

# ***U3AMoraira-Teulada***

## ***NEWSLETTER no. 20, March 2010***

### ***Message from the President***

Hello again everyone,

As many of you may know, I had a fall on 20 February and broke my shoulder. Being unable to drive and get out and about have meant that the last 4 weeks have been the longest in my life, and I have never been so bored! I was told it would take between 6 and 8 weeks for my shoulder to mend, so I'm either halfway or two thirds of the way through. I do of course hope for the 6 week recovery option to make itself felt very soon. Many thanks to those of you who kindly sent me cards, emails or rang me up offering help, your good wishes are very much appreciated.

BIG news again this month is the "Fun Day Friday", now confirmed as being on 21 May at Font Santa in Moraira. There will be games, competitions, stalls, a raffle, and a buffet, rather than the BBQ we had last year. Tickets will go on sale at the General Meeting on 5 April, and as last year it will be first come first served. There is however still a need for people to help to run the stalls and assist with other tasks. The number of stalls and the other things on offer will mean that the Committee will be stretched very thinly, this is YOUR U3A too, please consider helping us for an hour or so. Don Roberts will have a list for volunteers to complete at the General Meeting on Monday 5 April

Of course we have more exciting news on the U3A entertainment front too, with the announcement of the Summer Ball in September. Angela Chantry has put together what sounds like a wonderful evening for us, and for anyone who hasn't been to the El Canor, the location is a wonderful one. The menu can be seen on the website, together with more details of the evening itself, and later in this Newsletter. The price has been kept as low as possible, and for the first time ever we have said that friends and family are welcome to come along too. Please consider coming along, why not make up a table with a group of friends? The good thing about the U3A is that even if just two of you come along, you're bound to know many of the other guests! If you're on your own, then there's an even bigger incentive to come along as Angela has arranged a table for "Solo's", something that was very popular at the Valentine's Ball held by Javea U3A. I hope to see many of you there.

Many of you wonder why we ask you to sign in at every meeting, and we have noticed that there are always more Members at the meeting than have signed in. There really is a simple explanation, but a very important one for asking you to sign in. Should there ever be an emergency and we need to leave the Salon quickly, we would need to know how many people were in there and who they are. With that in mind I would be grateful if you would all sign in at future meetings, it only takes a moment,

The speaker at the meeting on Monday 3 May will be Nurse Helen from Clinica Internacional in Moraira, she will speak to us on all sorts of health matters.

I look forward to seeing lots of you at the next General Meeting, but just in case I've still got my arm in a sling, please don't touch my left shoulder!

Best wishes,

*Ann Colclough*



**Next general U3A meeting**

This will be on **5 April 2010**, at the Salon de Banquettes, Avda. Mediterraneo, Teulada, at 10.30 am. Doors open 09.45.

**CULTURAL ARTS:**

***“Cowardly Custard”***

*Wednesday 14 April.* The Footlights Theatre Group spring production has been described as a glamorous review of the life, times and music of Sir Noel Coward (1899-1973). Songs in the show include “Mad Dogs and Englishmen”, “Poor little rich girl”, etc. The performance begins at 8 p.m., in the Espai La Senieta, Moraira (corner of market car park). Please collect your ticket/s from Angela at 7.30 p.m. in the bar area of La Senieta. Price: €12. In Angela’s absence, payments will be collected on her behalf by Margaret Roberts.

***“Cash on Delivery”***

*Saturday 15 May.* Careline Theatre’s next production at Alcalali, has been described as two hours of almost relentless and hilarious madness. Price: €11. In Angela’s absence, payments will be collected on her behalf by Linda West.

***“Pirates of Penzance”***

*Thursday 20 May:* The Calpe Gilbert & Sullivan Society’s next production will take place at the Casa de Cultura, Calpe, commencing 8 p.m., in aid of Caritas & Friends of the Children of EMAUS. Book via email to [angelachantry@gmail.com](mailto:angelachantry@gmail.com) and pay (€10) at the meeting in April.

***Classical Concert at the Palau de Musica, Valencia***

*Tuesday 27 April*

Sorry – no more places available for this event!

***“Il Divo – Three Tenors”***

*Friday 18 June:* Juan Gallego, Tenor - Antonio Magno, Tenor - Pedro Noguerra, Tenor, with José Jaime Hidalgo, Piano. The phenomenal success of “*Il divo*” has inspired the three tenors to stage a popular programme with a sophisticated mixture of light tenor songs and “hits” of today. At the Heredad de Elias Ferrer (Bullring gardens Alcalali), 8 p.m. – 11 p.m. (see map on website). The normal price is €20 – buy your tickets in advance from Angela and pay €15 (at the meeting in April).

# Moraira-Teulada U3A

## Summer Ball

### El Canor, Teulada

We are very pleased to announce that we will be holding a **Summer Ball** on Friday 24 September, 2010, at El Canor, Teulada - a delightful venue, with easy access and plenty of parking. The evening will commence with a cava reception in the pretty gardens (weather permitting), between 7.30 p.m. and 8.15 p.m., followed by a 3-course menu (choice of meat, fish, or vegetarian option), including wine/soft drinks/beer/water during the meal, coffee and liqueur. Music for dancing will be provided by *Duo Romance*. During the evening there will be a free raffle, drawn from ticket numbers. Dress: smart/evening wear. Carriages: 1.30 a.m.

We will be very happy to take bookings for tables from members who would like to make up a group together, requests from couples, and any individual members who may like to join a “solos” table. Family and friends who may be staying with you at this time will be welcome (adults only!), as will members of other local U3As.

Tickets, priced at 35 €, will be on sale at the meeting on Monday, 3 May, from Angela Chantry and Audrey Coleman. Group requests can be emailed to [angelachantry@gmail.com](mailto:angelachantry@gmail.com), and an envelope containing your tickets will be handed over at the meeting in exchange for your payment. Please take a look at the menu and make your choice of main course or the vegetarian option.

## **ACTIVITY GROUPS**

### ***Friends of Avinenca***

There are 3 visits planned over the next 3 months, to the Albufera Wetlands, a day visiting archaeological sites and a 2 day visit to Espadan Natural Park. Details on the Friends of Avinenca group page on the U3A website.

### ***Knit and Natter***

We had our first meeting in Sue Bradley's house on Tuesday 16 March at 2.30 till 4.30pm. There were 3 of us: Maureen Burrows, Carol Thorn and Sue Bradley. We sat in the very warm naya to knit. We firstly decided to make cot blankets and garments for local charities and not for Haiti. We feel that there is a greater need in our local area. We had a large bag of wool donated and sorted out a suitable pattern for a child's cardigan to be knitted with this wool. It should knit several cardies.

It was also thought that it does not matter what size the squares are as they will all fit in to make a brightly coloured patchwork effect quilt. We will meet once a fortnight and the next meeting is on 30 March and then on 13 April. After that, due to holidays, and the hot Spanish summer we have not found a date to return. It may be in September, so please knit for us if you can, and by then we hope to have at least our first quilt done!

### ***Art Appreciation***

The dates, artists and presenters for this group are:

**18 March** /Paul Gauguin/Lynn Haigh.

**22 April** Toulouse Lautrec/Brian Nicholls.

**20 May** /Pablo Picasso/LynnHaigh.

**17 June** /Alphonse Mucha/Angela Chantry (this is the last one before the summer break).

All meetings will be held on Thursday's at 4pm at the MAPA building in Benitachell. There is a map on the website. Go to 'Groups' and then to 'Art Appreciation'.

Visitors from other U3A's are welcome to come along as are your summer visitors. We have to pay for this venue so we ask for just 1 euro to offset this cost. There is a bar available for coffee, wine etc. Please park in the free car park behind the building as fines apply for parking in the road.

## ***History***

Cheda Panajotovic has two lectures to go in his six-part series.

**29 March** *'From the Renaissance to the Great Fire of London'*.

**26 April** *'From Fire to Steam'*

The last two lectures of the season are:

**24 May** (note this is the THIRD Monday of the month not the last). John Reynolds will give an illustrated talk on the travels of two young artists who cycled through Spain in Victorian times and visually recorded their impressions of the country.

The last talk before the summer break will be by Angela Chantry on **28 June** who will present *'Boabdill, the last Muslim King of Granada'*

All talks are on Mondays, start at 10.30 in the Espai la Senieta Lecture Theatre, Moraira. There is no charge. Members of other U3A's are very welcome as are your casual house guests.

SPECIAL NOTE; It is hoped in June to schedule a special lecture on the Spanish Civil War to be presented by the curator of the specialist museum in Alcoy. The illustrated talk will be in English. Watch this space and also the website as Paul Pruden will attempt to discover just how much interest there might be in this subject.

*Brian Nicholls*

## ***Creative Photography***

This new group will investigate what can be done to photos after we have pressed the button, rather than just put them in the drawer with all the others for them never to be seen again. Topics would include composition, editing, printing, mounting and framing. Members would be encouraged to use their imagination to produce something that maybe they would like to hang on the wall.

All grades are welcome from the absolute beginner to the more accomplished photographer. This group is not being formed as a companion to the already formed Photo Group run by Regina Mulle and members would be most welcome to join both groups. *Don Roberts*

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## ***Computing - Open Office – an alternative to Microsoft Office***

If you are interested in learning about this FREE software that does all that Microsoft Office can do then consider joining this group. It will be held on Tuesday mornings from 10.15 to 12.30 - the starting date is likely to be 13 April. The location will be at my house, near to the new Aldi and Mercadona supermarkets. A map will be available. The sessions will be run along the same lines as Evelyn's computer class, with two one hour slots; so you choose a 10.15 or 11.30 start time (yes – the extra 15 minutes is for a refreshment break). The focus will be on learning from scratch – so please don't feel that you need to know this product to start the sessions. Starting with word processing (letter writing).

Here's hoping to see you around, just make sure I have your contact information and please state your preferred start time.

*Peter Romain*

### ***Bowls***

This new group meets regularly at the Inn on the Green in Javea. It is our U3A Bowls Club, and not affiliated to or part of any other bowls club. We have teams consisting of 8 members, led by a Captain. One plays Monday afternoons , and the other on Wednesday afternoon. Two rinks are available, so 16 people can play at any one time. Free coaching is available for each group. At first all abilities are being mixed together, to give a bit of help and encouragement to beginners, but this can be changed in the future, with maybe a league being established.

There are spaces still available for both of these days, and the Inn On The Green have said that other slots can be arranged, for instance on a Thursday morning. To create new teams, new members will have to go on a waiting list until another team of 8 is established, and then another slot will be booked. Members will be enrolled on a first come first served basis.

*Don Roberts*

### ***Moraira-Teulada U3A Committee members***

<i>President:</i>	Ann Colclough	<i>Dep. Membership Sec:</i>	David Goodall
	tel. 965747343	<i>Group Coordinators:</i>	
<i>Vice President:</i>	Pamela Kershaw	Shirley Baehr	966495633
	966497098	Brian Nicholls	965747600
<i>Secretary:</i>	Margaret Roberts	<i>Public Relations Officer:</i>	Isabel Tugwell
<i>Deputy Sec.:</i>	Linda West	<i>New Members Welcomer:</i>	
<i>Treasurer:</i>	Audrey Coleman		Don Roberts
<i>Dep. Treasurer:</i>	Colin McNae	<i>Non-Office Holding Member:</i>	Margaret
<i>Travel Treasurer:</i>	Carol Mantle		Williamson
<i>Membership Sec.:</i>	Sue Popkin		

**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 third week of each month. Photos are welcome. This newsletter is posted on the U3A website, and to protect privacy no email addresses or telephone numbers are shown. Go to the website for emailing instructions.

## **GROUPS AND GROUP LEADERS**

<b>Group</b>	<b>Group Leader(s)</b>	<b>Day</b>
10 Pin Bowling	Dave Goodings	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
Aromatherapyworkshop	Valerie Millis	Tues pm see programme
Beading making Jewellery	Anna Marie Inger	TBA
Bowls	Don Roberts	TBA
Bridge Social	Sybille Ross	Fri 3-5
Card Making/Scrapbooking	Martin and Carole Bentley	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
Computing learn Open Office	Peter Romain	Mon am
Cookery/Entertaining at Home	Anne Rodger	Wed pm
Craft Group	Elizabeth Wilson	Thurs pm
Creative Photography	Don Roberts	TBA
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	Rosemary Sheppard	Tues am twice a month
Drawing-Back to Basics	Linda Gent	Thurs am
Fishing freshwater	Michael Wilson	Thurs twice a month
Friends of Avinença	Paul and Pat Pruden	TBA
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	Mon once a month
Knit and Natter	Sue Bradley	Tues pm fortnightly
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 am
Photo group	Regina Mueller	Wed
Understanding Psychotherapy	Mike Lawson	Wed am
Quiz Group	Helen and Les Coughtrey	Thurs
Reading Group	Gaby Mauger/Pam Milburn	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 Shipsides	Sat am
Spanish for Beginners Group 1	Sue McNae	Wed pm
Spanish for Beginners Group 2	Sue McNae	Wed pm
Spanish for Beginners Group 3	Elke Woods	Mon pm
Spanish Lessons one year on Post beginners	Meri Snell	Mon am
Sunday Solo Group	Audrey Germann	Sun
Walking	Bob Fisher	Thurs am monthly
Yoga (All levels)	Sue McNae	Wed am

## ***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:**

1. 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.
2. U3A cannot vouch for the professional or trade qualifications of suppliers.
3. Neither the Committee nor the Webmaster or Editor accepts 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. However, any complaints received from members will be investigated and, if the supplier is found to be at fault, that supplier may be removed from the list.

**The Bed Centre**, Calpe, is located in centro commercial biblos along the coast road just this side of Calpe [www.thebedcentre.com](http://www.thebedcentre.com). Tel: 96 583 6814. Tony and Lucy are offering U3A Members "at least" a 20% discount on their purchases. You must show your U3A membership card to get the discount, and it's always a good idea to ask the price of what you're interested in first!

**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.

**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. ☐

**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 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, 9 marinades and sausages. Call Nick on 96 649 8112 to check if what you want is in stock.

**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.

**Gatwick Airport Car Rental Ltd:** [www.gatwickairportcarrental.com](http://www.gatwickairportcarrental.com) ☐ Tel 0044 (0)1293 403404 or email Karl at [info34@carhiregatwick.co.uk](mailto: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.

**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.

**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.

**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.

### **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/>.

Anyone care to negotiate a discount for us? ☐ (Please remember it has to be at least 5% more than they are offering to the general public to qualify for listing)

### **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

**Woman to Woman** - female personal home care service recommended by one of our members. Phone Miriam: 96 573 1378 or 657 260 829 for "discreet personal care, hospital or doctors visits, social care/help at home, translation/administrative support, relaxation/massage". Normal charge €12 per hour, discounted to €10 an hour for U3A members (i.e. just over 16% discount). *miriam.womantowoman@gmail.com*.

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**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 per hour for U3A members. □

**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.

**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

**Millie Munroe Services:** Tel. 96 649 3082 Mon - Fri 9am - 5pm □ Located at Avenida Lepanto 6, Benitachell - opposite Bancaja. 10% off private health care with El Perpetuo Socorro on production of U3A membership card. □ (Millie also gives €50 refund in cash off Golden Leaves pre-paid funeral plans) □ website: *www.milliemunro.com*, email: *millie@milliemunro.com*, □ Fax: 96 649 3100

**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. □

**Gilly Macnally** FSMT, ITEC, Cert Ed □ Tel. 636 617 522 or email *gillmacnally@hotmail.com*. Gilly is a qualified sports physiotherapist. She will visit you at your own home by appointment. Her normal fee is €30 per hour but, on production of your current U3A membership card, she will give a 15% reduction to €25 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.

**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.

### **The Mutz Nutz** (pet supplies).

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

### **"Pooch Carer"**

If you would like your dog cared for during your holidays away etc, telephone Jan van Eijle on 96 573 1378 or mobiles 649 458 300 or 657 260 829. Jan (pronounced 'Yan') charges €12 per day and is offering 10% discount to U3A members. He says, " I can offer this service in my 'casa de campo' in Benissa which has excellent fields for exercising. Your dogs will also be taken for long walks and taken out in the car etc. They will socialize and have the company of two resident dogs, a cat, ducks and chickens."

### **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).

**5 Star Pool Cleaning.** Tel Michael on 685 242 253 or visit [www.5starpoolcleaning.com](http://www.5starpoolcleaning.com). □The discount to U3A members depends on the size of the pool. Normal charge for a 8 x 4 pool is €720 per year. As a special rate for U3A members the charge is €600 per year or €50 per month (which is over 16% off). A 10 x 5 pool is normally €780 per year and the special rate for U3A members is €660 per year or €55 per month (which is over 15% discount).

**Prominent**, Teulada Polígono 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.□

**Yetty Roumans**, tel 626 997 750, offers translation (including written) for doctor/hospital visits, or help with administration at Town Halls, Trafico etc. She is fluent in English, Spanish, French, German and Dutch and is familiar with the local community and its customs. Normal rates are €25 per hour, discounted to €20 for U3A members (i.e. 20% discount). This includes her travel expenses. A further discount can be given, if she does not use her own transport. Personally recommended by one of our members. □

**SF Window Cleaning Services** Craig Longstaff. Tel 608 534 661 □or email [sfcostablanca@aol.com](mailto: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, outside large/double window €2.00, outside large/double window with reja €2.50, patio doors €2.00, inside small/normal window €1.00, inside large/double window €2.00. 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 for an outside clean.