

U3A Calpe NEWSLETTER

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In this issue

June 2016.....	1
New members.....	1
Coming events.....	1
Staying safe in the sun	2
Films at the Casa de Cultura	2
Travel and Culture....	2
Cofrentes and Ayora Honey Festival.....	2
Day trip - La Socarrada Brewery	2
Future trips.....	2
Groups	3
Walking Football ...	3
Bowling on Greens	3
Reports	3
Cordoba and Granada.....	3
Body Donation.....	3
The new forms.....	3
Peter Purvey's Curious Corner	3
Answer to May Quiz..	4
Correspondent of the year	4

'Hello to Summer'

If you haven't yet booked your place for our Summer Lunch, right now is the time to do so!

Contact the Social Events group leader, Anne Melling, on **667 764 292** or at anneandtom16b@gmail.com

Hello everyone. Here is the Newsletter for June which will be our last before we all go our separate ways for the summer.

Some of our Committee have already left and others will be departing soon for the UK or other places mainly to escape the heat of the Spanish sun.

We hope everyone has a happy and safe time this summer and we will resume our normal business in September starting with the General Meeting on the 22nd.

New members

We are pleased to introduce the following new members who joined us at the last (May) meeting:

Jean Weber
 Anne Herrington
 Janet Davey
 John Tolley
 Hugh Drummond
 Cheryl le Blond
 Patricia Tolley
 Olga Ahlstrand
 Lubov Malkin
 Vincent Tolley
 Ralf Ahlstrand
 Mihail Malkin

We hope they will join our publicity committee members, David and Maureen Elford, for coffee after the June meeting together with our new members from April.

Coming events

The next General Meeting will be on **Thursday, 16th June** at the *Hotel Ifach*, at 10:00AM for 10:30.

Our guest speaker will be Jose Casino who worked in London at JP Morgan for ten years. His talk will be entitled 'The Economic Outlook and Investment Strategies 2016.'

The meeting will be followed by our annual summer event, entitled 'Hello to Summer.' All details of this event are on our Web site.

Staying safe in the sun

Before moving on I make no apologies for reprinting Pat Spencer's piece, which she wrote last year.

Last year I visited Australia. As you probably know, the Health Promotion message on being safe in the sun has worked and people are very conscious of what they wear and how they behave in the sun. I bought a sun hat whilst I was there and inside the hat there was a message, which I would like to share with you.

- Choose a sunscreen protection offering SPF 30+ with broad spectrum protection and water resistant for at least two hours.
- Apply the sunscreen in sufficient quantity to benefit from the maximum protection level it offers. Fully effective body coverage demands around 35mls.
- Apply a sunscreen fifteen minutes before sun exposure. Re-apply every two hours and immediately after swimming.
- Wear **hats**, clothing and swimwear offering UPF 50+ protection. Cover as much of the body as possible.
- Choose broad-brimmed hats with at least a 4inch brim. Wear hats rather than caps.
- Choose wrap-around sunglasses with polarised lens.
- Stay in the shade or under an umbrella when the sun is at its strongest, between 11:00 AM and 3:00 PM.
- Remember that whilst cloud blocks out sunlight it does not block UV radiation.

Have a safe summer.

Films at the Casa de Cultura

From the 22nd of May, films are being shown on Sundays and Mondays in their native tongue with Spanish subtitles.

Please check with the *Casa* itself for film titles and times of showing.

Travel and Culture

Contact Penny and Ellen on the travel team for details of forthcoming trips: ellen.mitchell1@btinternet.com or penelopebrighton@hotmail.com

Also Rod Anderton if you wish to be added to his Cultural Interest Group: tranderton@yahoo.com.

Cofrentes and Ayora Honey Festival

7th – 9th October

Day trip - La Socarrada Brewery

Saturday, 5th November

Details of both trips are on our Web site.

Future trips

Have you yourself responded to John Pickford's little questionnaire regarding overseas trips? It's a post in his blog, on our Web site.

As you appreciate, our travel team work very hard to organise trips for us and these overseas longer ones are obviously more expensive. We wish to gauge your support for them before going all out to arrange them only to have to cancel through lack of support.

Groups

Walking Football

Keith Cherry, sports coordinator, is pleased to announce a new group to start in the autumn if there is enough support: namely 'Walking Football.'

A must surely for all you less fit members who fancy yourselves as *Pensionista* Messi or *Pensionista* Vardy! Should be great fun and we hope the group takes off for all those football fans who are not as fit as they once were!

Who knows: could be the start of a U3A league?

Bowling on Greens

We were informed at the last General Meeting that the new bowling green initiative of the town hall will go ahead so that is something to look forward to.

Reports

Cordoba and Granada

The travel team once again came up trumps with a visit to the patio gardens of Cordoba and Granada.

Everyone had a great time, came back exhausted, and expressed their thanks to Ellen and Penny for arranging the trip.

There is a full trip report on our Web site, together with a nice collection of photographs.

Body Donation

Last month, and also at the May General Meeting, we mentioned the new rules for body donation.

The new forms

We decided that the easiest way to get the new forms to you was to put them on our Web site, so you can download them and print them out for yourself.

Members who have filled in the new forms have not reported any problems.

Peter Purvey's Curious Corner

Money, money, money

A 1933 penny recently sold in London for £73,000. At the changeover to decimal coinage in the UK the fabled penny was the most sought after coin. There are only seven recorded specimens and I have photographed five of them (the last one was in 1984 and it fetched £15,000), the other two being in the foundation of buildings. The current coin sold was not one of the seven recorded above, but one of only four known pieces from dies prepared by Andre Lavrillier and struck as prototypes. It could be the same coin I sold many years ago. The artist and sculptor Bertram Mackennal produced all the dies for the regular coins of George V.

A silver US dollar has also sold recently for a world record price for a single coin of ten million dollars! Why so much? The Philadelphia Mint was established in 1794 and the first coins struck were several hundred silver dollars bearing the head of Liberty with long flowing hair, one of the finest of all US coins. Only 134 examples are known today, mostly in various states of used condition. This coin was absolutely mint perfect and is thought to have been the very first one struck, carefully put away by somebody at the mint.

Jonathan the Tortoise

The longest living reptile, a tortoise named Jonathan is 184 years old and still enjoying life on the island of St Helena, the island to which Napoleon was exiled. Its keeper says it still tries to chase the young females without much success!

Two recent scientific reports

One says Arctic ice is melting at a rate that will raise sea levels two metres by the end of the century. The other says that ice core evidence points to the natural rhythm of the earth for climate change which was happening at regular intervals long before we came on the scene.

Remains

Remains found in a casket in a convent near Madrid are almost certainly that of Cervantes, the author of Don Quixote, who died in 1616, and his wife Catalina.

Answer to May Quiz

Despite common belief, the word *sushi* does not refer to raw fish but?

1. Vinegary Rice
2. Pickled Ginger
3. Wasabi Sauce

Answer: Vinegary Rice

Only 32 out of a 100 people asked gave the right answer.

When you ask most people in countries outside of Japan what sushi is, they'll describe a Japanese food with raw fish inside. That's because over the years, the term "sushi" has become synonymous with one of the most common ingredients found within the Japanese delicacy: raw fish.

Sushi, however, is not defined by the presence of raw fish (despite how iconic that presence might be), but by the presence of rice. Sushi is a "food preparation" and is called such because the main ingredient is *sushi-meshi*, or cooked vinegary rice (which is combined with other ingredients). If you exclude the raw fish (or raw meat), the *sashimi*, and instead include vegetables, tropical fruits, or other cooked ingredients in their place, you still have sushi.

Correspondent of the year

Our thanks go to Peter Purvey, who is nominated as 'Correspondent of the year' for keeping us entertained with his interesting stories without having to be chased up for them.

Unfortunately this title is not accompanied by a statuette but perhaps the Committee will stand Peter a drink sometime?

Janet Bond