

UNIVERSITY OF THE THIRD AGE : JAVEA

(www.u3ajavea.org)

NEWSLETTER November 2008

Committee:

President: Rosi Evans

Vice-President: Shirley King

Membership Secretary: Wilma Stevenson

Treasurer: Lin Jones

Secretary: Pat Ainsley

Groups Coordinator: Elizabeth Collins

Deputy Groups Coordinator: Jean Miller

Deputy Treasurer: Mick Cox

Deputy Membership Secretary: Sally Wells

Deputy Secretary: Sue Bentley

Webmaster: Sam Wells

This month the guest speaker is Michael Bulleid, a retired barrister.

A CHRISTMAS GREETING FROM ROSI .

HELLO EVERYONE

I'm very confident that you are all ready for Christmas, with presents purchased & wrapped, & of course your Christmas cards all written & addressed. If I am correct, please, please will you tell me how you do it ? My intentions so good in July and August have all fallen by the wayside (rather like New Year Resolutions), and unless Christmas is delayed for at least a month (rather unlikely I suspect) I foresee worrying times ahead !! Definitely gift vouchers for everyone as the grey matter fails to produce inspiration !!

The year has flown by again and we seem in Javea to have overall enjoyed a good one. Our U3A groups have increased , close to forty now, and our membership hovers around 900, as we now have our Associate Members on board. The travel trips have been great, we had our first ball in May, and an excellent Garden fete for the Charity HELP in September, and still new ideas are happening. We have had the sad times of saying goodbye to some committee members, who are stepping down after doing such good work for us all, but there are some very good new ones joining, all I'm sure with more ideas. However, it sounds corny, but it is your U3A and we need your thoughts and your suggestions, please let us know what you would like & we will do our very best to deliver !!

We are very conscious that the exchange rate is hitting us all badly & we are looking constantly for any reasonable discounts or deals to help us all, both in day to day products and in luxury items. Financially, 2009 looks like a difficult one so we will be bearing that in mind !!

May I take this opportunity to thank every committee member and every group leader for all the very hard work they have put into 2008 and you the members for supporting all the events & making it all worthwhile.

I wish you and yours a wonderful Christmas and good health & happiness in the New Year.

Rosi

November 2008

VERY SAD NEWS.

It is with much sorrow that we report the death of our long term member Rodney Butcher. Many members will know Rodney from his great support of the U3A and the many events that he attended with his lovely wife Ineke.

Rodney died on Sunday 16th November after a battle with cancer that at one time we all hoped he had won. Sadly this was not to be. We all offer our deepest sympathy to Ineke and her family.

Rodney with his cheery smiles & humour will be very sadly missed.

ELECTIONS

On November 26th, we will be saying goodbye to Sally Wells and Pat Ainsley. Both have contributed an immense amount to our U3A and have been with us from the start. Sally was responsible for dragging me along to the very first Javea U3A meeting at the Casa de Cultura , this building seats 140 people and we had a lot of space on Day 1 , but how quickly we outgrew it !! Sally became Membership Secretary, eventually passing this role to Angela and working as our Deputy Membership Secretary. Her cheery face greets the members each month & we will miss her humour so much at committee meetings. Pat Ainsley is best known to our members for the top of her head !! She can generally be found writing away recording the minutes both at the Parador & at our committee meetings. A task which I find incredibly difficult. However, the minutes always appear typed & ready and Pat has done a wonderful job for us. Like Sally, she meets & greets everyone before rushing in to the “ head down position “ and recording our words for the Association’s minutes. The two brave members who are standing for these positions are Jeni Oldfield (our quiz mistress) and Karen White who many of us know from Monday morning Health Walks. We will also ask you to elect a new Treasurer. Marie Smith is standing for this position and if elected will take over in January. However Lin Jones will remain with us to see through the year end financial figures and we will not have the sad farewell to her until February as there is not a conventional meeting in January.

“HEALTHY LIVING IN SPAIN”

A one-day Seminar has been planned for Wednesday, 18th February 2009, with the aim of providing an interesting and informative programme of talks on various topics relating to *healthy living in Spain*. Venue: the Parador Hotel. Cost: 10 euros pp to include coffee/tea during the morning and afternoon breaks (own arrangements for lunch); booking and payment to Organiser - Angela Chantry

Programme

- 10.30 a.m. ***Introduction to the Seminar*** (Angela Chantry)
10.35 a.m. ***Holistic health*** (Tricia Essery)
10.55 a.m. ***Health walking*** (Shirley King)
11.10 a.m. ***Meditation & mental well-being*** (Piera King)
11.30 a.m. - - - coffee/tea - - -
12.00 p.m. ***“Super foods” - myth or magic?*** (Angela Chantry)
12.30 p.m. ***Caring for your skin, Signs & symptoms to look for*** (Dr. Rudd Valks, Dermatologist)
1.00 p.m. - - - lunch - - - -
2.30 p.m. ***Ageing healthily*** (Dr. Bernard Willis)
3.00 p.m. ***“Body maintenance” for Healthy knees and joints*** (Gilly Macnally)
3.30 p.m. - - - coffee/tea - - -

- 4.00 p.m. *Healthy living from your garden or apartment terrace* (Dick & Clodagh Handscombe)
4.45 p.m. *Questions and conclusion* (Angela Chantry)

MEMBERSHIP

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

Members whose subscriptions fall due between Nov-Dec 2008 are required to pay pro-rata for the remainder of this year + next year's subscription. 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, as shown below. If you are not sure when your renewal is due, please ask either myself, or at the Renewals Desk at the general meeting.

- November: 2 euros + 12 euros for Jan to Dec 2009
January: 12 euros for Jan to Dec 2009
February: 11 euros for Feb to Dec 2009
March: 10 euros for March to Dec 2009
April: 9 euros for April to Dec 2009
May: 8 euros for May to Dec 2009
June: 7 euros for June to Dec 2009

Please have the **exact cash** ready in an envelope before you arrive – having to give change just makes the process longer for everybody. The January meeting will take the form of a **“Groups & Activities”** morning – with no speaker – and you can drop in at any time between 10.00 a.m. to 12.30 p.m. to meet the various Group Leaders and to pay your subscription at any of the renewals tables – a team of Committee Members/helpers will be on hand to collect your money. If you cannot come yourself, please ask a friend to pay on your behalf. Any **LATE** subscriptions will be collected prior to the February meeting, but you may well find yourself having to queue. Please note that we will be adopting a stricter policy towards prompt payment of renewals and February will be the last opportunity – after which membership will be withdrawn (the exception being cases of serious illness, where the Membership Secretary has been informed).

A REMINDER TO ALL MEMBERS: Husbands and wives both need to be members if you wish to undertake activities/trips together! Please note that only Spanish telephone/mobile numbers are recorded – we do not use U.K. ones. Changes of email addresses, telephone numbers, etc., should be notified direct to Angela Chantry. Names for Associate Membership can be given to any Committee Member, or email to angelachantry@gmail.com – Membership Secretary

GROUPS INFORMATION

Elizabeth Collins, Groups Co-Coordinator

Remember we do not have a Newsletter or Meeting in December so Act NOW!

New Groups from October: Folk Music, Book Club, Fashion and Style, Rummikubs are all waiting for you to sign up as members of these new groups. *Contact Group Leaders.*

There will be a short explanatory talk about the Folk Music/Monologue, the Book Club and the Gentle Aerobics groups at the Parador meeting this month.

New Groups in November: Gentle Aerobics – Starting January, so you need to contact the Group Leader now if you wish to participate. Bobby will be giving a short explanatory talk at the Parador meeting this month. Spanish for Beginners – Starting in January, so contact Heidi now to put your name down. Art Group – Just started, contact Sherry to attend. Backgammon – Starting in January, contact Bob Denton. See full details for these groups under individual Group name in this Newsletter.

Taking the Fear out of First Aid: Dr Bob Grainger will be running this popular course on the first 3 Mondays of February from 10 – 11am in the first floor Conference room at the Social Centre in Javea old town. To put your name on the list to attend the course, please speak to Bob Grainger at the Parador meeting. He will be sitting with the Travel leaders in the outer hall. Alternatively, contact Dr Bob at first.aid@u3ajavea.org.

You will notice from the list that we now have 2 Computer Self-Help Groups running.

We also now have 2 Family History Groups and we have 3 Art Groups.

If you need information about a particular group, go to the **website** and see the **Activity Calendar**, contact the individual Group Leader or Elizabeth Collins or Jean Miller.

We would like someone to lead a discussion group on **Scientific Matters/Questions** – Volunteers please.

Group Leaders' Names and Contact Details in future will be displayed in the main hall at the Parador by the Book Swap or see Jean Miller. These contact details are sent out via email by Sam Wells on a monthly basis, along with the Newsletter. The Activity Calendar will also be on display for your information.

Spanish Conversation Exchange: I recently attended a meeting to try to match up Spanish and English speakers from the forms you submitted. You will be pleased to know that there are as many Spanish as English willing to take part. The Town Hall will have personalised ID cards printed, so that you may show these at the Cafe's which are willing to host Intercambio groups and offer them a discount on drinks. Cafe's will display a sign to say they are participating. The first meeting will probably be in the second week of January and you will be receiving more details as soon as a date is arranged. *Hablemos Español*.

JANUARY MEETING – The January Meeting will give you an opportunity to apply to join existing and new groups. After you pay your subscriptions do talk to the Group Leaders and see what is available for you to join in the New Year. This will also be an ideal opportunity to talk to either Elizabeth Collins or Jean Miller about becoming a Group Leader in 2009. Elizabeth Collins: ElizabethGroupsCoordinator@gmail.com

ART GROUP (NEW) : A new course has just begun, meeting weekly on a Friday from 2 – 4.30pm in the Group Leader's home. Various forms of art are available, Watercolour, Acrylic, Stencil etc. To join this group, please contact Sherry Houghton Email: art.group@u3ajavea.org.

BACKGAMMON (NEW) : Javea U3A is forming a Backgammon group. This will meet on Monday afternoons (15.00 – 17.30) commencing on Monday 12th January 2009 at Marples Café Bar conservatory, Avda del Fontana 70, Arenal, Javea. The venue is free provided all attendees buy one drink during the session.

The Group will include tuition for new and intermediate players using chouettes to do this, and will operate a league ladder system for players to measure their progress – so we play for points, not cash! It will be helpful if members bring along their own backgammon sets initially (the Group will seek to source its own sets later).

An inaugural get together at Bob's (in Colomer behind the old town) is planned for 1st December, numbers permitting – so let Bob know if you wish to attend this first session in December or plan to join the Group in January. Those interested in participating should contact Bob Denton on backgammon@u3ajavea.org.

BIRD WATCHING: The next field trip will be:

Pego Marsh and surrounds - morning and early afternoon of Tuesday, 2nd December 2008.

This is one of our local and regular venues. Meet at Barclays' Bank, Javea at 8.00am. Alternatively, you can meet at 8.30am at the marsh itself (on the piece of rough ground at the junction of the N332 with the Pego road - this is the junction beyond the end of the new Ondara by-pass, assuming you are driving from Javea). The group should be back by early to late afternoon, depending on our luck!

Any U3A members wishing to join this field trip should contact the group leader, preferably by email, supplying a telephone number in addition to the email address.

BOOK CLUB (NEW): We had a most enjoyable first meeting on November 17th. After a lively discussion about members' reading preferences and interests, we chose books & venues for the next three meetings. These are as follows:

Monday 19th January - *The Boy in the Striped Pyjamas* by John Boyne

Monday 16th February - *A Thousand Splendid Suns* by Khaled Hosseini

Monday 16th March - *The Trouble with Africa* by Vic Guhrs

If you are interested in joining The Book Club or would like more information about these books, please contact me at Pru Hughes – book.group@u3ajavea.org.

BRIDGE GROUP: Contact Group Leader

CARD GAMES FOR PLEASURE: Contact Goup Leader.

COMPUTER SELF-HELP GROUP: Fancy an opportunity? We are seeking two IT enthusiasts (experts not required, but welcome all the same!) to lead the Computer Self-help groups. Support in running the groups will be provided, so don't worry if you have no previous experience of this. Please contact Elizabeth, Groups Coordinator.

CRAFT: Much to the delight of the group members, Pat, the Group Leader, has now resumed meetings of this group, which concentrates mainly on making Cards. Currently the group is full, as Pat has no more space at her home for more any more members.

We need more Craft Groups, so if you would like to start up another Craft or Card Making group, please contact Elizabeth Collins to discuss this.

CULTURAL ARTS:

Tuesday 2nd December – *Wind in the Willows*

The Javea Players' next production will be the enchanting tale of the *Wind in the Willows*, directed by Cherry Cabban. Curtain up at 20.00 hrs, at the Union Musical, Gata de Gorgos. U3A group booking @ 10 euros p.p. (collect ticket at theatre). Payment today please to Angela Chantry

Sunday 14th December – *Coral Clasica Javiense Christmas Concert*

At the Iglesia de la Santa Cruz, Pedreguer. 19.00 hrs Part I **Magnificat** (John Rutter); Part II **Musica de Navidad**. Entrance: 12 euros - tickets from Humpty Dumpty or at the door.

Sunday 21st December – *Cascanueces de Thaikovsky. Ballet de Moscú*

Tchaikovsky's "*Nut Cracker Suite*" to be performed at the Auditori de La Mediterrania, La Nucia, commencing at 8 p.m. Those members who are joining this event, please collect your tickets from Angela today.

Sunday 21st December: An evening of Christmas carols

'Montgó Chorale' will be performing a concert in Pedreguer Church on Sunday 21st December at 8pm. - with the audience joining in with many of the traditional carols which we all love. Tickets: €8 - a collection will be made at the end of the concert for a donation to The Convent of Marta Maria, on the 'old man's roundabout', which is being reformed and in a few months time is to become a day centre for the elderly and Alzheimer's sufferers in Jávea. Any profits taken from the sale of tickets will be added to this retiring collection. Programmes will be available from Humpty Dumpty (Jávea), or telephone 96 646 2944 or Christine 96 646 0880 to arrange to collect programmes at the door.

Please see the Cultural Arts Newsletter on the website for details of a series of Sunday night concerts - which vary each month e.g. classical music, jazz, flamenco dancing - being held at the Hotel Diamante Beach, Calpe, or see Angela for details. The concerts are normally 20 euros, but U3A members can purchase a "season ticket" for 160 euros redeemable individually for 11 concerts/or in combination with a partner/group of friends, which reduces the price to 14 euros per concert.

DIGITAL PHOTOGRAPHY: The next meetings of the group will be on 25th November when Arthur Cockburn will introduce a session on Photographing Moving objects. Don't forget your photographs for this months project – an artistic or emotive photograph, following Rosa Mansell's introduction to photography as an art form at the last session. The meeting will take place at 2.15 at the Centro Social, Javea pueblo.

For the programme of activities for the coming year see the web site.

A second digital photography group, focusing on photo editing will start in the New Year, led by Bill Bewlay. Members may know Bill from the Javea Computer Club. Contact Dodie Hodgkinson on digital.photography@u3ajavea.org if you are interested in joining.

DINE AND DANCE: If there is sufficient interest, we will go there in January for a typical Spanish menu and dancing with a Latin twist. Group leader Pat Wykes

DINING OUT: On the 6th November 47 of our members spent an enjoyable evening at Restaurant Escollera in the Port.

Our next Dining Out Event will be on 1st December at Restaurant Chez Angel at Javea Park and from replies received we expect to have about 50 members attending.

DISCUSSION AND DEBATING GROUP: 2nd. group meeting was held on Nov 17th. The next one scheduled for Jan/2009. Please contact Group Leader for more info.

FAMILY HISTORY: This month we had a presentation by James about his great great grandparents who lived in a farmhouse in a remote part of the Fylde in Lancashire in the mid 19th century. He looked at how he had researched their lives through internet sources and newspapers of the time.

The next meeting will be held on Tuesday, 16th December at 2.30pm at the usual venue of the Social Centre in Javea when Sue will help us to put a date on old photographs. Please bring an old family photograph along for the group to look at.

The group is also starting a basic course on Tuesday 2nd December for those beginning to research their family history. If any member of the U3A would like to come along, please let the Group leader know.

Website of the month is www.genuki.org.uk which gives a wealth of information on researching your family history and the location of those vital parish records.

FOLK GROUP: Following a limited response to the proposal to form a Folk Music Group within Javea U3A, we have never-the-less decided to hold our first meeting of the Group on Wednesday 28th January 2009, gathering at 7.30pm for 8.00pm start. The session would be expected to last from 2 – 3 hours, finishing around 11.00pm approx.

Thereafter, it is suggested that meetings be held on the last Wednesday of each month, with the same times as above. The frequency of meetings could be increased further if support warranted it. This is an opportunity to get together with other like-minded ‘musicians’ and ‘singers’ for an informal and impromptu session of music. If you are not able to play an instrument, you may like to sing unaccompanied, or even just give a monologue. Not everyone attending need sing or play an instrument, but all are welcome to attend, if only to listen, hopefully enjoy some spontaneous music in a relaxed atmosphere, and perhaps join in a chorus or two. The choice of music is entirely flexible, and almost any variety of music will be welcomed.

Anyone interested in joining the group, and particularly those interested in attending our first meeting, should contact Paul Wessendorff in the first instance, by E Mail at folk.music@u3ajavea.org. Confirmation of the venue will be given prior to the first meeting to all those who have registered an interest.

Come on! Let’s start to REALLY enjoy ourselves!!

FOODIES GROUP:

What a s(o)uper meeting of 25 "Foodies" swopping ideas, recipes and rounding up by tasting a variety of hot and cold soups. The December meeting will be at 10.30am on Thursday 18th at "Marples", the topic, "Seasonal Food", which can be interpreted in many ways.

GARDEN CLUB: Contact Group Leader.

GENTLE AEROBICS (NEW) : This is a new group which will be starting in January.

Low impact aerobics/stretch and tone. Starting on 5th January 2009. Group will meet every Monday from 10.30am until 11.30am at The Grand Cafe Toscamar. You will need to bring an exercise mat and a bottle of water. (Rubber matting can be bought from any ferreteria by the metre or already cut to size from the Chinese supermarkets).

Class will consist of: 1. Gentle warm up followed by preparation stretches 2. Low impact aerobic routine to music. This is an add on routine which we will build up each week. 3. Cool down-slow down on main routine. 4. Muscle strength and endurance, floor exercises to stretch and tone muscles, 5. Cool down relaxing exercises.

Cost for the Grand Cafe is 12.50€ per week, 50€ per month, so charge for the classes will be based on numbers attending. If you would like to join, contact Bobby Ogden on gentle.aerobics@u3ajavea.org.

HEALTH WALKING: The group has become very popular attracting on average between 30 and 40 walkers each week. The Group Leaders met last week to discuss and plan the next series of walks starting in January. Once finalised the programme will be published on the Website or available from the Walk Leader on any Monday Walk.

The Walk Leaders also discussed the feasibility of introducing another slow walk for those that have mobility/health problems. These walks will start at the Arenal area and would last for around 30 to 40 minutes. Please contact the Group Leader Shirley King if you would be interested in joining this group.

There are over 90 people registered for this group and there are some who have never joined the walks. To save on administration the Group has decided to remove from the register at the end of December anybody who has registered but not joined the walks. This does not prevent anyone and registering again in the future when their circumstances may change and they are able to join the walks on a regular basis.

Many of our walkers have remarked that even by walking just once a week they feel better and everyone enjoys the cup of coffee and chat afterwards.

HISTORY GROUP:

The next presentation will be at the Javea Player's studio on Monday 8th December at 2.30.

The talk will be given by Larry Sherrington.

Subject: " A history of punishment and imprisonment throughout the ages"

This is a fascinating insight ,plus documentation, of how this often contentious subject evolved.

If you wish to join the history group please contact the group leader, Sally Wells.

INFORMATION TECHNOLOGY (IT) PARTNERS GROUP A number of people have put forward their names offering support to others for software applications. Thank you to all those who have given their names as contacts. We are now able to offer support with Microsoft Office applications, genealogy, setting up of email accounts, web site creation and design and construction of databases. If you would like support in these areas of software or if you would like to offer help in any other areas please contact Dodie Hodgkinson on IT.Partners@u3ajavea.org See the web site for a proforma for submitting information. NB Computer repairs and hardware issues do not come within the scope of this group

LET'S TALK JAVEA!

Our November meeting was held as usual in the Javea Social Club on Wednesday 19th. Our U3A votes for the assessment of priorities for Agenda 21 Javea Action Plan are 'in the pot'

but there is still time for other members to send in their own views, but please hurry. We hope to hear by mid December how our views relate to others submitted.

Besides this U3A Newsletter, the activities of this group and the survey form to be completed are now included in the English language News Review and database, recommended for all members who wish to have access to local news and issues that have bearings on Javea <http://agenda21-xabia.wikidot.com/start>

Our discussions covered a wide range of topics, from suggestions on how to assist legal parking and inhibit illegal parking, speed bumps, pedestrianization issues, the petitions against the expansion of Javea's Port and social integration through free self-help language exchange sessions.

Our next meeting is due at the **Javea Social Centre on Wednesday 17th December, 5.30pm until 7pm**, with some wine to help encourage our seasonal thoughts to flow.

If you would like to join in, please contact timdladd@gmail.com or 96 579 3847

MAHJONG: The Mahjong group has already started the meetings as usual at the Grand Café, Toscamar, Javea on Tuesdays at 3.00 pm.

MEDITATION AND MENTAL WELLBEING: Meditation is now on **Wednesday** morning at **10:45**, same place. The day of the monthly meeting there is no meditation.

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

PATCHWORK GROUP (NEW): A new craft group sharing hand and machine Patchwork. Anyone interested in finding out more about this craft should contact the Group Leader, so that an initial meeting can be held in January 2009. Yvone Sinclair email: patchwork@u3ajavea.org.

PETANQUE: : We are now back playing at the much improved courts at Café L'Echalote, Costa Nova (formally Charlie's Bar). Same time as usual, 2.45pm for a 3pm start. The charge for hire of the courts has changed it is now 3€ each, which includes a drink, beer, wine, water, coffee or soft drink. New members very welcome.

POETRY FOR PLEASURE: Contact Group Leader.

QUIZ NIGHT: Our next fun night will be on Wednesday 3rd December, once again at the popular venue of Bar Mediterraneo in Avenida Mediterraneo in Teulada's main street. Hopefully this will be early enough to not interfere with your Christmas festivities. Menu is a choice of lamb, chicken, fish or vegetarian, with wine. Price for the evening is 15€ with good prizes.

Please contact the Group Leader me by e-mail or phone, or in person at the November monthly meeting.

Thought for to-day:

What is greater than God, more evil than the devil, the rich don't need it, the poor have it & if you eat it you will die?

"Answers on a postcard"

RUMMIKUB GROUP : Starting on 19th November 2008, the Rummikub Group will meet every Wednesday from 3.00pm at Marples Cafe and Tea Rooms, Avda Del Fontana 70, Arenal. Everyone welcome. For more details please contact Krystyna at social.rummikubs@u3ajavea.org.

SCRABBLE: Contact Group Leader.

SNOOKER: Please Contact Group Leader.

SOLO ON A SUNDAY: Escollera restaurant provided us with a very nice meal on Sunday 16th November. This group welcomes new members to join us and meet new friends, so don't stay in on your own- come along! Perhaps it would be a good idea to make the next lunch early in the New Year as there are now so many functions to enjoy. Do hope you all have a very nice Christmas and a Happy New Year to everyone!

SPANISH FOR BEGINNERS (NEW) : A weekly in-house U3A course of Spanish for Beginners will start on Thursday 15th January 2009 in the Conference Room at the Social Centre, Javea and will run for approximately 4 months. Time of the meeting will be from 10 – 11am and the course will finish on 14th May 2009. The size of the group will be about 14 people and if your are interested in learning Spanish, please contact Heidi Hancock at beginners.spanish@u3ajavea.org or the Groups Coordinator.

TRAVELLERS' TALES GROUP:

Our next meeting will be on Tuesday 25th November, when Peter Atkinson will talk about his and Gill's extensive travels in *New Zealand*. Meet at 11.30 a.m. for 12.00 p.m. start. Venue: The Social Centre, Javea old town (next to the new Music School, opposite the underground car park). Email/telephone the Group Leader if you would like to stay on after the meeting for a menu del dia lunch (8.50 euros inc. wine). The last presentation for this year will be on Tuesday 16th December, given by Elke & Manfred Lell on "*Alaska, the last frontier*" – an appropriate topic, as we will discover the North Pole and, of course, *Santa Claus!* This will be our Christmas get-together, venue t.b.c.

WALKING GROUP :

Al Knight is back leading the Walking Group. Our thanks to Pat Moss for acting as Group Leader in Al's absence. All walks start at the Tourist Office car park opposite Mas y Mas in Benitachell and meet at 9.30am. Bring ample water, refreshments, appropriate clothing and comfortable walking shoes/boots. Telephone the Group Leader if you have any queries. Please keep this schedule of walks:

Next walk will be on 4th December 2008 at Benimaurell, 4 hours, 12 kms, ascent 400m.
8th January 2009 at Javea, duration 4.5 hours, 14 kms, 300m ascent
5th February at Pinos, 4 hours, 12 kms, 300m ascent
5th March at Castells, 4 hours, 10 kms, 400m ascent
2nd April at Benimaurell, 4.5 hours, 10 kms, 400m ascent
7th May at Castells, 4 hours, 12 kms, 300m ascent
4th June at Tarbena, 3 hours, 8 kms, 300m ascent

WINE APPRECIATION:

Lunchtime Wine Appreciation Group-please refer to Group Leader. After our Meeting on 19th November the Group will not meet again for a talk and a tasting until January, 2009

Evening Wine Appreciation Group. The Group held its inaugural meeting this month at Marples which turned out to be an ideal venue. The wines tasted were from Jumilla, an area with which most were unfamiliar, and very good they were too. The next meeting is on Wednesday 3rd December, again at 6.00 at Marples. Please contact Group Leader if you are interested in joining this Group.

TRAVEL 2008

Wednesday 26th November - Social lunch at Las Brisas at 1.00 pm – Mike Frost. Please collect your menu choice and raffle tickets at today's meeting, or at Las Brisas before the lunch.

Saturday 6th December – Christmas Dinner Dance at Javea Golf Club – Pat Wykes. Price 35 Euros. At the time of writing a few places are still available due to cancellations.

Due to the popularity of the above Xmas Dinner Dance, a second Xmas Dinner Dance has been organised:-

Saturday 13th December, Xmas Dinner Dance at Las Brisas

7.45 p.m. for 8.00 p.m. Dancing to the music of ***Double Impact***. Price 28 euros, to include three course menu with canapé, bread, ½ bottle wine, coffee & raffle. Full payment today to Organiser: **Angela Chantry**

Thursday 25th December – Christmas Day Lunch with Christmas melodies & music for dancing

Come and join the fun at Restaurante El Andaluz (Moraira/Benitachell crossroads). Glass of cava & canapés on arrival, followed by:

Starter: Iberico & Melon Port Platter or Salmon Carpaccio

Soup: Cream of Mediterranean Vegetable

Traditional Christmas lunch: Roast turkey with all the trimmings, accompanied by an assortment of fresh vegetables

Dessert: Christmas pudding, with cream or ice-cream, or seasonal assortment of fresh fruit

And to finish... petit fours, mince pie & coffee

Price: 35 euros to include 1 bottle of water and half a bottle of wine p.p., and gratuity

Duo Romance will entertain with Christmas melodies, followed by music for dancing. Arrive 12.45 p.m. for 1 p.m. Full payment today to Organiser: **Angela Chantry**

To be followed by a walk on Boxing Day ...!

Easy walk of approx. 2 hrs on Cumbre de Sol, mostly on level paved ground, with a couple of short inclines which can be taken slowly. Start at 10.30 a.m. Comfortable walking shoes/trainers – if the weather looks suspect please ring Angela Chantry by 10 a.m. Email angelachantry@gmail.com if you would like to join in and for details of starting point, or tel. 966460978

Prague – This excursion has been cancelled due to lack of support.

Caravaca de la Cruz – refunds can be collected at today's meeting from Mike Frost.

TRAVEL 2009

You will see below the programme for next year. We will not republish the whole year every month, only the current trips.

We are providing a facility to book trips by e-mail. Hopefully this will reduce queuing and save people from attending at the Parador simply to book trips. If you do not have e-mail facility, perhaps you can ask a friend to do it for you. As you will appreciate, it is necessary to quote approximate costs until we know definite numbers for the trips.

Monday 12th January – Ikea, Murcia – John Price. Depart Rafalet 9.00 am and travel to Murcia to visit the shopping centre and Ikea. Blow away those post-Christmas and New Year cobwebs! Depart Ikea 3.30 pm arrive Javea 5.30 pm. Price 12 Euros, payable at the November meeting – EXACT money please!

Wednesday 21st January (subject to confirmation) – Day trip to the Moto GP Circuit at Cheste, near Valencia, to see the F1 teams testing before the 2009 season – Mike Frost. Anticipated price 15 Euros to include coach and entrance. Register your interest at frostcheste@gmail.com before 5th December. When the event is confirmed, which should be early January, you will receive an e-mail advising you of the details and how to pay.

Tuesday 17th February – Oceanografic and Imax Theatre, Valencia – John Price. Depart Rafalet 9.00 am to visit the Oceanografic, where there are 45,000 specimens of 500 different species of underwater life, then on to visit the Imax Theatre, arriving back at Rafalet at approximately 6.30 pm. Price 30 Euros exact money please to include coach and entrance fees, excluding lunch, payable at both November and January meetings.

February – date TBA – Dinner Dance in Villajoyosa – Pat Wykes. More information next month.

Tuesday 5th March – 2 hour river cruise at Los Canones de Jucar – Mike Frost. The boat departs from Cofrentes, near Valencia, passing through a National Hunting Reserve. On return to Cofrentes we can have lunch (not included) and explore the town. This excursion will be of particular interest to birdwatchers and lovers of the countryside. Price circa 20 Euros, payment at the January meeting, when final details will be available.

Thursday 12th and Friday 13th March – trip to Novelda and Villena – Angela Chantry Depart Rafalet 8.30 am to visit the Mola Castle and the Sanctuary at Novelda and then on to Villena for one night bed and breakfast accommodation (please note this is the only hotel in Villena, and is classed as one star). Next day visit the museum to see the 1,000 year old Villena gold, and a guided tour of the castle at Atalaya. Return to Javea visiting a bodega on route, arriving at 6.30 pm. Names, prices and payment in January.

Monday 20th April – a chance to visit Extremadura, a less well-known part of Spain – Mike Frost. 5 days, 4 nights, half board 4* hotel, and includes a day in Portugal, visits to the historical towns of Caceres, Trujillo, Guadalupe and Merida. We will return on the Ruta Don Quijote, visiting the castle at Consuegra. Price 300 Euros p/p, single supplement 100 Euros (sorry!). E-mail your interest to frostextremadura@gmail.com before 5th December 2008. If the trip is over-subscribed we will either draw names from a hat or arrange an additional trip. You will be advised by e-mail of the situation, and a deposit of 100 Euros must be paid at the January meeting.

5th May – Overnight trip to Cuenca – Diane Ord. Depart Rafalet 8.30 am visiting a bodega in Requena on the way. At Cuenca half-board one night 3* hotel to include a guided tour of the town and some free time. Next day visit the Enchanted City (entrance fee not included) and then return to Javea via Alarcon. Price circa 110 Euros, single supplement 30 Euros.

Mid May – Mediterranean Cruise, 8 days 7 nights – Pat Wykes. Depart Valencia, visiting Monaco/Monte Carlo, Livorna (Florence/Pisa), Civitavecchia (Rome), Olbia (Corsica) and Mahon (Menorca). Price from 700 Euros, including taxes and service depending on cabin

choice and fully inclusive of all on-board food, drinks and entertainment – single supplement 50%. E-mail your interest to patcruising.u3a@gmail.com by 5th December 2008.

Early June – A day trip to Tabarca, details TBA.

Mid June – A visit to the province of Teruel – Angela Chantry. 3 nights bed and breakfast 3* hotel. We will visit the towns of Rubielos de Mora, Albarracin, Alcaniz and Cantavieja, including a guided tour of the monastery Nuevalos and the castle at Valderobres.

September date TBA – Xativa – John Price. A day excursion to this extraordinary town inland from Valencia where you can visit the cathedral and the museum followed by the train journey up the hill to the castle. Approximate cost 20 Euros. Details will be included in the May newsletter.

September date TBA – Granada, Cordoba and Sevilla – John Price. 4 days 3 nights half-board including a guided tour of the city of Sevilla, plus free time, and then on to Cordoba with a guided tour of the Mezquita (mosque/cathedral) and lastly to Granada with a guided tour of the Alhambra and the gardens, returning to Javea in the afternoon. Price TBA, depending on numbers, more information in the April Newsletter.

October – A day trip to Caravaca de la Cruz – more information to follow.

Wednesday 21st to Friday 23rd October – a two night trip to Mula, Lorca and Totana – Angela Chantry. Depart Rafalet 8.00 am. Upon arrival in Mula, there will be a four hour guided trip of this interesting town. We will visit the Iberian Art Museum, 2 churches and the old quarter and then travel on to Lorca. 2 nights bed and breakfast 3* hotel price TBA. We will visit the fortress of the sun and the palace. In Totana there will be a three hour guided visit of the monastery and a pottery demonstration.

PAYMENT - You will be advised in the Newsletter of when and how much to pay for each trip. Amounts of 50 euros or over can only be paid by cheque made payable to **ASSOC SOCIAL DE LA TERCERA EDAD DE JAVEA** or by bank transfer which must include your name and the trip destination. This should be paid into the following account **ASSOC SOCIAL DE LA TERCERA EDAD DE JAVEA CCC 2090 0446 30 0040016233 CANKBANK. Mike Frost Travel Co-ordinator**

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.

SUGGESTIONS / INFORMATION

1. **BOOK SWAP & AUDIO BOOK SWAP** - Please REMEMBER to bring your Books for the Book swap each month. Brenda now has extended the swap to include AUDIO BOOKS and she will be pleased to see you in the meeting hall.
2. **DVD SWAP** - We now have a new swap table for your DVD's, also Pat is going to put up a sign saying what specific DVD'S people want. You will find Pat in the meeting hall so don't let her down bring along your unwanted DVD's
3. 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.

Discounts - Buyer Beware

Discounts are offered by Suppliers to Javea U3A members. This is not a recommendation by the Committee and in all circumstances the phrase "Buyer Beware" should apply. For full details on this policy and how to obtain discounts please see the Discount section on Javea U3A website or October 2008 Newsletter. A printed copy of the policy can be requested from the Vice President. A list of suppliers offering discounts is available on the website.

NEW DISCOUNTS / DEALS

Art y Facts, Craft shop Arenal will offer a discount of 10% for purchases over 10 €.

MARRIOTTS HOTEL – LA SELLA – DENIA

Accommodation - Luxury suite usually € 300 per. Night, to U3A members € 120 per. Night.

GOLF - Usually € 75, to U3A members € 60

SPA DAY - Usually € 25, to U3A members € 20

Please be sure to state that you are a member of Javea U3A when booking any of these services.

We hope to get discounted rates in the New Year for the bar & restaurants also.

TELITEC COMMUNICATIONS

A mini laptop - Isus with a 7" screen - normally € 249, to U3A members less 15% i.e.€ 211 : 65

or with a Telitec contract: € 199 and to U3A members less 15% i.e .€169:15

For details contact Tel. 96 574 1161 or Tel. 90 288 7091.

We hope in the New Year to have a special mobile phone deal for all members.

MONEYCORP

Will offer special monthly, quarterly, or one off rates to U3A members. These are transfer rates from U.K to Spain and are very competitive with good exchange rates as well of course !!

Moneycorp has a top credit rating with Dun and Bradstreet and other credit agencies. The company was incorporated in 1962 and has dealt in foreign exchange since 1979.

For further information contact Kevin Wright, Account Manager Tel. 637 791 983 and please state that you are a member of Javea U3A

We hope to give you more information on Moneycorp in January but if you are transferring money in the interim it is worth a call to Kevin Wright to see if they can offer you a better deal than your usual banking source.

- 4. 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.
- 5. 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.
- 6. 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!
- 7. 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.
- 8. 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.
- 9. Attendance:** If you cannot attend a Group meeting that you have previously indicated you would attend, can you please let the Group Leader know.