

U3A Moraira-Teulada

www.u3amoraira-teulada.org

NEWSLETTER Number 59 - January 2014

A message from your new President, Jill Cole

I would like to introduce myself; I live in the village of Benitachell with my husband, Nick; we have been in Spain for six years. We chose Benitachell after visiting other areas of Spain and finding this area to hold such a variety of scenery and activities. We live in the village so we can participate in the village life.

Prior to moving to Spain we lived in Hampshire where I worked for a large American Company. Over the years I worked in different departments but always related to finance and with a team of people, not always based in the same location, to manage. We relocated in January 2008, after my husband and I made the brave decision to move full time to Spain. For the first two years I was still working full time but retired in 2010.

When we were in the UK I used to enjoy playing squash, going to the gym and sailing. Now I enjoy walking, swimming and yoga. I have been attending Spanish lessons for the last 5 years and I still find it challenging. One day I hope to be able to hold a conversation in Spanish!

So how did we get involved in the U3A? Well, we heard that the Travel Group arranged some great trips and that the Spanish Teachers were very good. I agree that the Spanish Teachers are very good and the Travel Group do arrange some great trips. I have found the U3A to be a great way to meet people and you are sure to find a group to interest you.

In 2011 I was asked if I would join the Committee and take over the Treasurer's role. As many of you know, I stood in for Ann Colclough in 2012 and ran the Monthly Meetings for three months. I must have done a fair job as I was asked by various members to stand for the role of President after Ann resigned.

During 2014 I hope to make the Monthly Meetings more interesting, via more interaction between the Members and the Committee, a selection of speakers that will be of interest to all and also informative. Maybe we will have another Dinner Dance, but I would like to hear from the Members what group activity they would like us to arrange for them. I know we will not be able to satisfy everyone but we will have a go.



Next U3A meeting

**The next General Meeting will be on Monday, 6th January 2014
at the Salón de Banquetes, Avenida del Mediterráneo, Teulada at 10:30 a.m.**

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

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	10:00 a.m. to 12:30 p.m.
Monday, 6 th January 2014	Salón de Banquetes, Teulada	Doors open 09:30 a.m.
Monday, 3 rd February 2014	Salón de Banquetes, Teulada	Doors open 09:30 a.m.
Thursday, 13 th February 2014	La Senieta, Moraira	10:00 a.m. to 12:30 p.m.
Monday, 3 rd March 2014	Salón de Banquetes, Teulada	Doors open 09:30 a.m.
Monday, 17 th March 2014	La Senieta, Moraira	10:00 a.m. to 12:30 p.m.

Please ensure that you bring along your existing membership cards and your subscriptions of 10 euros per person.

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 on to 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.

Useful Spanish Phrases by Pauline McGough

La primera vez	-	The first time
De vez en cuando	-	Now and again
En vez de	-	Instead of
A veces	-	Sometimes
A la vez	-	At the same time

Christmas Dinner Dance 2013

A review by Carol Corke

The third Moraira-Teulada U3A Christmas Dinner Dance 2013 was a resounding success this year.

A crisp clear Wednesday, 11th December, found our new president, Jill Cole and her husband, receiving the 320-odd guests in champagne style. Each arriving guest was greeted with a smile and a glass of bubbly adult beverage to start the evening on the right foot.

Quietly gracious, with a low-key splendour that brought out the panache in our group of vagabonds and expats, Salon Canor exceeded expectation. From the efficient affable serving staff guided by Miguel, to the appetizingly presented food, the venue did itself proud.

With little encouragement from the smashing musical husband-and-wife duo of *Timewarp*, members took to the dance floor with an enthusiasm that might have been alarming were it witnessed in those colder climes from whence many of us migrated. Here on the Costa Blanca the warmth has seeped into our bones, and our zeal is now genuine and effortless. And did we ever cut a rug!

Some of our members jived quite professionally, while others waltzed and two stepped and swayed. There was a hint of salsa, a fair amount of watusi, a generous gaggle of twisters, and possibly a single episode of break dancing. Either that or someone slipped on a banana peel! Seldom has a room full of pre-geriatric sunbirds acquitted themselves so gracefully, and all this while dressed in our formal gowns, many balanced upon sky-high heels. And that was just the men!

Ah, and those men. Gentlemen you truly outdid yourselves. We women had plenty of dashing figures to feast our eyes upon. Style is certainly not reserved for the fairer sex alone, as the pictures will attest. Gaze in wonder at the photos of the U3A's lads proudly squiring their equally well turned out ladies.

Oh ladies, many a partner swooned upon your grand entrance on the night. From the glowing faces and looks of love, it was clear to any discerning eye that you've stolen his heart and he finds you lovelier today than the day you met. The sequins and spangles merely underscored that underlying 'you-ness' that visibly charmed your boys. It was heartwarming to observe so many genuinely happy couples sharing a bit of Christmas cheer.

Of course the polish and grace was not the sole provenance of the couples in attendance. The many single members fully enjoyed the evening, dancing and making merry with true U3A exuberance.

Dickens' ghosts would have decreed the event a Christmas marvel. The good cheer and milk of human kindness, better known here as wine, were flowing freely due to the dedication and effort of our own Christmas elves. We owe a debt of gratitude to Pat Clarke, Shirley Baehr and Sue Popkin, who laboured long and hard these many months to make the Christmas Dinner Dance a night to remember.

Happy New Year to All!

Live Love Legacy
by Judith Atkinson

Judith Atkinson is one of our U3A members. After doing 2 years research, Judith initially wrote most of her book on El Portet Beach before transcribing to computer. El Portet was a great inspiration to Judith. It has now set her on course to develop and share with others what she has learned on the journey so far. Here is a synopsis of her book.

'One woman's search for purpose, passion and spirituality in the new midlife.

There is a time in our lives when one part of us dies away and a new part is waiting to awaken. Now is the time to fulfill destiny. As Judith Atkinson discovered it is a time for that magical turning point when one can grow and flourish.

In her midlife despite having a home in a beautiful part of Spain, two wonderful daughters and a successful career as a teacher - instead of feeling happy and fulfilled she felt consumed with panic and depression.

Judith Atkinson set out to discover her true passion and examine what impact spirituality could have on her life. Her goal now is to empower other women around the world to achieve their passions and creativity.'

U3A member, Leo Cookson, writes the following review.

'In writing and publishing a book on her own, and placing it on the Amazon web-site, Judith Atkinson has shown those of us less brave and imaginative, that all you have to do to become fully alive, is to find and develop your inner child and play at being a success. By following the Law of Attraction, Judith shows us how to journey with a positive attitude. No matter that outcomes may be disappointing - and no one gets away without these; by working with and through them, they become building blocks towards a stronger you. With new found strength, we are equipped to take bigger risks and widen our horizons. The most important challenge in life is to know where to go to for information.

We may, for example, be in a difficult relationship, but Judith, with the aid of her book, will show us how to survive the ordeal and to work our way through it. We may be socially isolated, frightened and alone, but Judith shows us that by following her recommendations, we will find the tools necessary to construct a full recovery, not to mention a unique identity into the bargain. Judith closes each chapter with her "Jottings". These are notes she has made about her own observations and reflections relating to that chapter in her life. We all have similar 'chapters' and Judith's jottings are nothing short of inspirational.

If you are looking for inspiration from a spirited mentor with a lifetime's experience in many different contexts, look no further than *Live Love Legacy*. Judith's book is not just another self-help book, it is a book written outside the framework of convention. It is brave and free spirited, and an autobiography of a very exciting life founded on a purposeful belief system. Judith wants to help people who are stuck in their life journey. That is why she wrote this book, and I certainly found inspiration from it. Thank you Judith!'

Editor's Note – Judith's book is available on Amazon at £7.40 plus posting & packing. Free delivery to a UK address.

Use Ctrl & Click to follow this link <http://amzn.to/1cw5DfT>

Group News

Art/History Programme

Art Appreciation

Monday 13th January 2014

The creative mind of Leonardo da Vinci

A presentation by Angela Chantry

History Lecture

Monday 27th January 2014

The Birth of a Nation: The American War of Independence and its Aftermath

A presentation by Peter Atkinson

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>

Bowls

The Pamela Kershaw Memorial Bowls Competition

This competition will take place at the Inn on The Green, Javea on Wednesday, the 12th of March 2014 (weather permitting).

The knockout heats for the final will take place in February.

Further details will follow at a later date.

The Bowls Group is also looking for new members to play on Monday afternoons. There will be an Open Day at The Inn on The Green on Saturday, the 18th January from 2:00 – 4:00 p.m. Bowls and shoes will be provided. Whether you have bowled before or you are a beginner all are welcome. If you would like to come along and join us for the afternoon, please email Ray Durrant rayandpaulinedurrant@gmail.com

Monday 13th January

'Zero Dark Thirty' directed by Kathryn Bigelow

and starring Jessica Chastain, Joel Edgerton, Chris Pratt and Mark Strong

Review from the Guardian:

We think we know about how Osama bin Laden was killed, about the failed attempt in Tora Bora and the manhunt that followed the Seal Team Six raid in Pakistan and the burial at sea. But in unrelenting and intimate detail, Kathryn Bigelow's *Zero Dark Thirty* enriches and complicates that story, focusing on the intrepid CIA agents who led the hunt, the minor and major tragedies that made it take so long, and the obsessions that made it possible.

Though some of the details are fictionalised – including Jessica Chastain's lead character, Maya – *Zero Dark Thirty* has the weight of modern history behind it, taking us through CIA black ops sites and torture chambers, touching briefly on the 2005 London bombings and Barack Obama's 2008 campaign, and opening with a harrowing, audio-only recreation of 9/11 using phone calls from inside the burning World Trade Centre. Even as Mark Boal's script burrows inside the specifics of CIA work and asks us to keep track of a multitude of operatives and terrorists, it never loses sight of the stakes of the historic manhunt, which continued even after many in the CIA believed Bin Laden was already dead.

Played with incredible, coiled precision by Chastain, Maya is the vital centre of this massive and wide-reaching film, doggedly pursuing Bin Laden for nearly 10 years along countless dead-end leads. Tipped off to the existence of a courier with close ties to Bin Laden, Maya hunts him down across international borders using interrogation, torture and even the occasional Lamborghini bribe. She has help from some colleagues (notably Jason Clarke and Jennifer Ehle) and constant skepticism from others, such as Kyle Chandler's CIA bureau chief and, eventually, CIA head Leon Panetta (played by James Gandolfini in a brief appearance). Maya's determination and refusal to show emotion, even after brutal tragedy, makes her an intimidating figure, but with the benefit of hindsight and Chastain's remarkable performance, we root for her impossible cause anyway.

Operating on the investigative rhythms of a procedural, with occasional pops of suspense and sudden violence, *Zero Dark Thirty* shifts into a markedly different mode near the end, following the precise movements of the Seal Team Six mission that actually killed Bin Laden. That superb sequence may be what audiences are expecting from Bigelow, director of heart-pumping thrillers such as *The Hurt Locker* and *Point Break*, but the adrenaline of the end wouldn't mean nearly as much without the methodical hunt that comes before it.

It shouldn't go unnoticed that Bigelow, the first woman in history to win a best director Oscar, has looked behind the all-male Navy Seal team that killed Bin Laden and found a woman – several of them, actually – who set it all up. Maya's femininity affects her character in many fascinating, tiny ways, but it's just one of the many rich details that makes *Zero Dark Thirty* so riveting. Telling a nearly three-hour story with an ending everyone knows, Bigelow and Boal have managed to craft one of the most intense and intellectually challenging films of the year.

Salón de Actos, La Senieta, Moraira

Doors open at 5:45 p.m. for a 6:00 p.m. start. Ends 8:30 p.m.

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

Firstly we'd like to take this opportunity to wish all U3A Members a Happy and Healthy New Year and do hope that your Christmas break was even better than expected.

The first Quiz will be held as usual in the bar at Los Leones, Sol Park, on Thursday the 16th January, meeting there at 3.45 p.m. for the 4 o'clock start and we look forward to seeing you all again. Don't forget our belated New Year's "Do" will follow, but we will send out the usual reminder in due course. *Helen & Les*

Below are some anagrams for you to enjoy unravelling this month:

ANAGRAMS FOR THE NEW YEAR

1. Phrase from which to work: "NO SPECIAL FEE MOST MONTHS"

Clue: I HOPE YOU HAVE A HAPPY HOLIDAY

Solution contains 4 words of 11, 2, 3 and 6 letters.

2. Phrase from which to work: "AWFUL – NO RARE EVENT"

Clue: BUT IT'S THE WRONG SEASON TO FIND ONE!

Solution contains 5 words of 4, 4, 1, 3 and 4 letters.

3. Phrase from which to work: "VALUE NOTE UNDER SONNET"

Clue: REACH YOUR GOAL AT ALL COSTS

Solution contains 4 words of 5, 2, 5 and 8 letters.

And here are the answers to the puzzles and anagrams in the last Newsletter:-

ANSWERS TO THE CHRISTMAS ANAGRAMS

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

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

Solution: **POST EARLY FOR CHRISTMAS**

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

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

Solution: **"A PARTRIDGE IN A PEAR TREE"**

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

Clue: A sinister visitor starts a chain reaction!

Solution: **THE GHOST OF CHRISTMAS PAST**

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

Clue: Not quite a Christmas annual!

Solution: **FOR THE SAKE OF AULD LANG SYNE**

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.

Solution: **"SUPERCALIFRAGILISTICEXPIALIDOCIOUS"**

ANSWERS TO THE CHRISTMAS PUZZLES

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

1. The statement was made on 1st January. Peter's birthday is 31st December. He was 17 the day before yesterday. Yesterday was the last day of the year and his 18th birthday. Peter will be 19 on the last day of this year and 20 on the last day of next year.

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?

2. Stand the signpost back up so that the arm indicating the place you just came from points in that direction. All of the other arms will then point in the correct direction.

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?

3. Of course, they are house numbers! Does it make you think about "four candles" – or even "fork 'andles"?!!

Moraira-Teulada U3A Committee Members 2014

<i>President</i>	Jill Cole
<i>Vice President</i>	Don Roberts
<i>Treasurer</i>	Christine (Titch) Crossfield
<i>Deputy Treasurer</i>	John Hopwood
<i>Secretary</i>	Margaret Roberts
<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>Newsletter Editor</i>	Pat Clarke
<i>Website Liaison/Discounts Officer</i>	David Haxon
<i>Speakers List Coordinator</i>	Eileen Haxon
<i>New Members Liaison Officer</i>	Shirley Tuckey
<i>Committee Member</i>	John Manley
<i>Committee Member</i>	John Freeman
<i>Members-Committee Liaison Officer</i>	Brian Nicholls

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