

# U3A Denia

Asociación de la  
Tercera Edad de Denia  
www.u3adenia.org



## January 2018 Newsletter

### The Committee:

**President:**           **Gordon Clifford**

Vice President:   Christine Whitelock

Treasurer:        Roger Fell

Secretary:        Mike Blower

Ex Officio:        Pam Rowlinson

Ex Officio:        Len Roper

Ex Officio:        Margaret Kelly

Ex Officio:        Audrey Roper

### A Message from the President:

This is my final Presidents Address as I will be standing down as both President and a member of the Committee next month. I have served on the Committee for some nine years, four of which were as your President and apart from a couple of unsavoury incidents probably best forgotten, I have found my tenure to be sometimes challenging, but generally rewarding and enjoyable. It is now time to hand over all the responsibilities for running the U3A Dénia to someone else, and I wish the new President and Committee the best of good fortune.

I would like to offer my sincere thanks to the members of the two Committees of which I have had the privilege to serve as Chairman, for all their very hard work, advice, and dedication in running the Association, you have been a joy to work with, and I believe that together we achieved a great deal for the Association.

I would also like to thank all the Group Leaders for their support, without which the Association would not be the vibrant one that it is today, with more Group activities, and members, than at any time in our history.

Finally, my thanks to Christine Whitelock, the Vice-president, for her special brand of very sage, considered and welcome advice during some fairly troubled times, and her dedication in securing some very memorable speakers for the Members meetings.

I wish you all well for the future.

Gordon  
President  
U3A Dénia

## **January Members Meeting:**

The members were treated to a talk on Meditation from The Venerable Lama Rinchen Gyaltsen from the Buddhist retreat on La Sella, Pedreguer.



Lama Rinchen Gyaltsen was born in 1972 in Uruguay from Spanish parents. He received his formal education in the United States, where he graduated in Psychology and Arts in Rutgers University. His interest in meditation made him take courses on Buddhism, and the depth and pragmatism of the teachings definitely caught his interest. He started studying with Khenpo Pema Wangdak in New York in 1993, and in 2003 he finished a 3-year theoretical and practical training program of the Pema Ts'al school designed by Khenpo Pema.

After this, he started his journey through Asia. His Eminence Chogye Trichen Rinpoche, one of the most renowned masters in Tibetan Buddhism, ordained him as a monk in Lumbini, the birthplace of the Buddha, and gave him the Tibetan name of Ngawang Lekshe Rinchen Gyaltsen (Power of the Verb, Proverb, Jewel, Emblem).

Lama Rinchen Gyaltsen teaches Buddhist philosophy and the practice of meditation in Spain, and also gives courses in a sporadic fashion in the United States, Europe and South America. For the people who cannot attend the in-person courses because of the distance or lack of resources, Lama Rinchen founded Instituto Paramita, an important platform of online teachings, in which a great deal of the fundamental teachings of Sakya Tibetan Buddhism are provided for free.

To view the profile for Lama Rinchen and the programme for 2018 please visit his website [www.paramita.org](http://www.paramita.org)

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## News from the Groups:

### Backgammon Group:



The 'Backgammon Unique Monthly Award' was played yesterday (Friday) and was won by Graeme Campbell who has taken it home to stand in his display cabinet to be admired and envied by his friends and neighbours.



Photograph shows last month winner Neil Parkin presenting the cup to Graeme with runner up Margaret Kelly, it was a very close and intense final.

We have now grown to 18 in total with interest from another two so word is spreading.

We are a friendly bunch and are happy to welcome beginners and have good players who are always happy to help the newer members. Laars the owner of Le Tapas Bar offers a warm smile, hot coffee and Gammon butties.....

Thanks, Group leader, Dave Thomas.

[backgammon@u3adenia.com](mailto:backgammon@u3adenia.com)

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## **Cycling Group:**

There were 2 of us for the Damsels & Friends 1st Bike ride.

Although pretty cold, Sheila and I set off from Café de cyclict Dénia to Beniarbeige then on through the valley to Benimelli.

In perfect weather. Not bad for January.

Sheila I'm afraid was camera shy.



We meet up at least once a week, Fridays/ Saturdays, but this could be flexible to people's needs.

Bárbara Doms  
cycling@u3adenia.com

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## **Petanque Group**

Our Christmas celebrations were delayed because of inclement weather, however we did celebrate with Mince pies and Cava when we got together again on the 2nd January.

The month so far has been fraught with more rain and quite a lot of our members have been suffering with these awful colds and virus's that have been doing the rounds.

Since Christmas quite a lot of new people have joined the U3A and have asked to join our group. In fact one of our new members won the competitions on January 9th.

The Roll of honour has been slightly depleted this month but the photographs below show not only our recent winners but also our group sporting festive garb at our belated Christmas celebration.



Ann  
Group Leader

[petanque@u3adenia.com](mailto:petanque@u3adenia.com)

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### **Quiz Group:**



The U3A Dénia quiz night takes place on the 4<sup>th</sup> Friday of the month at the Poligono Restaurant in Dénia except in December. The price for the quiz, meal and including prizes is 13 Euros per person.

If you would like to be added to the mailing list for quiz nights please contact Richard [quiz@u3adenia.com](mailto:quiz@u3adenia.com)

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### **Rummikub Group:**

About 30 members turned up for our first Rummikub session of 2018 at the Peking Chinese Restaurant. We had a couple of new members who had played before but not for many years so needed some help. We are always happy to help anyone that has either not played for years or never played.

It's an easy game so after a couple of sessions most people are ready to go.

We meet on the second and fourth Tuesday of each month at 6.30pm. We generally play for around an hour and a half and then tuck in to a three course meal. As the restaurant does not charge us for meeting there it is expected that people stay for a meal and buy at least one drink when they are playing. The food

is very good and excellent value. A three course meal with half a bottle of wine, a beer or water for around €7 (depends what you choose as to what you pay). If you would like to join our next session on Tuesday 23 January please email Norma on [rummikub@u3adenia.com](mailto:rummikub@u3adenia.com).

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### **Singles Cookery Group:**

On 13 January the singles cook club met at Mia's place for our first meal. We were four, as one of our members was in the UK. After a chat and a drink we had a three course meal. It was decided to name our little club Carpe Diem. So far we have five members, so there's place for one more single person who'd like to meet once every few weeks. The host(ess) decides what he/she is going to cook for her guests, and of course we take turns. Our next meeting is at Brian's on 27 February. If you'd like to join us you can send an e-mail to [mia.van.buul@gmail.com](mailto:mia.van.buul@gmail.com)

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### **For Sale/Wanted:**



Two brand new (still have tags and wrapper)  
Wire undershelf shelves €5



Pair of lightweight cream curtain

Tab tops. 260 x 145. €10

Tel: 665 433047

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Light fitting €30



Gas Hob. Ideal for rental property/outside kitchen. €50

telephone Lesley on 696082916 or email: [highstreet238-lesley@yahoo.co.uk](mailto:highstreet238-lesley@yahoo.co.uk)

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Straight Kneissl white star skis with bindings, 2mtr length, plus poles and Lange boots size 40/41 with carry bag. Offers considered.

**Contact Lyn:** [lynwickman@gmx.es](mailto:lynwickman@gmx.es)

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Log burner + 4 flue pipes x 1m

Small crack in door of burner. The glass is stable and it is only a cosmetic problem

€50

Telephone Richard on 689 348 881 or Email [Manitgdns@hotmail.com](mailto:Manitgdns@hotmail.com)

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**For Information:**

Charity Event

Oliva Drama and Cultural Association Presents  
A Pantomime:  
*Goldilocks & The Three Bears*  
(Written By: TLC Creative)

*At The:*  
*Teatro Olimpia Oliva*  
BOX OFFICE : HONEY DUKES  
CALLE MAYOR

Thursday 8th Feb. 17:00h  
Friday 9th Feb. 20:00h  
General Ticket: 7.50€  
Family Pack\*: 25€

Thanks to: Regidoria de Cultura & Ajuntament D'Oliva CONTACT US: 644 889 155 Olivadramagroup@gmail.com (Max 2 adults & 3 children, under 16)