

UNIVERSITY OF THE THIRD AGE: JAVEA

(www.u3ajavea.org)

NEWSLETTER September 2009

Committee:

President: Shirley King

Membership Secretary: Wilma Stevenson

Treasurer: Marie Smith

Secretary: Jeni Oldfield

Groups Coordinator: Elizabeth Collins

Deputy Groups Coordinator: Jean Miller

Deputy Treasurer: Mick Cox

Deputy Membership Secretary: Karen White

Deputy Secretary: Sue Bentley

Webmaster: Sam Wells

Dear Members,

Welcome back after the summer break I do hope you had a good holiday whether in Spain or elsewhere.

This year the Committee have decided to support two charities the Alzheimer's new centre in the Old Town, (by raising funds to buy furniture) and the Xabia Bella Centro Terapeutico, who help those with learning and behavioural difficulties. We intend to buy the residents a Christmas present each.

To start the new season I have sadly to announce that Elizabeth Collins and Marie Smith have decided to step down from the Committee at the end of the year.

Elizabeth has worked tirelessly over the last two years developing the role of Groups Coordinator, during this time we have seen the start of approximately 40 new groups, she will continue working for the U3A in a non committee role developing our Spanish links.

Since taking over the Treasury role Marie has computerised the accounts and taken an active role as a Committee member, helping to organise the Ball planned for February. Marie has decided to step down for personal reasons but will continue to be a member of the Society.

I would like to say a big thank you on behalf of all members to Elizabeth and Marie for all of their hard work which has been much appreciated and wish them well for the future.

I would also like to say thank you to Paul Wessendorff for volunteering to take over the role as Vice President and look forward to him joining the Committee this month.

Our speakers this month will be Sam Wells, Angela Chantry, Nina Davis and Tom Stevenson.

Sam Wells will demonstrate the new Javea U3A website, on which he has been working 24/7 for many months to update and make it more user friendly, this process will continue over the coming months.

Angela Chantry will present the new support group Care and Share, which is being set up to help members in the event of a bereavement in the family.

Nina Davis from the Lets Talk Javea Group who will talk about the jute bags being introduced to Javea to encourage people to use fewer plastic bags. They will be selling these bags in the Foyer before and after the meeting so if you do not have one please visit the Parador on Wednesday and buy one, alternatively look out for shops participating in the scheme in and around Javea.

Tom Stevenson will be speaking about his Group that will run for two sessions and involves building a computer.

Once again welcome back and I look forward to seeing many of you over the next few weeks. Finally, congratulations to our Petanque Group who have just won the first match against Moraira, this will be now become an annual event.

Shirley King

President

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ROY BIRCH

It is with much sadness that we record the death of Roy Birch, who died in hospital on the 30th July 2009. Roy's health had been deteriorating, and he died peacefully with wife Gill at his side, following 6 weeks in hospital. We send our deepest sympathy to Gill and her family - Roy was the father of one of our long-standing members, Lorely Griffiths, and our condolences and kind wishes are sent to Lorely and husband Glyn.

DOUGLAS HALE

Doug spent 3 months in and out of Denia Hospital and Benimeli Nursing Home, and despite putting up a very brave fight without complaint, he sadly lost the battle and died in Denia Hospital on Sunday, 9th August 2009, his family at his bedside. We send our deepest sympathy to Nona and their son, Nick, at this very sad time.

PAUL WESSENDORF – VICE PRESIDENT

Following the resignation of the Vice President in April, the committee has, in accordance with our Societies Statutes, invited Paul Wessendorff to provisionally fill this post until the next Annual General Meeting, when Paul will stand for formal election by the members.

COMMITTEE VACANCIES

The Committee has two vacancies one for Treasurer and the other for a Groups Coordinator, should you be interested in either of these two positions please contact **Shirley King** for more details.

MEMBERSHIP

The total membership at the end of June was 961 members – being 651 Full membership and 310 Associate membership. This total number includes the 20 new Associate members who joined at our Parador meeting in June.

It is now almost a year since we decided to eliminate our waiting list by inviting people to become Associate Members and join in all of our activities. Since our Associate Members are unable to attend the monthly meeting held in the Parador, due to seating and fire regulations, the Committee has decided to hold an additional meeting in November, solely for our Associate Members, and to discuss with them how the year has progressed. Some Committee Members and Group Leaders will be available on the day to introduce themselves to Associate Members so that a name can be put to a face. This meeting will be by invitation only and Associate Members, Group Leaders and the Committee will be notified shortly of the date, time and location. **Wilma Stevenson**
javeau3amembership@gmail.com

****STOP PRESS****

We are please to announce that the first inter-U3A Petanque Tournament with Moraira was won by the Javea Team!!! Many congratulations to Lin Jones and the Team
Terry Jones, Glenda & Garry Holloway, Christine & Mick Cox, Sandra & Martin Clarke, Julie & Duncan Robson, Pam & Peter Coombe, June & Bob Grainger, Lin & Mike Tucker, Mary & Peter Steenhuis, Carol & Peter Whitehead, Carol & Peter Burke, Ivan Humphrey, Stan Staines, Doreen Benham, Larry Sherrington, David Main, Paul Wessendorff & Brian Ramsden.

“Care & Share” Team

In April this year, a small group of members who had experienced the loss of their partners were invited to Mike & Katrina Frost's home to discuss ways in which support could be given to other members who found themselves in the same situation. The group has been meeting on a regular basis throughout the summer, the result of which has been the creation of a “Care & Share” Team. The team consists of Angela Chantry (Coordinator), Pat Ainsley (Secretary), Ineke Butcher, Joyce Pearson and Wendy Turner. Our aim is simple: to be a “contact” during what is often a sad and difficult time;
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whilst family and friends are a tremendous support in the early stages, their help may not be so readily on hand as the months pass by, and we may be able to fill that gap. Having experienced loss ourselves, we may also have some of the answers to practical questions relating to bereavement, such as, for example, bank accounts, or transferring ownership of vehicles, etc. We believe that many members may be able to assist us with this project by offering help in one or more of the following areas:

1) Transport 2) Spanish interpretation 3) Small maintenance tasks. Having to cope with transport difficulties or not being able to speak the language, just adds further problems at this stressful time, so if you feel you would like to be involved, please email our secretary, Pat Ainsley, on caresharepat@gmail.com. Please include your telephone and mobile numbers so that we can contact you if the need arises. Should you have any questions or suggestions concerning the "Care & Share" Team, please email careshareangela@gmail.com or telephone me on 966460978. **Angela Chantry**.

St. Valentine's Ball – Friday 12th February 2010

Tickets are now on sale (priced at 35€) for our ***St. Valentine's Ball***, to be held at ***Salones Carrasco*** in Javea – a delightful venue with easy access and plenty of parking. The evening will commence with a cava reception between 7.30-8.15 p.m., followed by a 4-course dinner: please see the website for full details of the menu (choice of meat or fish) and the vegetarian option. A copy can also be found on the notice board in the main hall, and at the ticket sales desks. Music for dancing will be provided by ***Paulette*** and ***John Curtis***. During the evening there will be a free raffle, drawn from ticket numbers. Dress: smart / evening wear.

We will also be selling tickets for a separate raffle in aid of the proposed Day Centre at the Convent de Marta y Maria in Javea Old Town – the Centre cares for elderly people suffering from Alzheimer's and other mental problems. There are some lovely prizes to be won and tickets are priced at just 1€ each, and they will also be available for purchase at the meetings of several of the individual Groups.

Javea U3A members are being given first priority in buying tickets for the Ball, but we suggest you do not delay as *any tickets which remain unsold* will be available for purchase for members' friends at the November meeting, at the slightly increased price of 40€ for non-members, the additional monies collected being added to our charity donation. ***So come and see Karen*** who will be at the ticket sales desk located in the foyer outside the main hall, and ***Marie and Angela*** who will be manning a desk in the Travel Organisers' Room, which is on the right just beyond the gift shop as you enter the Parador.

Angela will take bookings for any individual members who may like to join the Solos Social Group table, and will also take reservations for tables (seating from 8 up to 20) from any members who would like to make up a group together – in fairness to everyone, the available round tables will be allocated according to when full payment for a table reservation has been received. It will save time if you email your table request with names and menu choices (meat/fish or vegetarian) to Angela in advance, and your tickets will then be ready in an envelope for you to collect at the meeting in exchange for your payment - angelachantry@gmail.com

WALKING TREASURE HUNT: The last event of this year's activity is a planned Walking Treasure Hunt around Benissa on Thursday 19th November. As before the starting time will be 10:30. Open to all members Come along and find out that there is more to Benissa than the N332! Includes lunch & prizes for the winners. €15 per person. Teams will be decided on the day unless previously requested. Names and subscriptions to **Organiser: Paul Pruden** in the Travel Group room or reservations to javea-u3a-wth@hotmail.com Maximum 32 participants.

TUESDAY LECTURE PROGRAMME 2009 - 2010

The following 7 presentations are planned for our new lecture programme at the Casa de Cultura in Javea Pueblo on the first Tuesday of each month during the winter spring period 2009 -2010.

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Each will be a two hour session, from 10.30 to 12.30 with a 30 minute coffee break in the middle. No need to register - just turn up at 10.30am and go downstairs to lecture room.

6th Oct Art Appreciation by *Ceda Panajotovic*
3rd Nov Introduction to the Solar System by *Christine Ord* (Denia U3A Astronomy)
1st Dec It's in your Genes by *Alan Oliver*
2nd Feb Beyond e-mail - Other things to do with your computer by *Tom Stevenson*
2nd Mar London - A History by *Ceda Panajotovic*
4th May Digitising Old Slides by *Tom Miller*
1st June The English Crown Jewels by *Ceda Panajotovic*

For more information contact: alan@oliverjavea.com **Organiser: Alan Oliver**

NEW GROUPS INFORMATION – Elizabeth Collins, Groups Co-ordinator

We have the following new groups starting September/October

Beginners Compact Camera Digital Photography – Dodie Hodgkinson will be starting this new group and Tom Miller takes over her Digital Photography group. Welcome Tom.

James Hodgkinson will be running an *additional* new course on researching your *Family History* at the PSOE room.

Tom Stevenson will be running a short course on the nuts and bolts of *putting a computer together* (2 sessions in October) and those who attend will be raffling the PC they make between them. Contact Tom if you would like to attend. This will be in the PSOE room. He will also run an 8 week course at the Social Centre on *Using your Computer*. Heidi Hancock will be taking another *Spanish Beginners Course*, so she will have 2 running at the Social Centre and will take a continuation class at the PSOE room. PLEASE NOTE that Heidi has room for a few more Beginners in the class, so contact her if you want to join.

Malcolm Neill takes over from Trevor Lott on the second computer group and is calling his group the *Computer Support Group*. Welcome Malcolm.

Pat Barlow is going to start a *second Card making* group on a Tuesday at her home.

Steve Collins is going to organise a *social golfing* group who will occasionally be guests of Denia U3A.

John Evans will no longer be running *Intermediate Watercolour* and we give him our thanks for leading the group over the past years. Alice Davies will now be running this group. The group is full at present and we welcome Alice as a new Group Leader.

Mike Frost has decided to step down as Leader of the *Travel Group*, but will remain within the group as one of the Travel Organisers, so we are not losing him totally. Angela Chantry has taken on the role as the Coordinator of the Travel Group and thanks to Angela for this.

Alan Ewins is waiting to start his new *iPod/iTUNES/iTouch/mp3* group, but needs a few more members to get started. Please contact Alan if you are interested or for more details.

John Othick has space for a few more people in the *Poetry for Pleasure* group, so contact John if you want more details.

Losing Groups – Rosa Mansell will no longer be running Spanish conversation group, but thanks to Rosa for leading this group for a short season. Bill Bewley is still awaiting an operation and so is unable to resume the Camera Group. Hope things are sorted soon, Bill.

Pat Robinson, despite a great effort on her behalf to find a new group leader, is finally having to close the Music 4 U group as no-one has come forward to take over from her. Thanks Pat for all the work you have done and the hosting of the group at your home. If anyone would like to speak to Pat about leading this group, please contact her immediately.

Offers from anyone wishing to take over or run a new group are very welcome

Piera King will now be running the *Meditation* group from a room at the Centro Terapeutico Mezquida near the Port, which they have kindly agreed can be used by the U3A free of charge once a week for Meditation group. See Meditation group entry.

Nina Davies of *Let's Talk Javea* group will be speaking at the September meeting about the jute bag initiative that she and the group have launched in Javea. Jute bags will be on sale at the meeting in the foyer and there will be information about the group's activities.

Tom Miller took many *photographs at the June Open Meeting*. Please look at the website to view some of these. You may see yourself!

On the website you will also find some information on *Events happening in Javea this month* and some information for Javea residents.

Check the *Activity Calendar* on the website – there have been many changes to groups' days, times and venues this month. The Contact List will show you new telephone numbers for existing group leaders and names of new Group Leaders.

Next month, Barbara and the Foodies group will be making a presentation of their activities.

SQUARE DANCING Invitation to members of the Javea U3ABeginners please! Couples belonging to the Javea U3A are invited to join the autumn session of the Cumbre Twirlers square dancing group. This is a friendly mixed nationality group who are learning how to participate in this excellent activity. There will be open evenings on Wednesday 14th & Wednesday 21st October in Benitachell between 17:00- 19:00. Please contact Paul Pruden at paulpruden@hotmail.com or see him at the next Member's Meeting at the Parador to obtain more details.

TUESDAY LECTURE SERIES The lectures start on 6th October at 10.30am at Casa Cultura in the Old Town. Please come along and support our speakers. You do not have to register in advance, just turn up. The full schedule is on the website and if you have any queries please contact Alan Oliver, who has agreed to take over from me in running the series and presenting the lecturers. alan@oliverjavea.com

From this month, you will find a box for *collecting used Postage Stamps* on the table with the book swap. These stamps will be donated to the Royal British Legion for their fundraising, so I hope you will remember to bring your DVDs, Books and Postage stamps to all future meetings. Any queries, please contact Jean Miller.

Finally, I have decided to step down as Groups Coordinator in order to spend more time on personal matters, which necessitate Steve and me living away from Javea much of the time.

We are currently seeking a Groups Coordinating team who will take over this role and this transition should have taken place by March next year. In the past 18 months I have been able to work with two different Presidents and two different Committees and have had the pleasure of meeting many people who have been willing to give freely of their time and expertise to become Group Leaders and I have also met many charming (and only a few not so charming) members of the U3A. I can honestly say that I think Javea U3A is well served by both its Committee and its Group Leaders. If you are interested in joining the new Groups Team, then please contact me for more details, or speak to Shirley King.

Elizabeth Collins – Groups Coordinator

ONGOING GROUPS

BACKGAMMON GROUP: We meet Monday afternoons at Marples Cafe at the rear of the Arenal on Avda Fontana – just turn up, nothing to pay, but you are expected to buy one drink during the afternoon for our free use of their facilities.

During September the session runs from 3:00pm to 5:00pm – but from October onwards it is 2:00pm to 4:00pm – we hope to see you there!

More? Contact **Organiser Bob Denton** on backgammon@u3ajavea.org

BIRD WATCHING: Field trips will be resumed once the weather has settled. Members should please check their email for notification of future outings. **Organiser: Nigel Bentley**

BRIDGE: We meet weekly on Mondays in the bar of the Parador, Javea at 2.45pm for 3.00pm start. Players of all levels are welcome, but unfortunately we cannot cater for the absolute beginner. It is not September 2009

necessary to have a bridge partner, so if you are familiar with the game, please come along and join us for an afternoon of friendly bridge. For further details please contact **Organisers: Sybille Ross** 965748652 or **Neill Freeman** 965795417

PRACTICAL COMPUTER KNOWLEDGE: PC Rebuild Exercise - Members of the PCK group plan to take an old PC and upgrade it to more modern components as an exercise. This will take place in the Casa del Poble, the PSOE offices, adjacent to the Placa del Convent in Jávea's old town, starting Wednesday 14th and continuing 21st October at 10am until 1pm. The offices have an excellent wireless link. The attendees will be required to meet the costs of the exercise, perhaps 20 Euros each. The names of the participants will go "in the hat" for the chance to win the upgraded base unit.
Organiser: Tom Stevenson

INFORMATION TECHNOLOGY (IT) PARTNERS GROUP: A number of people have offered support to others for IT software applications. Thank you to all those who have given their names as contacts. We are now able to offer support with Windows, Microsoft Office applications, genealogy, setting up of email accounts, web site creation, organising photographs, design and construction of databases and Internet searches. If you would like support in these areas of software or if you would like to offer help in any other areas please contact **Organiser: 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.

CRAFTS: New group now starting for cardmaking, as the Wednesday group is full. New group meeting on Tuesdays, Sept 22nd, 29th, Oct 6th, Nov 3rd and alternate Tuesdays onwards. **Organiser: Pat Barlow**

CULTURAL ARTS PROGRAMME:

Organiser: For further information, booking and payment for any of the following concerts, please see Angela, located in the Travel Room (on the right just beyond the gift shop as you enter the Parador):-

Sunday 4th October: Autumn Concert in the L'Albarda Garden, La Sella (nr Denia)

A concert of classical music by the *String Quartet "Marxant"*. From 11 a.m. to 1 p.m., with refreshments served at the end. Directions and tickets (10€) available from Paul Pruden, who will be in the foyer, outside the meeting hall. Paul will also be selling tickets for his forthcoming *Walking Treasure Hunt*.

Friday 16th October: "Tomb with a view" – The Careline Theatre will present Norman Robbins' comedy thriller at their Alcalali Theatre, on the 15th/16th/17th October, directed by Dennis Arthurs. Curtain-up is at 20.00 hrs. The U3A group will attend on the **16th October**, at the discounted price of 11€.

Friday 23rd October: Concert by the Calpe Gilbert & Sullivan Society

Following on from their resounding success earlier this year, the Calpe Gilbert & Sullivan Society will perform a selection of songs and choruses from the shows, at the Casa Cultura, Benissa. Commencing at 20.00 hrs. Price: 8€.

Thursday 29th October: "Leigh Orpheus Male Voice Choir"

The choir was founded in 1968, and aims to foster public appreciation of choral music - regular tours are made to prestigious venues in both the U.K. and Europe and these have enabled the choir's reputation to continue to grow. The choir has a wide and varied repertoire ranging from 16th century madrigals to opera and songs from the shows, and modern popular music. The Concert will take place in the Teulada Town Hall, 18.30 hrs-21.15 hrs. Tickets: 10€ available from Angela.

Saturday 31st October: "The Wireless Years"

Jerry Lane's exceptionally popular show, but this one is solely for U3A Members! It is to be held at the Espai La Senieta, Moraira, with curtain up at 20.00 hrs. Tickets are priced at 12€, with a 2€ donation from every ticket in aid of the *Costa Blanca Samaritans*. All members who have reserved places **must** pay for their tickets at the meeting on Weds. 30th September. Any tickets which are not paid for will be offered to those on the reserve list.

Tuesday 10th November: "Oklahoma"

The musical “*Oklahoma*” will be performed by the Footlights Theatre Group in the Casa de Cultura, Calpe, commencing at 20.00 hrs. Price: 10€ for the ticket, + 7€ for the coach (providing there is sufficient interest). Depart Rafalet at 18.30 hrs, leave Calpe at 22.30 hrs.

Tuesday 1st December: “Wait until dark”

An entertaining and suspenseful thriller, to be performed by the Javea Players at the Union Musical Theatre, Gata, from 30th Nov to 5th Dec, at 20.00 hrs. There will be free parking available at the end of the street. For this production the Javea Players will support a worthy charitable cause and for every ticket sold, 1€ will be donated to charity. The U3A group will attend on **Tuesday 1st December**, at the discounted price of 8€ (full price 10€). For other local events of interest, please visit the Cultural Arts page on the website www.u3ajavea.org

Organiser: Angela Chantry

DIGITAL PHOTOGRAPHY: The Digital Photography Group has gone from strength to strength over the last few years. Its success has been due to the members who have contributed to the programme with enthusiasm and ingenuity. Some U3A members have however asked for a more introductory photography group for those who have just purchased or are intending to purchase a basic digital camera. I am therefore handing over the running of the existing Digital Photography Group to **Tom Miller** and I will be starting a new Beginner’s Digital Photography Group in October which will run initially for 8 sessions (once a month). Sixteen people signed up for this group at the June meeting at the Parador. We will be covering the basic settings on the digital camera including tips on choosing a camera, close-up photography, photographing people, landscapes, moving subjects, night time photography and the use of Picasa for editing and sharing photographs. If the group is successful there could be further beginners’ groups. If you are interested please contact me via the U3A website. Tom can be contacted on digitomimgata@yahoo.co.uk for information about the original Digital Photography Group. **Organiser: Dodie Hodgkinson**

DINE AND DANCE: Dinner dance at El Andaluz, Saturday 24th October. Cost approximately €25 per person to include meal, wine, water and music for dancing. This was a very popular venue last time we went and is situated on the Benitaxell to Moraira road. Contact **Organiser: Pat Wykes Johnson.**

DINING OUT: Our next Dining Out Event will be held on the 28th September at Restaurant Masena on the Benitachell Road. Due to the co-ordinator's holidays there will be no events in October. **Organiser: Peter Speer**

FAMILY HISTORY: The group had a great start to the Autumn programme, when members talked about their research over the summer months. It was fascinating to hear that two members had discovered that they had a common ancestor.

The next meeting will be held on Tuesday, 20th October at **2.15pm** at the usual venue of the Social Centre in Javea, when Maureen Story-Jones’ will talk about her interest in doing Family Research over several years, in a quest to find an ancestral link to a certain Guernsey poet and artist. She is island born and bred.

The next *beginners’ course* will start on Tuesday 6th October at **2.15pm** at the Casa del Poble, in the Plaza del Convent. It is fully subscribed, but names are being collected for the next course to take place in the Spring. **Organiser: James Hodgkinson**

FOODIES GROUP: The September Foodies Meeting was on the topic of *O Bento* namely Japanese packed lunches, from their early origins to the present day. This short history was interspersed with anecdotes on etiquette, customs, traditions and superstitions linked to food preparation and eating in Japan. Illustrations and actual examples of bento boxes with their contents were passed around. How to make *sushi maki* rolls and other bento contents were discussed along with traditional and modern utensils. It proved to be quite a fascinating topic and was extremely well received.

The next meeting will be on Thursday 15th October 10.30am at The Javea Tennis Club the topic how to cook for Coeliac Disease by Dorothy Murphy who is herself a sufferer. It is a condition where there is intolerance to gluten, a protein found in foods that cause damage to the small intestine. It should be very interesting, even if you are not a sufferer you may at times find that wheat products make you

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feel bloated or you may have a friend or relation who suffers from coeliac disorder. **Organiser: Barbara Craven**

GARDEN GROUP: Details of the forthcoming events have been emailed to members. Contact Group Leader for more information. **Organiser: Paul Pruden**

HISTORY GROUP: The history group now has 160 members. Although we have never had a "full house", we have outgrown the Javea Players studio and as such our new venue will be the **Casa de Cultura** in the pueblo which will meet our needs for some time and will be more comfortable. So to start the Autumn schedule the first presentation is as follows:

Tuesday the 13th October: "Captain James Cook - A Yorkshireman's tribute" presented by Clive Hedge at 12.00 hrs at the Casa de Culture.

New members who are interested in joining the group please contact **Organiser: Sally Wells**

iPOD USE AND iTUNES:

mp3 players are much easier than CD's to select and play the music you want to hear. The music can also be more easily purchased and stored for use anywhere. 3 out of 4 of these players are iPods as made by Apple. If you have one, or would like to get one, then this course will help you learn how to choose a player and equipment to play it through, how to get your music onto your computer, into iTunes and organize it. You will also learn how to load and play music on your player, rate your tracks, use genres, and make playlists to let you choose music according to your mood and your favorite tracks. It will also teach you how to listen to music on the internet, download it and get it into iTunes and your iPod. Podcasts, audiobooks and videos will also be discussed. Most of the course will be useful to those with a brand other than an iPod. The course should start in the first week of October and last for 7 two hour sessions. For more information, or to book your place, contact Alan Ewins on tel. 966 468 304 or email: mp3.ipod@u3ajavea.org



For more information, or to book your place, contact Alan Ewins on tel. 966 468 304 or email: mp3.ipod@u3ajavea.org

Organiser: Alan Ewins

LET'S TALK JAVEA: LTJ convened on Wednesday, 23rd Sept, in a bar adjacent to our regular home of Artisano, that was inexplicably closed that day. Our discussions ranged over the progress of the *jute bag project*. It started at the end of June and we are now already almost into our third thousand. Bags can now be printed locally, with MABS eager to start us off with their own logo now on 400 bags for all their many shop outlets.

An *Eco recycling centre* for Javea is under construction near the dog pound.

Those in apartments might welcome the chance to apply for an *allotment*, on land to be made available by the Town Hall.

Those in need of more personal care still await the opening of the *Javea Alzheimer centre*, that perhaps could double as a day care centre. It was recommended that charitable gifts in kind are more likely to be used as required/intended than any cash donations.

Agenda 21 is considering a conference in Javea next year on sustainable local development to coincide with Spain's presidency (with Belgium and Sweden)...however, time to do this well (if at all) might mean postponing this until after the official period of the first half of 2010.

Sewerage matters have gone quiet (on the back burner?). The issue will be raised on Tuesday 28th Sept when *Agenda 21* (like U3A) restarts after its summer break.

The lack of decent notice and notices of local events was again lamented...something that A21 should pursue vigorously.

It was suggested that *Sporting Activities* should be considered for enhancing integration. Another suggestion to be taken to the *Agenda 21* forum.

Changes are in the pipeline in respect of *padrón (re-)registration*. We hope to keep you informed. Ideas and participants are always welcome at LTJ! For starters, why not sign on to our mailing list timdladd@gmail.com **Organiser: Tim Ladd**

MEDITATION AND MENTAL WELLBEING: The Group will no longer meet in the Centro Social in the Pueblo. The new venue is going to be the Well Being Centre called “Centro Terapeutico Mezquida” in the Port just behind the petrol station. We will meet once a week in the afternoon at 5 pm. People who are interested must tell me if they prefer Tuesday or Friday afternoon. Thank you.
Organiser: Piera King Tel 650 83 53 72.

PETANQUE: On the 17th & 23rd September, 2 teams of 12 from Javea challenged Moraira/Teulada to a Petanque match, each team playing at home and away. Although on both days we did get a little wet, we were able to complete all the games as arranged. On our 1st away match we won 8 – 4 but lost the home game 5 – 7. So we were quite evenly matched going into the last round. Our away team, this time, drew 6 – 6, so the final round would be the decider and we are pleased to say we won 9 – 3, making an overall total of Javea 28 – Moraira 20. So congratulations to all those who played and a big thank you all those who came along to support. Well done team. **Organisers: Lin and Terry Jones**

POETRY FOR PLEASURE: The group will be holding its first post-summer meeting at the Parador at 11am on Tuesday 29 September. Please note that this is one week later than our normal meetings, which are on the third Tuesday of the month. Everyone is welcome to bring along a poem they would like to share with the group. Apart from this, we will also be spending some of our time talking about Dylan Thomas’s DO NOT GO GENTLE INTO THAT GOOD NIGHT. If you are not already a member of PFP, but think you would be interested in joining us, please feel free to contact the group leader, or simply come along to the Parador. **Organiser: John Othick**

QUIZ NIGHT: Next one is Thurs. Oct 15th at a **new venue** in Teulada. This is at La Polenta in Avenida Mediterraneo just above & opposite Bar Med, just before the last set of lights. The owner is opening specially for us & is enthusiastic about her food! She is offering, starters: endive salad with blue cheese salsa or bruschetas of tomato & mushroom, main course: oven-baked ham with creamy pepper sauce, brochetas of chicken or merluza a la Vasca (hake in white wine & leek sauce) Also included home-made bread, aioli & tomato, home-made pudding & glass of wine. All this and prizes for 15€. Quiz starts prompt at 8pm so arrive from 7.30pm. Pay at the Parador meeting or on the door. Please state your menu choices when booking. Teams will be picked at random on entry. **Organisers: Jeni and Stan Oldfield**

RUMMIKUBS: Please note we shall be meeting at 2pm every Wednesday at Marples, except the last Wednesday of the month when there is a U3A meeting. The Group will meet at 3.00pm. **Organiser: Krystyna Stefanczyk**

SAILING: I have just returned from the UK to find that no more dinghy sailing will be allowed from Javea port. The slipway has been blocked with rocks to stop boats being launched. Any boats remaining on the hard standing will be removed and the owners fined it seems. What is going on I cannot say at this stage, but it looks as if in these times of economic recession the powers that be are going to push ahead with expanding the Port. Good job I took my catamaran and the Lazer out early in July, for repairs. Where I/we now go to launch is a big, big question mark. Any suggestions?

And now some good news. I have been given the keys to a 35ft Dehler sailing yacht moored in Moraira Marina. Apart from me using it twice it has not been used for 3-4 years and I warned the owner, (a good friend) that it will become un-sailable if he continues to neglect it. “Please, please use it” was the reply. So, with the condition that all sailors/crew who go aboard do some general cleaning/maintenance and contribute to fuel/running costs, then it can be used until next June/July. The boat it is then being sailed back to the UK.

However I am returning to the UK on 29th September to await a Hernia op, so not much can happen until I return. Let me know if any of you will be interested in a bit of deck swabbing and sailing in the future? Lee ho. **Organiser: Gordon Edwards**

SOLO ON SUNDAYS: Hello Everyone. Hope that you all managed to keep cool in the blistering heat of our Summer! Solo on Sundays Group welcomes you to join us on 4th

October at Pizzeria Pepa on the Arenal at 1.30 for a very pleasant afternoon. Look forward to seeing you all again.

SOLOS SOCIAL GROUP: Friday 9th October – “Day trip to Alicante” to see the Greek Exhibition at the MARQ Museum; lunch (extra) down at the seafront; we will then take the lift up to the top of the cliff for visit to Santa Barbara Castle. Coach will leave Rafalet at 08.30 a.m. **Currently full – names to Angela for reserve list. Payment required at the September meeting.**

Wednesday 14th October – “Wine tour & tapas” in Javea old town, commencing at 8 p.m.

Saturday 24th October – Dinner Dance at El Andaluz Three-course meal with half bottle wine pp., dancing to *Duo Romance*. Meet at venue at 8 p.m.

See the full programme for our Group at www.u3ajavea.org and click on our home page. If you would like to join us and receive regular updates of our activities, email Angela or ask today for a copy of our autumn programme. **Organiser: Angela Chantry**

SPANISH FOR BEGINNERS: This is a basic Spanish course for beginners. There are 2 classes which run once a week on Thursdays and occasionally on Fridays at the Social Centre, Javea.

Time: 10-11 and 11.15-12.15. Starting 1 October 2009 and running until mid December. There are still some places available in the 11.15-12.15 class. **Organiser: Heidi Hancock**

SNOOKER: Snooker Group 1 - This group meets at Jaspá's in Cabo de la Nao on Fridays, but is now full. **Snooker Group 2** - Because the first snooker group is full, a new group has been formed. Again play is at Jaspá's, at 11.00am each Wednesday. There is no need to book - simply turn up and you will be welcome, PROVIDED that you have played before. I am afraid that at present we cannot accommodate complete beginners. **Organiser: Steve Collins**

TRAVELLERS' TALES GROUP: Our first talk for the autumn will be on Tuesday 29th September at Restaurant L'Hort, near Javea Camping (ask for directions – there is ample parking), and will be given by John & Ann Boot on “*A drive from Florida to Vermont, and back*”. Note earlier starting time: please arrive at **11 a.m. for an 11.30 a.m. start**. I would ask everyone to please buy a drink from the bar as we are having free use of the room for our presentation (menu del dia is 11€ inc. iva, drinks extra, for those who wish to stay on for lunch). The October presentation will be given by Brian Walthew, on “*A Caribbean Cruise*”, on Tuesday 20th October (venue tbc). Please check the website www.u3ajavea.org to see our full programme from September through to May 2010. **Organiser: Angela Chantry**

WALKING GROUPS

GENTLE WALKS: Wednesdays, starting at 10 am. These walks are for those who like to walk at a slower pace or wish to keep mobile prior to and after medical treatment or have mobility problems. Please contact **Jean Miller** at jeandepgroupcoord@yahoo.co.uk phone - 966 074 021 or **Karen White** at karen.l.boddy@gmail.com

HEALTH WALKS: Please see website for details of programme. **Organiser: Karen White**

INTERMEDIATE WALKS: As above. **Organiser: Karen White**

MOUNTAIN WALKING GROUP: Organiser: Al Knight's schedule for the monthly walk, meeting on the first Thursday of the month at 9.30am at the Tourist Office car park in Benitachell is as follows:

1 st October 2009	Jalon	4 hours	10 km	200m ascent
5 th November	Benimaurell	4 hours	8 km	300m ascent
3 rd December	Castell de Castells	4 hours	10km	300m ascent
7 th January 2010	Val d'Ébo	3.5 hours	9km	250m ascent
4 th February	Javea	4 hours	14km	200m ascent
4 th March	Benimaurell	4.5 hours	12km	300m ascent
1 st April	Famorca	3.5 hours	6km	350m ascent
5 th May	Castell de Castells	3.5 hours	10km	250m ascent
September 2009				

3rd June Loma Larga 4.5 hours 8km 350m ascent

WINE APPRECIATION:

Lunchtime Wine Appreciation Group: Next meeting on Wednesday 21st October at 12.00 at La Cocina. **Organiser: Steve Collins**

Evening Wine Appreciation Group: Next Meeting Wednesday 14th October at 6.00 pm at Marples where the subject of the talk will be the red wines of La Rioja.

Organiser: Steve Collins

Please note that the trip to Yecla and Jumilla on 4th and 5th November is now full.

***** **FOR ALL OTHER GROUPS**, please contact the relevant **group leader**, or visit the website at www.u3ajavea.org *****

TRAVEL 2009.

Please see the Travel Section on the website for our programme of day trips and excursions being planned for 2010 – a copy will be available to view in the Travel Room.

Xativa 9th September - after much changing in the eventual costings compared to my original budgeting for this trip, I am pleased to advise that we will be refunding €5 to each paying traveller. Would you please collect this refund at the Parador meeting on 30th September-remember for Associate Members the Travel desk is open from 10.00am, even though you cannot attend the actual meeting. Angela Chantry will kindly arrange for these in my absence at that time. **Organiser: John Price**

Tuesday 6th to Thursday 8th October 2009: 3-Day Trip to Teruel

This trip is now full; names can be given in case of last-minute cancellations. Would all participants please be at Rafalet by 08.15 hrs so that cases can be stowed away and we are ready to depart at 08.30 hrs. **Organiser: Angela Chantry**

Thursday 12th November - A day trip to Valencia. The day free to visit a museum, art gallery, go sightseeing or just shopping. Depart Rafalet at 9.00am, arrive back at approx 6.30pm. Cost 10€ per person, payable at today's meeting. Pat Johnson will be collecting on my behalf in the Travel Room. **Organiser: Diane Ord**

Wednesday 25th November –A lunch following the final meeting of the year at 1.00 pm at Restaurante L'Hort. A 3-course meal with wine, water, coffee, IVA, tip and raffle prizes for 20€ per person. Expressions of interest at today's meeting or e-mail mike.katrina@gmail.com. Payment in full at the October meeting. **Organiser: Mike Frost**

Saturday 5th December – Christmas Dinner Dance at Javea Golf Club, €33 per person to include meal, wine, water, coffee plus live music from Paulette. Reservations plus full details of menu etc. from Pat Wykes Johnson at the September meeting, payment at the October meeting. **Organiser: Pat Wykes Johnson**

Friday 25th December - Christmas Day Lunch at Restaurante El Andaluz

Names are now being taken for our Christmas Day Lunch at Restaurante El Andaluz, which is on the Benitachell to Moraira road. This will be a 4-course menu, and includes wine, water, coffee, & mince pie. Price t.b.c. but in the region of 40 euros pp. Dancing to **Duo Romance**. Pay in October. **Organiser: Angela Chantry**

And to burn off all those calories!

September 2009

Saturday 26th December - Boxing Day Walk

A two-hour walk up at Cumbre del Sol, from 10 a.m. to 12 p.m. – further details nearer the time.

Organiser: Angela Chantry

January 2010, date TBA – An attempt to rerun the cancelled trip last January to the *Formula 1 testing at Cheste*. The names for last year are still on file, and these will be contacted in January subject to the testing taking place this year. Approximate price 15€ to include coach and entrance. To add your name to the list e-mail to mike.katrina@gmail.com. **Organiser: Mike Frost**

Wednesday to Friday 15th to 17th February – A visit to the “Capital of Carnival” *Aguilas* (near Murcia) for their carnival which is recognised as the best in Spain. 3 days, 2 nights 4* hotel b and b price circa 150€ per person, single supplement 18€. On the 17th February as part of the return journey we will spend the day at Caravaca de la Cruz, also visiting the sanctuary at Calaspara, returning to Rafalet 6.30 pm. Because of the popularity of the carnival, and as there is only one 4* hotel in Aguilas, I will collect 50€ deposit per person at the September meeting. **Organiser: Mike Frost**

ATTENTION ALL MEMBERS

The Travel Team is on hand to collect money and names for trips between 10.00 a.m.-10.55 a.m. on the morning of the general meetings in the Parador Hotel. The travel room is located just beyond the gift shop on the right hand side, opposite Reception. If you cannot attend the Parador you can contact any travel organiser via the website. ***ALL MEMBERS ARE WELCOME*** on our day excursions, trips, and special events. *So are your ideas for any future excursions* - come and talk to us: Angela, Mike, Pat, John & Diane.

DISCLAIMER

Please note that, at times, it is necessary for the U3A to make deposits with travel agents for future trips, and whilst we do not anticipate any such problems, in the event of a travel agent or hotelier becoming bankrupt, Javea U3A would not be in a position to refund any losses that might occur. We strongly recommend that you ensure that your own personal travel insurance provides cover for any such losses.

PLEASE NOTE - If you are unable to use a trip which you have paid for you should inform the appropriate travel organiser, and where possible, you will be given contact details of the next person on the waiting list for you to make contact – sell on your booking - and collect your refund from them. We have a clearly defined policy whereby non-members are only permitted after all else has been exhausted, and the non-member will be expected to pay a small additional supplement. We do not allow non-member substitutions as it is unfair to our members. **Angela Chantry**

FOR SALE, RECYCLE OR WANTED: At the Parador meeting we will have a board for you to advertise items you wish to SELL, RECYCLE (give away) or WANTED. To advertise your item please contact **Jean Miller** at urecyclesale@yahoo.co.uk Please make sure you put all the details about the item, and your contact number or email address. We will presume you have sold, recycled or found the item before the next meeting, so if you wish the same advert to go on the board again make sure you contact Jean and ask for the advert to be resubmitted.

BOOK SWAP & AUDIO BOOK SWAP at the Parador meeting in the foyer. Please remember to bring along your books or audio books, there is a small charge of 50c if you have no book to swap, this money will go towards the U3A chosen charity.

DVD SWAP at the Parador meeting - This only works if you remember to bring your DVD's along, so don't forget Pat will be pleased to see you at the DVD Swap table in the foyer.

