

**NEWSLETTER no. 16,
December 2009**

Message from the President

Hello everyone,

I am delighted to start my contribution to the Newsletter with some news that makes Moraira-Teulada U3A unique amongst the other U3A's here in Spain, as far as I know anyway!

Thanks to Mike Lawson and Peter Wells we now have a **live forum** where Members can post questions, comments, ask for recommendations for tradesmen, recipes - the list is endless. Mike and Peter were very ably assisted in the creation of the forum by Bill Hayles, a non U3A member, and so we're extra grateful to him for his help. The forum is for current Moraira-Teulada U3A members ONLY, and membership details will be checked by the Moderators. Please log in and register - the details required may look daunting, but it's not hard to register, just follow the instructions on the "form", and if you do get stuck then Peter is just an email away. The guys have put in many weeks of hard work, the site has been tested by some of the Committee, and if I can do it, so can you! It will be very interesting to see how many of you make use this great new tool.

The show *Wireless Years* is well behind us now of course, but I am very pleased to tell you that thanks to the ongoing help provided by Sylvia Tatnell and the Ayuntamiento, the donation to the Costa Blanca Samaritans (CBS) was even larger than we had hoped for. Normally the Town Hall makes a charge for the theatre if tickets are sold rather than entry being free, and they also charge for the use of their Concierge. It was however decided that as part of the ticket money was going to Charity, no charges would be made to either of the U3A's attending the show. As you know, it was a joint effort between ourselves and Javea U3A, and Angela Chantry and I were responsible for selling the tickets. When it came to doing the final accounting, we were thrilled to find that the huge sum of €1190.65 was available to be paid to Steve Ashley, the Director of the CBS. I hope some of you saw the photograph in the Round Town News of both the handover of the cash to Steve Ashley, and the presentation to the U3A's of a certificate of appreciation from the CBS.

One of my personal hobbies is attending quiz events, and I also enjoy watching them on TV. One of my current favourites is Eggheads, a format where the (alleged) best quiz brains in Britain are challenged by non-professional quiz teams. The prize money increases by £1000 every match, and the team who beat the experts get the cash! I was delighted last week when a team from "The University of the Third Age or U3A" won the match! I don't know which particular U3A they were from, but the host, Dermot Murnaghan said what "switched on senior citizens" they all were!

The festive season fast approaches, and to all of you I send my very best wishes for a happy and peaceful time. If you are either having visitors or travelling to see friends and family, I do hope the weather, wherever you are, is kind!

The General Meeting on 7 December will have a decidedly Christmas feel to it, with perhaps a surprise or two. I hope to see lots of you there.

Very best wishes



Next general U3A meeting

This will be on 7 **December** 2009, at the Salon de Banquettes, Avda. Mediterraneo, Teulada, at 10.30 am. Doors open 09.45.

TRAVEL/OUTINGS

Elche (Elx)

Tuesday 26 January. The coach will leave from outside the Wok restaurant opposite the Moraira market car park at 8.30am to arrive in Elche at about 10.00.

There are two main attractions in Elche: the palm tree gardens including the Priest's Garden and the Historic route around the town. The coach will stop near the main tourist centre to enable you to obtain details of places you may wish to visit. It is hoped to be able to see a short film about the town at the tourist centre.

The buildings on the Historic Route all close at 13.30 for lunch and most do not re-open until 17.00, by which time we will be leaving for our return journey. Therefore those who want to look at old Elche can start their expedition from the tourist offices. For those who want to see the gardens first, the coach will cross the town and drop them off close to the Priest's Garden. The Priest's Garden is open from 09.00 - 18.00. Because most members will want to see different aspects of the town, there will be no formal itinerary. The coach will leave Elche at 17.00 and return to Moraira at about 18.30.

The coach trip will cost €10. Lunch and entry to the Priest's Garden is not included. Entrance to the other buildings is free. If you wish to take part in this trip please give your names and subscriptions at the Travel Desk at the General Meeting in December or January. *Leader: Paul Pruden*

Italy

Dates: 2-13 October, 2010. There will be another opportunity to enrol on this trip at the December meeting. Details on the website.
Leader Norman Peterken

Future trips

- **Benissa Treasure Hunt**
4 February. Leader Paul Pruden

- **Xative Day Trip**
April or May 2010. Carol Mantle and Pat Pruden
- **Salamanca**
First week of October, 2010, Carol Mantle
- **Cactus Gardens at Algas.**
Day trip in conjunction with the garden group. Paul Pruden

CULTURAL ARTS PROGRAMME

Montgö Chorale and The Deutscher Chor Teulada

Saturday 12 December. The choirs will sing with an international flavour. They are directed by Gordon Lawson and are delighted to be joined by the strings of the Orchestra of the Marina Alta. Venue: Iglesia San Antonio (Plaza Convento), Denia, starting at 5pm. Admission is by programme [€10](#) - available from Angela at the meeting, at Humpty Dumpty in Javea, or at the door on the evening.

Costa Blanca Male Voice Choir

Friday 18 December. The Choir will be performing their Christmas Concert in Benitachell Church, commencing at 7.30 p.m.

The English Choir

Monday 14th December: will sing traditional carols at the Town Hall, Teulada, starting at 7 p.m. Entry is [€3](#) with all proceeds going to local charities.

'Sleeping Beauty'

Sunday 20 December: _The Ballet de Moscu will perform 'La Bella Durmiente de Tchaikovsky at l'Auditorio de la Mediterranea in La Nucia, commencing at 20.00hrs. Ticket price €25 + €10 pp for the coach. The coach will leave Rafelet 18.15 hrs on the and make a second pick-up outside Llidl's on the main road through Benissa N332 (Avda Europa) and then travel on to La Nucia. Full payment is required asap (best seats available will be booked on receipt of payment).

'Beauty And The Beast'

Wednesday 13 to Sunday 17 January.

Careline Theatre's production of *Beauty and the Beast* is directed by Marian Carter who has a long string of pantomime successes to her credit. Tasha Lakin plays Beauty and Andy Crabb plays the Beast. The pantomime's run at the Alcalali theatre is from Wednesday 13 to Sunday 17 January, with matinee performances on Saturday 16 and Sunday 17 January. Curtain-up for the five evening performances is at 20.00hrs and for the two matinees at 15.00hrs. The U3A Group will attend on Sunday 17 January – ticket price 10.80 euros –

and if you would like to join them, please ring Brigid Redmond on 965732529 or email: brigred@europa-network.com.

St VALENTINE'S BALL

Friday 12 February: Members of the Moraira-Teulada U3A are very welcome to come and join in the fun at the Javea U3A's ***St. Valentine's Ball*** which is to be held in Salones Carrasco, 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 with wine, water, coffee & liqueur included (and a free raffle on entry ticket). Music for dancing will be provided by *Paulette* and *John Curtis*. Dress: smart / evening wear. Tickets priced at 35 euros will be available at the meeting from Angela Chantry, who will also have a copy of the menu to view (choice of duck, salmon or vegetarian). Solo bookings are welcome, as are those from couples or groups of friends who may wish to make up their own table.

ACTIVITY GROUPS

Art Appreciation

This programme takes place at the Pensioners Club building in Benitachell on the nearest Thursday to the 20th of the Month at 4 pm. There is plenty of nearby parking. We have to pay for this facility so a small charge of 1€ has to be levied. There is a bar which serves drinks and coffee at modest prices. For details of the precise location e-mail me. The series has not been as well supported as had been hoped so do pass the word around. There is plenty of space so guests are always welcome. The programme details are: November 19th 'Henri Matisse....a Cornucopia of Colour' by Lynn Haigh. January 21st 'Van Gogh...a soul in torment' by Cedomir Panajotovic. February 18th. 'War and Conflict through the eyes of the artist....from Goya to WW1. by Brian Nicholls. Further dates for your diary are (all Thursdays at 4pm) March 18, May 20 and June 17.

Alternative Wine Group ***Wine Snobbery Debunked!***

The Alternative Wine Group was founded because of my dislike of wine snobbery. I have a serious problem with the pretentious utterings of many so-called wine experts who seem oblivious to the financial difficulties many of us are currently dealing with. They disregard the many very drinkable wines available in our supermarkets and bodegas today that cost well under €3.00 a bottle.

In particular two areas of wine description defy any logic or reality. These are 'aroma' and 'taste'. I firmly believe that if you want to sniff the aroma of a blackberry, buy a box of Moras. Likewise, if you want to describe the taste of a wine, use words such as '*dry*', '*sweet*', '*oaky*', because the wine was stored in barrels, '*tannin*', from the grape skins, '*fruity*', surprise, surprise, wine is made from fruit! '*Resin*', if you visit Greece.

Listening to the highly entertaining Jilly Goolden, describing wine aromas and tastes that cannot chemically or by any other analysis really exist, provoked me to examine the claims in the otherwise excellent Repsol Wine Guide 2010. This is printed for the first time in

English, and sold with the useful map and food guide, and contains the following descriptions and many more that are equally improbable.

How can it be possible to identify the following aromas from the humble grape?

Intense and marked What on earth does 'marked' mean in the context of a wine aroma?

Complex Dictionary definitions include 'multifaceted' and 'multifarious'.

Red Fruits Of course some grapes are red, but what other fruits do they mean?

Jams What varieties and what fruits?

Spices I am still looking for curry!

Light taste of cocoa A hot bedtime drink, beats Horlicks any night

Citrus Lemon wine?

Now we come to taste, all from the humble grape.

Elegant in the mouth This wine, unlike me, dresses for dinner.

Unctuous Oily, greasy, smarmy. I picture a hang-wringing money lender.

Fruit undertones Shouldn't it be 'fruit overtones'? Unless there is something other than grape juice in the bottle.

Silky Mrs Beckham's knickers?

Peppery Why not just say 'a high level of alcohol'?

All of the foregoing from a bottle of wine? I think someone has been drinking too much of the product and seeing the 'Emperors Clothes'.

The *Alternative Wine Group* was formed because an earlier more 'proper' group began tasting more expensive wines which, to my mind, were overpriced. The tasting cost €15.00 per head, served with a few plates of tapas. The previous day, I had bought from Lidl, a Cab Sav red wine for only €1.99, which to my taste was better quality and value, than the more expensive wines we tasted the following day.

Our mission is that no wine must cost more than €3.00, either directly or by taking advantage of promotional offers and bodega discounts. Each taster is given complete information on the wine, grape, tienda, bodega and price as they enter the tasting. We taste six wines, with water, biscuits and nibbles, at a cost of €4.00 per head, and when possible, meet monthly.

The Taster numbers have increased from 25 in January to 90 at our October tasting. Tasters are asked to make their own judgement. They either like it and will buy it, or don't like, won't buy it. In the latter case, they have saved money by not buying a wine by mistake. We set out to have fun, with jokes, mystery prizes and a raffle. Tasters must be members of U3A Moraira Teulada. There is no further charge to the Wine Group other than entry to tastings.

Ted Adams Group Leader

Petanque

It is very satisfying to note that between the Wednesday and Thursday Petanque Groups, we have the interest of about 10% of the whole of the Teulada- Moraira U3a membership! Here are some of them below, at the Petanque Court on Cumbre du Sol.

Doug Swindell

Bridge

A social Bridge afternoon started in Moraira on Friday 6 November. We play in The Hotel Swiss Moraira in the small lounge to the left of the dining room. All standards are welcome. No partner needed. The hotel expects that we order a coffee or a drink or both from them during the play. We charge Euro 1, per session which will be used later on for a small social event.

Any questions please contact me on email jaross@telefonica.net.

Sybille Ross

Spanish Lessons

Places are available on the very basic 10 week Spanish course. It will start on Jan 27th at 2pm.in Moraira

Golf

On Monday the 16th November twelve members took part in the first Moraira u3a golf competition 5 ladies 7 men at the Villaitana golf course Benidorm The winner was Julie Migail with an amazing 49 points Next game Monday 14th December please contact Keith to play

Keith Yeulett

General History

These talks take place on the last Monday of each month (except December). All talks start at 10.30 am and take place in Espai la Senieta on the corner of the large free park in Moraira. There is no charge for the talks, they are open to any u3a member from any region and it is not necessary to declare your interest, just come as you wish.

The programme is: Nov. 30 '*Greece, Phoenicia and Rome*'; Jan.25 '*The, not so dark, Ages*' Feb. 22 '*Medieval Transitions*'; March 29 '*Renaissance to the Great Fire of London*';April 26 '*From Fire to Steam*'. All these talks are by Cedomira Panajotovic. The final two talks will be by Angela Chantry and a Guest speaker. They will take place on 24 May and the last one of the season on 28 June.

Brian Nicholls

Discounts available to U3A members on production of current membership cards

Additions to this list of stores and services which offer discounts to U3A members depends entirely on members informing us of them. Please notify any committee member if you have a suggestion for addition to this page.

Disclaimer

The fact that a supplier of goods or services appears in this list does not mean that they are recommended or endorsed by the committee. They are listed solely because they are offering a discount to U3A members. The Committee does not accept any responsibility for problems that may occur with the purchase of any product or service and Moraira-Teulada U3A shall not be held liable for any such problems. Any complaints the committee receives from members will be investigated and if the supplier is found to be at fault the committee may decide to remove that supplier from the list.

Bodegas

Bodega Blasco in Teulada offers a 10% discount on wine cases to all U3A members on production of your membership card. It is situated at Polígono Industrial, Teulada, Calle Cristal.lr 14. behind the petrol station. We are informed that this Bodega has a wide range of popular wines which, with a discount, are generally cheaper than same brands in supermarkets.

Books

Bookworld. 10% discount except on "Sale" or "Discount Offers". Please present membership card BEFORE the assistant enters the details in the till.

The Half Price Bookshop: All books available online at half price plus permanent 10% discount for U3A members. Recommended as reliable by one of our own members. Includes 10% off cost of postage. □

Butchers

Nick The English Butcher, situated on the Calpe-Moraira road, opposite the large Pepe La Sal supermarket. Nick is offering 10% off all orders over 25 euros to U3A members (excluding Special Offers). Nick does a superb range of prepared joints, and English style cuts of meat (not the thin cuts that the Spanish favour), as well as home made pies, marinades and sausages. Call Nick on 96 649 8112 to check if what you want is in stock.

Cafes, restaurants

Colby's Sports Café. Located at Ctra. Moraira-Calpe 128 (next door to International Doctor on one side and the scuba diving shop on the other). Colby's will give a 10% discount to all Moraira-Teulada U3A members on production of your membership card. Tel. 965 743 133

Kashash Indian restaurant, Avenida Mediterráneo, Teulada. A glass of wine is normally served with the Monday-to-Friday menú del día. On production of a U3A membership card, the proprietor, Shafique Ali, will give a half bottle of wine per person on meals over 9.50 euros.

Car Rentals

Gatwick Airport Car Rental Ltd: <http://www.gatwickairportcarrental.com> ☐ Tel 0044 (0)1293 403404 or email Karl at info34@carhiregatwick.co.uk ☐ This is a family run business who operate a 'meet & greet' service. For members of Moraira-Teulada U3A they will offer either free extra driver insurance cover or a free upgrade to the next car group on any period of hire. They can also arrange car hire at all major airports and over 200 locations nationwide and have agreed discounted rates with other major rental companies around the UK.

Clothing

High Street Heaven: situated at the 'Inn On The Green' bowling club, Jávea. The shop sells M&S, Monsoon, and a few additional high street labels for men and women. They also have a supply of very good jewellery. They offer a 10% discount to U3A members on all items except those on special offer.

Crafts

Fiesta Crafts, Jávea, offer a 10% discount to all Moraira-Teulada U3A members on production of your U3A card. This discount cannot be used in conjunction with any other offer and your card must be shown at the beginning of the transaction in order for you to receive your discount. The Fiesta Crafts website gives telephone and email details, map of how to find it, opening times and more.

Diving

Mermaid Diving Service, Moraira. 10% off try-dives and 7% off diving courses for U3A members.

Consider also the local branch of the [British Sub-Aqua Group](#) which is run by one of our U3A members.

DIY/Tools

The Tool Bar, Moraira.

The owners, Stuart and Wendy, are offering a 10% discount on purchases from their retail range to U3A Members. They have the full range of Draper tools as well as other choices. Members must produce a current U3A membership card, a copy of which is held by the owner for validation purposes. The Tool Bar is situated in Moraira opposite the school on Moraira-Teulada road. Tel. 96 574 5805, <http://www.toolbar.net/>.

Hairdresser/Stylists

Hair styling & manicure

Nicki Wilson (NVQ qualified) comes to your own home. 20% discount negotiated by one of our members who recommends Nicki as "friendly, obliging and very professional". Tel. 695 439 938.

De Pelo hair salon, Benitachell. Ladies and gents. Open Mon - Fri, 9.00 am until they have finished; and Saturday 10.00 - 4.00 pm. 10% discount on production of current membership card. Tel. 96 649 3049

Home help

Melissa, Tel 676 264 756. One of our members describes Melissa as "very efficient, friendly, honest and reliable". She provides help with daily tasks such as general cleaning, window cleaning, ironing, shopping, oven cleaning and even dog walking. Normal charge of 11 euros per hour discounted to 10 euros per hour for U3A members.

Ink cartridges

Cartridge Direct, cartridge-direct@hotmail.com. Tel 96 649 1740 ☐ Printer cartridges, printer paper and more. 10% discount on production of U3A membership card. Situated by Colby's, The Dive Centre, and the farmacia: Centro Comercial, Milla de Oro 134, Moraira.

Insurance

Liberty Seguros: 15% discount on car and house insurance.

* Benitachell - Pieter Verbeek SL, Avda Lepanto 37. Tel. 96 649 3295

* Calpe - Foster Consulting SL, Avda Gabriel Miró 18, Edf Dextella, Entlo 2
Tel. 965838384 and 965833052

* Dénia - Mark Petrie SL, C/ Ramón y Cajal, 8 bajo
Tel. 96 578 1815 and 96 578 0757

* Jávea - Avda Marina Española, 24 bajo Fax: 96 579 3712

Jewellery

Tiffany's Design & Manufacturing Jewellers, Marina Española in Jávea Port. ☐ 20% off purchases and 10% off repairs for U3A members. Keith, or one of his staff, will register you & give you a card for your discounts. Keith makes jewellery too, and is always happy to give his opinions on what can and can't be done. ☐

Massage

Gilly Macnally FSMT, ITEC, Cert Ed Tel. 636 617 522 or email gillymacnally@hotmail.com. Gilly is a qualified sports physiotherapist. She will visit you at your own home by appointment. Her normal fee is 30 euros per hour but, on production of your current U3A membership card, she will give a 15% reduction to 25 euros per hour. Gilly comes recommended by one of our members and offers remedial massage for chronic (long-standing) disorders, treatment for injuries, and ordinary therapeutic massage for relaxation.

Opticians

Direkt Optik Ctra.Moraira-Calpe, 122 (Moraira). Tel. 96 574 5989 Situated on the same block as the farmacia, International Doctor and Colby's Café. They speak English. This optician is famous for its 3 for 1 offer, and they are offering U3A Moraira-Teulada members a 10% discount off both varifocal and bifocal spectacles. There's 5% off single vision spectacles too. To receive the discount, members must produce their current membership card at the time of placing their order.

Pet supplies

The Mutz Nutz

Located just outside of Moraira along the Moraira-Calpe coast road (next to the farmacia), the Mutts Nutz pet supplies shop can offer you all you need for your pets. Steve and June will welcome U3A members, and a discount of 5% is available on all items except food such as dog biscuits and meat. Steve has asked us to point out that the discount IS however available on treats for the animals! You can also get good advice from Steve on how and what to feed your pets. Please show your membership card to get the discount. Tel. 96 574 4476

Plumbing and Central Heating

Moraira Plumbing/Heating (Ray Gardner).

10% discount to all Moraira-Teulada U3A members on production of your membership card. Tel. 966 498 993 (mobile 620 523 613).

Specialist Furniture

Prominent, Teulada Poligono Industrial Estate. Tel 96 574 1315 Do you experience difficulty in standing up, do you have a painful back or tired legs, or do you just want a comfortable chair you can relax in? This company specialises in easy-chairs and they also have a range of "mobility scooters". They speak English and are offering 10% discount on production of a current U3A membership card.

Window Cleaners

SF Window Cleaning Services Craig Longstaff. Tel 608 534 661 or email sfcostablanca@aol.com - window and facia-board cleaning for domestic & commercial properties. They are an experienced and fully registered company within Spain and can also provide facturas if required. For U3A members there is a 20% discount off the following normal prices: outside small/normal window 1.00 euro, outside small window with reja 1.50 euro, outside large/double window 2.00 euros, outside large/double window with reja 2.50 euros, patio doors 2.00 euros, inside small/normal window 1.00 euro, inside large/double window 2.00 euros. The above is a guide - each individual property needs to have a free quote to confirm final price. The company quotes an approximate normal price for a 3-bed 2-bath villa of around 20 euros for an outside clean.

Moraira-Teulada U3A Committee members

President: Ann Colclough
tel. 965747343

Vice President: Pamela Kershaw
966497098

Secretary: Margaret Roberts

Deputy Sec: Linda West

Treasurer: Audrey Coleman

Dep. Treasurer: Colin McNae

Travel Treasurer:

Membership Sec. Sue Popkin

Ass.Membership Sec: Vacant

Group Coordinators:

Shirley Baehr 966495633

Brian Nicholls 965747600

Public Relations Officer:

Isabel Tugwell

Non-Office-Holding members:

Don Roberts

CIRCULATION OF NEWSLETTERS You can read and/or print off copies of the U3A Teulada/Moraira newsletters. The small file version is intended for members who have dial-up modems and long download times. This version contains basically just the text content of the newsletters. The other version is for members with a broadband internet connection. It contains photographs, illustrations etc. that make the Newsletter more attractive to read. Contributors please note that all copy must be with the Editor by the end of the last week of each month. Photos are welcome.

GROUPS AND GROUP LEADERS

Group	Group Leader(s)	E-mail	Day
10 Pin Bowling	Dave Goodings	dha_48@yahoo.co.uk	Wed pm last in the month
Alternative Wine Society	Ted Adams		Wed pm last in the month approx
Art Appreciation	Brian Nichols and Cedomir Panajotovic		Thurs 4pm once a month
Beading making Jewellery	Anna Marie Inger		Contact group leader
Bridge Social	Sybille Ross		Fri 3-5
Card Making/Scrapbooking	Martin and Carole Bent		Tues pm
Chess group	Ed Morley		Thurs am twice a month
Choir	Ann Johnson		Wed am
Classical Music Appreciation	Nick Green		Mon am 4th Monday monthly
Computing for beginners and email/internet	Evelyn Adams		Mon and tues
Cookery/Entertaining at Home	Anne Rodger		Wed pm
Craft Group	Elizabeth Wilson		Thurs pm
Creative Writing	Miriam Smith		Mon pm twice a month
Cribbage	Colin Turner		Wed 7pm
Dining Out Group	Peter and Sue Wells		Thurs pm twice a month
Drama Group	Pam Ridlington		Tues am twice a month
Drawing-Back to Basics	Linda Gent		Thurs am
Fishing freshwater	Michael Wilson		Thurs twice a month
Gardening	John and Chris Parsons		Tues once a month first Tues am
Genealogy On the Ancestral Trail	Elaine Wareham		Wed twice a month am
Genealogy an Introduction	Tessa Deacon		Wed twice a month am
Golf Group	Keith Yeulett		Monthly
Health Walking	Rona Hurst		Tues and Thurs alternate weeks am
Hi Fi & Home Cinema advice	Ted Adams		TBA
History	Brian Nichols		Thurs once a month
Line Dancing	Barbara Ives		Mon pm
Mah Jong	Diana Jarvis		Thurs pm
Modern Jive for Beginners	Richard Perry		Thurs am
Padel Tennis	Richard Perry		Friday pm
Painting with Pastels	Linda Gent		Monday
Painting - Water colour techniques an introduction	Lynn Haigh		Wed
Patchwork	Yvonne Romain		Mon/Wed p
Petanqua	Andy Keen		Wed am
Petanqua 2	Doug Swindell		Thurs am
Philosophy	Sonia Kleyman		Friday every other week am
Photo group	Regina Mueller		Wed
Understanding Psychotherapy	Mike Lawson		Friday every other week am
Quiz Group	Helen and Les Coughtre		Thurs
Reading Group	Gaby Mauger/Pam Milbu		Wednesday or Friday pm
Sailing Group	Richard Jones		Tues monthly plus sailing days
Singles Dining Out Saturdays	Norman Peterken		Sat
Skittles for the family	Robin Woods		Friday pm
Slimming Group	Tanya Keen		Tues pm
Spanish Conversation Intermediate	Sheila Shippides		Sat am
Spanish for Beginners Group 1	Sue McNae		Wed pm
Sunday Solo Group	Audrey Germann		Sun
Walking	Bob Fisher		Thurs am monthly
Yoga (All levels)	Sue McNae		Wed am

In order to protect the private email addresses of Group Leaders, email addresses have been blocked by the Webmaster in this version of the Newsletter which appears on the website.