

# U3A Calpe NEWSLETTER

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[www.u3acalpe.com](http://www.u3acalpe.com)

## In this issue

October 2014

Quiz Night .....	1
Coming events .....	1
Quiz Time!.....	1
Influenza Vaccinations	2
Travel.....	2
Valencia Shopping ..	2
Benidorm Palace .....	2
Canaries, Madeira & Morocco Cruise.....	2
Social Events Report ..	2
October Annual Quiz Night .....	2
Christmas Formal Dinner Dance .....	3
Groups News.....	3
Bridge.....	3
Dance Fitness.....	3
Flower Arranging ....	3
Reports .....	3
Trip Report: Cartagena Romans Fiesta .....	3
Group Report: New Discussion Group ...	4

## Quiz Night

Friday 24th October at  
6:30pm at the Tennis  
Club in Calpe.

There will be a 3 course  
meal and prizes included  
in the €12 cost.

Final sign up at the  
October general meeting  
or alternatively contact  
Tina Wallis to book your  
place on 96 583 3197 or  
[tinamaria19@gmail.com](mailto:tinamaria19@gmail.com)

Hello and welcome to  
our October newsletter.

We hope that you all  
enjoyed the spot of  
rain we had and are  
now appreciating the  
(slightly) cooler  
weather.

We are delighted to  
announce that we will  
be welcoming Eric  
Taylor to speak for us  
at this months general  
meeting.

Eric is a presenter on  
the Pure Gold radio  
station and he will be  
talking to us about his  
experiences on the  
radio.

Also, please remember  
that your committee is  
nearing the end of  
their tenure. All  
positions are up for  
election.

## Coming events

Our next general  
meeting will be on  
**Thursday 16th  
October 2014** at the  
Ifach Hotel, Salon  
Mare Nostrum at  
10:00 for 10:30 AM.

The following meeting  
will be on Thursday  
20th November and it  
will be our AGM to be

held at this same  
venue and time.

## Quiz Time!

1. How long did the  
100 years war last?
2. Which country  
makes Panama  
Hats?
3. From which  
animal do we get  
cat gut?
4. In which month do  
the Russians  
celebrate the  
October revolution?
5. What is a camel's  
hair brush made  
of?
6. The Canary  
Islands in the  
Pacific are named  
after what animal?
7. What was King  
George V1's first  
name?
8. What colour is a  
purple finch?
9. Where are Chinese  
gooseberries from?
10. What is the colour  
of the black box in  
a commercial  
aircraft?

The answers to these  
questions will be given  
out at the general  
meeting on 16th  
October.

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## **Influenza Vaccinations**

*From: Pat Spencer*

The start date for Flu Jabs is Monday 20th October 2014.

The reason for starting later this year is that last year the main flu epidemic was in late January, so a later date will give longer protection.

An appointment can be made through the Receptionist; there is no need to see the Doctor.

The Centre is aiming to give 150 vaccinations every day and complete a 60% coverage of the relevant age groups.

The protection is available for those over 60, pregnant women and children with chronic conditions, e.g., Asthma and Diabetes.

If prescribed by your GP the Pneumonia Vaccination can be given at the same time, this is repeated every 5 – 10 years and can be given at any time.

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## **Travel**

### **Valencia Shopping**

A 2 day Christmas sightseeing and shopping trip to Valencia on 10th and 11th December.

Cost: €75 pp

Hotel in the city centre on a Bed & Breakfast basis.

This trip is bound to prove popular so book early to avoid disappointment.

### **Benidorm Palace**

Friday 20th February 2015

Cost: €55 pp including dinner with wine and cava

Fabulous show "Efex" and return coach transfers.

## **Canaries, Madeira & Morocco Cruise**

March 2015

Discover the spirit of freestyle cruising on this wonderful 12 night holiday in the sunny Canaries, Madeira and Morocco.

We are currently awaiting confirmation of itinerary, more information at the general meeting on 16th October.

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

For any further information or suggestions for any future trips, please contact [u3atravel@gmail.com](mailto:u3atravel@gmail.com)

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## **Social Events Report**

*From: Tina Wallis*

### **October Annual Quiz Night**

As mentioned on the front page of this newsletter, we are holding our 4th Annual Calpe U3A Quiz Night on Friday 24th October at 6:30pm.

It will be held at the Tennis Club in Calpe and we are now taking final names and monies individually or as a team (maximum 4).

This event will cost €12 to include a 3 course meal with bread, wine and water and will also include prizes.

Menu choices are:

#### **Starters**

- Mixed Salad
- Vegetable Soup
- Spring Roll (in the oven)

#### **Mains**

- Pork with mushroom sauce
- ¼ roast chicken
- Seafood Lasagne

#### **Desserts**

- Ice Cream
- Tiramisu
- Cheese Flan
- Coffee

Please sign up and choose your menu at this month's meeting or with Tina Wallis on 96 583 3197 or [tinamaria19@gmail.com](mailto:tinamaria19@gmail.com)

### Christmas Formal Dinner Dance

On Wednesday 3rd December at 7 for 7:30pm, we will be holding our U3A Christmas party at the Ifach Hotel.

Cost - €35 per head (non-returnable)  
Guests are welcome - €40 per head (non-returnable) Subject to availability.  
This will be a subsidised event.

We are now taking bookings individually or in tables for a maximum of 8 people.

- Cava Reception with Canapés
- Starters to share
- Tomato Soup

Main courses to choose:

- Roast Turkey with all the trimmings
- Beef Entrecote & chips
- Stuffed Rack of Lamb
- Salmon parcel

All main courses are served with seasonal vegetables and potatoes, gravy and sauces.

Desserts to choose:

- Christmas Pudding & Custard
- Nougat Semifreddo
- Carpaccio of Fruit

Bread, Wine, Water, Soft Drinks and Coffee included.

We will have a private bar with special prices, music will be provided by Timewarp and there will of course be a raffle!

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### Groups News

#### Bridge

The group will have a change of day from Monday to Tuesday evenings.

This change will start on Tuesday 23rd September. It is a 7pm start for beginners, 7.30pm for the rest, at the Galetamar Hotel.

Everyone welcome, including absolute beginners.

#### Dance Fitness

This group will be run in association with the U3A as it is an already existing class at the Footlights Studio (formerly New Med Dance).

Giovanna has now opened it up for any members of the U3A who would like to join at any time. It is held on a Tuesday and Thursday morning from 10-11am and costs €5 per class.

Please contact her for more information on 634 347 937 or [editor@u3acalpe.com](mailto:editor@u3acalpe.com)

#### Flower Arranging

This group, run by Tina Wallis, is now back up and running on Mondays at 10:30am at Restaurant Exotic on La Fossa beach.

The dates of classes up to Christmas are:

- 20th October
- 3rd & 17th November
- 1st & 15th December

Please contact Tina on 96 583 3197 or [tinamaria19@gmail.com](mailto:tinamaria19@gmail.com) for more information and to sign up for this group.

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### Reports

#### Trip Report: Cartagena Romans Fiesta

*By: John & Linda Totten*

On Friday the 26th of September, 39 members left Calpe by coach, and headed south to the Murcia region to the city of Cartagena.

Every year this city hosts a 9 day fiesta to re-enact the storming and capture of the city by the Romans in 223 BC. Around that time the Carthagian leader, Hannibal decided to muster a huge army [with elephants] with the intention of conquering Rome! He left his city in the care of a relative, and mostly undefended. The Romans not slow to see an easy victory, then attacked and captured it for Rome.

Having visited the Castle via the tubular lift, we then booked into the 4\* Alfonso V111 hotel, which proved to be an excellent choice.

The intention was then to take the coach to the battle zone and take up our pre-booked seats with evening meal & watch the show. The sky which had been threatening all day then opened up to torrential rain, producing flash floods and general chaos. We never got our intended meal and show. We did however discover, some Romans in the bus station also seeking refuge from the storm!

Day 2, we visited 4 archaeological sites and of course the Amphitheatre, followed by the big night parade down town. On Sunday morning we took a boat trip around the harbour.

That weekend was also John & Teresa's 45th wedding anniversary - one they won't forget.

Full marks go to J & T for rescuing our first night.

### **Group Report: New Discussion Group**

*By: Peter Purvey*

The next meeting of the Discussion Group will be on 30th October at 3 for 3.15pm at my house. Please ring 96 583 4139 for details or see our page on the Calpe U3A Website.

We shall be looking at the implications for England following Scotland's decision to stay in the UK.

Also, whether the IS terrorists can be destroyed or are they going to be a threat for the whole world. Britain's Muslim population is now 3 billion representing 5% of the population, with, probably, similar figures for the rest of Europe. Are we right to ask if they represent a threat to our way of life?

We hope to have positive information by then of our new taxes here that begin on January 1st. Plus anything that may have astonished you or piqued your curiosity during the month.

I have been unfortunate enough this last year to have lost five of my long - time members (since Dec 2009 in fact) either by death or moving away from Calpe and would welcome some new faces and ideas.

If you like to have a good chin wag and to express your opinion, do please come and join us. I supply wine and cakes to help things along!

Remember, keeping the 'little grey cells' active by maintaining a cognitive mind is very important as we grow older and I have recently read some ways to help do this which may interest you.