly
No obstante	-	Nevertheless
Por eso	-	Therefore
En casa	-	At home
No tienes razón	-	You're not right

Walking over Eggshells

By Lucinda E Clarke

The November edition of the newsletter contained a review of this book by Sonia Kleyman. Now, the author, Dee Craig, one of our U3A members, tells you more about her book.



In her forward she says that she wrote this book for three reasons. One to re-introduce herself to herself as her memory fails, as it's a record of some of the crazy things she has done; secondly to entertain, lots of incidents in the book are quite funny; and thirdly to raise awareness of mental abuse, not as obvious as other forms of abuse, yet probably more damaging.

Writing under the name of Lucinda E Clarke, Dee has published her autobiography called "Walking over Eggshells." It spans 60 years, in 8 different countries with a wide variety of careers and chaotic situations, during which she battled [not very bravely] against the odds.

She had always wanted to be a writer, but was told that she needed to get a "proper job." To get stories, journalists had to drink other people under the table, and drink does not agree with her, and anyway "they have a very bad name these days."

Growing up in a mentally abusive household was never fun, but then she married a Walter Mitty character who took her to Africa and into some ridiculous and dangerous situations!

To survive, she worked 24/7. From the classroom to the television studios, from breeding animals to running the worst riding school in the world, she also announced on radio, and brought up two children of her own. She lived in a mansion, on a boat, met royals, political leaders, hosted ambassadors, climbed rubbish dumps, and got thrown out of Libya. Much to her amazement she 'fell' into the media, first writing for radio and television, then directing, and eventually she ran her own video production company. The only thing that saved her from admittance to the nearest mental home was an unfailing sense of humour.

Throughout the story runs the thread of a mentally abused childhood and the pain of having a mother who could not love her. An award winning author, her life is a roller coaster ride from the beginning and it's not over yet.

Available on Amazon in Kindle at £1.28, and £7.99 paperback plus P&P unless delivered in the UK, and also available a signed copy from Dee at €9.99.

<http://tinyurl.com/o4zp5g8> Use Ctrl + click or cut and paste this link into your browser to link to Amazon. [You can see how ridiculously cheap it is]!

Dee Craig

Group News

Art/History Programme



HISTORY LECTURE – 9th December. The scheduled talk 'Victoria's Children' by Dee Craig has had to be postponed for technical reasons. It has been replaced by an equally interesting talk about the Royal Family of the past entitled 'Edward VIII and the Abdication Crisis; a study in Role Conflict' by Keith Appleyard. Keith is a 'new' speaker for our group so do please give him your support for what promises to be a very interesting lecture.

The lecture takes place at La Senieta Theatre in Moraira and starts at 10.30 a.m.

A revised, up-to-date list of Art and History talks will be published in December.

Facebook



We are planning a Facebook presentation early next year to help you learn more.

Please email me if you would be interested. Regards Shirley Baehr sbaehr1951@aol.com

Film Group



Monday 9th December

'Quartet' starring Maggie Smith, Tom Courtenay, Billy Connolly and Pauline Collins

Phil Chaney writes - This is a similar genre as 'The Best Exotic Marigold Hotel' showing a lighthearted view on a musicians' retirement home. Maggie Smith is, as always, amazing. Connolly's historic one-liners also get an airing. Interestingly, the orchestra, assembled from the residents at the hotel, is made up of very famous and now retired musicians who have come together for this film. The result is perfection. We hope you enjoy it - I can guarantee a smile as you leave after 95 minutes.



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>



An Afternoon at El Jardin de los Sentidos with the Moraira U3A Gardening Group

Well Christina Rene certainly found us an excellent place to take next year's spring and summer visitors. Even on a chilly but bright November afternoon, we discovered a small but delightful tropical oasis.

Twenty-six years ago Andre Spiekerman, the owner also the garden's designer and plants man, bought two small plots of land which were divided by a natural water course. The garden he created forms, in effect, a miniature valley which is accessed by stone steps, wooden walkways and bridges. The garden is positively lush with a wild, jungly profusion of plants such as palms, succulents, lofty bamboos, ferns, jasmine, bougainvillea, pomegranate, strelitzia as well as dozens of plants that Andre had to identify for us. This little valley garden benefits from the protection offered by the Bernia and Aitana mountains at the back and warm coastal waters in front.

Throughout the garden and at every level there are secluded or brightly canopied sitting areas, gazebos and pergolas. One thinks immediately of a Spanish 'Secret Garden' and as such there are small surprises everywhere – statuary, tiles, fossils, decorative pots, flying insects mad of leaves, tree bark and seed pods, and collections of stones, seeds and fruit.

This is not a garden for those who favour regimental flower borders, neat lawns and secateurs. Here it seems there is very little intervention and all the plants and trees find their own way, be it up and away or climbing and mingling with their neighbours.

It is an organic garden where no synthetic insecticides are used (apart from those needed to eradicate the Red and Black palm weevils) and Andre tells us the best and only fertiliser comes from the contents of the septic tank!

Twenty-eight U3A members and their guests made the visit and enjoyed it immensely; a good day rounded off with a selection of delicious teas and cakes.

I for one will visit again in spring or summer when I am sure to see some exotic flowers in bloom.

Gaby Mauger
November 2013



Gardening Tip of the Month

If your garden has mature pine trees, anything planted in the ground under the trees will not flourish because the trees' roots have already taken command of all the available water and nutrients. What you can do instead is to treat the existing soil as if it is a barren surface and create a raised bed by putting down a membrane, make a retaining wall and fill it with soil. You can plant anything and at first water and fertilise them as though they are in a pot. Eventually their roots will reach down through the membrane, and any climbing plants can use the trees as a support.

Andre Spiekerman
Proprietor, El Jardin de los Sentidos

Spanish



Laura's classes are held on Wednesdays from 17:00 to 18:15 p.m. in Sol Park. This is an Intermediate Class, but she 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

Group Leaders Lunch



Following the November General Meeting the Group Leaders and their partners were entertained to a 'Thank you' lunch at the Bar Mediterráneo which was organised by the Groups Coordinator, Shirley Baehr.

All group leaders work very hard to ensure that their members enjoy or benefit from whatever their particular group offers and those who attended very much welcomed this enjoyable occasion which was in appreciation of their efforts.

The well known local singer/guitarist and U3A member, Dave Peachy, entertained during the lunch with some great 50's and 60's popular songs which provided a very pleasant background to the occasion.

John Hopwood thanked Shirley for organising such an enjoyable occasion and the Committee for all of their hard work throughout the year and this was very heartily endorsed by all present.



Quiz Group



We have put together some puzzles and anagrams and hope you will enjoy doing them over the festive season since, of course, you'll have nothing else to do!! They might help to pass the time while holding a glass of good cheer and munching on mince pies! The solution to the last anagram was, of course, "Paper over the cracks".

We'd like to take this opportunity to wish everybody a peaceful and happy Christmas.

Kind regards, Helen and Les

Christmas Anagrams

1. Phrase from which to work: "FLIP – STRAY MOTOR CRASHES"

Clue: Put it in the box and stamp on it!

Solution: contains 4 words of 4, 5, 3 and 8 letters.

2. Phrase from which to work: "DEAR TINA – PREPARE A TIGER"

Clue: Perhaps you will twig that it's time to branch out?

Solution: contains 6 words of 1, 9, 2, 1, 4 and 4 letters.

3. Phrase from which to work: "FT COMES HIGH – START AT SHOPS"

Clue: A sinister visitor starts a chain reaction!

Solution: contains 5 words of 3, 5, 2, 9 and 4 letters.

4. Phrase from which to work: "UNDO HAT – FREE FOLK – SAY ANGELS"

Clue: Not quite a Christmas annual!

Solution: contains 7 words of 3, 3, 4, 2, 4, 4 and 4 letters

SPECIAL ANAGRAM FOR THOSE WHO ENJOY A CHALLENGE!

The only clue is that it is a Song Title

Phrase from which to work: "CC SIR ALEX – LIAISE – I.C.I. GURU PAID FOOL TIPS."

Puzzles

1. The day before yesterday, Peter was 17. Next year he will be 20. How do you explain this?

2. I am travelling in a strange country. I have no map. I come to a crossroads where the signpost has been knocked down. How can I find my way without asking anyone for directions?

3. "How much does one cost?" asked the customer in a hardware store.

"Twenty cents" replied the shopkeeper.

"And how much will twelve cost?"

"Forty cents."

"OK. I'll take nine hundred and twelve."

"Fine. That will be sixty cents."

What was the customer buying?

Planning for Christmas Day

Hints for a stress-free Christmas:

1. Plan ahead for the big day. Choose a menu where you can prepare some of the dishes a day or so in advance
2. Buy party nibbles and smoked salmon, which can be frozen. These can make low maintenance starters when needed.
3. Plan serving dishes and cutlery in advance.
4. Make a time plan including oven temperatures, beginning at the end and working backwards.
5. Set your dining table the night before.
6. Prepare vegetables the day before and wrap in cling film or place in cold water and store in the refrigerator.
7. Buy the best turkey you can afford. Bronze turkeys have a good flavour. If you find your turkey is too big for the oven, remove the legs and serve and cook separately.
8. Let the bird stand covered for about an hour after cooking and before carving. This makes it much easier to carve and seals in the juices.
9. It also frees the oven for other items to be cooked.
10. Don't stuff the bird as it will have to be cooked longer and may dry out the meat. Cook trimmings separately.
11. For quick roast potatoes - use baby new potatoes, unpeeled, drizzled with oil. Season well and place in roasting tin for 30-35 minutes. Fan oven 200°C.

ALTERNATIVE CHRISTMAS PUDDING

We are not lovers of traditional Christmas pudding in our family, so I usually make the dessert in advance and freeze it up to a month ahead.

DESSERT XMAS PUDDING - Serves 8

Ingredients:

Knob of butter
25g plain chocolate
1 digestive biscuit
50g meringue shells
1 almond macaroon
4 tbsp sweet sherry
100 g fruit flavoured jellies (choose soft ones) – cut into pieces
8 maraschino flavoured cherries (or glace cherries) - halved
300ml double cream

Topping - 20g plain chocolate
1 level tbsp golden syrup

Method:

Brush melted butter around the inside of an 800ml pudding basin.

Coat inside of basin with crushed biscuit. Place in refrigerator.

Put meringue shells on a plate. Melt chocolate and coat the base of the meringue with chocolate.

Leave to set.

Break up macaroon and place in another small basin. Add sherry, cut up jellies and halved cherries.

Stir well.

In another basin, whisk cream until it just holds its shape.

Strain sherry from basin and add to cream and whisk again.

Fold in the ingredients from the basin containing the macaroons, jellies and cherries.

Roughly chop the chocolate coated meringues and fold into the cream.

Place mixture in biscuit coated basin and press down lightly with the back of a spoon.

Cover basin with cling film then foil.

Freeze for up to 3 months.

Before serving - Place basin in refrigerator and leave for 1 ½ - 2 hours.

Make topping by gently melting together chocolate and syrup in microwave.

Stir in 2 teaspoons of cold water.

To serve – Dip basin in hand hot water and invert onto serving plate.

Pour over chocolate sauce and place holly on top.



**Enjoy and have a Merry Christmas
Love Eileen**

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>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>Exercise Class</i> <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