

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

NEWSLETTER MAY 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 Peter Atkinson, speaking about the "Moors and Christians".

SITUATIONS VACANT

Vice-President for Javea U3A.

If you are willing to stand for this position you should apply by e-mail to the President, Rosi Evans, with the names of your proposer and seconder. More about this position, or any of the positions on the committee, job descriptions are available – see below.

JOB DESCRIPTIONS FOR JAVEA U3A COMMITTEE MEMBERS

The Job Descriptions are also available on our Web Site, www.u3ajavea.org/About Us.htm.

WANTED !!

An informal gathering on Monday 19th May for members to have a coffee & discuss possibly taking on a committee role resulted in the totally underwhelming appearance of **one member only !!**

Now come on everyone, we have 700 members & a wealth of talent out there. Please come forward & have a chat with anyone from the committee, your presence is needed & you will be given all the help that you require. It's not an onerous task and you could have a lot of fun, so please do get in touch & come & help with the running of your U3A.

Rosi

WE HAD A BALL !!!

On Friday 16th May some 400 U3A members & friends gathered at El Canor in Teulada where they dined, drank and danced 'till the early hours. It was an excellent opportunity to invite non members, and our fellow members from other U3As and local clubs and the

general consensus seems to be that all attending thoroughly enjoyed their evening. There have been a lot of requests for a repeat of this event and it may well occur in the future, at present my toes are still sore & my head aches from balancing the books (which surprisingly they did !!) nothing to do with alcohol consumed you understand, so no dates are appearing on the calendar yet.

I would like to take this opportunity to thank Angela Chantry very much for all her help and support with the Ball which did so much to make it all possible. Thank you Angie.

NOW – DON'T PUT YOUR GLAD RAGS AWAY as there is an opportunity for an action replay !!! On Friday July 4th, a Ball is being held at El Canor in aid of **MABS** Cancer Support Group. Tickets cost € 45 per person and can be purchased from our **Treasurer Lin Jones**. So, an excellent opportunity to keep the toes twinkling and give the posh frocks another outing.

See you there.
Rosi Evans

Friday 20th June - *Midsummer Night BBQ and Dance*

Vall del Pop U3A have invited our members to join them for an evening of music and dance with a Caribbean theme! Venue: La Vall Restaurant, Jalon (on the Benissa to Jalon road, almost opposite the Lady Elizabeth's School), on Friday 20th June at 7.30 p.m., with live music by Paul Simon Wright. Cost: 20 euros which includes tapas, BBQ, dessert, ½ bottle wine p.p. and gratuities. Dress: flowers, crazy shirts, shorts or longs, sarongs, grass skirts, straw hats! There will be a prize for the "best dressed" couple. Contact Agnes tel. 96 648 2549.

Thursday 29th May – *A Walking Treasure Hunt!*

This event is now full. Would participants please meet at the Jubama Café Tapas Bar, which is opposite Hotel Miramar in the Port (just along from the Tourist Office), at 10.15-10.30 a.m. Organisers: Angela Chantry and Paul Pruden.

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

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membership will be withdrawn (except in cases where the Membership Secretary has been informed of illness or an extended period away from Spain, for example, which will result in a delay).

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

Desalination Plant Visit Two informative and interesting visits took place on 7th and 14th May. As there are some people who were not able to attend on either date, another trip will be organised later in the year (Sept/Oct). If anyone is interested in visiting the Plant later in the year, please email or call with name, numbers and contact details and you will be contacted when dates have been agreed. groups.coordinator@u3ajavea.org

GROUPS INFORMATION

You will note that a number of groups which were mentioned in the April newsletter have not been added to the Group Activity List for this month. These groups did not receive enough interest to enable them to start up. However, if the group leaders are still willing to start a group, we shall try re-launching some of them after the summer break.

Group Leaders' Meeting

A meeting was held on 20th May to enable all Group Leaders to present any ideas or suggestions they have to the Committee and to each other. Group Leaders will, no doubt, discuss any items they feel are appropriate with their group members.

Elizabeth Collins – Groups Co-ordinator

WARNING – BE CAREFUL

We happened to check our bank account last night on line - to discover three lots of 600 euros had been taken out at three locations, places we do not know. We only have bank cards which have not left our hands, no credit cards. Bob only withdraws cash from the machine at our bank at the top of the road and we very rarely pay by card, except at the supermarket and for petrol. Managed to stop the cards last night by telephone and this morning at the bank they just registered the three separate claims for the lost amounts. Will take a few months, hopefully to be refunded. No explanation how money could have been withdrawn without the card or pin number, also we have only ever been able to draw 300 at a time. No reply when Bob kept saying how did they do it, just a blank expression.

In frustration I spoke to a reporter on the local newspaper Coastrider as they often have articles on identity fraud etc. He said the crooks would have had sophisticated equipment a camera at the machine, cloned the card and photographed the pin number as it was used. Probably were around the machine all that day. Best to put hand over as you enter pin numbers. In future we will go into the bank to draw cash.

A Member of Torrevieja U3A

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.

Trip to Jardin Escultorico Alfaz del Pi

The Photography and Gardening Groups are taking a trip to the Jardin Escultorico, Alfaz del Pi on Tuesday July 8th. There are some places left which are offered to other members of U3A.

The Jardin Escultorico was set up as a foundation by John and Johanna Klein in 2002. The purpose of the foundation is to promote culture and nature. The garden is situated between Altea and Benidorm, at Alfaz del Pi.

The garden consists of 20,000 square meters of botanical garden including 300 rose bushes, a palm garden and a park with Mediterranean trees and there are 18 statues in steel and bronze. The cost of the trip is €12 for the coach and entrance fee. Departure 11.00 from Avenida d'Ausias March (outside Interiors Kitchen Shop, Javea Port). Following the visit there will be time for lunch and free time in Albir before returning to Javea for 5.00pm.

If you would like to join us email Dodie Hodgkinson on digital.photography@u3ajavea.org

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.
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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

CRAFT: Contact Group Leader.

CULTURAL ARTS:

Friday 6th and Monday 9th June – *Montgo Chorale Inaugural Concert*

Montgo Chorale will perform works by Haydn, Purcell, John Blow, Mendelssohn and Gordon Lawson. Each concert will commence at 20.30 hrs, the first in the Iglesia Santa Maria, Jalon, and the second in the Iglesia de la Santa Cruz, Pedreguer. Admission is by Programme, priced at 10 €, available today from Angela Chantry/Gill Atkinson

Sunday 8th June – *Brunch, Cava and Music at the El Rodat Hotel, Javea*

Sunday 8th June – Brunch, Cava and Music at the El Rodat Hotel, Javea Christian Neumann, violin, and Carsten Linck, guitar, will perform Sarasate's Gipsy Fantasy, Bizet's Carmen
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Suite, and other Spanish classics. The music will be in two halves, with a glass of cava and hot/cold brunch in the interlude, and the performance commences at 11.30 a.m. The normal price is €35, but for Javea U3A members and their guests who pay in advance, the price will be €30. Angela will be collecting payment in cash today.

Monday 9th to Saturday 14th June – *The Javea Players' "Double Bill"*

The Javea Players will be performing *What's For Pudding* and *Darlings, You Were Wonderful*, directed by David Garnett, and this double bill of very amusing entertainment and barbecue is at the Restaurante La Micheta which is next door to the Ifach Golf Club, off the Moraira to Calpe road; arrive 7.30 p.m. for 8 p.m. . The inclusive (BBQ buffet with wine and 2 shows) price for the evening is 16.50 euros. Box Office opens 1st May (0900-18.00) 966 491 276

Sunday 22nd June – "*A Night at the Opera*"

Jose Antonio Navarro, tenor, Emilia Vera, soprano, accompanied by Ana Fabra, piano, will perform arias and duets from *La Boheme, La Traviata, Turandot* and famous songs by *Donizetti* and *Verdi* (also including *Nessun Dorma*). Venue: El Rodat Hotel, Javea, commencing at 20.00 hrs. Normal price is €20, but for Javea U3A members and their guests who pay in advance, the price will be €15. Angela will be collecting payment in cash today.

Please see the June *Cultural Arts Newsletter* on the website for additional information.

AGENDA 21 INFORMATION: Introductory Meeting: **Thursday May 29th**. Follow up Meeting: **Thursday 26th June**. Contact group Leader Tim Ladd for more information.

BRIDGE GROUP: Begins Tuesday May 26th at the Parador, starting at 3pm. Contact Group Leader for further details.

CARD GAMES FOR PLEASURE - From October we would like to put together small groups for "social games of cards"; these will include Whist, Kaluki, Rummy and others. Hopefully we shall learn from each other and enjoy our card evenings. So that we have an Idea of how many groups to form, if you are interested please contact the Group Leaders (email:card.games@u3ajavea.org) or via the Group Coordinator (email:groups.coordinator@u3ajavea.org) and you will be contacted at the end of September with further details.

COMPUTER SELF-HELP GROUP: Please contact the group leader, Tom Stevenson, for more information.

DEBATING GROUP: I will try and set-up another dry-run in June at my place when I return to Javea. Meantime if anyone is interested, please either telephone or email Group Leader.

DIGITAL PHOTOGRAPHY: The next meetings of the group will be on 27th May and the 24th June. In May the topic will be the use of cloning with PhotoShop Elements by Diane and Michael Holland and in June Tom Miller will introduce the topic of Group/Party Photographs. Meetings are at 2.15 at the Centro Social, Javea pueblo.

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: The last event was an evening at the Indian Palace, attended by 10 members who enjoyed a good curry and danced to excellent swing music. The next event is planned for the 14th June, at Las Brisas, who are having their summer ball. Music will be provided by Double Impact (who played at the May Ball), and the restaurant has a special "4 for the price of 3" offer on their normal menu price of around 25 euros. Contact Pat Wykes.

DINING OUT: On Thursday 12th June we have booked The Dining Room Restaurant at the Arenal (opposite supermarket Masy Mas). It has been open about 3 months and we were recommended to try the venue by 2 of our members. We had an excellent meal and have since received good comments from other members who have visited the Dining Room. Unfortunately we are going to be limited to 32 diners and therefore when we forward the menu to you at the end of the month we will accept bookings by the first members who reply by email with their menu choice.

Our second venue for the month will be Restaurant La Cumbre at Cumbre del Sol. on Tuesday 24th June 08. For members who have not visited the venue it has great views over the sea and the menu is very good. We will not be restricted with numbers at this restaurant and members will be able to reserve for both venues.

GARDEN CLUB: Members of the Garden Group visited The Mediterranean Garden of the Fundem Foundation at L'Albarda on the La Sella Urbanisation near Pedreguer. Members had a guided tour and afterwards most elected to have lunch together. A very pleasant day out. The June meeting will be at Pam and Ron Steele's garden. Details from the Group Leader.

GENEALOGY: This month the group considered whether its name should be changed to Family History Group rather than Genealogy as it was more reflective of its activities.

The next meeting will be held on Tuesday, 17th June at 2.30pm at the usual venue of the Social Centre in Javea when Jean will talk on "Jobs Worth" a look at surnames and what they might mean. Any guesses as to what the surname "Bootflower" might depict! This will be the last meeting before the summer break.

HEALTH WALKING: Contact group Leader.

HISTORY GROUP: The next meeting is on Friday May 30th and for a change (and a bit of fun) we are having a History Quiz presented by Clive Hedge. Don't be put off as I'm sure most of us only just remember the date of the Battle of Hastings. It was 1066, wasn't it?

You will enjoy yourselves! **HISTORY IS FUN.**

INFORMATION TECHNOLOGY (IT) PARTNERS GROUP

The IT Partners Group aims to link up people who wish to improve their IT skills with those who are prepared to offer help in areas such as word processing, spreadsheets, email, web page design, photo editing, Internet searching. Tuition will take place in your own home and on your own equipment.

We already have offers of help with Word Processing, spreadsheets, PowerPoint, searching the Internet for Family Tree information, Web-site creation and a number of members have

received help with word processing and PowerPoint and managing digital photographs.

If you would like help in any of these areas, or if you could offer help with other software 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 third article in a short series looking at food labelling and ingredient listings.

Quality Symbols – Global



The Crossed Grain Symbol is known globally as a symbol of gluten-free food and the charity Coeliac UK owns this mark in the UK and the European Community. The charity instigated the Codex Standard for permissible gluten levels which was set at 200 parts per million in 1981 and is still in force today, although moves are underway to reduce this to 20 ppm. Even at this lower level it will still be in excess of the 10 ppm maximum currently demanded and enforced by Coeliac Spain (see U3A newsletter April 2008). However, the presence of this symbol provides a valuable indicator of safety and products bearing it are an important part of our daily intake especially for items imported from the UK. So, have a look at your shopping, how many Crossed Grains can you spot?

MAHJONG: With age certain functions of the brain begin to slow down. Just as there is a reduction in our physical strength and stamina, so our brain is affected. As with our bodies, we need to regularly exercise the brain.

Mahjong is a fun way of doing this. It is not a difficult game to learn, but once learnt, gives years of enjoyment and mental stimulation.

For any members of the U3A who might be interested in learning or just seeing how the game is played, we are having “open” days. These will be each Tuesday in June at 3.00 in the Grand Café Toscamar, Jávea. There will some members of the MahJong group giving a demonstration in the Parador, prior to the May meeting. If you require more details please phone Group Leader.

MEDITATION AND MENTAL WELLBEING: Contact Group Leader.

MUSIC 4 U GROUP: (Popular Classics). The group has taken off and by the time you read this it will have had its second session of lovely music on a Sunday evening 6pm – 8pm. Any member of U3A is welcome and if you would like to join us for the next session on June 22nd contact the Group Leader Pat Robinson to be added to the list and receive further details and directions.

PETANQUE: * STOP PRESS* - The bulldozers have been in at Charlie's Bar – so at present they have no petanque courts. So as a temporary measure we are playing by the apartments near Barclays Bank. 3pm start as usual.

POETRY APPRECIATION & READING GROUP: Contact group leader for more details.

QUIZ NIGHT Our next fun quiz on **Wednesday June 18th** will again be at the Bar Mediterraneo in Avenida Mediterraneo, Teulada. There is underground parking available next door just above the Bar. Time: **7.30 for 8.00pm start.**

The price is **15€** per person to include meal & half bottle of wine and prizes. Choice of menu is from lamb, chicken, fish or vegetarian. You can pay me at the monthly meeting or on the door on the night, when tables will be drawn for groups. Please contact Group Leader to book your place.

SCRABBLE: We would welcome Scrabble Players - all levels - to come and join us! We play on Friday afternoons each week from 2.15 pm. Please ring or email Anne Roberts for more info.

SNOOKER: Contact Group Leader.

SOLO ON A SUNDAY : We have a very nice group and new people still joining us for Sunday Lunches. By the time you read this in the newsletter we will have visited El Rancho, who have been taken over by new management, on the 25th May. Next meeting will be on the 22nd June so please telephone me if you would like to join us and to know the venue. .Look forward to seeing you!

TRAVEL GROUP:

Thursday 5th June and Tuesday 10th June - day trips to Tarbarca. Coach leaves Rafalet 09.00 am arriving back 6.00 pm. Still some places for 10th June. Payment at today's meeting please. Organisers - 5th June Mike Frost; 10th June John Price.

Thursday 11th September - 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/tour of the Ducal Palace in Gandia or explore the shopping precinct, arriving back at Rafalet **6.00 pm**. Price including tours and coach is **15 euros** per person. Payment at today's meeting please. Organiser John Price.

Tuesday 9th to Friday 12th September – Walking in the Sierra Serrella

3 nights' stay in double/twin ensuite room – free accommodation with minimum spend of €37.50 pp per night for breakfast and dinner in the restaurant, inc. iva (drinks extra). Plus a payment of €50 pp which includes return transport from El Rafalet, Javea, to Hotel Els Frares, Quatretondeta (inland and west of Guadalest, nr Concentaina), and three guided walks as per the programme – all walks level grade 2 (mainly on paths, modest gradients with

ascents up to 500m in a day). Maximum number of participants = 22. Please ask for a copy of the programme; deposit required today 50 euros. Organiser: Angela Chantry

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

This trip is currently full, with a waiting list. Balance to be paid today, and please collect a form for your **emergency contact information**. There will be a presentation on “*Piedra & Zaragoza*” in mid-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. Details will be announced next month. Organiser: Angela Chantry

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 trip organiser so where possible a person (member) from the waiting list will be offered your place and then your money will be refunded. We have a clearly defined policy whereby guests are only permitted after all else has been exhausted and then the guest will pay a 50% premium on the trip price. We do not allow non member 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 27th May, when Brenda Bates will tell us about her recent travels in **Cuba**. Our final meeting before the summer break 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 final walk until the autumn will be on Thursday, 5th June, and this will be in the Jalon/Parcent area, with menu del dia lunch to follow at La Piscina Restaurant, Parcent. 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.

Date	Area	Duration	Kilometres	Ascent
5 th June	Tarbena	3	8	300

WINE GROUP: The wine group held their best ever attended meeting last Wednesday at Bon Appetit restaurant on the Arenal where we tasted the white and red wines from Costers del Segre and enjoyed some very nice Tapas. There were 7 new members this time which is very encouraging.

Next month's meeting will be at 12.00 on Wednesday 18th June when Michael Holland will give a talk on the sweet wines of Alicante and we shall sample 6 of them, the venue being Bon Appetit. The cost, as always, will be Euros 15 per head.

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

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.