

Moraira/teulada U3A
www.u3amoraira-teulada.org

NEWSLETTER no. 22,
July 2010

Message from the President

Hello everyone

Well summer is here at last, and so are the visitors! It's lovely to see so many people enjoying themselves, although getting through Moraira isn't easy, and you certainly have to be in the market early to get a parking space!

As those of you who come to the monthly General Meetings know, for the last two years the Committee has attempted to find you entertaining speakers or "acts", as well as people to give you helpful information, after the business part of the meeting is over. For some time we have been getting requests for a short break between the business part of the General Meeting and the speaker starting. We did try this in the early days and were disappointed by how many people left the room. We do of course understand that some people have appointments to go to, but having done their best to arrange interesting speakers, it was embarrassing for the Committee that so many people left. Since then there have not been any breaks in the meetings, people who needed to leave just did so quietly, and people who needed to use the facilities just got up and went. At the request of several members we tried a short break again for the first time at the May meeting, we were surprised by how many people left, but we had promised to try it twice so we did.

There were about 250 people at the meeting in June and after the break had been announced, it seemed that almost everyone in the room left. When the meeting reconvened I personally counted the number of people left in the room, there were 79 people there. From a total of 250 this is not only embarrassing for the Committee, it is humiliating for the Speaker. Imagine how Paul Wightman must have felt to see droves of people leave the room after he had been announced. I would like to thank those people who stayed, like the Committee they enjoyed a knowledgeable and interesting talk.

There will be a break at the July meeting, there will then be music from Des McGillicuddy of The Shamrockers, the people who leave will be missing a super singer. There will be no breaks in General Meetings for the foreseeable future, but nor will there be Speakers or Guests.

There are plans in hand to hold a Moraira-Teulada U3A Open Day and Exhibition in October, and Shirley Baehr and I are meeting with Sylvia Tatnell on Wednesday 30 June to discuss it. It is envisaged that there will be several activities on during the day, and we hope it will be held at La Senieta.

Thank you to those of you who continue to reply to the email asking what entertainment or activities you would like. Sue Popkin, the Membership Secretary sent out a U3A wide email, so it went to over 900 members. We had just over 50 responses.

I hope to see many of you at the meeting on July 5. Those of you who will have gone back to the UK by then, have a good summer. For those of you expecting visitors, I hope the flights are on time and that the sun shines. For those neither going back to the UK, nor expecting visitors, enjoy yourselves, I intend to!

Regards

Ann Colclough



Next general U3A meeting

This will be on 5 July 2010, at the Salon de Banquettes, Avda. Mediterraneo, Teulada, at 10.30 am. Doors open 09.45. In August there will NOT be a General Meeting. Meetings will reconvene on 6 SEPTEMBER.

TRAVEL

The first trip to Salamanca (September) is now fully booked.

Future trips include:

7 October: Altea Treasure Hunt Price: €15.

18-21 October: 2nd trip to Salamanca trip – just 2 places available.

May 2011:

- 12-day trip to Rome and Tuscany. Approximate price: €750.
- Four day trip to Cordoba. Approximate price: €230.

To secure a place on the trips for Italy and Cordoba a deposit is required. The Italy cost is €250 per person and you need to supply a photo copy of your passport at the next meeting. The Cordoba one will cost €60 per person. Deposits payable by cheque. Places on these trips will also be offered to members in Vall de Pop, Calpe and Javea U3A's. For more information please see last month's newsletter, or contact the Travel Group: travel-events@u3amoraira-teulada.org.

CULTURAL ARTS

“Three Tenors sing Il Divo” concert

Sadly, the warm and sunny summer evening which was anticipated for this event at the Bullring Gardens, Alcalali, on Friday 18 June, did not materialise. So the concert had to be moved at short notice to the Hotel Diamante Beach, Calpe. Jan Pritchard, of Palma

Concerts, is aware that a number of our members did not receive this information, having made the journey to Alcalali, and simply went home in much frustration. Although there were people re-directing cars arriving for the event, clearly more could have been done, with a notice board at the entrance to the venue so that no-one would have slipped through the net. However, Jan did try to avoid disappointing everyone by moving the event to Calpe, and had arranged for the guitarist, John Anthony, to entertain the audience whilst waiting for the re-scheduled start time of 21.00 hrs, and again in the interval. For those who did not go on to Calpe, Jan has asked me to reconfirm that the tickets are valid for any Concert, with no expiry date. The Palma Concerts' programme can be viewed at www.palmaconcerts.webs.com Please be aware, however, that the concerts scheduled to take place at the Bullring Gardens, Alcalali, may well now be moved to a new location, and the Palma Concerts' website will be updated as soon as possible.

“Cameo Oscars”, Saturday 3 July

The Cameo Entertainers have a sparkling show lined up for the summer. **“Cameo Oscars”** features songs and dance from Oscar-winning films. The show will take place at Bar Mediterraneo, Teulada, and the price of €15 includes a 3-course menu, with wine. Meal served at 7.30 p.m. with the show following at 9.00 p.m. Pre-book with the Box Office on 965730440 and pay at the door.

Hungarian Concert, Saturday 24 July

From Budapest, Hungary: Éva Maros (harp) and György Geiger (trumpet). Commencing at 19.00 hrs, in the Espai La Senieta, Moraira. Donation: €10. The concert will include works by: M. Ravel, G. Bizet, J.S. Bach, Debussy, G.F. Handel, J. Brahms, A. Vivaldi, J. Rodrigo and more. Advance ticket sales only (allocated seating) from Angela Chantry.

“Cameo Oscars”, Saturday 18 September

A second opportunity to see the sparkling summer show by The Cameo Entertainers. This show will take place at La Piscina Restaurant, Parcent, and the price of €16 includes a 3-course menu, with wine. Meal served from 12 p.m. with the show following at 3.00 p.m. Pre-book with the Box Office on 965730440, and pay at the door.

And now a reminder for our Summer Ball !

Would all members who have requested tickets for the Ball come and see me at the July meeting, and I will have your tickets ready in exchange for your payment. Also, please don't forget to let me know your menu choice for the main course, i.e. lemon sole, pork fillet or the vegetarian menu. The four starters will be served to the table for all to share – you don't have to choose just one.

Our Summer Ball will take place 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, which includes 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. Group requests can be emailed to me 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. If you are paying by cheque, please make it payable to Assoc. Social Tercera Edad Teulada-Moraira.

Angela Chantry

GROUP ACTIVITIES

Unfortunately four groups will be without leaders next season: Gardening, Dining Out, Yoga, and Line dancing. If anyone wishes to take them over please let me know or ask for further information. I can help you ease into the job. Also, I have requests for a debating group, scrabble and guitar groups. Please contact me if you are interested in participating in any of these.

Brian Nicholls, the deputy Group coordinator is retiring from the post and I would like to say a thank him personally for all his assistance and hard work over the last two years. If any of you would like to speak to me about taking over this job please contact me as it is important that I have a deputy.

We are in the process of meeting with potential Spanish teachers in order to have a full schedule of Spanish classes for October. As soon as the schedule is available we will let you know.

Please check with group leaders that they are continuing over the summer as a lot are now in recess or have changed times.

Shirley Baehr, Group coordinator

History and Art history

Autumn Preview. All talks will be on Mondays in the lecture theatre at Espai la Senieta.

The History programme, scheduled for the last Monday in the month is:

27 September, 'Britain in the Swinging 60's' *Cheda Panajotovic*

25 October, 'What the Romans did for Spain' *Peter Atkinson*

29 November 'The Peninsular War' *Alan Oliver*

31 January, 'The Indian Mutiny of 1857/8' *Brian Nicholls*

Art History meetings are held in the SECOND Monday of the month (note change of day, time and location):

September 13 'Women Painters' *Lynn Haigh*

October 11 'Art Deco and the Bauhaus' *Brian Nicholls*

November 8. 'The Great Spanish Painters' *Cheda Panajotovic*

January 10 The Spanish artist; Bartolome Estaban Murillo' *Angela Chantry*

Further details will appear, during August, on our website.

Brian Nicholls (joint group coordinator).

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

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.

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

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.

➤ ***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**

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)

➤ **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.☐

➤ **Tile and Surface Cleaning**

Tileclenz Surface and Sealing Company are able to clean any surface inside or outside, driveways, toska stone, balustrades etc. They will also clean and leave completely dry any inside tiled area. **Antislip Guys** are an anti-slip treatment company and are subsidiary of Tileclenz.

They are offering us a discount of 20% off all of their services. □Cleaning is

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€5 per square metre - for our members €4 per square metre. □Antislip is €10 per square metre - for our members €8 per square metre. □They will give a free demonstration. For more details call: Cress Poole 96 648 0619; mob: 634319998 or email tileclenz@aol.com □

➤ **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.

