

TORREVIEJA

## NEWSLETTER



ISSUE 8 MARCH 2009

**CHAIRMANS REPORT**

This has been another successful year for U3A Torrevieja. Membership has increased to 112, and growing, and the number of group activities is now around 24 (I can't give an exact figure because it keeps growing all the time. We seem to be more popular since we moved to Los Arcos from Asturius.

A number of existing members have not renewed their membership as yet, since they are away in England or elsewhere. This seems to follow an annual pattern. Membership starts at its lowest level at the AGM, and builds throughout the year as absent members re-register and new members join. Then it drops back again. However, the overall trend is up.

Many group activities are open for new members, though some are now full. Do make use of the enormously varied choice of interests. You will be welcomed even if you are a complete beginner. Remember our aim is to keep body and mind active as we grow older. There is an up-to-date list of activities on the U3A website.

We have started on the long road to legal recognition. We have formed a sub-committee to look into a new legal constitution, and members will have their first meeting with a solicitor next week. This is the first step on what could be a long road, and the speed of progress will depend, among other things, on the rate of payment we can afford and the pace of the Spanish legal system. We do know that it will cost quite a lot of money, so we rely more than ever on the ancillary income from raffles and the sale of books and DVDs. Thanks to Lynda Kiss we have a blueprint to work from, based on the constitution adopted by other U3As on the Costa Blanca.

At the AGM last week 15 members were voted on to the management committee, including some for the first time. We welcome the fresh vision this new blood will bring.

We have bought our first piece of equipment – a portable sound system which we can use when we have social events such as barbecues, and also for meetings

in Los Arcos, where the restaurant's own system defies the best efforts of man or beast to produce a squeak of sound.

I would like to take this opportunity to thank the many busy people who have given so generously of their time to keep U3A on the road. Without your help we would not be able to continue, much less grow, and your efforts are much appreciated.

It only remains for me to say thank you for re-electing me as your leader. I trust the coming U3A year will prove as fruitful as the last.

David Evans Chairman [noelevans@waitrose.com](mailto:noelevans@waitrose.com)

**Speakers Secretary Report.**

There was no speaker at our December meeting (an earlier date than usual). 'Just Brass' entertained us superbly before our Christmas lunch, and, as we relaxed, replete, over coffees and mince pies, Jean Law and her merry band of ladies gave a super rendition of 'The Twelve Days of Christmas'. A lively end to a successful U3A year.

2009 began with a very informative and entertaining talk, with accompanying music, on the composer Haydn by member Graham Evans. Thank you, Graham – I do hope we might persuade you to entertain us again in the future.

At the AGM in February, Diana Beaven introduced her MBT shoes to us, and several members have already been trying these out. We were also given an insight by a gentleman from Palma Concerts into what promises to be a good series of classical concerts at Los Arcos Restaurant during the course of the year.

We have what I think is a good selection of speakers to look forward to during the remainder of 2009 (see Speakers Section on our website). As I have said before, many thanks to all of you who have made suggestions – please keep them coming!

Your Newsletter is available as a printable image from our U3A web site at [www.u3atorrevieja.com](http://www.u3atorrevieja.com).

It is in a PDF format and will require Adobe Reader to read it. This can be downloaded free from the web site.

Editor: Keith Jones [newsletteru3a@gmail.com](mailto:newsletteru3a@gmail.com)

## MONTHLY MEETINGS

The Monthly Meetings are held at Los Arcos Restaurante, Avda. Baleares 34, Torrevieja at 10.30 am on the last Thursday of the month.

Entry is 1 euro to members and 2 euros to non members

**26th March.** Maureen, Guardamar English-speaking tourist guide.

**30th April.** Geoff Crane (member): 'The Shaping of a Headteacher'.

**28th May.** Bob Hill (member): The International Confradia & the Easter Parades.

**24th Sept.** Simon Baldock, Ex BBC Radio Essex presenter, now involved in the new ViVa TV and Tower FM. (pen & paper required for short quiz).

**29th Oct.** Andy Ormiston, Local author and historian.

**26th Nov.** Penny Hyde (member): Power-point presentation 'The Clown'.

The date of December's meeting has yet to be arranged, but it will take the form of musical entertainment and a Christmas lunch.

Please check the web site for any changes.

## FROM THE TREASURER.

Just a quick note regarding the subs. The new financial year started on 1<sup>st</sup> January 2009 and subs are due from that date. While we have a good turnout at each meeting and subs are being collected, the committee has reminded me to inform all members they should have renewed their membership by now. Late arrivals from the UK can pay as and when they arrive back in Spain! Also a reminder that any member who attends a Group Activity, can only do so if fully paid up.

While we do rely on a good attendance each month to help funds, the raffles, book and DVD sales provide a good "extra" income. If you have something to put in the raffle or a book/DVD that you have finished with, please think of our U3A.

We are still on course for the purchase of a Data Projector, this is used with a computer for presentations and shows. Also, the funds for the Constitution are slowly building for the not to distant future application.

Robert C Cook, Hon Treasurer, U3A Torrevieja.

## BRIDGE

As reported to the AGM, the Bridge Section continues to thrive. 6 new members have joined since 1st January 09. The weekly charge has been reduced to 50cents from one euro, and of 36 names, around 18 turn up each week. We are able to play duplicate bridge under the 'Howell Movement' system for 4 to 5 tables. This ensures a change of opponents each three hands, mak-

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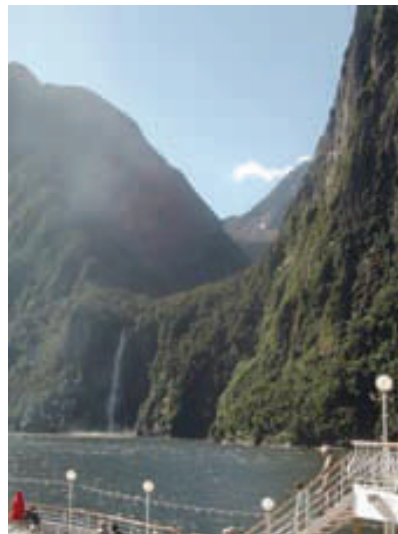
ing for a very social morning with a little added spice of competition thrown in – why not join us. We have an excellent tutor in Derek Rush, English Bridge Union (EBU) retired, and several good players only too willing to give those new to the game, an introduction. The Asturias Restaurante is a comfortable venue, the coffee is excellent at 1 euro and the view of the Med. muy bien!

Bob Kiss

[rwkiss@gmail.com](mailto:rwkiss@gmail.com)

## ARMCHAIR TRAVEL

2009 started well with the January meeting, at which we



viewed another spectacular DVD (lent by Keith Jones) of New Zealand.

This country seems to hold a very special place in the hearts of many of our members, with some who haven't had the opportunity to travel there quoting it as their most wished for place to visit. We are hoping some time soon to watch the second half of the DVD about the Maori cul-

ture – a fascinating subject.

We had no meeting in February, but gathered on the 3<sup>rd</sup> March at the home of Bob and Barbara Hill, who delighted us with an excellent DVD on their travels and walks around Spain from Toledo northwards, and back via Valencia. What a beautiful country this is, with such varied landscapes and customs. Apart from the DVD, Bob and Barbara had a wealth of maps and leaflets, from which we could glean more information, and many of us now have thoughts and ideas for future travels.

Next month husband Bob is hoping to have completed a video of the last cruise of the QE2 to Dubai, with far more footage of the actual voyage than shown on the somewhat disappointing BBC production!

I am hoping that by the May meeting, Lilian Pownall will have returned from her visit to family in Singapore, and will be able to talk to us about that.

I have deleted the CLASS FULL from the activities list, because, although some meetings are crowded, others are not so full due to members being back in the UK. I have had requests for a second group to start, but so far no one has volunteered to lead it! Even an offer of a venue larger than our little 'casita' would be appreciated (Any offers please?). In the meantime, we may have to put up with cramped conditions from time to time.

Jean Cook

[cook2cookies@yahoo.co.uk](mailto:cook2cookies@yahoo.co.uk)

## Creative Writing Group

Our monthly writing group continues to meet and is popular. Everyone contributes something and all have different, sometimes surprising, talents and aims. The main thing is that we all enjoy writing, always learn something new and have fun at the same time.

Homework for March

The following were newspaper article headings:

**“Battered Bride Found in Fish-shop”** and **“Man In Female Attire Found Tied to Tree”**. Please write the story behind the headlines.

Write a serious poem about an occasion or incident which moved you: e.g.

## IN THE AFTERMATH OF SEPTEMBER ELEVEN

Long after eulogies have been said;  
Guilt, anguish, recriminations have been put to bed;  
Cherished memories float on battered minds  
That lift the spirit, and a kind

Of healing process then begins.  
Dry-eyed: the well is spent;  
A funny limerick is found...  
A loving note “he” meant to send.

A breeze-born waft of jasmine  
And “she” is there...  
A burnished copper leaf  
Reminds you of her hair.

A favourite walk, café, a tune...  
Memories held so dear.  
You pray that time will not prune  
Too much; it leaves the fear  
That one day the memory of their  
Earthly presence will all but disappear.

Joy Lennick

OR finish the following story:-

### ANNABEL LEE

THERE WAS NO REPLY to his two knocks – the second more emphatic – on the cottage’s heavy old oak door. Apart from a lone, unrecognized, bird singing full throttle, all was silent. He cursed softly and took stock of his surroundings. Ah, a side gate to the back garden was slightly ajar... Entering the rambling, two acre plot: partly cultivated, partly wild, he was immediately aware of a well proportioned female figure, dressed in a fetching sea-green, two piece bikini in the near distance, laying prone on a sun –bed near a birch tree, its leaves glittering silver-grey-green coins. Obviously savouring the last rays of a fading sun, the woman’s face was up-tilted and in profile, her eyes closed. Inspector Harman took in her beautiful bone structure and honeyed skin as he drew nearer. Not at all what he expected---

Please finish the story. Need not be long.

Joy Lennick. [joylennick@hotmail.co.uk](mailto:joylennick@hotmail.co.uk)

## Genealogy

The Genealogy group meets on the third Tuesday of the month Urb Jumillas 2 in Playa Flamenca. We meet at 2.30 and I like to know who is coming so that I can let them in as we are on a gated complex.

We have a mixed group, some experienced Genealo-

gists and others beginners.

We are lucky to have a couple of people who are very experienced and they have been kind enough to share their knowledge with us.

At our last meeting we watched a video of how to set up a Family Tree. Discussion led to a member suggesting we might each like to make a book to put our findings in. As she has book binding experience a small group met to learn the art of book binding. We are all very proud of our achievements and now have ideas about creating books for say grandchildren’s 18<sup>th</sup> birthdays full of family history.

Jean Law 965 319 311 [law\\_mk@yahoo.com](mailto:law_mk@yahoo.com)

## Holistic Health

On the 11<sup>th</sup> December we had an excellent talk from Jeremy Meyrick-Jones on Hypnotherapy. Jeremy talked about how he became interested in Hypnotherapy; and gave us a fascinating insight into how the conscious and subconscious minds work.

Unfortunately we ran out of time so Jeremy will be coming back for our March meeting where it is hoped we will have a larger attendance.

The Holistic Health meeting in the Rocajuna bar on January 8<sup>th</sup> 2009 was attended by 11 people. The subject was fascinating. Our speaker, Mike Maskery, spoke about how major organs in the body helped to create energy which affects other parts of the body. Time flew by and only the small intestine was covered. Mike will definitely be a return speaker.

February’s talk was from a representative of Medcare. He was very interesting and we hope one day he will speak to the u3a monthly meeting.

**In March the Holistic Health group will be changing venue to Waldemars bar and restaurant in La Florida. Please contact me for details.**

Mike Law 965319311 [law\\_mk@yahoo.com](mailto:law_mk@yahoo.com)

## Life Coaching Group

Our numbers are fluctuating with each passing month and we have not been able to form a viable group yet. We have not been lucky with our venues either. The four meetings we had so far were held at 4 different locations.

The next meeting scheduled for 16<sup>th</sup> March at 10.30 a.m., is to be held at Frasers, a La siesta restaurant. If this location proves more suitable with less background noise, then we’ll stick with it.

Thanks to a ‘CoastRider’ piece on Life Coaching I contributed (07/01/09), we were able to attract the attention of a qualified and experienced Life Coach who attended the U3A meeting on February 26<sup>th</sup> as a guest. She has agreed to make a presentation at a future U3A meeting.

Hopefully, such an event would generate interest and awareness among U3A members as to what Life Coaching entails, and encourage more of them to participate in our group.  
Migel Jayasinghe

966 261 456 [migel.jayasinghe@live.co.uk](mailto:migel.jayasinghe@live.co.uk)

### **Literature 2 Group**

On the first Friday morning of each month (usually), the Literature 2 group meets in San Miguel to discuss a novel, contemporary or classic. We try to read one travel book, one classic, and one unusual or adventurous book. Choices so far this year included *The Island* by Victoria Hislop, *The Great Railway Bazaar* by Paul Theroux, and *Half Broken Things* by Morag Jones. The last books for this season will be *Wuthering Heights* by Emily Bronte and *The Vanishing Act of Esme Lennox* by Maggie O'Farrell.

At the next meeting, on April 1<sup>st</sup> (no jokes, please), we will be choosing our books for next season, so do come and join us if you are interested, and we could perhaps include your favourite book on our reading list. We meet at 10.30. Contact me on

David Evans 966 723 909 [noelevans@waitrose.com](mailto:noelevans@waitrose.com)

### **Luncheon Club**



Christmas Lunch  
at Los Arcos 16<sup>th</sup>  
December 2008

After a good u3a meeting and entertainment by Just Brass, 46 of us settled down to lunch which included lots of yo ho ho. The yo

ho ho was largely supplied by Angelique the bar owner, who put wine on the table as a present to u3a members.

The lunch in January was held in the Run Tao, a Vietnamese/Thai restaurant in La Zenia. The food was delicious, the service was good, and the 33 people attending all said it was enjoyable.

February's meeting was at the Sunrise restaurant in Playa Flamenca, again a good afternoon and a very social event.

Our next Lunch Club meeting is on the 18th March at 1.30pm in Frissan, San Miguel. I am hoping to have between 30 and 40 members all enjoying a long lazy afternoon.

Wednesday is also market day in San Miguel so you could combine lunch with a trip round the market.

Jean Law 965 319 311. [law\\_mk@yahoo.com](mailto:law_mk@yahoo.com)

### **Pilate's classes**

Over the last 18 months there have been quite a few people enjoying the Pilates classes, unfortunately not enough to ensure that they can keep going. I don't suppose it has helped having to change venues four times over the past 18 months; however I am now gainfully employed four mornings a week teaching both Pilates and Yoga at Villamartin so I shall cease delivering the free classes for the time being.

I should like to thank those members who have supported the sessions; I hope they have enjoyed the classes and the friendship as much as I have.

Maureen Moffatt

### **Sunday Lunch Club**

The idea of the Sunday lunch club was to ensure that those of us who are on our own on a Sunday could have like minded company over a lunch. This of course does not exclude anyone who is not on their own. There have been three lunches so far, and they have all been really enjoyable. These lunches are always on the last Sunday of the month and always at different venues, so I am always looking for recommendations folks. Personally I like the idea of Spanish restaurants as we are in Spain, but I am open to any and all suggestions.

Maureen Moffatt [maureen.moffatt@hotmail.co.uk](mailto:maureen.moffatt@hotmail.co.uk)

### **Texas Hold'em Group**

The group is now up and running with meetings about once a month in the Cavalier Restaurant. All the members (bar one) have now had the opportunity to learn the game and enjoy the challenge it presents. We have room for about another 5 or 6 members. We have decided that the stakes shall be nominal, the winner simply getting their money returned and the remainder going to club funds so there is no actual gambling involved. The next meeting is on Wednesday 11<sup>th</sup> March. If anybody is interested in joining us please contact me

Cavan Fuller [cavanfuller@yahoo.co.uk](mailto:cavanfuller@yahoo.co.uk)

### **British History**

The British History Group will hold its last meeting on Monday 16th March before closing until the autumn.

Michael Hyde [michael.hyde@ntlworld.com](mailto:michael.hyde@ntlworld.com)



## Music & Theatre Notice Board

Graham Evans writes: Websites covering professional music and theatre topics include the following:

[www.torrevejacultural.com](http://www.torrevejacultural.com)  
[www.auditoriomurcia.org](http://www.auditoriomurcia.org)  
[www.aytoorihuela.es](http://www.aytoorihuela.es)  
[www.elx.es](http://www.elx.es)  
[www.ayto-cartagena.es](http://www.ayto-cartagena.es)  
[www.teatroprincipaldealicante.com](http://www.teatroprincipaldealicante.com)

Having had no success in organising group theatre or concert trips by coach, because of the prohibitive hiring costs, we have now established a **Shakespeare Appreciation Group** to help slake our thirst for theatre. The first meeting was held in San Miguel de Salinas in March 2009 and focused on Macbeth. We covered Act I by viewing tapes/DVDs of three separate professional performances and then discussed what we did, or did not like about them.

At present we have about nine interested members and will be continuing with Macbeth throughout March. Members who would like to join the Group may contact me via phone:

Graham Evans 966 723 909  
[noelevans@waitrose.net](mailto:noelevans@waitrose.net).

## Calligraphy Group

A Calligraphy group has started under the leadership of Mike Law. There are about 12 members at the moment, regrettably we will be unable to take any more due to the size of the venue. If you are interested please contact me and I will put your name on the waiting list. If anyone drops out we can then take in new members.

Chris Johansson is the secretary for the group so if you want to join the waiting list (Please supply phone number and email if you have one) or get any info please contact her on **965 352 755** or via email [chrisjohan43@yahoo.se](mailto:chrisjohan43@yahoo.se). (Please note email address is .se NOT .es as it is a Swedish address.)

## Music Evenings at Los Arcos

I am writing to advise those of you who were not present at today's U3A meeting of various musical events which are to be held at our very own Los Arcos!

We had a visit from a representative of Palmaconcerts by the name of Lutz who told us about a number of forthcoming evening concerts including:

**Sunday 5 April at 20:00** "A Tribute to Luciano Pavarotti" which will comprise a soprano (Salome Rodriguez) and a tenor (Jose Antonio Navarro) singing arias and duets from La Traviata and La Boheme.

**Sunday 3 May at 20:00** French Chansons, from Piaf to Brel

**Sunday 31 May at 20:00** Tango Argentina, with artistes from Buenos Aires

The evenings will take the form of a night club setting, ie: with tables and chairs arranged in a fashion similar to what we have at U3A meetings. They will continue to be presented at Los Arcos throughout the summer.

Tickets are normally €20 but U3A members can purchase these for only €18. Further details and tickets for these, as well as many other events, can be obtained via an excellent website

[www.palmaconcerts.webs.com](http://www.palmaconcerts.webs.com), (A number of websites also contain references to palmaconcerts, but the one you need is under the one headed CONCERT AND EVENT MANAGEMENT).

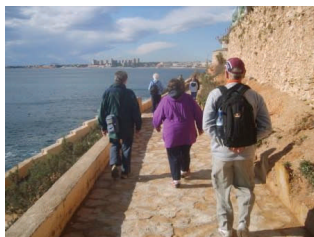
Concerts of this nature are a regular feature in the Denia and Calpe areas and have met with much success and Palmaconcerts are hoping they will meet with equal success here in the south.

Graham Evans 966 723 909  
[noelevans@waitrose.net](mailto:noelevans@waitrose.net).

## WALKING GROUP.

The Walking Group continues to grow. There are now almost 60 members. We aim to plan walks that are interesting to everyone. We try for a mix of easy plus some more challenging walks. Some walks are short (6km/3.75 miles) others much longer (9.75km/6.0 miles).

We approached the end of 2008 with two walks in November, Lake Pedrera and Via Verde, Torreveja.



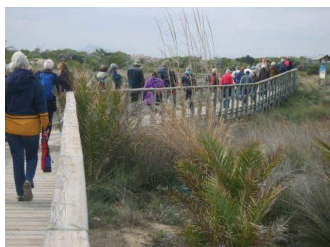
Our final walk of last year was on the 10<sup>th</sup> December when we strolled along the promenade from Playa Flamenca towards La Zenia and Cabo Roig.

We commenced our 2009 programme on 24<sup>th</sup> January with a challenging walk in the Valle del Sol at Garruchal. We climbed up to the Vulture's Head. Everyone



agreed, the views were spectacular. However, there were winds of 190 kms/120 miles per hour across Spain on that day. Luckily we didn't lose anyone from the side of the mountain!!

February's walk was led by Barbara and saw us enjoying a stroll along the boardwalk, through the dunes and onto the beach at San Pedro Salinas.



A welcome rest stop was made at the Marina.

Our walk at the end of March will be led by a Guest Leader. The route meanders through the orange groves and up into the pine trees high above Bigastro. There is a moderate level of difficulty on this walk.

There are walks planned for April (actually 2<sup>nd</sup> May), May (30<sup>th</sup>) and June (date tbc). The Group then take a break, as it is too hot to tackle walks through the summer months. Our programme will start again in October.

U3A members who are in the Walking Group are notified in advance of the full route information and direc-

tions to the start of the walk. The usual method of communication is by email as this is easiest. However for those not on email, where possible, hard printed copy is also made available to those members at the monthly meeting prior to the next walk.

Bob and Barbara Hill.

Walking Group Leaders.

### **Editor's Comments**

I hope you enjoy this newsletter, many thanks to the contributors for making my life easy.

I have tried to include as many photos as possible, but I am aware that this creates a large file for downloading especially if you have dialup internet access.

I would be interested to receive comments on the file size and if you have any other comments please feel free to contact me.

Keith Jones                      newsletteru3a@gmail.com