

UNIVERSITY OF THE THIRD AGE : JAVEA
(www.u3ajavea.org)

NEWSLETTER JUNE 2008

Committee:

President : Rosi Evans

Vice-President : Mike Frost

Membership Secretary : Angela Chantry

Treasurer : Lin Jones

Secretary : Pat Ainsley

Groups Coordinator : Elizabeth Collins

Deputy Treasurer: Mick Cox

Deputy Membership Secretary : Sally Wells

Deputy Secretary : Joyce Pope

Today's guest is Nick Green, speaking about "South Africa".

MIKE FROST'S RETIREMENT

This month's Parador meeting is the very sad occasion for Mike Frost's retirement as Vice President of our U3A. Mike was a founder member of the association and ably supported and helped by Katrina has been at the forefront of all our events and meetings since Day One. His contribution has been immense, and completely immeasurable, and he will be very much missed by us all. The one consolation we have, is that whilst Mike is standing down from his committee role, he will continue to lead the travel group and we will continue to benefit from the events he will be running in the future.

I know I speak for every member when I say, " **THANK YOU SO MUCH MR VICE, FOR EVERYTHING YOU'VE DONE FOR US** "

We wish you both a Very Happy Retirement and look forward to being on one of your future trips. You can't shake us off that easily !!!.

Thank you Mike and Katrina.

Rosi

U3A CHARITY GARDEN PARTY – TUESDAY 16 SEPTEMBER 2008

In aid of **HELP**

WANTED : WANTED : WANTED : WANTED : WANTED :

The above event will take place on Tuesday 16 September at the home and lovely garden of our members Sean & Marie Smith.

The party will start at 2:30 p.m. and end about 5:30 p.m. with loads of fun events and wonderful prizes to be won.

Entry is by ticket only and these will be sold on Wednesday 25th June at the Parador. Angela & Rosi will be there from 10:00 a.m. to take your money.

The entry charge is € 5 and this includes a glass of wine or similar drink. Thereafter drinks, cakes, flans etc.. will be available starting at the knockdown price of € 1 per item.!!

We need from you, prizes for the Tombola e.g. bottles of wine, unwanted gifts that you have received, bottles of spirits etc... but why am I telling you this ??? Many of you came last year when Lin & Terry Jones kindly hosted the event for MABS and you know what we need, so please, please, please, bring something with you to the Parador on the 25th June, pass it to Angela or Rosi and we'll do the rest to change your gift into cash for this really worthwhile cause.

ANGIE'S BOOK STALL

If you have unwanted books please bring these as well, we will have a book stall there for you .

PHOTO COMPETITION !!

Bring your camera and snap a picture showing member(s) having fun at our *Summer Garden Party*. Submit your photo (at the general meeting in the Parador on Wednesday 24th September) with your name on the reverse (maximum A4 size on plain/photo paper) in an envelope with PHOTO COMPETITION written on the outside. A prize will be awarded to the winning entry (judged by an independent panel), to be announced on the 24th September. Entry by donation of 2 euros to Javea HELP. Rosi

"HEALTHY LIVING IN SPAIN"

A one day Seminar is being planned to take place in February 2009, with the aim of providing an informative and educational programme of talks on various topics relating to *healthy living in Spain*, with opportunity for questions and discussion in an informal and social environment. Please note that this will cover health issues **in general**, and not any specific problems relating to individuals. I would like to hear from any members who have previous experience of working in the health field, who may be interested in possibly taking a part in leading a session during the day, and I will arrange a meeting in September to discuss ideas for the Seminar programme. I would also like to hear from members who may be interested in attending such a Seminar, and any suggestions you may have for topics to be covered in the programme. Please email angelachantry@gmail.com or tel. 966460978

MEMBERSHIP

IMPORTANT - CHANGE TO THE WAY IN WHICH RENEWAL SUBSCRIPTIONS WILL BE COLLECTED

From September 2008 we will be initiating a change to the way in which renewal subscriptions are collected, with the intention of making all subscriptions payable in the month of January. Members whose subscriptions fall due this September will be asked to pay pro-rata for the period up to December **plus** the 12 euros due for Jan-Dec 2009. For example, if your normal month of renewal is September, you will be required to pay 4 euros (for the 4 months Sep-Dec), + 12 euros; October you will pay 3 euros + 12 euros, and November 2 euros + 12 euros. All the remaining members, whose renewal subscriptions are due between Jan-June 2009, will be required to pay them in January 2009 – again on a pro rata basis according to your normal month of renewal. So for example, January will be the normal 12 euros, February 11 euros, and so on. If you are not sure when your renewal is due, please ask either myself, or at the Renewals Desk on entry to the general meeting.

It would be extremely helpful, and save everyone's time, if you can bring the exact cash payment ready in an envelope. In future, a stricter policy will be adopted towards prompt payment of renewal subscriptions – within 2 months of the due date, January - after which membership will be withdrawn (the exception being cases of serious illness, where the Membership Secretary has been informed).

The waiting list: all those on the waiting list are going to be invited to attend a special meeting in the Parador in October, at which time they will be offered the opportunity to enrol as “Associate Members” of the Javea U3A. This will enable them to participate in travel outings, groups/activities, and to benefit from the discounts offered. However, the new members will not be able to attend the monthly meetings at the Parador until such time that they have been fully absorbed into the general membership. We anticipate running additional travel trips, and requesting new members to consider leading a new activity or a group to run parallel with an existing one which may already be fully subscribed, for example, a second “Dining Out” group. Angela will be contacting our “members in waiting” during the summer break.

A REMINDER TO ALL MEMBERS: Changes of email addresses, telephone numbers, etc., should be notified direct to Angela Chantry. Names for the waiting list can be given to any Committee Member, or email to angelachantry@gmail.com – Membership Secretary

It is with much regret that we announce the death of our member Victor Davies. Many of you will know him from his attendance at Parador meetings and his support of Cultural Art Trips. Victor died peacefully at his home recently and we would like to take this opportunity to offer our sincere sympathy and condolences to his widow Nina and her family. Rosi Evans.

GROUPS INFORMATION

Thanks to those of you who signed up for the Desalination Plant visit. I shall be contacting you with a date in about 6 week's time.

From the Suggestion Box – Ask people what they want to learn.

Please think about this question. What would you like to learn? Also, could you help to lead such a group. This may be just for one session, or a group of 4 sessions, or on a longer term basis. You do not have to be an expert – just enthusiastic about the subject and willing to share your enthusiasm with others. In September I shall be asking for your ideas and offers of help on this.

Go to the website and look at the New Activity Calendar showing all the Groups currently running, the dates on which they meet, the time and venue.

If you go to a restaurant, bar or social club that has a fairly private room which you think might be a suitable place for a U3A group to meet, please give me the name and address, even if you do not belong to a group. We are always looking for new venues of all sizes.

Elizabeth Collins – Groups Co-ordinator

PARADOR REMINDER

Please remember that the Wednesday monthly meeting is strictly for members of Javea U3A only. Regrettably lack of space does not permit the attendance of friends or guests at this event.

EX – PAT SURVEY RE. LIFE ON THE COSTA BLANCA

Those attending the Parador meeting will hear a brief outline from Maria Casado –Diaz on an extensive survey she is undertaking for the University of Alicante on life on the Costa Blanca for ex- pats.

If you can help by taking part in this survey (there are no contentious questions and you are not identifiable) please go to our web site www.u3ajavea.org and under What's New you will find the survey. Alternatively, Maria will bring to the Parador , paper copies with a stamped, addressed envelope if you prefer to complete that way.

Maria has offered to come back to us next year with her findings. She is currently at the University in Alicante but can usually be found at Bristol University in England.

Rosi

BACK TO THE FUTURE - COSTA BLANCA NEWS JUNE 2009

The outgoing President of Javea U3A today presented a cheque for 12,000 Euros, this being the final closing balance of the U3A account, to the charity HELP of Denia. This is in accordance with the Association's statutes written four years ago. By Spanish law it is necessary when starting any association to specify where the remaining funds might go in the unlikely event of the association closing down. The President, Mrs. Evans expressed her dismay at this turn of events. She told our reporter that, for the past year, she had appealed for people to come forward to help run the Javea U3A but had received little support from the 700 members.

Our reporter has followed the amazing success story of the Javea U3A since it began in 2003. A great many people have benefited from membership, finding new friends and forming 30 different groups to share interests and activities, also carrying out fundraising activities for local charities. The monthly meetings held at the Parador were always well attended and interesting guest speakers came and covered many subjects. The travel section, which always had tremendous support from the members, will be missed and no doubt local travel businesses can look forward to an upturn in profits.

Our reporter was unable to find any U3A member willing to be interviewed - most people saying 'don't ask me', 'no, not me, I'm too busy' and 'I don't live here all year'. The majority appeared too apathetic to comment.

Following the announcement of the closure the neighbouring U3As in Denia, Calpe and Moraira immediately closed their membership lists, stating that they were unable to accept any additional members specially those carrying the Javea apathy gene.

Javea U3A Short Story Competition

We are running a second short story competition and hope that many of you will stimulate your imagination and put pen to paper.

1. The subject is : 'CASTLE'.
2. A maximum of 2500 words typed with double line spacing and numbered pages.
3. The author's name, story title and the word count to be provided on a separate sheet to ensure anonymity during judging.
4. Entries to be given to Sally Wells by 30 September 2008.
5. First prize is a €50 book token.
Second prize is a €30 book token.
6. Please contact Sally Wells if you require further information.

BALLROOM & LATIN AMERICAN DANCING: Every Wednesday at L'Ancora tennis club (near Arenal Beach) 9pm – 10pm with Amanda. Phone Amanda or Elizabeth Collins for details.

AMANDA: Mobile: 626676024, Tel: 966427814

AGENDA 21 INFORMATION: Meeting: Thursday 26th June. Contact group Leader Tim Ladd for more information.

BRIDGE GROUP: Contact Group Leader for further details.

CARD GAMES FOR PLEASURE - More details in September's Newsletter

COMPUTER SELF-HELP GROUP: The group is now fully established and meeting regularly. Sadly, for the moment we cannot accept any further members.

CRAFT: Contact Group Leader.

CULTURAL ARTS:

The Vall del Pop U3A are organising a coach trip to see the Cirque du Soleil production Quidam in Alicante on Sunday 10th August, for the 18.00 hrs performance. The price is 70 euros, to include transport and entry ticket, (payable on booking). Tel: Brigid Redmond on 965 732 529, or email brigred@europa-network.com

Please see the July Cultural Arts Newsletter on the website for information concerning other summer events.

DEBATING GROUP: Once again it is not possible to hold even a dry run due to lack of interest, I will try again in September.

DIGITAL PHOTOGRAPHY: Bookings are currently being taken for a joint Photographic and Gardening Group visit to the Jardin Escultorico at Alfaz de Pi on 8th July. Cost €12. Contact Dodie Hodgkinson on digital.photography@u3ajavea.org to book a place.

There are currently a couple of vacancies for this group. Please contact the group coordinator via the link on the web site to discuss availability. Members should be prepared to contribute to the group's programme.

DINE AND DANCE: Contact Group Leader.

DINING OUT: On the 24th June 34 members of the group took over the new restaurant on the Arenal called the Dining Room. We all had an enjoyable evening with good food and wine. On Tuesday the 24th June 46 members will be dining at the restaurant La Cumbre. There will no Dining out events in July or August.

GARDEN CLUB: Contact the Group Leader.

GENEALOGY: Contact Group Leader.

HEALTH WALKING: We are pleased to announce the launch of the programme for the new U3A Health Walks starting in September. Attached to this newsletter is a registration form and a walking programme. Please note there has been a lot of interest in the walks and therefore we may need to limit numbers so allocation of places will follow the sequence of registration forms received. Each walk will last approximately one hour and initially walks will be on easy terrain. Once we are all a little fitter then we shall start to set more challenging walks. Details of the walks and registration form are also available on the U3A website and also at the U3A meeting on 25th June."

HISTORY GROUP:

The next talk will be give by Alan Oliver on 27th June at 3.30 at the Javea Player's studio.

The subject: The Peninsular war (1808 - 1814). Why Britain started a land war with the French in the Iberian Peninsular. The Corunna campaign and Wellington's 6 year effort to eject the French from Spanish soil.

There are still spaces available so come along and learn but more to the point have good fun and a drink!! Please contact the Group leader if interested

INFORMATION TECHNOLOGY (IT) PARTNERS GROUP Please contact the Group Leader on IT.Partners@u3ajavea.org. See the web site for a proforma for information.

NB Computer repairs are not included in this project and it is not possible to offer help with specific equipment e.g. digital cameras

LIVING GLUTEN FREE: Individuals who are gluten intolerant and therefore need to follow a life-long gluten free diet have an autoimmune disorder called Coeliac Disease. We refer to ourselves as "Coeliacs" and our medical treatment is our diet. This group is designed to assist others like myself in coping with such a regimen on a daily basis, locating suitable alternative foods and recipes and how to avoid dietary mistakes when eating outside of the home environment.

Identifying whether food or drink is gluten free or not is a major headache; for both the Coeliac and those brave enough to cook for us. So, in an attempt to provide clarification here is the fourth article in a short series looking at food labelling and ingredient listings.

Spanish Vocabulary

Reading labels is a necessary evil for Coeliacs, as it is for many other groups too. Listed below are commonly found Spanish words for ingredients that are NOT gluten free.

Trigo	Wheat
Cebada	Barley
Centeno	Rye
Avena	Oats
Malta	Malt
Jarabe de malta	Malt syrup
Extract de malta	Malt extract
Salvado de trigo	Bran
Germen de Trigo	Wheatgerm
Cerveza	Beer

MAHJONG: The last Mahjong session before the summer break will be on Tuesday 24th June at 3 p.m. We will reconvene for play on Tuesday 2nd September at 3 p.m. at the usual venue Grand Café, Toscamar, Jávea. I look forward to seeing our group then, and wish you all an enjoyable summer.

MEDITATION AND MENTAL WELLBEING: Contact Group Leader.

MUSIC 4 U GROUP: (Popular Classics). Contact Group Leader.

PETANQUE: Contact Group Leader.

POETRY FOR PLEASURE: PFP is a new group which we are in the process of setting up. It will be a small, informal group, meeting monthly. There is already some interest, but we still have room for more members. Some of you might be put off, thinking PFP will be too serious, too academic, too intellectual. Please think again. The whole idea behind PFP is to attract members who are anything but experts. All we ask of members is that each of you bring along to each meeting a couple of poems you have chosen. These could be any type of poetry – humorous or serious, love poems or war poems. They could be old or new. They could be translated from languages other than English. We will then ask each of you to read your poems out to our small group – say, anything from 10 to 15 of us. We can then talk about them, say why we chose them, or what they mean for us.

After my retirement, back in the 90s, I wanted to take up new interests. When some friends asked me to join a poetry group, I was very reluctant. I was concerned that they would all be experts, whereas I had not read a poem since my schooldays. But I was totally surprised by what happened when I did eventually take the plunge. I found it to be a really fun experience, and found new friends in a group where none of us were experts, where we all learned from each other, and where I certainly discovered new interests. The upshot was that I now have an interest in poetry which would have been far beyond my imagination just a decade or so ago. It is my hope that PFP could do the same thing for others.

The precise way in which PFP will work has still to be determined. The idea is for a group which will genuinely reflect the interests of all its members. So we need your ideas and suggestions. We want a group run by members for members. If you feel you might have an interest, please get in touch with the Group Leader.

QUIZ NIGHT: We hope to have a quiz in September but due to family circumstances this may not be possible. There will be a quiz in October and December.

SCRABBLE: Contact Group Leader.

SNOOKER: Contact Group Leader.

SOLO ON A SUNDAY: Come and join us on a Sunday lunchtime, make new friends and enjoy yourself and everyone is welcome!! On the 22nd we will have visited Bonboneria and the next venue will be at the Javea Golf Club on the 13th July. Looking forward to seeing you and spending a nice afternoon together.

TRAVEL GROUP:

Tuesday 8th July - a re-run of the recently cancelled trip to Tabarca Coach leaves Rafalet 9.00 am returning circa 6.30 pm. Price including coach and boat 20 Euros. Payment at today's meeting please. Organiser John Price. If you have already paid and are not available on 8th July you can collect your full refund from John at today's meeting.

Thursday September 11th - *day trip to Monastery Sant Jeroni de Catalba* near Gandia - includes a guided tour of the monastery (hopefully in English!) and then on to lunch (not included in the price) at the town of Alfauir. Depart Rafalet 9.30 am and depart Alfauir 3.15 pm for a visit to the Ducal Palace in Gandia or to explore the shopping precinct. Arriving back Rafalet 6.00 pm. Price including tours and coach 15 euros p/p. Payment at today's meeting please. Organiser John Price.

Tuesday 30th September to Saturday 4th October – *The Monasterio de Piedra and Zaragoza*

This trip is currently full, with a waiting list. If you have not already done so, would you please collect a form for your **emergency contact information**. There will be a presentation on **“Piedra & Zaragoza”** at Las Brisas Restaurant on Thursday, 18th September, during which you will be able to discover some of the interesting sights that we will be visiting, ask questions, and meet your fellow travellers, followed by a menu del dia lunch. Arrive at 11.30 a.m. for a 12.00 p.m. start, and please have your payment for the lunch (14 euros pp) ready in an envelope with your name on the outside. For participants not on email, please collect a copy of the programme/menu for the presentation. Organiser: Angela Chantry

October (date t.b.c.) - Trip to Villena and Novelda

To include visits to the Archaeological Museum to see the 1000 year old treasure of Villena, the 11th century Moorish Castle of Atalaya, the 12th century Mola Castle and Sanctuary of St. Mary Magdalene and the Casa Modernista Museo in Novelda. Possible overnight stay in the Hotel Salvadora in Villena. Full details will be given in the September newsletter. Organiser: Angela Chantry

November - more details in September Newsletter

A night at Benidorm Palace (new show)

A day's Xmas shopping in Alicante

A day in Valencia including a visit to the Lladro factory

November 26th - a social lunch following the final meeting of the year

Xmas dinner dance

PLEASE NOTE - Travel organisers will be at the Parador on the days of the meeting from 10.00 am to collect any monies for the trips in an effort to reduce queuing after the meeting.

If you are unable to use a trip which you have already paid for you should inform the organiser and where possible, you will be given contact details of the next person on the waiting list for you to make contact and collect your refund from them. We have a clearly defined policy whereby guests are only permitted after all else has been exhausted and then the guest will pay 50% premium on the trip price. We do not allow non members substitutions as it is unfair to our members. **Mike Frost**

In the interests of reducing the size of the Newsletter the Registration of Interest Form and Emergency Contact Form will not be printed but will be available on the travel desks at the meeting.

****CHANGES TO METHODS OF PAYMENTS FOR TRIPS****

In future you will have the choice of either paying by cheque, as previous, or by bank transfer for payments of 50€ and over.

Cheques made payable to **ASSOC SOCIAL DE LA TERCERA EDAD DE JAVEA** with your **NAME** and **THE NAME OF THE TRIP** being paid for printed on the reverse of the cheque. Please note that we need a **separate** cheque for each trip that you book.

Bank transfers must also state your **NAME** and **THE NAME OF THE TRIP** and be paid into the following account.

ASSOC SOCIAL DE LA TERCERA EDAD DE JAVEA

CCC 2090 0446 30 0040016233 CAM BANK

TRAVELLERS' TALES GROUP: Our next meeting will be on Tuesday 24th June, when Helen Granville will give a presentation on her tour of *Borneo* with husband, Mike. 11 a.m. for an 11.30 a.m. start. Venue: The Javea Players' Studio. Turn right just past Book World Espana (which is opposite Mercadona on the hill towards the old town), and first right again (Cronista Figueres Pacheco 6). The Studio is a few doors further on from Restaurant/Bar Fuentes – email/telephone the Group Leader if you would like to stay on after the meeting for a menu del dia lunch.

WALKING GROUP: Our first walk of the autumn season will be on Thursday 2nd October. Meet 9.30 a.m. Tourist Office Car Park, Benitachell, opposite Mas y Mas. Please make sure you have ample water, refreshments, and comfortable walking shoes/boots. Telephone the Group Leader if you have any queries.

WINE APPRECIATION: We had a very interesting talk this month on the sweet wines of Alicante, given by one of the group members, Michael Holland. The talk and the wines were received well by those present, because few get much opportunity to try sweet wines, which were complemented by some really nice tapas at Bon Appetit, which has become our normal meeting place. The wines tasted ranged from an everyday Moscatell from Teulada through some interesting sweet wines from the bodega of Enrique Mendoza, and finished up with the famous, and very unusual, Fondillon. Next meeting will be in September, date to be

confirmed.

SUGGESTIONS / INFORMATION

1. Discounts are available to U3A members on production of membership cards. The discounts include Car Hire, Car servicing and repairs, Insurance and Medical, plus several good shops and businesses in and around Javea. Please see the discounts page on our web site for more information. www.u3ajavea.org/Discounts.htm.

NEW DISCOUNT

Fiesta Crafts – A Craft, Party & Gift Shop offers members 10% discount on any products not already reduced. Fiesta Crafts is on Ctra Cabo La Noa just around the corner from the New Wok Buffet, almost opposite Barclays Bank. Tel. 96 646

20% DISCOUNT ON PURCHASES AT TIFFANY'S JEWELLERS

Tiffany's Design & Manufacturing Jewellers, on Marina Espanola in the Port, now have cards for us to show, when claiming our discount of 20% off purchases and 10% off repairs.

So, next time you're having your coffee or cocktails at Attico or La Esquina pop into Tiffany's and see Keith or one of his staff who will happily register you & give you a card for your discounts.

2. Telephone calls: So as to avoid extra costs to the U3A for phone calls, we have chosen to adopt a policy whereby it is the responsibility of the individual members to contact group leaders and committee members. You are requested to call again instead of leaving a message asking for someone to call you back.

3. Newsletter: Every effort is made to have the latest Newsletter on the website and emailed two days before the general meeting. This way you can obtain advance notice of any excursions and would be able to bring sufficient funds for deposits etc.

4. Membership: For your information each month we send an up-to-date list to group leaders for them to confirm membership details at their meetings. **N.B.** Husbands and wives both need to be members!

5. Refunds: We have a policy of no refunds for the travel bookings. We keep our prices as low as possible and sometimes giving a refund could result in a loss. We do try to resell the place if possible, and would then of course refund the money.

6. Insurance: Members are reminded that as has been announced on previous occasions, they are responsible for their own insurance. U3A Javea is not liable in any respect for any loss or injury that may be suffered by Members whilst participating in the Association's activities.

7. Attendance: If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know.

U3A Health Walk Registration Form

The following information will be kept for Health Walk records only.
Please let us have the following details which will be treated in confidence.

Name

Address.....

.....

Telephone No.....

Mobile Number.....

Emergency Telephone No.....

Email Address.....

I accept that I participate in the Health Walks at my own risk and I am responsible for my own well being at all times during the walk.

Signed..... **Date**.....

Full Name (please print).....

Please indicate your current fitness level (circle appropriate level)

- 1 Very active lifestyle - walking/exercising 4/5 times per week
- 2 Moderate exercise - walking/exercising 1/2 times per week
- 3 No regular exercise taken / poor health

1. **Details of walks will be available on the U3A website and at the monthly meeting.**
2. **This form must be completed prior to attending any of the walks.**
3. **Please forward the completed form to Shirley King Calle Columbia 26 Javea 03730 or via email to Shirley@kingsrus2.com before 31^s August 2008.**
4. **It maybe necessary to limit numbers on the walks and attendance will be on "first come first served basis".**

U3A Health Walks Programme Autumn 2008

Day	Date	Time	Meeting Point	Walk Leader	Car Parking
Monday	22nd September	10:00 AM	Port side of the Parador Hotel	Rosi Evans	On the Beach
Monday	29th September	10:00 AM	Cami Del Tossals/Jesus Pobre Road	Shirley King	Tiffanys/Top of Cami del Tossals
Monday	6th October	10:00 AM	Newsagents Arenal	Geoff Spinks	Arenal Car Parks
Monday	13th October	10:00 AM	Car Park nr Original Charity Shop	Jean Miller	Car Park by the roundabout
Monday	20th October	10:00 AM	Monastery Car Park on road to Cap St Antonio	Sally Merrett	Monastery Car Park
Monday	27th October	10:00 AM	Wok Restaurant nr Barclays Bank	Christine Braid	Parking on road nearby
Monday	3rd November	10:00 AM	Javea Tennis Club	Karen White	Parking on road nearby
Monday	10th November	10:00 AM	Outside Scallops Arenal	Sally Merrett	Arenal Car Parks
Monday	17th November	10:00 AM	Amanacer La Plana	Rosa Mansell	Parking at restaurant
Monday	24th November	10:00 AM	Wok Restaurant nr Barclays Bank	Christine Braid	Parking on road nearby
Monday	1st December	10:00 AM	Restaurant La Mena	Rosa Mansell	Parking at restaurant
Monday	8th December	10:00 AM	Cabo De La Nao Light House Car Park	Karen White	Lighthouse Car Park
Monday	15th December	10:00 AM	Marriott Hotel	Jean Miller	Marriott Hotel

- 1 In the event of poor weather conditions the walk will be cancelled
- 2 The Group Leader will advise on the day by 9am via email if the walk is cancelled
- 3 If email is not the preferred means of communication please telephone Group Leader on 965792436
- 4 Cost of registration 1 euro per annum payable on attendance of first walk to cover cost of administration
- 5 All walks will be of approximately one hour 3 / 5 kms and start promptly at 10 am
- 6 Dogs are permitted on walks but in the interest of safety must be on a lead at all times
- 7 Following the walk you are invited to join us for refreshments at a local café/bar/restaurant.

I accept that I participate in the Health Walks at my own risk and I am responsible for my own well being at all times during the walk.