

U3A Calpe NEWSLETTER

Suite 416, Total Postal • Calle Corbeta 10 • 03710 Calpe

www.u3acalpe.org

In this issue

June 2015	
Summer Lunch.....	1
Coming events	1
Member News.....	2
Summer Safety	2
Sometimes... ..	2
Travel.....	2
Manises, Albufera and Cullera.....	2
Elche – Day Trip	2
Med Cruise	2
Groups News.....	3
Curiosity Corner.....	3
June Birthday?.....	3
Special Events News...3	
Annual Quiz Night ..3	
Still to come.....	4
Airline Giggles!	4
Reports	4
Event Report.....	4
And Finally... ..	4

Summer Lunch

The Summer Lunch which was to have been held after the General Meeting has now been cancelled.

This is due to circumstances beyond our control.

Hello and welcome to our June newsletter. This is to be our last meeting and newsletter before we have our summer break.

We hope that you all have a lovely summer, whether you are staying here or travelling further afield. We look forward to greeting you all back at our September meeting.

This month we are looking forward to welcoming Michael Bulleid as our guest speaker. Michael will be drawing on his experience as a criminal barrister and present a talk entitled "Historic sex crimes of today".

He will examine and explain the crimes, trials and sentences of offenders whose crimes of the past are being tried and punished in the modern day. Michael is a regular speaker on the cruise ships, so his talk should be very enlightening.

Coming events

Our next general meeting will be on **Thursday 18th June 2015** at the Ifach Hotel, Salon Mare Nostrum at 10:00 for 10:30 AM.

Please see below for all of our remaining meeting dates for this year:

- July and August **No meetings**
- 17th September
- 8th October
- 19th November (AGM)

Member News

Summer Safety

From: Pat Spencer

I visited Australia earlier in the year, as you probably know the Health Promotion message on being safe in the sun has worked and people are very conscious of what they wear and how they behave in the sun.

I bought a sun hat whilst I was there and inside it had a message, which I want to share with you.

- Choose a sunscreen protection offering SPF 30+ with broad spectrum protection and water resistant for at least two hours.
- Apply the sunscreen in sufficient quantity to benefit from the maximum protection level it offers. Fully effective body coverage demands around 35mls.
- Apply a sunscreen fifteen minutes before sun exposure. Re-apply every two hours and immediately after swimming.
- Wear hats, clothing and swimwear offering UPF 50+ Protection. Cover as much of the body as possible.
- Choose broad-brimmed hats with at least a 4inch brim. Wear hats rather than caps.
- Choose wrap-around sunglasses with polarised lens.
- Stay in the shade or under an umbrella when the sun is at its strongest between 11am and 3pm.
- Remember that whilst cloud blocks out sunlight it does not block UV radiation.

Have a safe summer.

Sometimes...

From: John Pickford

Sometimes - When you do the right thing, no one cares.

Sometimes - When you cry, no one sees your tears.

Sometimes - When you are in pain, no one sees you are hurt.

Sometimes - When you are worried, no one sees your stress.

Sometimes - When you are happy, no one sees you smile.

But try passing wind just one time!

Travel

Manises, Albufera and Cullera

Day trip – 24th June

Cost: €35 for Members €40 non members

This is a subsidised trip.

We will visit the Manises Ceramic Museum followed by a boat trip. Then lunch with wine in Albufera then on to Cullera for some free time to wander or sit watching the world go by.

This trip is now sold out.

If you have booked a place on this trip, please remember that the meeting time is at Leaving at 08:00 from the Esmeralda Hotel

Elche – Day Trip

24th September

Cost: €10

Do as you please, lots to see from the wonderful Palms, Cacti Gardens, Arab Baths, Castle, Basilica etc. Return coach transfers included.

Med Cruise

8 day Cruise – departing on 15th October 2015 from Valencia with coach transfers included.

Price on Application - still places available.

This is a great value cruise with mostly balcony cabins. Contact our travel team and we will get you a price. Unfortunately the prices have gone up although not very much.

Please note: in future all trips booked at the general meetings will be subject to a holding deposit of €5.

We are looking into some more trips for our members at the moment so keep checking our web page. Any questions? Come over to our travel desk at the meetings or drop us a note and please remember our suggestion box.

For any further information or suggestions for any future trips, please contact ellen.mitchell1@btinternet.com or penelopebrighton@hotmail.com

Groups News

Groups Information

If you are attending a group for the first time please contact the group leader beforehand to check venue and times. Sometimes these can change at short notice due to circumstances beyond our control.

Badminton

Contact David Lodge on 96 587 4799 for information on the Sports Hall availability over the summer period.

Cribbage

This is now back at Juan's bar in Avenida Europa. Time is 7:45 for 8pm start. Please contact Ted Marshall on 634 313 527 for further details.

Dance Fitness

There will now only be classes running on a Tuesday morning from 10-11am at the Footlights centre in Calpe.

Throughout the summer these classes will be fairly sporadic as we lose members to other climes.

Please call Giovanna if you would like to join this group so she can inform you when the classes are running on 634 347 937.

JUGs Lunches

Please contact Val Weatherald on 637 254 592 for up-to date information on venues and prices.

Men's Dining

These will take place throughout the summer, on the last Thursday of the month, numbers permitting. Please phone Roger Milsom on 96 574 8827 for more information.

Table Tennis

Our regular Tuesday and Friday sessions finish on June 26th before the summer break.

In July, play will be on Saturdays from 9:30am-12:30pm.

In August there will be no Table Tennis sessions at all.

We will resume our normal twice weekly sessions on September 8th. The sessions are on Tuesdays and Fridays from 9:30am-12:30pm.

Please see the website for any last minute changes.

Peter's Curiosity Corner

June Birthday?

From: Peter Purvey

If your birthday this year falls on June 30th you will be able to enjoy an extra long day. One second longer, in fact. This extra 'leap second' is needed to synchronise the earth bound clocks with the rotation of the earth which is very gradually slowing down.

Special Events News

Annual Quiz Night

At this month's general meeting we will start to take interest and bookings for our 5th Annual Quiz night.

The event will be held at the Tennis Club in Calpe after a very successful visit last year. The date for your diaries is Friday 30th October at 6:30 for 7pm.

There will be a 4 course dinner served before the quiz commences to include bread, wine, water and coffee and will cost €14. Visitors are welcome at €16.

The menu choices are as follows:

Starters

- Special salad with or without Tuna
- Lentil Soup
- Spinach and fish stuffed crepe

Mains

- Beef in a mushroom cream sauce
- Chicken curry and rice
- Supreme of Salmon

Desserts

- Bread Pudding
- Fig Custard
- Profiteroles

You can sign up individually or in a team of 4. If you already have a full team, please bring the team name with you when you sign up. Come along to the events desk at this months general meeting.

Still to come...

- Christmas Formal Dinner Dance

Airline Giggles!

From: Albert Hancy

From a Southwest Airlines employee: "Welcome aboard. To operate your seat belt, insert the metal tab into the buckle and pull tight. It works just like every other seat belt; and, if you don't know how to operate one, you probably shouldn't be out in public unsupervised."

From the pilot during his welcome message: "Delta Airlines is pleased to have some of the best flight attendants in the industry, unfortunately none of them are on this flight."

Reports

Special Event Report – Informal Summer Dinner and Dance

From: Kerry Edwards

The Annual Informal Dinner and Dance was held on Wednesday 29th April at the newly extended Dracula's Restaurant situated at Calpe Port. The event was well attended by 63 people.

The music and entertainment was provided by Daniel who sang songs from many eras. The dance floor was packed from the beginning.

A lottery was held midway through the evening with names being drawn from a basket and several prizes of wine, cava and chocolates were given away.

As usual the service was excellent with very friendly waiters and staff. The food was well prepared and delicious (even though most people forgot what they'd ordered).

Thanks to Tina Wallis for organising this event. Overall it was a fantastic evening wining, dining and dancing!!

And Finally...

From: John Pickford

"Light travels faster than sound. That is why some people appear bright, until you hear them speak"