

Moraira-Teulada U3A

www.u3amoraira-teulada.org

NEWSLETTER no. 22, May/June 2010

Message from the President

Hello everyone

Well what great weather we had for the “Friday Fun Day” last week. We were worried about the possibility of rain, and even made “indoors if wet” arrangements, but thank goodness we didn’t need them! I do hope those of you who came enjoyed yourselves, and found something to amuse and entertain you. We thought that with a membership of over 900 that ticket sales of 200 were realistic, and that’s how many tickets were printed. That was also the number we used when we ordered the food from Los Leones. As time went on and the event got closer, it became clear that we were a long way from selling 200 tickets, although I still have no idea why people didn’t want to come. Eventually (with just a week to go) we reduced the food order to 175, and sold tickets to non members – mostly the family and guests of members, and the total of 175 tickets sold was reached.

The good news is that we raised over 700€, which will benefit the HELP Association, and in particular the Moraira-Teulada area. We will discuss what the specific needs of the local Association with the HELP President as soon as possible. We were very pleased to welcome three guests from the Council. Councillor Jose Luis is shown trying his hand at the ladder game, he was very accurate, but only in hitting the sign on the side of the ladder and breaking it! We were also pleased to welcome Councillors Sylvia and Chantal, they were interested to see what we were doing, and Chantal especially was intrigued by the stalls and competitions. As you know, we had purchased two wheelchairs to be used in conjunction with the new bus service the Council has started. As you can see, Sylvia and Chantal were delighted to accept the chairs from the U3A, and hopefully a photograph of the presentation and a write up also appeared in this week’s *Round Town News*.

A day like last Friday takes a huge amount of arranging, and my thanks go to the small sub committee of five who did all the work. My special thanks go to our “Co-ordinator” of just about everything, Gordon Kershaw. Gordon is ex Royal Navy, and in true Service style, he had list after list of people who volunteered their help in any way. He spent many hours on the phone, and a great part of the success of the day was due to his attention to detail, thank you very much Gordon. Thanks must also go to the ladies (please forgive the assumption that it WAS ladies!) who made the cakes and goodies for the cake stall. This was a hugely popular stall, and what little there was left at the end of the day was enjoyed by the Spanish children playing on the swings! Thank you to all the folks who ran the stalls, the book stall and Tombola were very popular and raised a lot of money. There were of course also some free games, and competitions, all run by volunteers, so thank you to those folks who gave up part of their day to help. Thanks go too to Margaret and Don Roberts, they patiently counted all the money, much of which was in copper! Finally a very sincere vote of thanks to those of you who stayed behind to help us to clear up after the event. Some of the Committee were there at 11.15 am, and were still there at 7.30, so the help in moving tables etc was very much appreciated.

This is the second event of this nature we have put on for Members, and given the poor ticket sales, it seems that it may be not be what members want. With that in mind the Committee has decided that an email will be sent to members asking for suggestions for future events. Please respond to this email, it will help with future decision making for us.

I will be very interested in the talk which Paul Wightman from La Casa de la Xocolata will be giving us about chocolate on 7 June, and I am also looking forward very much to hearing Des McGillicuddy from The Shamrockers who will play and sing for us at the July meeting. Please support these meetings if you can.

We have the long summer ahead of us, and lots of events such as the Moors and Christians, the Music Festival, and concerts from the Lions Youth Band, Manhattan Jazz and the Shamrockers all to look forward to. I hope you enjoy the warmer weather and the very varied entertainment on offer, as well of course as visits from friends and families!

Looking forward to seeing you on 7 June,
Regards

Ann Colclough



Next general U3A meeting

This will be on **7 June 2010**, at the Salon de Banquettes, Avda. Mediterraneo, Teulada, at 10.30 am. Doors open 09.45.

TRAVEL

Bocairent

This trip on 8 June is now full. If anybody drops out, the people on the reserve list will be contacted. Please note that the coach leaves at 8.30am from the Teulada Poligono (the car park on the left hand side of the dual carriageway that connects Teulada to the N332).

Contact Anne Cattle for further information.

Salamanca

Leader: Carol Mantle

This destination has proved so popular that the September trip is fully booked, so a second trip in October was arranged. This is now also full. If anybody drops out, the people on the reserve list will be contacted.

Córdoba

8-11 May 2011

Leader: Carol Mantle

This trip (4 days, 3 nights) is scheduled for when the Court Yards are open to the public, making early booking essential. To secure a place, you must pay a deposit of €60 per person by cheque 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 €230 depending on the number of people taking part. Single room supplement: €95. Where possible, the Travel Group will try to find a suitable person for singles to share with. Accommodation: 3* hotel in a central position opposite the Mezquita. Half board, breakfast & evening meals available at normal times. Guided tour of Mezquita together with two of the most important Court Yard displays will be included in costs.

Programme:

- ◆ DAY 1: Depart Moraira. Travel to Córdoba stopping for coffee breaks and lunch on route, arriving in Córdoba between 4 and 5 p.m.
- ◆ DAY 2: Guided tour of the Mezquita (photo below) which is one of the most beautiful mosques in Spain and one of the biggest in the world. In the centre of the mosque is a fine example of a 13th century cathedral. The guided tour will continue with the viewing of two of the best examples of Court Yard floral displays (photo), In the afternoon free time to see the City for yourselves, and you will be supplied with maps showing the location of further Court Yards.
- ◆ DAY 3: Free time to discover the Jewish quarter together with a medieval synagogue, Alcazar Gardens, Tower of Calahorra with its museums and Arabic baths. After lunch the coach will leave for Granada passing Baena en route, arriving at the hotel with free time before dinner. The hotel is opposite the Alhambra.
- ◆ DAY 4: After breakfast there will be time for those who wish to visit the Alhambra, but you must notify the travel desk if want the entrance to the Alhambra booked on your behalf. Or there will be time to visit the centre of Granada. After lunch in Granada the coach will return to Moraira to arrive 6-7 p.m.

Please note that although the cost of the guide in the Mezquita has been agreed and fixed and therefore included in the cost of the trip, the entrance fees for the Mezquita cannot be included because it is not a fixed fee. At the present time the entrance fee is €8 but subject to annual increases. Entrance fees will be collected and paid for as a group at the time of departure.

Rome and Tuscany

7-18 May 2011

Leader: Norman Peterken

This trip is being organized jointly with other local U3A groups. We have a local company that will book flights on our behalf. To secure a place, you need to pay a deposit of €250, by cheque, taking a photocopy of your passport for the flight booking, at the Travel Desk at a General Meeting. The cost per person will be about €750, based on 40 people travelling. The single room supplement is €156. (There may be a small number of rooms available for a supplement of only €76).

Programme

7 May: Coach from Moraira to Valencia airport. Ryanair flight from Valencia to Rome. Coach from Rome Ciampino airport to the Parco Tirreno hotel for a 4 night stay (2 days half board, 2 days bed and American breakfast)

8-10 May

3 days in which to explore Rome independently.

11 May

Coach from Rome to Hotel La Pia in Montecatini Terme, with a 2-hour guided tour of Siena en route. We will have a 7-night stay at Hotel La Pia on a bed and breakfast basis.

12 May

Guided walking tour of the spa town of Montecatini, including entry and a drink in the Tettuccio building. Afternoon free. There will be an opportunity to visit the medieval village of Montecatini Alto by funicular railway.

13 May

Free day to enable the group to travel to Florence by train.

14 May

Coach to San Gimignano (photo) with our courier. Walk in the historic centre of this unique medieval village. Departure to Volterra in the early afternoon, enjoying the beautiful landscape en route. Guided tour of the town. Return to Montecatini.

15 May

Free day for second visit to Florence by train.

16 May

Full day excursion to Lucca with our courier. Guided visit of this stunning medieval walled city and the birthplace of Giacomo Puccini. Return to Montecatini.

17 May

Free day

18 May

Coach from Montecatini Terme to Pisa Airport. En route stop at Piazza dei Miracoli for the Leaning Tower. Ryanair flight from Pisa to Valencia. Coach from Valencia airport to Moraira.

There are several trips at the planning stage, please watch this space!

CULTURAL ARTS**21 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 June meeting.

8 June: "Concert by The English Choir"

As part of the Moraira Moors & Christians fiesta, The English Choir are presenting a concert at the Mare de Deu Dels Desemparats Church in the centre of Moraira, commencing at 21.00 hrs. It will consist of some popular music to sing along with and songs from the shows, including excerpts from Phantom of the Opera, Les Miserables and Gilbert and Sullivan. Entrance is free.

13 June: "Choir Concert"

To be held in the lovely setting of the Mediterranean L'Albarda Gardens (La Sella urbanization, Pedreguer), commencing at 18.00 hrs. Refreshments will be served at the end of the concert. Programme performed by: Orfeo El Verger: *Romanticism*, Cor de la Rectoria: *Gospel, modern & poetry*, Orfeo de Xabia: *Spanish operetas*. Donation: €10 (Fundem members €8). Tickets available at the meeting.

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), 20.00 hrs. (see map on website). The normal price is €20 – buy your tickets in advance from Angela and pay €15 – available at the meeting. Bar service and BBQ available at the venue.

20 August: "Carmen"

Palma Concerts' first "opera production", will take place in the Heredad de Elias Ferrer (Bullring Gardens, Alcalali), commencing at 20.00 hrs. Carmen: Pauline Birchall; Don José: Antonio Magno; Michaela: Salome Rodríguez; Escamillio: Stefan Sanchez; Flamenco: Carmen Cruz; Horse riding: Octavio Ferrer. Normal price €20 – by from Angela at the June meeting for the reduced price of €15. Bar & bbq service available.

And now a reminder for our Summer Ball !

Come and join the fun at our Summer Ball on Friday 24 September, at El Canor, Teulada - a delightful venue with easy access and plenty of parking (see map on website). 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*. 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. Group requests can be emailed to angelachantry@gmail.com, and an envelope containing your tickets will be handed over at the meeting in exchange for your payment. Tickets, priced at €35, will be on sale at the meeting from Angela Chantry. If you are paying by cheque, please make it payable to **Assoc. Social Tercera Edad Teulada-Moraira**.

GROUP ACTIVITIES

Special Quiz event Exciting news has reached us from Denia U3A of a planned attempt to beat the Guinness Book of Records largest indoor quiz, requiring more than the current record of 1565 people. It will take place on 8 September in the Market area in Denia. A 3-course meal with wine and the quiz will be available at a very reasonable price.

It is hoped that all U3A's in Spain will be involved, as well as other any other local organisations of any nationality. More information will be available at the June General

Meeting, come along and find out more about this unique chance to feature in the famous Guinness Book of Records!

Film Co-ordinator/Group Leader: The Moraira Teulada Council has offered us a facility to show an English film once a month at La Senieta for our members. We need a co-ordinator/group leader to get this up and running. Any volunteers? The Committee is available to give you lots of help on this new project.

Other Group Leaders Required! We are still looking for new group leaders to take over the running of the very successful *Dining Out* and *Gardening groups*. We are also looking for a co-ordinator specifically for the new *Spanish* groups, which will commence in October. I will help you with the ground work.

Shirley Baehr, groups coordinator

Keep Fit

This new class will meet on Wednesday 2 June at 10.15am for approx one hour. Venue: The Pensionistas Club in Benitachell. For further details please contact Mandy Fatek.

Spanish Classes from September/October 2010

We would like to be able to offer everyone the appropriate level of Spanish classes for the Autumn. Before new teachers are approached, we need to know exactly what our members require, therefore, could you please let me know the following in advance:

Name; Phone Number; Level of Spanish course required: Beginners, Post Beginners, Intermediate, Advanced; Preferred length of course e.g: To Christmas, to May; Preferred day and time of week; Any other information.

Please email an immediate response to Shirley Baehr, Group Co-Ordinator

Art Appreciation

The last talk for this side of the summer break is by Angela Chantry on Thursday 17 June at the usual 4pm in Benitachell. The subject is the well known Art Nouveau artist and illustrator Alphonse Mucha. The attendance has not been very good for the last two talks and I do appreciate that other pressures on one's time can result in us all having to miss a talk occasionally. Unfortunately when the number is very low this means that those who do attend have to increase their financial contribution to pay for the room so do please try to get to this last talk.

To try to improve the attendance, Lynn, Cheda and I have decided that from September we will schedule the talks at Espai la Senieta in central Moraira on Thursday MORNINGS. As there is no charge we will not be disadvantaged by an occasionally lower number attending. We hope that this will, especially in the warmer months, attract a better audience if people can combine 'in town' duties with perhaps coming in to hear the presentation.

Brian Nicholls

History

The last history talk for this season is again by Angela Chantry. On Monday 28 June at 10.30, at La Senieta, she will present 'Boabdil, the last Muslim King of Granada'. Very

many of us have visited the Alhambra and it will be most interesting to have Angela bring that beautiful building 'to life' as it were.

Brian Nicholls

Moraira-Teulada U3A Committee members

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

Aromatherapy workshop	Valerie Millis	Tues pm see programme
Beading making Jewellery	Anna Marie Inger	TBA
Bowling, 10 Pin	Dave Goodings	Wed pm last in the month
Bowls	Don Roberts	TBA
Bridge	Sybille Ross	Fri 3-5 p.m.
Card Making/Scrapbooking	Martin and Carole Bentley	Tues pm
Chess	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/Tues. p.m.
Computing learn Open Office	Peter Romain	Tues. am
Cookery/Entertaining at Home	Anne Rodger	Wed pm monthly
Crafts	Elizabeth Wilson	Thurs pm

Creative Writing	Miriam Smith	Mon pm twice a month
Cribbage	Colin Turner	Wed 7pm
Dining Out Group		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	Keith Yeulett	Monthly
Healthy Walking	Rona Hurst	Tues and Thurs alternate weeks am
Hi Fi & Home Cinema advice	Ted Adams	TBA
History	Brian Nichols	Mon once a month
Keep Fit	Mandy Fatek	Wed. a.m.
Knit and Natter	Sue Bradley	in recess until Sept.

GROUPS AND GROUP LEADERS, cont.

Painting with Pastels	Linda Gent	Monday
Painting - Water colour techniques an introduction	Lynn Haigh	Wed a.m.
Patchwork	Yvonne Romain	Mon/Wed p.m.
Petanqua	Andy Keen	Wed am
Petanqua 2	Doug Swindell	Thurs am
Philosophy	Sonia Kleyman	Friday am
Photography	Regina Mueller	changeable
Photography, Creative	Don Roberts	TBA
Understanding Psychotherapy	Mike Lawson	Wed am
Quiz	Helen and Les Coughtrey	Thurs
Reading	Gaby Mauger/Pam Milburn	Friday p.m.
Sailing	Richard Jones	Tues monthly plus sailing days
Singles Dining Out Saturdays	Norman Peterken	Sat. evenings
Skittles for the family	Robin Woods	Friday p.m.
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

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.

➤ ***Beds & Soft Furnishings***

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!

➤ ***Bodegas***

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.

➤ ***Books***

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. ☐

➤ ***Butchers***

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

➤ ***Cafes & Restaurants***

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.

➤ **Car rentals**

Indigo Car Hire. This is the new name for 121 Car Rental. The company is a car hire brokerage. They offer car hire at all UK Airports and most UK major cities. They will offer U3A members 10% off their online prices. They will also offer U3A members a special car hire rate of 109.00 pounds a week at Gatwick, Heathrow, Stansted and Manchester. This is something not offered to other clients. All of the car hire quotes include: VAT, insurance, unlimited mileage and 24 hour breakdown cover. All the cars are less than 18 months old and are the latest models. ☐Contact the Reservations Manager, Cherie, Tel: 0044 (0)113 3082016 or email cherie.walker@indigocarhire.co.uk. You can check out their website at www.indigocarhire.co.uk

➤ **Clothing**

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.

➤ **Crafts**

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.

➤ **Curtain making**

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. ☐

➤ **Diving**

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.

➤ **DIY/Tools**

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>

➤ **Garden Centres**

JPGS Garden Centre - situated on the Benitachell-Jávea road. Tel 96 646 0613. 10% discount for U3A members off all plants, gardening tools and shop products. Offer excludes garden & pool services. English spoken. Recommended by one of our members.

➤ **Hairdressers & Services**

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

➤ **Help & Assistance**

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. □

➤ **Home help**

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. □

➤ **Printer cartridges**

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.

➤ **Insurance**

Caser Seguros Health Insurance. □ Savings to U3A members are in excess of 10% off normal monthly premiums □ Current rates per month (May 2010) to the general public are: □ Age 0-44 male 58 euros and female 68 euros. Age 45-59 male 94 euros and female 84 euros. □ Age 60-64 male 130 euros and female 115 euros. Age 65+ male 150 euros and female 140 euros. □ For U3A members the rates are: □ Age 0-44 m/f 49 euros. Age 45-59 m/f 58 euros □ Age 60-64 m/f 84 euros. Age 65+ m/f 106 euros □ There are no excesses on the policy for U3A members. This means that for each treatment and/or visit there is nothing to pay (normal excesses are from 1 euro - 8 euros), the only exception being psychology at 8 euros per time. □ All policies are in English and include travel health insurance (should illness or accident occur whilst travelling abroad) and there is a dedicated English speaking department for contact. □ For more information, or if you wish to see a copy of the terms and conditions, contact Caser agent Sharon Wyndham at sharon@tmasspain.com or tel 951 315 414 - Mobile 628 688 445

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

➤ **Jewellery**

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. □

➤ **Massage**

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.

➤ **Opticians**

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.

➤ **Pet Care & Supplies**

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."

➤ **Pool services**

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).

➤ **Plumbing & Central Heating**

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).

➤ **Specialist Furniture**

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.☐

➤ **Translation services**

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. □

➤ **Window Cleaning**

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.