

NEWSLETTER



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"Here's to the bright New Year, and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold." Anon



New Members

We wish to welcome ...Philip and Jean Waterhouse, Marina Van der Bosche, Clare O'Neil, James and Pamela Gibbons, Thomas and Cynthia Beirford, Micheal MacKenzie, Kate Britton and Vince and Pamela Coppin.....who became members of the Calpe U3A at the December 2010 General Meeting.



Coming Events

A 'Banquet with friends'

To be held on Saturday evening 12th February 2011 at El Molino restaurant in Calpe which has a reputation for good food at a reasonable price and we hope you will be keen to support it. You will enjoy a friendly evening among friends with good food, some music and if you wish some dancing afterwards. The cost of the tickets are 16 Euros per head, time 7.30 for 8.00 pm.

Bookings should be made by the date of the next U3A meeting on 13th January where there will be sign-up sheets and full menu details. We will need to know if you wish to have salmon instead of the meat course as we have to order this in advance.

Please contact Janet Bond telephone 96 574 8665 or email thebonds14@hotmail.com if you have any queries or for further information or if you wish to make a booking.



Coach Trip to Jerez, Cadiz and Cordoba

4 days 3 nights 8-11th April 2011. Leave by coach on the morning of the 8th of April at 9.00 am promptly. We will be arriving at the Sherry Park 4 star hotel in Jerez, at about 5.00 pm, where we will be staying for 2 nights. half board. In Jerez we will visit a sherry bodega. and various historic areas. On the 9th there will be a chance to visit "Yeguada de la Cartuja", on the 10th we will be visiting Cadiz before we carry on to the Hotel Cordoba 4 star on a half board basis. The coach will be leaving Cordoba late on the morning of the 11th. See the travel sheet at the meeting or on the website. John Pickford.



The Acts of Love –A Light hearted look at life and love

For those of you who have enjoyed past productions by the Monte Pego Theatre Company you may be interested to hear that Jeff and Jayne Corbett will be presenting three short theatrical interludes between courses at a dinner organised by HELP of Denia and Marina on Friday 21st January. This is being held at Los Arcos Restaurant on the N332, close to the Pedreguer turnoff (ample parking).

A wonderful mixture of serious and comedy performances along with excellent food this promises to be a different and entertaining evening. There is a choice of menu and tickets are €26 each. These are available either at the HELP Centre in La Xara, telephone 96 642 7044 or by contacting Gail Horler; telephone 965 757 659 email gghorler@gmail.com Also see HELP website www.helpofdenia.com.



JOINING the U3A. A Conversation with Manuela

"For me it was a new beginning. Whilst my mother was living with me I could not often go out. When she returned to Belgium, friends told me about the U3A but they didn't need any more language teachers. I decided to visit a cousin who was teaching in Lakewood College, Colorado, helping students who were working in language labs. I met Francisco Padilla, who gave me the book he had written for those learning Spanish as a second language, the book I now use with my students in Calpe.

Back in Calpe I tried the U3A again. The dining at home was for couples, would it work for singles? No, but I was needed to teach Spanish to Members. At another meeting I volunteered to be a hospital driver. Keith Wildman (A.F.P.O.) and Pat Spencer asked me to act as a translator at the Salud instead. I really enjoy this."

"I am very grateful to the friends who first dropped by with copies of the Newsletter. I take several groups, I went on the trip to Teruel, I play Canasta with Sandra, an ex pupil. Whenever there's a social event how much I enjoy dancing. Take my word for it, keep trying and I hope you too will find , as I did, it is a life changing step."

AFPO VOLUNTARY INTERPRETING SERVICE

By Pat Spencer

This service based at the Centro de Salud in Calpe has been operating since April 2006.

You may know about the service or even have had personal experience of the assistance given by our Interpreters. If so you will know how helpful their input was in ensuring that your experience was positive, and that the communication between yourself and the staff was accurate and relevant.

We are always looking for new recruits, if you think you can help, the only requirement, apart from an enthusiasm to help, is the ability to speak and understand Spanish and English. You will initially work alongside more experienced interpreters until you feel confident to work alone.

Please contact:	Pat Spencer	96 583 4586	Coordinator
	Missouri Tyrell	96 583 8359	Deputy Coordinator
	Keith Wildman	96 583 0109	President AFPO



News items from U3A Groups

Mindfulness through Meditation

By Alexis James-Crabb

Hi...I started my first U3A Meditation group in October 2010. None of the ladies in the group had meditated before so it was a new learning curve for them. I congratulate them for having the courage to come along and give it ago. **We had a lot of fun!**

The first week was not easy but they all left feeling very relaxed. After the second week group members noticed a difference, beginning to control their thoughts and enjoy the wonders of Meditation.

Why do so many people "fight shy" of Meditation Classes? Is it because we are lazy, undisciplined or impatient? Well, possibly, but at the root of it all, may be a general misunderstanding of what meditation is really about. Meditation is a process, not a result; it is about training your mind, so you control it, rather than the other way around. Is your mind in the present or somewhere else? Do you have so many thoughts fluttering around that you cannot hear yourself think? If you create space within your mind, you will notice what is important and get your priorities right the first time. So, how do you meditate?

When you meditate your mind will naturally want to wander, this is human nature. We do not need to feel stressed about this or beat ourselves up over it. We simply need to be aware of it and able to bring our attention back to the present task. Therefore, when you first try meditation, you will find that your mind wanders almost constantly. You will have to bring your attention back to what you are focusing on repeatedly. Instead of getting frustrated, be proud that you were able to bring your attention back, even if it is only for a second, before it wanders again. Some of you will get through an entire meditation, before you even realise that your mind was somewhere else the whole time.

Therefore, the first step to getting it right is being aware that your mind is wandering.

The second step is to learn to bring your attention back, as often as is necessary. Once you have mastered that, you have mastered meditation

When we want to achieve great physical fitness, we spend months training our bodies to achieve that. Then we continue a regular training routine in order to maintain that level of fitness. Well the same applies when we train our minds through meditation. Just like a regular work out, in the beginning, it seems a lot tougher but if we persevere, it gets easier and more rewarding.

In the long term, meditation relieves stress and anxiety, increases awareness and intuition and aids concentration and learning. People who meditate on a regular basis are calmer and better able to cope with stressful or traumatic situations.

Meditation teaches us how to be focused in the present moment, instead of being stuck in the past or dwelling on the future. Your life is now, make sure you do not miss it.

The meditation group begins in the New Year.

Wednesday Walkers *By Lee O'Neill*

Want to enjoy being out in the fresh air, want to enjoy the beautiful countryside around us with like-minded people, then how about joining the Wednesday Walkers? We meet each week at 10:00 at the Cala Calalga car park at the end of the Levante beach. We aim to be able to offer up to two walks each week, a long walk for the more serious walkers and a short/medium walk for the not-quite so energetic. Long walks are generally from 3.5 to 5.0 hours in duration and between 8 and 14 kms in length with ascents possibly up to 600 metres.

Short/Medium Walks are generally 2.0 to 3.5 hours in duration and between 4 and 8 kms in length with only minor ascents such as a steady climb. The majority of walks are on good tracks with scenery, wild flora and wildlife. Do you think you'd like to join us? Do you have any walks you would like to share with the Group? Why not give us a try; we're a friendly group who will welcome new members.

For more information you can contact me on 965 837 944. The walking programme can be viewed on the U3a Website, u3acalpe.com Walkers should wear either walking boots or shoes and bring plenty of water and a picnic lunch unless otherwise stated.

All walks, of course, depend on members volunteering to lead.



U3A Steel Band

By Paula Martin

I will be starting the U3A 'Steel Band' again; there will be a sign up sheet at the January 2011 meeting. A little about Steel Pans, they originated in Trinidad and Tobago early in the 20th century, they are the 20th century's latest acoustic instrument. They are the national instrument of Trinidad and Tobago where they have a complete orchestra that play anything from traditional West Indian music through to the classics The Pans are becoming very popular and you can find Steel Bands in almost every country We all know them from the Notting Hill Carnival where they hold competitions. Champion of Champions is held in the West Indies

The Pans are made from 55 gallon steel drums, making them is very labour intensive, once they are finished they are called Steel Pans and people that play them are Pannists. I feel it an extremely happy musical director who may like to learn to play a Pan or may just want to be the director. Anybody with a drum kit or bongos would be most welcome.

I am try to source steel pans at the moment I do have my own Pan plus I have managed to get another which is now in my possession I am still trying to source more instruments which I hope we should have by end January /February

Anybody interested in joining contact me;

paulamartin5@yahoo.co.uk and you cannot help but smile when you hear them played.

So let us see how many U3A members would like to give it a try

We need people to learn to play the Pans (drums) and also anybody that would like to do percussion (maracas tambourine) etc, etc.

We will also need a or by telephone at 96 583 7678

LOCAL EVENTS

The Blessing of Animals in Benissa

For several years we have joined in the blessing of the animals at Benissa and will again on Sunday, 16th. January. Take a dog, cat, hamster or horse, whatever. It starts at about 10a.m. in front of the Ayuntamiento and makes its way through the narrow streets to the attractive main square. In front of the large church the priest blesses all the animals. Enjoy! Janet Bond

Flower lovers can enjoy a talk given by Carl Wilde at the Salon de Actos España, a theatre in Moraira, on January 27th. Doors open at 2.15 for a 3.00 start. For details ring Tina Wallis, 96583 3197.

Dancing Memories

By Tom and Rita Grimmet

Like many of you I have just watched the inevitable elimination of Ann Widdicombe from Strictly Come Dancing. Watching this it takes me back to a time during the late 60s and the early to mid 70s when courtesy of first Peter West and then Terry Wogan, Rita and I would don the fake tan and sequins (yes me too!) and join with other dancers to represent the West Midlands in Come Dancing.

We would go off to Hammersmith Palace, the Locarno Swansea or one of the many other well known regional ballrooms for the heats. Recording of the programme would take place over a full day mid week and be shown on a Saturday evening. In good years we would get to the finals which were always held at the Lyceum Theatre in London. On two occasions we were fortunate enough to win the series. Len Goodman, now the head judge on both the English and US versions of Strictly Come Dancing was just making his name in the dancing world and steadily secured a regular spot amongst the three judges on Come Dancing. A man of taste he was always very good to us with his marks. The following Saturday night (no video recorders then) we would gather around the TV and review our performance, hoping it was at least good enough that we could face colleagues at work on Monday morning with heads held high.

In those days before fuel crisis and austerity packages we would be away at competitions most weekends, doing our practice on most weekday evenings (I don't know how we found time to go to work). As well as Come Dancing we were lucky enough to represent Great Britain in two world championships, one held in New York and the other in Berlin together with three European championships earning the coveted British Team badges. The highlight of the dancing year was always the British Open held at the Winter Gardens in Blackpool. Dancers from all over the world would gather for what was the most prestigious tournament in the dancing calendar. The most memorable moment for me was taking to the stage in a jam packed Royal Albert Hall a venue that makes even Blackpool's famous Tower Ballroom seem mundane.

After a gap of over 30 years we have now started dancing again but what with stiff backs and creaky hips we don't so much glide across the dance floor as trickle. If we were to face Len Goodman in his judging role now I am sure we would face the same harsh comments as Ann Widdicombe has endured. That said dancing is terrific fun and wonderful exercise it gets both the body and mind working. At the dance club we go to at the Bar Mediterranean in Teulada on Monday and Friday evenings the very able and patient professionals Bob and Margaret put a mixed bag of us, stretching from 40 to 80 year olds through our paces. To see the 80 year olds dancing away making a complete mockery of their advanced years is an inspiration to all. So as Brucey would say 'Keep Dancing'.

Tom & Rita