

Marina Baixa Newsletter

Oct / Nov
2021
Issue: 145



THE UNIVERSITY OF THE THIRD AGE

Today's guest speaker

Kathleen Bailey

**Amusing anecdotes from a
Nursing Career**



**General meeting at the Casa de Cultura in Alfaz
this Monday the 15th November at 11am.**

**U3A Marina Baixa keeps on giving to worthy local
causes, more charity donations made this month.**

**Alfaz del Pi food bank and Corazon Exprés both receive a
welcome donation of two hundred euros each.**



On Wednesday, 27th October, 200€ was donated to the Food Bank in Alfaz del Pi.

Pictured from left to right.
Alan Martin (Food Bank volunteer and U3A member), Magdalena Van Den Bos (Food Bank volunteer), Antonio Viso Doblado (President of Voluntariado Social), Liz Potter (U3A Charity Co-Ordinator), Anne McGrath (U3A Treasurer), Joanne Wilson (Treasurer of the Food Bank volunteers), Isabel Munoz (Councillor of Co-operation and Voluntary Services), Martine Mertens (Councillor of Residents)

On Thursday, 28th October, 200€ was donated to Corazon Exprés. This charitable organisation is working with Daniel Hughes on "The Heart Ride Project" helping to raise money to purchase specially adapted vehicles to support elderly people who lack companionship to go out for a local ride from Altea to Albir so that they can enjoy the Municipal and its environment.

Pictured from left to right.
Malcolm Hamer (U3A Assistant Travel Co-ordinator), Liz Potter (U3A Charity Co-ordinator), Kath Bailey (U3A Secretary), Daniel Hughes (Project Manager, Corazon Exprés), Tone Dysjaland (Corazon Exprés Secretary).

All the donations were gratefully received.



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**Today - 1pm for 1.30pm
Lunch**

Miquel's Restaurant

La Nucia

Cost: 12€ per person.

Please indicate to **Hazel Layt**

on arrival at the meeting

If you will be joining us for lunch.

Today.

**Donations wanted for
our charity raffles.**

**Do you have
something you can
donate to raise funds.**



Please remember we have the use of the auditorium at the Casa de Cultura for free, please do not congregate in the foyer area before the meeting in order for us to comply with covid distancing procedures. Please take a seat inside.

REMEMBER WHEN PAYING FOR TRIPS OR WINE AND DINE HAVE THE CORRECT MONEY IN A SEALED ENVELOPE CLEARLY MARKED WITH YOUR NAME(S) AND MEMBERSHIP NUMBER(S).

President's report.

Hi all members.

How pleasing it was to have such a good turn out for our September meeting, despite all the "hurdles" put in our way due to the pandemic. However, things are changing at the Casa Cultura no more "head zapping" or social distancing and by the time we meet next, the tapes should have been removed from the chairs in the auditorium!

Unfortunately, there is no relaxation with the masks, they must always be worn within the Casa Cultura building!

I don't know about you, but I feel both Alfaz and Albir seem to be busier and a sign that things are "picking up" I do hope so!

So as this U3A year draws to a close 2022 looms into view, we require nominations for a new committee. All positions are up for "grabs" and nomination forms are available from our Secretary Kath Bailey, who will no doubt be reminding you all that completed forms should be returned before the start of the December meeting. What has been pleasing in recent months has been our excellent increase in membership and my hope is new members will bring new ideas and will hopefully participate in the group activities.

For those of you who attended the last general meeting you would have heard me exalting praise upon our press officer Joan Flint. Joan has now achieved, to the best of my knowledge, front page coverage for the first time in the local newspaper. Our 15th Anniversary celebrations held in her garden. I look forward to seeing you all at the next meeting.

Garry Bell.



Strollers in December

Christmas time strollers/picnic at the Albir lighthouse as we did last year. It was a great success then, therefore there should be no problems this year.

We will meet at the Albir lighthouse car park on Monday 20th December for a stroll to the light house leaving at about 2 pm. This will take about one and a half hours after which we will meet again at the picnic area at the bottom of the walk for our picnic.

It is requested that all participants bring their own picnic contributions.

In past years we have found that the more energetic members walk a little faster than others so as to arrive back to the cars in time to retrieve picnic items, normally assisted by the less able volunteers who do not fancy the stroll. In this way picnics should be ready when the others finish the descent.

Most people who have participated in previous years have had a good time. Regular participants will be pleased to see new people this year.

I Look forward to seeing many of you there. **(Andy)**

Wine and Dine

Xorta Restaurant Guadalest.



Friday November 26th
1pm for 1.30

Salad, Soup, Chicken Cocktail
Pork Lomo. Merluza or Chicken.
choice of dessert and a drink
18€ pp including gratuity

**Bookings now being taken
reserve your place today.**

Wine and Dine

Kaktus Hotel Albir



Our December Meal on Wednesday 15th December please note 7.00pm the first evening meal this year and it is at the **Kaktus Hotel**, Albir seafront. It is (Not a party) but a buffet style meal. This includes wine, water or beer also a gratuity. There will be dancing upstairs if you would like to do so.

Cost 20 euro per person










**Bookings now being taken
reserve your place today.**

Newsletter What's app group.



With Wi-Fi or mobile data enabled hold your phone camera over the QR image to the left and join the U3A newsletter what's app group.

Group Activities.

<p>3C's Chaps Chatter & Coffee</p>  <p>Weekly - Thursdays M.Godoys Restaurant Albir 11.00 am</p> <p>Contact: Geoff Mitchell 96 686 4962</p>	<p>HMC</p>  <p>Monthly – Every 3rd Tuesday of each month next meeting 16th November Time 7pm (see below) Contact: Peter Rissing 687 601 036</p>	<p>Café Philo</p>  <p>Monthly - 10.00 am to 11.30 am Suspended until further notice. The Forum, Alfaz del Pi Contact: Kate Ferry 96 584 5039</p>	<p>Classical Music</p>  <p>Monthly - (Oct to Apr) 2nd Wednesday Cancelled until further notice 10.30 am to 12.30 pm. Geoff Mitchell's home, Albir Contact: Geoff Mitchell 96 686 4962</p>	<p>Crafts</p>  <p>Weekly - Thursdays</p> <p>Albir Social Centre 12.30 pm - 3.00 pm Contact: Hazel Layt 659 018 400</p>
<p>Guitar Lessons</p>  <p>Weekly - Wednesdays Next Door to Isa Rastro, N-332, Albir 4.00 pm Suspended until further notice. Contact: Peter Ritson 96 687 5282</p>	<p>Member Assistance</p>  <p>On Demand Support group for Members in special need. Contact: Sue Bell 680 214 320 Backup: Maureen Barrett 688 680 645</p>	<p>Petanca</p>  <p>Weekly - Thursdays Scandinavia Park Suspended until further notice. Contact: Ruth Morris 663 562 316</p>	<p>Solo Amigos</p>  <p>At Various times Next Meeting TBC There will be a social gathering in November. Please follow the what's app group for details. Contact: Jane Goode 636 410 858</p>	<p>New Group ideas wanted</p>  <p>If you would like to form and start a new group activity, please contact. Garry Bell 680 214 320</p>
<p>Spanish Language</p>  <p>Weekly - Wednesdays Casa de Cultura, Alfaz Beginners: 1.00–2.15 pm Improvers: 2.30-3.45 pm</p> <p>Contact: Joan Flint 96 680 8591</p>	<p>Strollers</p>  <p>Monthly - Monday 20th December 2.00pm in Albir See newsletter article for full picnic details. Contact: Andy Graham 602 297 299</p>	<p>Ten-pin Bowling</p>  <p>Monthly - 1st Tuesday Restarting soon. 7.15 pm for 7.30 pm start Contact: Martin Greener 684 423 586</p>	<p>Watercolour</p>  <p>Monthly - 1st Monday</p> <p>11.00 am to 1.00 pm. Casa de Cultura, Alfaz Contact: Elaine Mitchell 96 686 4962</p>	<p>Computing & Technology</p>  <p>Every Tuesday 2-4pm Casa del Cultura Alfaz. Andriod, Apple & Windows devices all covered in sub groups. Contact: Garry Bell 680 214 320</p>

Latest Group News.

HMC Group

November the 16th is the date, 19:00 is the time and restaurant Las Coronas is the place for the next HMC 'regale' where all our U3A monsieurs are welcome.

(It's at the seaside boulevard, (next to Masymas supermarket) near the old harbour of Altea.)
Most of you will have heard about the famous HMC dinners by now, and know what HMC stands for, 'Hombres Martes Cultural' or 'Men's Cultural Tuesday'.
We meet on the third Tuesday of each month.
It's something like 'Chaps', but our chatter takes place in different nice restaurants around Alfaz.

Petanca restarting soon.



Pictures of our summer garden party attended by almost 50 members which was organised by the committee to celebrate our 15th anniversary on the 16th of October at Bill at Joan Flints house. The day eventually turned out to be a bright sunny afternoon after a cloudy start. The afternoon was a great success which raised several hundred euros for our U3A funds. A Huge thanks goes to Bill and Joan Flint for the loan of their beautiful garden. Hazel & Tony Layt for the organising the event and cooking the Paella. Anne McGrath for cooking her Arroz al Horno (the recipe for which is below). All the committee members who set up and cleared up at the end of the day and everyone else who helped and assisted with its organisation. Here's to the next 15 years.



Arroz al Horno

INGREDIENTS: (Approximate for 4 people)

4 slices of pancetta (chopped into bite size chunks)
 2 chorizo sausages (sliced)
 2 Morcilla sausages (black pudding) (sliced)
 Enough paella rice to cover well the bottom of a flat pan (paella pan etc)
 Chicken stock (about half a litre)
 Thinly sliced potato (enough to cover top of rice)
 Sliced big tomatoes (enough to cover top of rice)
 Olive oil for cooking

METHOD:

Fry the potatoes in a little oil then leave to one side
 Fry the tomatoes and leave to one side
 Fry the pancetta until quite crispy
 Add the chorizo and black pudding and cook for about 10 minutes
 Sprinkle the rice into the pan and stir in the oil
 Add chicken stock and bring to the boil
 When the rice starts to swell cover with sliced potatoes and tomatoes
 Bake in a moderate oven for about 20 minutes
 Check and add more hot water if needed
 This is a traditional Valencian recipe and like paella the bottom should be slightly burnt!!
 You can put any meat in it that you like but the most important is the morcilla!!! Enjoy!!

Anne McGrath (Treasurer)



Marina Baixa U3A
 Bringing people together



Travel

LICOR 43 and CARTAGENA.

LICOR 43 and CARTEGENA Date: Friday 3rd December 2021

Cost: 42€ per person.

Coach will leave Albir Market car park at 8am promptly.

At 10am we will visit the Licor43 Bodega for a guided tour followed by sampling of the liquor and other drinks made using Licor43. Then we will go to Cartagena for lunch at 2pm. at the Taberna del Martillo. There will be free time in Cartagena to visit some of the sites. We will leave for home at 5.30pm arriving in Albir at 7.30pm.

These times may vary a little.

The lunch menu will be available at the meeting for you to complete. Today's meeting is the only meeting before this trip. If you would like to join us, but are unable to attend today, please contact us as soon as possible. Then pay LPD Travel either in person or by card over the phone.



INFORMATION FOR TRAVEL BOOKINGS.

Bookings are taken at the meeting in the foyer between 10am and 11am.

Day trips to be paid in full at time of booking. 50€ deposit to be paid for a holiday. The balance to be paid to LPD Travel before a specified date.

Sometimes there will be an "interested" list to judge if a holiday will be well supported.

LPD Travel are open Monday to Friday 10am-6pm. They are next to the Rara bar across the road from Mercadona in Albir.

Malcolm will collect payments at "El Patio" on the first Wednesday of the month from 2pm to 4pm. The restaurant is in Albir next to the "3 Lions Bar" on the side street across the main road from Dealz.

Phone or email Malcolm if you want to make a payment there.

Please put your money in an envelope with your name/s and the trip/holiday. Envelopes are usually available.

Phone Numbers:

Malcolm 604 537 275

Margaret 602 293 642

LPD Travel 966 868 477

Travel Email:
u3amhamer@gmail.com

PEÑISCOLA CHRISTMAS SPECIAL

This holiday is now fully booked.

We are very pleased to inform you this Holiday is now sold out.



EXTREMADURA 2022 – 6 days

Dates: Monday 21st to Saturday 26th March 2022.

Cost: 431€ per person in double room. 551€ per single room.

Deposit: 50€ Balance to be paid to LPD Travel in January.

Hotel: AHC Caceres 3*** Full board with wine and water with meals.

We will be visiting: Jerte valley, Plasencia, Merida, Trujillo, Guadalupe, Alcantara, and Coria. Several entrance tickets are included, such as the Amphitheatre in Merida. Some lunches will be in local restaurants. Also there will be cheese and Iberico ham tastings. There will be a English speaking guide on all the excursions.

There is a detailed itinerary available written by Joan Flint.



Papier Mache for Art.

Commencing Monday the 21st November until May 2022 a new course will be start at the Casa de Cultura which involves making things from Paper Mache.

The Course will run by G. G. Maiden and will be in English.

Classes will be on Tuesdays from 10.30 -12.30.

The price of the course will be 24 euros if you are on the Padron or 32 euros if you are not. You are kindly requested to supply your own materials i.e. Cardboard boxes, masking tape , glue, and a pair of scissors.

This course is being offered by the Casa Cultura.

Not the U3A directly.

Covid update.

With very low case numbers in the smaller towns in the Marina Baja region further relaxation of restrictions have allowed local Fiestas to go ahead this year.

This week we have the Benidorm Fiesta taking place and local officials seem relatively comfortable in allowing this to go ahead. While case numbers in Benidorm are higher than the regional average they are still very low compared to the number of cases per 100,000 population in the UK.

The local hospital in Villajoyosa has however decided to restrict visitors for the time being in order to control and keep the spread of the virus to a minimum.

With this in mind we should still take every care to avoid hugging and holding people from outside your family unit.

MEETING REMINDER

**Note: our next general meeting
will be on Monday the 13th December
At the Casa del Cultura in Alfaz del Pi.**

Nominations for committee 2022

We are now seeking nominations for committee members for next year. The closing date for nominations is before the start of the meeting on the 13th December. Nomination forms are available today at the general meeting and the U3A Marina Baixa website.

All posts are available for election if you think you can make a contribution and would like to stand please do not delay.

U3A Computer club & I.T. support group.

This new group which only started last month is proving very popular among our members.

With almost thirty members now attending weekly the group has been divided into three groups for the time being covering Windows, Android, and Apple devices.

We have managed to secure three separate rooms in order to keep the ambient noise levels of each sub group low in order to allow members better concentration in classes.



Membership Fees 2022

The committee have decided to keep membership fees at 10€ per annum for next year

Renewals are due in January. We still believe this is excellent value for money and gladly welcome new members to join.



Dates for your Diary.

November 2021

26th Lunch Xorta Guadalest @1pm

December 2021

3rd Liquor 43 & Cartagena @8am.

13th U3A General Meeting @11am.

15th Christmas Kaktus Hotel @7pm.

20th Christmas Strollers picnic @2pm.

January 2022

24th Annual General Meeting @11am

REMINDER

Please be mindful that when you are on any organised trip with the U3A you must wear a mask at all times on any form of public transport.

This includes any coaches that we hire.

This is also a legal requirement without an exemption



Committee Members 2021

Garry Bell
President / Speaker Co-ordinator
Tel: 680 214 320
email: susanandgarrybell@gmail.com

Elizabeth Potter
Vice President / Charity Co-ordinator
Tel: 965 882 572 or 677 698 860
email: liz.potter@live.com

Kathleen Bailey
Secretary / Almoner
Tel: 965 845 803 or 615 745 366
email: u3ambsec@gmail.com

Anne McGrath
Treasurer
Tel: 691 048 285
email: amcg142@gmail.com

Margaret Hamer
Travel Co-ordinator
Tel: 602 293 642
email: u3amhamer@gmail.com

Malcolm Hamer
Assistant Travel Co-ordinator
Tel: 604 537 275
email: u3amhamer@gmail.com

Hazel Layt
Social and Events Co-ordinator
Tel: 966 580 702 or 659 018 400
email: hazellayt@hotmail.com

Terry Read
Newsletter Editor / Webmaster
Tel: 602 682 952
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Garry Bell
Groups Co-ordinator
Tel: 680 214 320
email: susanandgarrybell@gmail.com

Pamela Dawson Tasker
Press Officer
Tel:
email: pdawson802t@cv.gva.es

Group Leaders. (Contact Details)

Chaps & Chatter or Classical Music.
Geoff Mitchell. Tel: 966 864 962

Café Philo.
Kate Ferry. Tel: 965 845 039

Crafts.
Hazel Layt. Tel: 659 018 400

Guitar Lessons
Peter Ritson. Tel: 966 875 282

Members Assistance.
Sue Bell. Tel: 680 214 320

Hombres Martes Cultural. HMC
Peter Rissing. Tel: 687 601 036

Solo Amigos
Jane Goode. Tel: 636 410 858

Computer IT Group.
Margaret Hamer. Tel: 602 293 642

Spanish Language.
Joan Flint. Tel: 966 808 591

Strollers .
Andy Graham. Tel: 602 297 299

Ten Pin Bowling.
Martin Greener. Tel: 684 423 586

Watercolour Group.
Elaine Mitchell. Tel: 966 864 962