

**CHAIRMANS REPORT**

The word **University** in our title encompasses the concept of learning together in a social context. I believe we do that extremely well. By **Third Age** we mean those who, generally, having retired from full-time paid work, and having time to pursue their own interests, acknowledge the desire to stay healthy and active in mind and body as we get older.

At the time of this newsletter going to press, our membership continues to grow. A lot of press coverage has been achieved in the first six months of this year and this has definitely led to increased interest in our U3A.

In April the Committee unanimously approved the proposal that the status of Honorary Membership be conferred on past Chairpersons. I am delighted to inform you that Lynda Kiss has accepted the title of our first Honorary Member. Many of you will recall that Lynda spearheaded the launch of our U3A and worked tirelessly in the early stages of its development

In May a joint Costa Blanca U3A meeting was held in Benissa, attended by representatives of all the U3A's north of Alicante. I was delighted that we also invited to attend. The sharing of information and ideas was extremely useful. I came away from the meeting feeling proud at the way our Committee members work so hard conducting our U3A business, organising trips, helping to present the monthly meetings and assisting in the development and support of our interest groups. Our Newsletter was praised and my thanks to the Editor, Keith Jones for his continuing excellent work. Not forgetting of course all the contributors, without whom there wouldn't be a newsletter. You can read it on-line at [www.u3atorrevieja.com](http://www.u3atorrevieja.com) or purchase a copy at the subsidised price of only 50 cents at our monthly meetings.

Also in May members enjoyed a great day out on the island of Tabarca. The group set sail from Torrevieja clutching historical notes of the island prepared by Sue Kenyon. The crossing was calm (ish) and upon arrival on the island some members joined Barbara and I for a walk around part of the coastline. We all then met up for lunch before wandering down to the tiny harbour for the crossing back to Torrevieja.

The summertime for some is an opportunity to take holidays and relax. For those members of the Social Committee involved in our summer meetings it will be a busy time. These open social gatherings will take place again commencing at 10.30 a.m. on the last Thursday of June, July and August at Los Arcos. This will be an opportunity for everyone to come along and find out more about our U3A. The number and range of the

groups has increased again, so there is much to discover. Please do try and drop in and bring your friends and neighbours.

The first meeting of the autumn will be on Thursday 30<sup>th</sup> September. In October members of the Walking Group will participate in a three day holiday in the Espuña Natural Park.

In closing, I pay tribute again to the Committee for their work and support and to the Group Leaders without whom we would not have such a progressive and successful U3A.

I hope you have a wonderful summer wherever in the world you may be.

Bob Hill      Chairman

**U3A SUMMER ACTIVITIES**

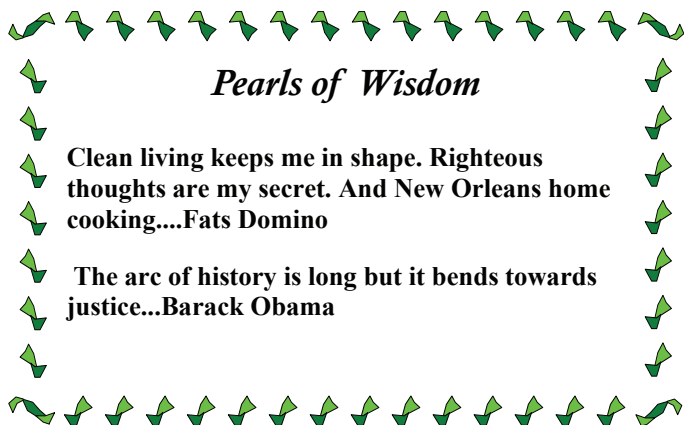
The U3A are continuing to meet for a social/coffee morning throughout the summer. We will meet at the Los Arcos bar in Avenida Baleares at 10.30am on June 24<sup>th</sup>, July 29<sup>th</sup> and August 26<sup>th</sup>.

This will be a chance for everyone to meet and socialise. The meeting is open to all; there will be no entry fee.

This year we will have a Speaker from the commercial sector. In June, Sharon from the Jennifer Cunningham Associates. July it will be Anna Blaum from the Centro Medico and August, Tanya Edwards from Avalon funeral plans.

We will have a bric a brac stall for anything you find lurking at the bottom of your cupboards, a book stall, cake stall, and tombola or raffle.

Come along and join the fun.



### *Pearls of Wisdom*

Clean living keeps me in shape. Righteous thoughts are my secret. And New Orleans home cooking....Fats Domino

The arc of history is long but it bends towards justice...Barack Obama

## **ART APPRECIATION GROUP**

### **WHEN AND WHERE?**

We usually meet the third Monday of every month at 2.30pm, at various venues. This may be subject to change due to gallery opening times/visits etc.

### **WHAT WE HAVE DONE SO FAR THIS YEAR.**

Since January we have had a selection of artistic events. These included a talk on Dali, a viewing of a DVD on the nature of beauty plus discussion group, visit to local exhibition in Guardamar, talk/demonstration by two professional artists on how to construct a painting and the medium of collage, and visit to art exhibition in Torrevieja including street tour to see street art (Gandi Corner!) We also had an invitation to visit Vicente Solano's art studio in Torrevieja and view an exciting and eclectic range of his work. As he is one of the oldest residents in Torrevieja and a well respected artist, this spontaneous visit was a real treat.

### **WHAT MORE WE HOPE TO DO THIS YEAR.**

Meetings will resume in September and we have a number of ideas circulating for the autumn period. A visit to Alicante to see the newly renovated museum of modern art, a visit to Orihuela to do the sacred paintings tour in the cathedral museum, Islamic art in Murcia, further discussion group on the nature of beauty, talk by an artist on viewing paintings (what to look for in a painting/ how it is constructed) and more – as it occurs!

Personally speaking, I have enjoyed all of it.

New blood and new ideas always welcome.

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

## **SPEAKERS SECRETARY**

We have had a varied selection of speakers during the year, and the last three months have been no exception. In March, member Lubbertus Fletcher gave an informative talk on protecting your computer from viruses. Then in April, musician, singer and voice coach, Nigel Hopkins, gave us a very entertaining insight into his life and work. Although I had already returned to the UK by the date of our last meeting in May, my deputy Barbara Hill tells me that British Consulate official, Martyn Standing, and his team were well received by those members present, and were able to answer many of the questions put to them. Barbara also tells me that they would be prepared to visit again at some time in the future if members feel this would be valuable.

At the next general meeting in September, we have a return visit from Arthur Langdon, who, in the early days of our U3A, gave us a highly entertaining talk entitled 'Spain Before Roundabouts'. Since that time, I have had several requests from members to ask Arthur if he would be prepared to talk to us again, and he has kindly agreed to do so.

As always, I am delighted to receive suggestions for speakers; I only ask for your patience and understanding if I do not take up an idea immediately. I have a file now of prospective speakers and I try to work through these and make as varied a programme as possible.

I look forward to seeing you all in September, and, in the meantime, wish you a pleasant and peaceful summer.

Jean Cook

## **TREASURER'S REPORT.**

I have good news to report to you all. This year, the number of subs renewed is higher than 2009 with a lot more new members also joining. Our income is starting to show a pattern of how much and when it is available. This will make the future budget planning a lot easier and help your committee to make plans to build an even better Club for the future.

We tried a new idea this year, to start collecting renewed subs at the December meeting, the general feeling being it would create less of a traffic jam at the door in January. I think it worked very well with 51 members renewing and 9 new members for 2010 joining. As at to-days date, we have over 240 members. Our strength is growing!

Finally, keep an eye on our website, [www.u3atorrevieja.com](http://www.u3atorrevieja.com) It is still updated throughout the summer months with information on the groups including the meeting times, days and locations.

Robert C Cook, Hon Treasurer,  
[cook2cookies@yahoo.co.uk](mailto:cook2cookies@yahoo.co.uk)

## **CONFIDENT DRIVING.**

We had our first practise on Sunday 6<sup>th</sup> June. The group decided that the subject should be 'accidents and how to deal with them'. We stage a pretend accident between two cars and the members then individually completed the accident form, considered the best photographic angles and discussed the most appropriate action to take at the scene. Questions were answered and it was agreed that a further pretend accident could be dealt with on a future date.

On 22<sup>nd</sup> June the subject will be '**Roundabouts and How to Survive Them**'.

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

## **ARMCHAIR TRAVEL**

In April Jean Logan gave us a very interesting and informative presentation on her trip to Mexico and the Mayan villages. It is an area few of us have visited, and an ancient culture we knew little about. Many of her photographs were superb, and I must say, Jean, that you yourself looked quite stunning in your little Mayan hat!



In May, Maureen Moffat talked about her visit to Nepal and her work with children there. This was our second 'visit' to Nepal, having previously heard from member, Douglas Sidwell, about the Gurkha reunion he attended there. Amazingly, it was as though we had been shown two different countries. This, I think, is the most delightful aspect of our Armchair Travel group, because each person brings their own impression of their travels and each is individual.

Our next meeting will be on Tuesday, October 12<sup>th</sup>, when Geoff and Pat Crane will have us flying around the world in 60 days! In the meantime, have a good summer everyone, and look forward to seeing you again soon.

Jean Cook

## **SPANISH CONVERSATION GROUP**

The Spanish Conversation group will not meet between the end of June and the end of September. Some members will continue doing intercambio with Fini Sanchez on their own. A new venue and time for meeting will be decided in October.

Ann Marie Clement

## **MIKE LAW'S TAI CHI CLASS**

So, what is Tai Chi, you may ask. Tai Chi has been practiced in China for many hundreds of years and has multi-faceted benefits. Health-wise, it is beneficial to many people, especially those suffering from heart disease, blood pressure, arthritis and migraine. It is also effective in delivering an incredible feeling of energy and awakening a deep inner peace of your true self. It can even resolve spiritual and emotional crisis and develop a more powerful spiritual presence. There have been literally thousands of scientific studies proving that Tai Chi and Qigong can heal chronic illness.

A man named Chang San Feng was the founder of Tai Chi in the 13th century. His 800 year form of Tai Chi is easy to learn, takes roughly 15 minutes, yet is unique and powerful. Qigong is the historical mother of Tai Chi aimed at health and spiritual development, rather than the old Tai Chi, which was practiced for martial self defense.

Does it really work, you may also ask. In a word: YES. Without going into my personal medical history (boring) suffice it to say that I have one or two problems which it undoubtedly helps. Deep breathing techniques are important and a part of Tai Chi and can help in all manner of ways.

Before signing off, may I also say that Tai Chi aficionados are given to smiling more. Just study those who take part and you will agree!

Mike Law is a kind, proficient and patient teacher. I would ask you to join our class, which is most enjoyable, but you had better check with Mike first as it is so well attended.

Joy Lennick

Tai Chi begins again the first Thursday in October. If interested contact Mike Law 965 319 311.  
[dmandjelaw@gmail.com](mailto:dmandjelaw@gmail.com)



## **SPANISH LIFE & CULTURE**

Do you know where to find the best Roman remains in Spain?  
What would you see if you visited Zaragoza or the Doñana National Park?  
Do you know how the Spanish family name system works?  
How are Deputies elected to the Parliament?  
What should you do if invited to dinner by a Spanish family?  
How many Spanish painters, composers or authors do you know?

These are some of the questions answered in the Group, which discusses all aspects of Spanish Life & Culture with the aid of videos and DVD's. Topics include, Food & Drink, Music & Dance, The Arts, Travel & accommodation, Cities & Monuments, Politics & the Church, Sport & Leisure, Fiestas, Customs.

In May the Group visited Crevillente during the Moors & Christians fiesta, taking in an exhibition of fiesta photos, visiting the fiesta museum, and enjoying the hospitality of the Christian group, Almogávares at their HQ. The trip also included a guided visit to the Semana Santa museum and dinner in a local restaurant.



The Group is now taking a summer break, and will resume on Wednesday 13<sup>th</sup> October, 16.30, at Hoggies Bar, San Luis.

For any further information contact Chris Davidson on 96 540 2639 [chrisdavidsoninspain@yahoo.co.uk](mailto:chrisdavidsoninspain@yahoo.co.uk)

## **MUSIC & THEATRE NOTICE BOARD**

Websites covering professional music and theatre topics include the following:

Torrevieja	<a href="http://www.torreviejacultural.com">www.torreviejacultural.com</a>
Murcia	<a href="http://www.auditoriomurcia.org">www.auditoriomurcia.org</a>
Orihuela	<a href="http://www.aytoorihuela.es">www.aytoorihuela.es</a>
Elche	<a href="http://www.elx.es">www.elx.es</a>
Cartegena	<a href="http://www.ayto-cartegena.es">www.ayto-cartegena.es</a>
Alicante	<a href="http://www.teatroprincipaldealicante.com">www.teatroprincipaldealicante.com</a>

### **Music**

San Javier's annual July jazz festival will soon be underway and, if past experience is anything to go by, it is well worth attending. Full details can be found by visiting "San Javier Jazz Festival 2010".

### **Theatre**

The U3A Shakespeare Group is currently on hold during my summer return to England. However, from October 2010 the Group will again meet weekly on Thursday afternoons in San Miguel de Salinas. To date we have covered both comedies and tragedies and I hope to re-start with either Othello or King Lear. Precise dates will be circulated later in the summer

Any members wishing to start, renew, or enlarge their knowledge of the plays are most welcome to come along and join us.

**Contact:** Graham Evans    phone 966 723 909 or [noelevans@waitrose.com](mailto:noelevans@waitrose.com)

## CREATIVE WRITING GROUP

As sometimes happens with members of any group... people move, lose heart or just get too busy with other projects. Such is the case with my group. This Thursday, 17<sup>th</sup> June, will be our last meeting until the third Thursday in October. Re the above, I can now take two new members. Not more because one or two people have health problems and work commitments at present but may well return in the autumn.

For anyone interested in writing, be they novices or otherwise, we pool our knowledge of all aspects of writing: from articles covering any subject, travel pieces, poetry and short stories. We also discuss novel writing. No gavels are pounded here... and we have fun discussing other writers' works, entering competitions and so on. If you think you have a short or long story in you why not give it a try?

Here is an example of a light-hearted "Lennerick". Not exactly a pupil of mine, but it seems that my husband has caught the writing bug too!

### **DEDICATED TO THE LADIES OF THE N332**

*Young Olga had an obsession  
to work at the oldest profession.  
For a few moments of lust  
she could make a fine crust  
leaving backseats with quite an impression!*

Eric Lennick (husband of Joy)

We meet every third Thursday at 10-30 until 12.30 p.m. at my house in Los Altos. You will be more than welcome.

My email address is: [joylennick@hotmail.co.uk](mailto:joylennick@hotmail.co.uk)  
Phone no: 966 188 927.

## SUNDAY LUNCHEON GROUP

The next lunch will be held on **September 12<sup>th</sup>. 2 for 2.30pm at Casa Campesina, Plaza Del Leon, 8 – Daya Vieja 03177**

A brand new restaurant for some of you I think. Well worth the few extra miles I promise you.

I am away for July and August so there is no need to let me know until the beginning of September. I will try to remember to send this out again at the beginning of September, I just wanted you all to have the date in your diary sooner rather than later.

Have a great summer everyone.

[Maureen.moffatt@hotmail.co.uk](mailto:Maureen.moffatt@hotmail.co.uk) 966765747 or 697202184

## MEMBERS TRAVEL EXPERIENCES

### **Visit to South America**

Ever since I saw a photo exhibition in Norwich 10 years ago about Machu Pichu, I decided that I wanted to go there. However, Janet and I had a few other places to visit first.

So in February 2010 we flew in to Rio de Janeiro for the start of a 3 week holiday.

Seeing the young Brazilians play football barefoot on Copacabana beach made me understand the skills of the Brazilian national football team.

From here we went to see the Iguazu falls which feature in the film, The Mission. We saw these from both Brazil and from Argentina. When she saw them Eleanor Roosevelt commented "poor Niagara!"

Our journey took us across Paraguay and onto La Paz in Bolivia. La Paz is approximately 3,500 meters above sea level. How do athletes perform at these levels as we found it hard to walk up modest slopes without getting out of breath. We visited the beautiful Lake Titicaca and its floating reed islands, the home to a small band of natives.

From here we went onto Peru and the old Inca capitol of Peru, Cusco, and then into the sacred valley. Here we saw the remnants of the Inca civilisation. How did they build their temples and carve the stones so accurately? Inevitably we heard how the Spaniards destroyed many of the buildings in their search for gold.

Finally we flew to Lima for a few nights before returning back to Spain.

What did we think of Machu Pichu you ask? Well heavy rains in January had washed away the railway and roads leading there. So we didn't get there!

Janet and Eric Berg: U3A Members

## **FAMILY HISTORY GROUP**

Our meetings are still well supported with 50 % attendance ( exceptionally 15<sup>th</sup> June when we saw one of the worst downfalls of rain for some time .)

The topics that have been researched over the last three months have been Education, A Photograph and it's Story and A Special Place. All members join in with enthusiasm as no level of expertise is required, just an interest in the subject. We have had some excellent presentations which have proved helpful to us all. In the spirit of U3A our Family History group members certainly learn from each other .

Due to my recent ill health I was unable to lead April and May's meetings but Lynda Kiss ably held the fort. In June Geoff and I battled through the rain to Jenny Rooney's home. She and Kevin hosted a BBQ after the meeting for the hardy few. ( To be fair many were either in the UK or had visitors.)

I would like to thank them both for their hospitality and also Lynda and many other U3A members for their support during the last difficult months. Geoff and I both appreciate it and look forward to seeing you in September and at the coffee mornings in the summer .

Janet Pogson  
Leader

Family History Group

## **WALKING GROUP REPORT**

In early April a party of 24 walkers set off from Ciudad Quesada for a medium difficulty walk across the campo towards Rojas. Our mid-point rest was taken at the foot of the giant size symbolic crosses at Rojas before walking on to the unique cave houses. Some took a detour to visit the highly acclaimed Shell House before most of us ventured onto the higher ridge path, whilst those less inclined took the flatter route back to the cars.



Early May saw us meet at Casa La Pedrera, the unique house that was featured on the UK Channel 4 TV programme "Grand Designs Abroad" As if the house, the views and the swimming pools weren't enough of an eye opener, the walk led by Jenni the owner of Casa La Pedrera, was stunning. Taking us through the



countryside around the lake shore, stops were taken as Jenni pointed out the many examples of wild herbs, shrubs and unusual trees growing freely in this beautiful area. We returned to the poolside cafe at Casa La Pedrera for refreshments including delicious homemade cake.



Our last walk of this season took the group to the pretty harbour side village of Cabo de Palos, near La Manga. Starting from the 81 metre high lighthouse

this was a relatively easy cliff top stroll around to the tiny cosmopolitan harbour. After a coffee stop, we moved on to the new beachside promenade before crossing the peninsular for a level stroll back towards the car park.

So far we have completed 22 walks without duplication and we hope to continue in this vein certainly until the end of 2010. However, no more walks now until early autumn with our first one scheduled for Saturday 2<sup>nd</sup> October. Details will be announced in due course.

Bob and Barbara Hill

Walking Group Leaders

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.

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