

# U3A Calpe NEWSLETTER

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

## In this issue

December 2012	
Pantomime .....	1
Coming events.....	1
Computer Buddy Scheme .....	2
Members' News – Food Bank.....	2
Travel and Culture....	2
Pantomime .....	2
Russia.....	2
Mediterranean Cruise .....	2
Have a Giggle.....	3
Groups News .....	3
Bridge .....	3
J.U.G.S .....	3
Swimming .....	3
Tenpin Bowling .....	3
Zumba .....	3
December Quiz .....	3
Reports.....	3
Group Report .....	3
Website Report .....	4
Enid's Kitchen .....	4
Answers to Quiz.....	4

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## Pantomime

Don't forget to book for our trip to the Careline Theatre's annual Pantomime "The Wizard of Oz" on 13th January 2013 at 3pm. Tickets €10.

Details/booking with Rod Anderton,  
96 583 2081 or  
[rodanderton@yahoo.co.uk](mailto:rodanderton@yahoo.co.uk)

Hello and welcome to our December Newsletter being distributed at our annual Christmas Party at The Bolero.

Many of our members may have already caught the festive bug, but this promises to be an evening of great merriment and a wonderful way to begin the festive season.

Although we are aware that not much seems to happen over the Christmas period within the U3A, we are certain that Christmas lunches and festive evenings occur in the period leading up to Christmas within our groups.

Why not pen a short article for others to share about your joyful experiences of Christmas with friends and family?

It would be lovely to hear from you before or after the New Year with your stories and reports for the January Newsletter (closing date for articles is 8th January).

## Coming events

The next General Meeting will be **Thursday, 17th January 2013** in the *Casa de Cultura* at 10:00 for 10:30<sup>AM</sup> so please make a note of the date in your next year's diary.

We look forward to greeting our newly appointed committee in their first formal appearance since the AGM in November.

Let me now take this opportunity on behalf of everyone at the U3A Calpe to wish you all a Merry Christmas and a very Happy New Year!

## Computer Buddy Scheme

We have some members that do not have access to a computer and are therefore looking for volunteers to become a computer buddy to someone to help them access information on the U3A Calpe website.

This is not meant to be a free computer lesson, but a friendly helping hand.

If you would be happy to take part in this scheme, please email the Groups Co-ordinator, Sandy Bianco on [sandybianco@gmail.com](mailto:sandybianco@gmail.com)

We will then make announcements at future general meetings and publish information in further newsletters.

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## Members' News – Food Bank

*By: Pat Spencer*

At the end of October, a group of “girl friends” in Calpe held a Coffee Morning and a Bring and Buy Sale to raise funds for the Calpe Food Bank. The morning raised 170€.

On Friday 2nd November a small group of us visited LIDL to purchase food stuffs. We had previously asked for a list of food items needed for the Food Bank.

We had great fun walking around filling 3 trolleys with what seemed to us large amounts of food. We then took it around to the Food Bank in the Sports Hall and were welcomed with enthusiasm by Encarna who is in charge and Jaime a helper.

At the moment the Food Bank is feeding 75 residents of Calpe with basic food stuffs. To qualify for this help the person has to be a resident of Calpe and in dire need. Only then can they go to the Food Bank.

They are in need of food items all the time and the situation will get worse before things improve for the better.

Perhaps you could help?

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## Travel and Culture

For further details of these trips please contact John Pickford, Travel Co-ordinator: **96 583 4904** and [johnpickfordtravel@gmail.com](mailto:johnpickfordtravel@gmail.com)

Rod Anderton, Culture Coordinator, is on **96 583 2081** and [rodanderton@yahoo.co.uk](mailto:rodanderton@yahoo.co.uk)

## Pantomime

13th January 2013  
Cost for ticket: €10

We have booked for the matinee performance at 3pm and there will be an opportunity to go for a meal beforehand at Las Solanas in Alcalali (at additional cost).

There are only 14 places still available, so book now with Rod Anderton to avoid disappointment.

## To Russia with Love – St Petersburg and Moscow

28th August – 7th September 2013  
Cost: TBC

A half board, 9 night trip in 4\* accommodation to visit the best of these 2 Russian cities.

Scheduled flights and all transfers and transportation will be included in the price.

## Eastern Mediterranean Cruise

27th October – 10th November 2013  
Cost - €669/€730/€770 per person (depending on cabin choice)

All inclusive 14 day cruise visiting Italy, Montenegro, Croatia, Greece, Malta and Tunisia.

Price also includes return travel by coach to Valencia.

Don't forget details for all of our trips can be found on our website:

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

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### **Have a Giggle**

A bicycle can't stand on its own because it is two tired

Q. What's the definition of a will?

A. It's a dead give away

Reading while sunbathing makes you well red

A hangover is the wrath of grapes

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### **Groups News**

#### **Bridge**

Unfortunately the Bridge group is currently suspended as there has been a recent lack of players.

If anyone wants a game at the Galatemar Hotel on a Monday evening from 7:30 PM, please contact Tina Wallis on 96 583 3197.

#### **J.U.G.S (Just Us Girls)**

The next meeting will now not be until February due to the first Thursday in January being the 3rd!

Further details will be available at the January general meeting or by contacting Sue Longley on 96 583 3829.

#### **Swimming**

We now have 3 lanes allocated at the municipal pool on Wednesday mornings 10-11AM.

This is a great idea on how to stay fit through the winter months.

Unfortunately Nicola's telephone number was incorrect in the last edition of our Newsletter.

So please now contact Nicola Martinez on 96 583 2453 for further details.

### **Tenpin Bowling**

This group has now had 3 very successful meetings and it all takes place in Moraira on the 3rd Thursday of the month, 7:00 for 7:30PM. Next meet is on 20th December.

Book with Giovanna Wallis on 96 583 3197 or [editor@u3acalpe.com](mailto:editor@u3acalpe.com)

### **Zumba**

This group is temporarily postponed due to the instructor returning to UK.

Details will be posted to the website when it is resuming.

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### **December Quiz Time**

Where did Agatha Christie get the title of that famous novel, then play? The same place that the idea for that "sweets for my sweet" pop song.

Complete the quotations given below and you will understand:

1. Something is r..... in the state of D.....
2. Frailty thy n... is w....
3. Neither a borrower n.. a l..... be
4. To thine o..... be t...
5. The lady d... p..... too m...
6. Let me be c.... not u.....
7. O, that this too s.... f.... will melt.

I bet you can guess who it came from now, how about where?

All answers at the end of the Newsletter.

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### **Reports**

#### **Group Report: Meal with Friends**

By: *Paula Martin*

On 3rd November we enjoyed our first meal together as a group at Restaurant “De Jayena”, Calle Malaga, Calpe. It is a typically Spanish restaurant with their menu on Saturday nights costing either €12 or €13. Both of these menus provide you with 4 courses, half a bottle of wine per person and Bread with *alli olli*. During the week the menu is a different price.

This restaurant also has a cafeteria next door which provides a very good menu of the day for under €10 euro. It is situated on the market street, so it is worth a visit on Saturday morning for a coffee or other beverage. They also do good tapas and many Spanish people use it. However, as a result of this, it can be quite noisy on a Saturday morning!

All in all it was a lovely evening and there is a wonderful photo of us all on the “Meal with Friends” group page on the U3A Website.

We are going to postpone our next meal until after the Christmas period so please call me on 96 583 7678 for further details/bookings.

### Website Report: Health Pages

By: *Pat Spencer*

The health pages are now up and running on the website and are constantly being added to.

Topics already uploaded include: *The Spanish Healthcare Administration, Patient Assistance & Information Service (SAIP)* and *Your SIP Card*.

I do hope that you find it helpful and interesting and it is lovely to see that already one of our members has put up a comment with very positive feedback.

I would welcome any further comments and anything you would like to see included.

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### From Enid’s Kitchen

#### Chocolate Beetroot Cake

Preheat oven to 180°C (Gas Mark 4)

- Grease & line a 7" cake tin
- Sift together 180g of plain flour, 50g of cocoa, 1½ tsp baking powder and a pinch of salt
- Mix well with 250g of caster sugar
- In another bowl puree 300g of cooked beetroot. Gradually mix in, one at a time, 3 eggs then 260ml of sunflower oil.
- Make a well in the centre of the flour mix, then using a spatula or wooden spoon lightly stir in the beetroot and egg mixture
- Pour into the tin & cook for approximately 40 minutes (test with a skewer in the centre, it should come out clean.)
- Cool for 5 minutes before turning it out.

It’s great with cream or fruit.

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### Answers to Quiz

1. Something is rotten in the state of Denmark
2. Frailty, thy name is woman
3. Neither a borrower nor a lender be
4. To thine ownself be true
5. The lady doth protest too much
6. Let me be cruel, not unnatural
7. O, that this too solid flesh would melt

All are quotes from William Shakespeare’s “Hamlet”