

REPORT FROM THE DEPUTY CHAIRMAN

Welcome to the Autumn 2009 and Spring 2010 season of U3A Torrevieja. A special welcome to new members, existing members returning from travels to goodness knows where (!) and to those who may be reading this Newsletter for the first time and contemplating joining U3A. Welcome to you all.

Firstly I have to inform you of the resignation of our Chairman, David Evans. You may be aware that David has not enjoyed the best of health this year. David in fact commented on his health problem in the last Newsletter (June). The problem has not responded to treatment, neither here in Spain or now in the UK. I can assure you that David did not make his decision to retire lightly. He has always shown great enthusiasm and a real commitment to his role as Chairman. Under David's leadership there has been a significant growth in membership and he has worked tirelessly to drive forward the project to establish our Constitution. He has taken us to the point of making the application to the authorities in Valencia, which, when approved, will make U3A Torrevieja a legally registered organisation.

Following David's resignation, I will now take on the role of Chairman and David will act as Vice Chairman. These roles will be in a temporary capacity until the elections at the A.G.M in January 2010. This will give continuity to the management of our Organisation for the rest of this year, plus both I and the rest of the Committee will still be able to benefit from David's knowledge and wisdom, albeit from a distance.

Although there were no "formal" meetings during the summer, and despite the incredible heat, for some Committee members this has been a summer of high activity. To those involved in the planning, preparation and execution of the very successful June, July and August coffee mornings I would like to express my sincere thanks. Special thanks to those ladies who baked the wide array of delicious cakes. Standing over hot ovens in extreme temperatures must have been a very unpleasant task indeed. Also, my thanks to you, members and guests, for attending and spending freely at these events, even in these financially constrained times.

The Press and Publicity team were also busy during the summer months, supporting the three social mornings and in the process gaining a greater awareness of U3A through the many press releases appearing in the newspapers.

The Weight Loss Group continued to meet every two weeks. Under the guidance of their mentor, healthy eating

expert Angela Merrick-Jones, the group are racing towards their target. You can still sponsor the members of this group and I look forward to them presenting a cheque in due course to the A.E.C.C. charity, towards their work of supporting children with cancer. For sponsorship details contact Sheila Rolt.

Angela is also the Groups Co-ordinator. She has done a sterling job during the summer, together with Jean Wilson, to put together a time table/planner of all the groups currently available to members. The outcome has identified certain days/times where groups clash and other days where there are very few group activities. As a result some group leaders may have changed the date or time of their meetings. **Please check.**

Also, our Treasurer Bob Cook has been shopping during the summer and has now acquired for us a data projector with a digital presenter. These will be of great benefit to future speakers, for financial presentations and, in due course, possibly members holiday dvd's etc.

It is vital that we have as full attendance of members as possible at the 29th October meeting. As detailed in the last Newsletter, this meeting will commence at the usual time of 10.30 a.m. and the first part of the meeting will be in the form of an Extraordinary General Meeting (E.G.M). This is in order that members can vote on the proposal **"that U3A Torrevieja wishes to become a legally registered Organisation and for a Spanish lawyer to be appointed to make the appropriate application to the Valencian authorities"** Your vote is vital.

Looking to the future, I believe we are poised for a further surge in Membership and hopefully the creation of new Interest Groups throughout the coming season. A number of ideas for new groups have been made and are currently being considered. Remember, new groups will require new group leaders, so if you have ideas and are willing to lead a group, please contact Angela, Jean Wilson, myself or any member of the Committee.

Finally, my apologies for the length of this report, but as you can see there has been much to comment on. Enjoy the rest of the Newsletter and many thanks to Keith Jones the Editor, for all his hard work in putting it together.

I and the rest of the Committee look forward to meeting you all in the coming months, and as this Newsletter will embrace the month of December, allow me to be the first to wish you a very, very early Happy Christmas and New Year and a more favourable exchange rate in 2010.

Bob Hill Deputy Chairman

David Evans, our Chairman requested that the following letter which he sent to the Committee be included in this newsletter. — Editor

It is with great regret that I have decided that my continuing poor health will not allow me to continue as Chairman of U3A Torrevieja in the manner I would wish. Since returning to UK, I have seen my GP several times, and he tells me that my bronchitis has become so acute that it no longer responds to any medication. In effect these coughing bouts, particularly when I speak, are uncontrollable at times. It is true, that I do get some days better than others, but I can never know when I am about to have an attack or how long it will last.

Furthermore, I do not know when we will return from UK. My GP insists on another check-up in October, and will not let me leave UK until I have had my flu jabs. They may not be ready until November. For all these reasons I suggest you find someone who can be present for meetings, etc and is able to devote more time to U3A affairs.

I suggest that Bob Hill take over temporarily until we have elections for a new Chairman. I would very much like to do what I can to help, and if you feel I can serve any purpose by remaining on the Committee, perhaps as Vice Chairman, it's up to you, I would be glad to do so. Furthermore, if you need a venue for committee meetings we would be happy for you to use our flat in San Miguel.

I hope to remain an enthusiastic member of U3A, and, will continue to join in with group activities like play reading and Shakespeare appreciation, etc, as well as leading the Literature 2 group, subject to their approval.

I am so sorry to let you down like this, but thought it best to let you know in good time before the start of the next season. I look forward to seeing you all on our return.

Regards

David

22 August 2009.

TREASURER'S REPORT

Another summer has slipped by and in the UK, as some of you know, it did not become the bar-b-q weather as forecast. Still, we are getting ready for our return to Spain, to meet up with our friends and enjoy the warmth. One thing we have missed out on were the three extra meetings held at Los Arcos. It would appear that they were very successful, raising some money and signing up 15 new members. They were run by several members and committee members headed up by Jean Law. May I say a great big thank you to all the team and, in particular, to Bob Hill for all the press coverage during the summer months. This no doubt created the interest for people to see "who we are" and join us!

NOTICE OF EXTRAORDINARY GENERAL MEETING OF TORREVIEJA U3A

**AT LOS ARCOS RESTAURANT,
TORREVIEJA ON
THURSDAY 29 OCTOBER, 10.30 AM**

The following proposal will be put to the meeting:

The members of Torrevieja U3A wish to become a legally-registered Organisation, and the Committee is authorised to appoint a Spanish lawyer to make the appropriate application to the authorities in Valencia.

The activities that were very successful included raffles, book sales, a cake stall and more. On this point, can I ask all members to look at their surplus books, CDs and DVDs that are in a good condition, and should you find something that you no longer require, why not bring it along to a meeting so we can sell it. It will be gratefully received and will help the Club. To use a well known phrase, "Every Little Helps".

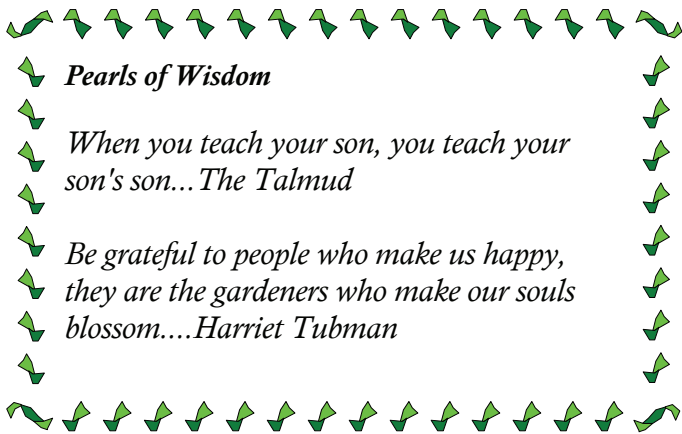
The income from these events has given us the final boost to fully fund the Constitution Application this year and be accepted as a fully authorised Club. Therefore, it is important to attend the October meeting, if possible, for the final Membership Approval to be documented for the legal people to include with the application to the authorities in Alicante and Valencia.

The data projector has now been purchased complete with a digital presenter and a spare lamp. This will be used via a laptop computer to allow a guest or member speaker who has slides in a file, a Powerpoint presentation or DVD to present their subject on a screen.

Finally, it is that time of the year when NEW members can join at half price, €6.00, but members who have not yet renewed their subs for 2009 still have to pay €12.00.

Robert C Cook,

cook2cookies@yahoo.co.uk



Pearls of Wisdom

When you teach your son, you teach your son's son... The Talmud

Be grateful to people who make us happy, they are the gardeners who make our souls blossom.... Harriet Tubman

Are You Eating Healthily Group

Following on from the U3A sponsored slim it has been suggested that I organise the formation of a 'Are You Eating Healthily Group'.

Consequently I am proposing to start the Group on Tuesday 8th October at 11.30 at Los Arcos, assuming there will be the support for it. I shall mention it at the meeting on the 24th so I can judge the amount of interest expressed at that time.

Angela Meyrick - Jones

Christmas Lunch

Christmas Lunch. will be at Los Arcos on Tuesday 15th December, after the monthly meeting.

It will be a buffet and cost approximately 16€ pp.

If you are interested please contact Jean Law

Tel: 965 319 311 law_mk@yahoo.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

Speakers for the new 'term' are as follows:

24th September Simon Baldock, past presenter for BBC Radio Essex, now working for VivaTV.

At the end of his talk, he will give us a short quiz on celebrity voices, so please bring pens or pencils with you.

29th October Andy Ormiston, local author and historian, will talk about the history of Torrevieja. He will also sign copies of his new book for sale.

26th November Member Penny Hyde will give a talk and powerpoint presentation (using our new projector which we anticipate having by then!) entitled 'The Clown'. Penny gives this talk fairly frequently in aid of the charity 'Mission Aviation Fellowship', and the U3A will be making a donation to this cause.

Jean Cook

cookonejcook@yahoo.co.uk

Luncheon Club

Our first lunch club this autumn will be at Rebate at 1.30pm on Wednesday 14th October.

The cost for menu del dia is €12.85, this does not include drinks. So far I have booked for 30 people and they do not require us to book food in advance. If the number goes much above that I may have to get a menu and circulate it.

Jean Law Tel: 965 319 311 law_mk@yahoo.com

Calligraphy Group

A reminder to U3A members that Calligraphy will be starting again on Monday 28 September

Anyone interested in joining should contact Chris Johansson (Tel: 965 352 755) for details.

I will also be at the next U3A meeting on 24 September.

U3A LITERATURE GROUP 1

READING LIST AUGUST 2009 – JULY 2010

<u>Month</u>	<u>Title</u>	<u>Author</u>
August	Jonathan Strange and Mr Norrell	Susanna Clarke
September	Girl with the Dragon Tattoo	Stieg Larsson
October	Cry Beloved Country	Alan Paton
November	Magic Kingdom for Sale	Terry Brooks
December	Panther in the Basement	Amos Oz
January	The Camel Bookmobile	Masha Hamilton
February	Iberia	James Michener
March	Skull Mantra	Eliot Pattison
April	Martha's Voice	Clare Heaton
May	1421 The Year China Discovered the World	Gavin Menzies
June	Brunel: The Man Who Built the World	Steven Brindle
July	The Knights Templar Trilogy (Part 1)	Jan Guillou

For further details, please contact

Jenny Bassett Tel: 965 713 784 jennybassett@aol.com

SPANISH HISTORY GROUP

The venue is the Cavalier Bar in San Luis.

Meetings are on the first Friday of each month The next meeting is on 2 October at 11.00am. **Please note new start time.**

If you would like to attend but need directions please contact:

Sue Kenyon on 966 785 567

SPANISH FOR BEGINNERS and SPANISH CONVERSATION

The new "school year" for the Beginners course starts on 28 September, so get those pencils sharpened and new notebooks ready!

There could still be a couple of places available, if anyone is interested please contact Penny Godfrey (968 971 789).

The new Spanish Conversation class will be starting soon in the La Marina area, led by Ann-Marie Clement. Some knowledge of Spanish is necessary, if you think you have what it takes contact Ann-Marie (656 672 681) to see if there is availability.

Penny Godfrey Tel: 643 113 823
pennygodfrey0502@hotmail.com

TRIP TO VALENCIA

Although still in the early planning stages we are hoping to visit this magical city for two or three days in late February or early March 2010.

The idea is to incorporate a visit to the opera whilst in the city. This is only an option, but if enough people are interested we will try to get group rate tickets.

Thanks to a great deal of work by Graham Evans, who has valiantly overcome the vagaries of the web site for the opera house, it has been suggested that the opera to see is Smetana's Bartered Bride. Other musical entertainment will be available for anyone wishing to find their own evening entertainment, the web site is www.lesarts.com

At the moment no organised sight-seeing is planned as we would not have the use of a coach and there is such a variety of things to see and do, we could never please all of the people all of the time.

Penelope Taylor suggested the Hotel Venecia as a good place to stay. Bob and Barbara Hill kindly checked it out during their last visit to Valencia. They reported that the hotel is perfectly situated in the centre of the city, has all the amenities needed and although it may be a little noisy, it was double glazed, which would help. The hotel would be on a bed and breakfast basis.

The more people who want to come on the trip the cheaper it will be, so let me know as soon as possible if you are interested.

Penny Godfrey 643 113 823
pennygodfrey0502@hotmail.com

Tai Chi/Chi Qong group.

Starting on Thursday 1st October there will be a weekly class at the Sophia Wellness Centre in Cabo Roig between 4pm and 5pm.

For more information telephone Mike Law 965 319 311 law_mk@yahoo.com

Music & Theatre Notice Board

Websites covering professional music and theatre topics include the following:

Torreveja	www.torrevejacultural.com
Murcia	www.auditoriomurcia.org
Orihuela	www.aytoorihuela.es
Elche	www.elx.es
Cartagena	www.ayto-cartagena.es
Alicante	www.teatroprincipaldealicante.com

Music

Following the success of a recent trip to Sevilla, organised by U3A's Penny Godfrey, plans are now afoot to arrange one to Valencia during the next season. Given the plethora of cultural activities available in Valencia, it is hoped to include an opportunity during that trip for members to take advantage of an opera and/or orchestral concert.

Further details opposite

Theatre

Our recently-formed Shakespeare Group, is where we discuss and view excerpts from a specific play. So far we have discussed Macbeth and Much Ado About Nothing.

We are late starting this group due to absences away from Spain. We will commence in November at San Miguel. We shall probably next explore one of the more exciting history plays.

However, attendance in the past has sometimes been disappointing with just three people present; this will need to increase to make the time-consuming project worthwhile. Anyone who would like to come along and increase, or begin, their knowledge of the plays will be very welcome.

Do contact Graham Evans on noelevans@waitrose.net

WALKING GROUP

We finished last season with a walk in June along the flat sea front promenade, from Lo Pagan to Santiago de la Ribera. See photographs.



We start this seasons walking, on September 26th, with another flat seaside walk, this time at Santa Pola. Various points of interest on this walk are the remains of an old salt jetty, the relic of a salt boat, two concrete bunkers dating from the Spanish Civil War (1936-1939), the fishing port and the castle. Wow!! Please note this walk is not suitable for dogs.

Through the summer we have worked on putting together what we believe is an interesting programme of walks for the new season. Always aware of the differing capabilities of the group, some of the walks we have planned are flat, others with a low degree of difficulty achievable by most members plus some walks that will be more challenging. Trying to be all things to all people is very difficult indeed!!

We will continue to walk on the last Saturday of each month from September to June unless otherwise stated.

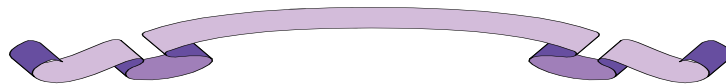
As in previous years, the details of each walk are e-mailed to members approximately two weeks before the walk date. For those not on e-mail, hard printed copies are also usually available at the monthly U3A meeting, which is held on the last Thursday of each month.

Commencing with the walk on 26th September, there will be a charge of 1 euro per person per walk. As agreed by the Committee, this is to offset expenses and any surplus money will be donated to U3A funds. Please remember to bring your U3A badge/membership number with you.

Your safety is of paramount importance when walking with us, and with this in mind we have prepared a safety charter which is printed alongside

Membership of the Walking Group is open to all U3A Torrevieja members.

Bob and Barbara Hill Walking Group
Leaders. bobhill2002@hotmail.com



FOR YOUR SAFETY

U3A MEMBERS WALKING GROUP

The following points have been collated after discussion with other Walking Groups. We ask you to read them carefully. They are made solely with your safety in mind. We want you to enjoy your walking with U3A and to be safe.

Always read the walk briefing notes carefully. Ascertain that the distance and the comments on the terrain are within your capabilities.

Note the walk start time and give yourself adequate time to drive to the start location, and park safely.

Note the guidelines given on footwear, the need to carry water, fruit/snacks and use of headwear and sun creams etc.

The use of an insect repellent spray is a sensible precaution.

Always follow the advice and guidance of the Group Leader.

Always walk on the left side of a public road. It is illegal in Spain not to do so, and in the case of an accident you may not be covered by your insurance, and you could also be held responsible for any damage done to a third party.

Ensure you have adequate insurance to enable someone else to drive your vehicle in case you become unable to drive following an injury.

It is always recommended that you carry a personal first aid kit.

It is important that you always carry your SIP card or proof of medical insurance cover when on a U3A walk

It is always recommended that you carry a mobile phone.

It is a sensible precaution to log both your SIP card number and your NIE number into your mobile phone.

Enter ICE (In Case of Emergency) on your mobile and enter the telephone number to be contacted in case of an emergency.

