

Moraira-Teulada U3A

www.u3amoraira-teulada.org

NEWSLETTER no. 21, April 2010

Message from the President

Hello everyone,

Well once again I find myself thanking you all for your good wishes for my recovery from yet another health scare! As many of you know from Pamela at the last General Meeting, I ended up spending Easter in Denia hospital. The treatment I had was superb, and as the result of the many tests and scans I had, I now know that I had a pulmonary embolism, and my treatment is continuing. I cannot recommend the hospital too highly, and where else would you get a hospital room with a sea view, and a bed which not only went up, down, but also tilted at the push of a button! VERY many thanks to all of you who sent me good wishes, and phoned me, and I'm especially grateful thanks to those of you who came to see me, it was more appreciated than you can know.

My diary for April showed that I was going to watch the Petanque competition between the "Wednesday" and "Thursday" Groups. Sadly I wasn't able to go, but Andy kept me in touch with the event, and it sounds very much like it will be a tournament which is repeated year on year. The end result was an overall win for the Wednesday Group (and all team members will take it in turns to look after the cup), but the Thursday Group played enthusiastically, and from what I hear the social gathering after the competition ended was one to remember too. Well done to all of you, especially Andy and Doug, from experience I know that these events are not easy to arrange.

Planning for the "Friday Fun Day continues, and we hope to have something to appeal to everyone. There are quizzes, competitions, try your skill tests, a bookstall, a cake stall, and a tombola, and the list of things to keep you entertained is still growing! Please see the information from Don later in the Newsletter. Tickets will be on sale at the General Meeting on 3 May, don't miss your chance to have a super afternoon among good company, and all in a very good cause.

As you know if you were at the last General Meeting, the Teulada Moraira Council (through Sylvia Tatnell) has asked for assistance in providing wheelchairs to help people who will be using the new bus service. I am pleased to say that I have found a couple of shops selling them in this area, and we will be investigating the purchase of at least one wheelchair in the very near future.

For those of you who have reserved places at the September Ball, please remember that tickets are priced at 35 €, and they will be on sale at the meeting on Monday, 3 May, from Angela Chantry and Audrey Coleman. If you are paying by cheque, please make it payable to Assoc. Social Tercera Edad Teulada-Moraira. Group requests can still be emailed to angelachantry@gmail.com, and an envelope containing your tickets will be handed over at the meeting in exchange for your payment. This looks like a really fun evening, if you haven't booked your places yet, please consider joining us.

The speaker at the next General 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.

At the meeting in June we hope to have something very special indeed. Some of you may know that there is a new shop in Moraira, near the CAM Bank, it's a CHOCOLATE shop, and the owner has been persuaded to come and give us a talk about chocolate in May. As some of you know, I have an interest in cake decorating, and in November I did a short course on chocolate in the UK, but I promise that I had nothing to do with arranging this talk, but I am looking forward to it enormously!

I look forward to seeing lots of you at the meeting in May, very best wishes

Ann Colclough



Next general U3A meeting

This will be on **3 May 2010**, at the Salon de Banquettes, Avda. Mediterraneo, Teulada, at 10.30 am. Doors open 09.45.

TRAVEL

Bocairent

Leader: *Anne Cattle*

On 8 June we will be running a day trip to Bocairent, a beautiful walled city about 2 hours drive away. See photos below. It has a couple of interesting museums, one specialising in the culture and costumes of the Moros and Cristianos fiestas, a beautiful church and the oldest bullring in Spain.

On the way there we will stop at a village for a coffee break and a look at another museum which has a selection of the best of the papier mache figures similar to the ones that they burn in Denia and Valencia but much larger.

In the afternoon we will visit the Covetes dels Moros. This is a group of caves made up of around 50 rooms that may have been used as either granary stores or funeral chambers.

The trip will cost €18. Please contact Anne Cattle if you are interested. You can also put your name down and pay at the May meeting.

Salamanca

Leader: *Carol Mantle*

The September trip to Salamanca is fully booked. For others who would visit this beautiful city a second trip has been arranged for Monday 18 October - Thursday 21 October (4 days, 3 nights)

The details and price of this second trip are exactly the same as the September one. To secure a place, you have to pay a deposit of €60 per person using a Spanish cheque made payable to Gandia Tours SL which must be handed in at the Travel Desk at a General Meeting. The cost per person will be about €225 depending on the number of people taking part. Single supplement: €120. Where possible, the Travel Group will try to find a

suitable person for singles to share with. Accommodation: 5* hotel. Half board, Breakfast & evening meals available at normal times. Guided tour of Salamanca will be included in costs.

Programme:

DAY 1: Depart Moraira. Travel to Salamanca stopping for coffee breaks and lunch on route, arriving in Salamanca between 16:00 and 17:00

DAY 2: Walking guided tour of Salamanca including the Plaza Mayor which is said to be one of the most beautiful in Spain, both the old and new Cathedrals, the Casas de las Conchas and the University with its museums and monuments. In the afternoon free time to see the City for yourselves.

DAY 3: Depart hotel after breakfast. Travel by our coach to Avila. On arrival free time to visit the City's famous walls, Cathedral and old quarter. Then on to Segovia, free time to visit the city's impressive roman aqueduct, Cathedral and the Alcazar. At the end of the afternoon Travel by coach to Torrejón. Arrival at a 4* hotel for dinner and overnight stay.

DAY 4: Depart hotel after breakfast. Travel by our coach to Alcala de Henares On arriving free time to visit the House where Cervantes was born, the medieval streets where the house is situated, the Cathedral and the attractive facade of the University. OR travel to Aranjuez with free time to visit the Romantic Gardens and Royal Palace. Return to Moraira to arrive between 18:00 and 19:00hrs.

Costa Brava and Carcassone

We understand that this trip being organized by Calpe U3A in May 2010 has had to be cancelled due to insufficient bookings. Please contact Calpe U3A for further information.

Trips for 2011 currently in the planning stage

- **Rome and Tuscany** Probably 7-18 May to be organized jointly with other U3A groups
- **Cordoba/ Granada** Probably April
- **Toledo** Probably September or October

Places are available for Moraira-Teulada U3A members on the following trips being organized by the ***Friends of Avinenca***:

14 May	Archaeological visits
23 and 24 June	Two-day trip to the Espadan region
8 September	Algemesi Fiesta
October	Jucar Valley river system

Further details of these trips can be found by clicking on '*Friends of Avinenca*' in the groups section of the U3A website.

CULTURAL ARTS

I am very pleased to announce that Pat Ainsley has kindly agreed to work with me as

Deputy for Cultural Arts, and will assist with the collection of payments for CA events.

Angela Chantry

Saturday 15 May: “Cash on Delivery”

The Careline Theatre’s next production at Alcalali has been described as two hours of almost relentless and hilarious madness. Price: €11 – please pay at the May meeting – your ticket/s will be in an envelope ready for collection from the Box Office at the theatre on the night.

Friday 25 June: “A Night Out”

The Javea Players’ summer production at the Restaurante La Micheta (next to the Ifach Golf course off the Moraira-Calpe coast road) is a comedy, so sure to be a fun night out.

Tickets are €15, and include BBQ buffet, wine and show. Commencing 7.30 p.m. Payment required at the May meeting.

Sunday 9 May: Bach’s “St. John’s Passion”

Coral Clasica Javiense, with the Marina Alta Orchestra, will perform Johann Sebastian Bach’s “St. John’s Passion” at the Iglesia Nuestra Sra. De la Asuncion, Denia, commencing at 21.00 hrs. Tickets: €12 available from Letters r us, in Moraira.

Saturday/Sunday, 5 and 6 June: Concerts by the Curtis Institute of Music

The Curtis Institute of Music will complete their European tour with concerts to be held at La Senieta, Moraira and the Blue Room at the Casa Cultura, Calpe. The Institute educates and trains exceptionally gifted young musicians for careers as performing artists on the highest professional level. The concerts will include works of: Francaix *String Trio in C Major*; Barber *Dover Beach*, Schubert *Heine Songs (selections)*; Ravel *Don Quijote* and Franck *Piano Quintet*. Further details will be provided at the U3A general meeting.

Thursday 20 May: “Pirates of Penzance”

At the Casa de Cultura, Calpe, commencing 8 p.m., in aid of Caritas & Friends of the Children of EMAUS. Please pay at the May meeting (€10), and collect your ticket from Pat Ainsley in the bar at the venue at 7.30 p.m. on the night.

Friday 18 June: “Il Divo – Three Tenors”

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. (see map on website). The normal price is €20 – buy your tickets in advance from Angela and pay €15.

ACTIVITY GROUPS

The **astronomy** group of the Denia U3A is inviting our members to a talk given by a well known UK speaker Paul Money. He is a Fellow of the British Inter-Planetary Society and has given many talks and courses to various astronomy groups, schools and conventions in the UK. Paul took part in the BBC series ‘Heavenly Bodies’ in 1995 and is one of the regular astronomers who acts as a guide on trips to view the Northern lights and solar eclipses.

Paul’s presentation, “Wonders of the Universe” is a tour through our galaxy, moving out to distant galaxy clusters, black holes, supernovae and other wonders of the universe. It will be suitable for non astronomers. The talk will be on Monday 17th May 7:00 p.m in the Casa

De Cultura (1st Floor), Denia.

Entrance is free, although we are asking for a voluntary donation of €1 to help cover his travel expenses.

Green Bowls

This group has been running for a couple of months. We are a mixture of all levels of bowls playing, from complete beginners to experienced players. So far we have six teams of eight people, all with a captain, and in most cases a vice captain, who look after the weekly sessions, collecting the rink fees etc. It has been a lot of fun and everybody has joined in with great enthusiasm.

We are still able to enrol two more players for Monday afternoons from 4-6pm, and have 16 spaces available for Wednesday afternoons again from 4-6pm. The fees are €8 for two hours including shoes and woods. If you would like to join us or obtain more information, please contact me

Don Roberts (Group Leader)

Dining Out

We will be returning to UK for good at the end of May and therefore we will be unable to lead the Dining Out Group after mid-May. Members of the group are being approached to find out if anyone would be happy to lead the group when we leave. It would be a shame if the group folded, as it has been very successful and enjoyable for the past 18 months.

We will be leading the meal arranged for Group A on 13 May (details to be sent out soon) but we will not be able to lead the next Group B meal at the end of May, although the venue has already been arranged. We would of course be happy to help the new leaders by passing on all the records and contacts which we have built up since we began running the group over 18 months ago.

Peter and Sue Wells

Petanque

In what we think may be a first for the Moraira-Teulada U3a, a competition between the Wednesday Petanque Group and the Thursday Petanque group took place earlier this month. The winners were to be the first holders of the U3a Petanque Challenge Trophy. There to record the event was the *Costa Blanca News* Reporter who also took some photographs of the proceedings

This was a two-day match with 12 mixed pairs playing on each of the two days, totalling 24 games in all. The Wednesday Group lead by Andy Keen (Andy's Aces), turned out to be too strong for the Thursday group team lead by Doug Swindell (Doug's Dodgers) the final result being 21 games to 3.

After the completion of the match on the second day both teams enjoyed a very pleasant couple of hours socialising with everyone bringing some food and drinks for all to share.

Both days of the competition were superbly supported by both Group members and the unanimous decision was that the whole thing was extremely enjoyable and everyone looks

forward to our next inter group competition.

Doug Swindell

New Group Leader needed! There are quite a few members who are keen to play Petanque. We have two Petanque groups already, and these have been full for quite some time.

To allow everyone on both Petanque waiting lists the chance to play, we are proposing to start up a third group. All those people on the waiting lists will be polled to see what day would be preferable and also whether mornings or afternoons, with the majority view prevailing.

Importantly, we need to identify a person on a waiting list who is prepared to be shown how the game is played, the rules etc., with a view to setting up a new group, with help from myself. A venue will need to be found as the current courts are becoming over subscribed – there are a few possibilities.

Anyone interested in joining a new Petanque group please contact me. If nobody comes forward who is willing to run a new group it will not get off the ground.

Andy Keen

Art Appreciation

The dates, artists and presenters for this group are:

22 April/ Toulouse Lautrec/ Brian Nicholls

20 May/ Pablo Picasso/Lynn Haigh

17 June/ Alponse Mucha/Angela Chantry.

Next season the talks will be held on the third Thursday of each month to make remembering the dates easier.

The first talk of the new season will be on 16 September/ Edgar Degas/Cheda Panajotovic. No venue has been booked so far for the September talk but the pre-summer talks are, as usual, held in Benitachell on the specified Thursday at 4pm. There is a map on the website. We have to pay for this venue so a small charge of 1 euro per person has to be levied I'm afraid. Visitors from other u3a's are welcome as are your summer visitors. There is a bar for wine and coffee etc. Please park in the indicated car parking area.

Brian Nicholls

History

Cheda Panajotovic will present the last talk of his six-part series on Monday 26 April at 10.30 am in the Moraira La Senieta building lecture theatre. It is entitled; '*From Fire to Steam*'.

The last two talks of the season are:

24 May (note the third Monday in the month and not, as usual, the last). Visiting speaker, John Reynolds, will present 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 at that time. This talk is scheduled to last for about 55 minutes; and Cheda has promised an additional, entertaining, 'short' talk on his, often amusing, experiences as a London tour guide.

28 June/Angela Chantry will present a talk on 'Boabdil, the last Muslim King of Granada'.

Regarding next seasons History sessions, we are having a few 'technical problems' but we are working towards a solution. I have a very interesting list of potential subjects and speakers which, hopefully, will develop into a viable History programme.

We could certainly do with a volunteer who can help out with administration. There would be no requirement for this person to present talks although we would, additionally, be delighted to hear from anyone who would like to present an illustrated talk on any Art or Historical subject. Help is available, if required, to construct a Power Point slide presentation and the projection equipment will be arranged and can be operated for you.

Brian Nicholls

Moraira-Teulada U3A Committee members

<i>President:</i> Ann Colclough tel. 965747343	<i>Dep. Membership Sec:</i> David Goodall
<i>Vice President:</i> Pamela Kershaw 966497098	<i>Group Coordinators:</i> Shirley Baehr 966495633 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> Don Roberts
<i>Treasurer:</i> Audrey Coleman	<i>Non-Office Holding Member:</i> Margaret Williamson
<i>Dep. Treasurer:</i> Colin McNae	
<i>Travel Treasurer:</i> Carol Mantle	
<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

Group	Group Leader(s)	Day
10 Pin Bowling	Dave Goodings	Wed pm last in the month
		Wed pm last in the month
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

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. Tel: 96 583 6814. Tony and Lucy are offering U3A Members a 12% 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

9

(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, 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.

Shang Hai, Chinese restaurant, Moraira - situated on the Moraira-Calpe coast road. Travelling towards Calpe, on the left hand side between Masymas and Pepe La Sal. Food without MSG on request. Separate non-smoking dining room. 10% discount on production of U3A membership card either when eating in or ordering take-away. Tel 96 649 7604 for table reservations.

Gatwick Airport Car Rental Ltd: *www.gatwickairportcarrental.com* Tel 0044 (0)1293 403404 or email Karl at *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.

Anne Marie Penn, Benissa. Tel 96 649 9390 or 634 329 340 Bring your own material and measurements and we will make your curtains. We will also fit your own rails and poles if you wish. Ask for a quote and then show your U3A membership card to get a 10% discount.

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

10

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*.

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

11

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 (R a y G a r d n e r) .
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. 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.

12

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 - window and facia-board cleaning for domestic and 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.

