

U3A Calpe NEWSLETTER

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Informal Summer Dinner and Dance

This promises to be a lovely evening of dinner, drinks and dancing! It will be held at Restaurante Dracula (in the Port) on Tuesday 27th May 2014 at 7:30 for 8pm and will cost €16 to include cava reception, 3 course meal with coffee and wine. Further information is provided later on in the newsletter.

Hello and welcome to our May newsletter.

The weather has picked up and we hope that you are all enjoying the pleasant temperatures before the humidity sets in!

This is our penultimate newsletter before the summer break and is a great opportunity for you to give us feedback about how you think the newsletter and meetings are going so far this year.

Perhaps you might like to suggest a guest speaker or just want to tell us what a splendid job we are doing! Please contact any of the committee to discuss your ideas.

We are delighted to announce that our speaker this month will be Father Marcus with a talk entitled "Beach Dreams".

Please continue to send all your news and articles for further newsletters to Giovanna Wallis on editor@u3acalpe.com

Coming events

Our next general meeting will be on **Thursday 15th May 2014** at the Ifach Hotel, Salon Mare Nostrum at 10:00 for 10:30 AM.

Please note that all of our meetings in 2014 will be held at this same venue and time. Here are all of the meeting dates for 2014 to put in your diary:

- 19th June
- July – NO MEETING (A change from previous information)
- August – NO MEETING
- 18th September
- 16th October
- 20th November - AGM

There will not be a speaker next month, but instead "The Costa Barber Singers" will be entertaining us and performing some new numbers for us all to enjoy. Why not come along and join the fun.

Member News

Voluntary Interpreting Service at the Salud, Calpe

From: Pat Spencer

This service started in April 2006, and has proved to be a valuable service both to users and staff alike. Some of you may have used the service, and so know from personal experience how helpful the service is.

It is manned by Voluntary Interpreters who are doing a sterling job, but as usual we always need more willing people to take up this interesting work. The service is staffed from 9am until 12noon Monday to Friday, (apart from Fiestas).

If you feel you would be interested in putting your name forward, but are unsure of the commitment or what is required, then you can either ring to have a chat, or perhaps arrange to spend some time with an Interpreter whilst on duty.

In either case, please ring
Pat Spencer - Coordinator
96 583 4586
Missouri Tyrrell – Deputy
96 583 8359
Keith Wildman – President
96 583 0106

Please do not make direct contact with the Interpreters whilst on duty.

Travel

Calasparra

Visit to the Sanctuary of the Virgin of de la Esperanza on 16th May.

Cost: €10

Only 4 places left, so book now to avoid disappointment!

Ibiza

All inclusive 4 day trip, staying in a 3 star hotel (including a guide for the entire trip) departing 22nd of May.

Cost: €399 per person

Only 4 places left so book NOW to avoid disappointment.

Valencia day out and IKEA visit

Join us for a day out in Valencia on Tuesday 24th June with 4 drop off points including the new IKEA store, Oceanographic, Bioparc and Historic City Centre.

Cost: €10 members

€12 non-members

Cartagena Romans Fiesta

A 3 day, 2 night trip to experience the *Romanos y Carthagineses* Fiesta in Cartagena from 26th to 28th September.

Cost: €225 (€70 single supplement)

and the travel team have already had bookings from 28 members. Please register your interest ASAP.

Novelda and Bodega Heretat de Cesilia

Come and join us on 2nd October on a very interesting day out that includes a guided tour of Novelda and then on to a visit to a winery to sample their wares and enjoy lunch.

Cost: €35 Euros

Caribbean Cruise

Departing Calpe on 6th December for 8 night fly-cruise from Madrid to Caribbean.

Cost varies depending on choice of cabin. Only 1 outside and 5 Balcony cabins left, so hurry and we already have 23 members booked on this trip.

More information on these and our other trips available on our website:

<http://www.u3acalpe.com/trips/coming-trips>

For any further information or suggestions for any future trips, please contact John Pickford, Travel Co-ordinator: **96 583 4904** or johnpickfordtravel@gmail.com

Culture and Publicity

By: Rod Anderton

Culture

Regular emails are sent out to inform members of the 'Cultural Interest' group of forthcoming attractions and events. Presently we number 29, if any new members wish to add their names to the group to receive regular updates please contact me by email at tranderton@yahoo.com .

Publicity

It always helps to receive photographs of one or more of the activities from the numerous groups to accompany the articles sent to the newspapers. If you do have some photographs to include in articles to the press please see me at the General Meeting. Similarly I am happy to receive reports and updates from all group activities.

Website News

Health and Wellbeing – Health Awareness

From: Pat Spencer

You will find a second article under Health Awareness on the web page, this is on Prostate cancer.

It is a long document as both the diagnosis and the treatment of prostate cancer can be a bit bewildering and confusing.

This article is written from legitimate sources, and contains the latest information on prostate cancer.

If you would like a hard copy of the document please ask me, (there will be a small charge).

If there is a particular condition you would like more information on please give me a ring.

Social Events Report

From: Tina Wallis

Informal Summer Dinner and Dance

As mentioned on the front page of this newsletter, we are holding an informal dinner and dance at Restaurante Dracula (in the port) on Tuesday 27th May 2014.

This event will cost €16 per person (€18 for non-members) and includes a cava reception, 3 course meal with bread, *Alioli*, water, wine and coffee included. There will be live music by Daniel and this event promises to be a great start to those balmy summer evenings we are all craving.

We are taking final monies and menu choices at this month's general meeting. Book NOW month to avoid missing out on this lovely "start of summer" social event.

Summer Lunch

This event will take place after the June general meeting on 19th June at 12:30 for 1pm start.

We have secured a deal with the Pizzeria Exotic on La Fossa beach. It will be a 3 course lunch with wine and will cost €11.

Main course options are:

- Lasagna
- Pizza
- Chicken
- Fish

Please sign up at the events desk at this month's meeting.

Still to come...

- Group Leaders Do in September
- October Annual Quiz Night
- Christmas Formal Dinner Dance

Groups News

Bowls

Bill Hopkins is unfortunately stepping down as the group leader for bowls. A new person (still to be confirmed) will soon be taking over the running of this group.

A big thank you to Bill for all your time and effort in running this group so successfully.

Dance Fitness

This group will recommence in September at the Footlights Studio (formerly New Med Dance) on a Tuesday and Thursday morning from 10-11am.

It will still be run by Giovanna Wallis so please contact her over the summer for more information on editor@u3acalpe.com

Flower Arranging

Tina Wallis will be having one more class before the summer break on Monday 19th May.

The group meet at Topacio III bar on La Fossa beach from 10:30-12:30pm.

Please contact Tina on 96 583 3197 or tinamaria19@gmail.com if you would like to attend.

Guitar Lessons

Due to members being unable to commit to regular attendance, the regular Tuesday meeting has been cancelled. If you would like individual lessons or as a pair please contact Mark Sanderson.

Men's Dining

Last month's men's dining group was well attended and 20 members enjoyed a splendid dinner including wine at The Blue Tree café/bar, restaurant on the Calpe to Moraria road.

A big thank you to Albert Hancy who very kindly booked and arranged this for us to enjoy.

This month's dinner is on the 29th May and will be held at the La Marina restaurant on La Fossa Beach, Chris Derrett is arranging this one for us, so if any of our men members are interested then why not come along and enjoy the ambiance.

Guests are welcome.

If you fancy coming along please contact group leader Roger Milsom on 96 574 8827 or email maznrog@telitec.com to register your interest.

Spanish Conversation

Manuela is now starting a Spanish conversation group. It will be on Tuesdays at 11am at her home, start date is still TBA.

If you are interested in this, or any of the other Spanish lessons run by our U3A, please call the Spanish groups co-ordinator, Jan Newark on 96 583 6815.