

THE C3A in Limassol has a variety of members from all around the world



Active options for the Third Age

C3A offers exciting ways to enjoy retirement

The Limassol Branch of the Cyprus Third Age (C3A) offers retired people a diverse set of educational, entertainment and networking activities that enable people to enjoy an active retirement. Activity groups cater to the interests of each member and range from industrial archaeology to gardening and spiritual healing.

"The C3A is a way of discovering a completely new way of life providing you with the opportunity to make new friends, participate in the numerous special interest groups, and learn new skills and really start enjoying that well deserved retirement," according to Fred Bowes, C3A Limassol Branch Publicity Officer.

The Cyprus C3A is affiliated to the worldwide University of the Third Age (U3A), an organisation specifically set up to keep those who are no longer in full time employment, mentally, socially and physically active. It all started in France in 1973 and since then has spread to more than 30 countries with membership in excess of a quarter of a million.

Bowes says that for an annual membership fee of €10, C3A offers its members access to as many of the special interest groups and activities as they wish. However, extra costs may apply (e.g. entrance fees, theatre tickets or bus fares) where the group attends events or excursions. The group also has a 'try before you buy' policy, whereby people can attend meetings and groups on a trial basis for

up to three times without having to pay the membership fee. There are numerous activities to explore, as diverse as, learning Greek, 'Enquiring' Minds, Geology, History, Art, Photography and Mediterranean Gardening. Meetings of the special interest groups take place usually once a month, but some, like photography and Greek language groups, meet more frequently.

Membership in C3A also enables people to make new friends and socialise with like-minded people. "The C3A really is a most welcoming and friendly affair. Its members assist one another to develop their knowledge, skills and experience by sharing their own learning and experiences," says Bowes.

Although the range of activities on offer is diverse, members can also suggest a new activity group or workshop based on their individual needs and interests. According to Bowes, "It may be that you personally are particularly skilled in an area not included on the activity list and, if you are willing, you could even start your own Special Interest Group and pass on the skill and knowledge that you have. You could also request that a particular speciality group, that is not listed, is formed."

At present there are three C3A branches in Cyprus: C3A Limassol, C3A Aphroditte Branch in Pissouri and C3A Paphos. Workshops and activity groups take place in English, but members have diverse backgrounds and include Cypriot, Greek, German, Austrian, Russian, and English.

For more information visit <http://c3a-cyprus.org/limassol/>.

Discover new friends, join special interest groups and learn new skills

Local choreographers on show

The 15th Cyprus Contemporary Dance Platform will take place from March 6-8 at the Rialto theatre in Limassol. The dance platform is organised by the Cultural Services of the Cyprus Ministry of Education & Culture in collaboration with the Rialto theatre. It aims to present new, contemporary, non-commercial work by Cypriot choreographers.

"The organisation is offering a platform for Cypriot choreographers and artists to create and express themselves through the art of contemporary dance. As every year, renowned personalities from the international dance community, representatives of international dance festivals, choreographers and journalists will be attending the performances and interact with the dancers and the audience," a press release by the dance platform's organisers stated.

The event will feature 15 dance groups that will perform in duets, so-



THE annual Dance Platform is an opportunity to experience the island's local talent

lo pieces and interactive performances. The Contemporary Dance Platform launched in 2001 under the title "Dance Encounters". Due to the increasing

number of Cypriot artists who respond to the call for participation every year, the Dance Platform has developed into an institution and is continuously expanding.

Parallel events titled "Dance Throughout the Year" will include presentations and discussions on contemporary dance. On March 8, a master class with Peggy Ollislaeger and discussion with Roberto Cassaroto will take place at Dance House Lemesos and a performance by Milena Ugren Koulas at Paparouna venue. On March 9, choreographers Lia Haraki, Machi Demetriadou Lindahl, Eleana Alexandrou, Evie Demetriou and Ariana Economou will be giving presentations at Dance House Lemesos.

Tickets: €5 or €10 for all performances. Free entrance for dancers and choreographers (seat reservation is necessary). For more information, call 77-77 77 45 or visit www.rialto.com.cy



Limassol notes

By Anna Hassapi

The wake-up call

Like most working mothers, I have often felt that my life is a daily race against time. Something of a self-imposed test to see how much I can fit in a day and how much I can 'achieve'. By the day's end, guilt is usually the only reward we can aspire to: "I could have spent more time with the baby today"; or "I did not take the dogs for a walk"; or "I didn't get up early enough to go to the gym before work". Disappointing others or not living up to our own high standards has turned into something of a self-fulfilling prophecy for some of us.

Beyond this sense of urgency, it seems that our lives are governed by a quest for control. We want our lives 'in order' and things to go 'as planned'. No unexpected surprises to derail us. Our holidays are booked months in advance and in the meantime each day is a neat structure that we have artfully devised to shut out the unforeseen. This becomes a series of activities that may create the appearance of a balanced life, but are actually there to obscure the layers of our underlying fears.



YOU never know when your intricate plans will be upset

I got a wake-up call. Last week I was diagnosed with severe cervical dysplasia, which if left untreated would lead to cervical cancer. It all started with an 'abnormal' Pap smear result and in the course of less than two weeks I had gone through a biopsy test and eventually surgery to remove the cervix. This was not something I had foreseen or expected.

I used to be so confident that this is 'not the type of thing that would happen to me'; I had not gone to the gynaecologist for a checkup for over three years. Had not had a Pap test in God knows how long. So when the doctor told me I needed immediate surgery, I instinctively referred to my diary because I wanted to know how this would affect things. I needed to know whether my emergency procedure would mean that I had to miss some important deadline at work; I was still in denial.

It was not until my health scare started affecting things that really matter that I began to get some perspective. Carnival came to town and I was at the clinic. I had promised my daughter that we would be taking part at the children's parade at Molos and then at the Big Parade a week later. I could not make it to either event, although my daughter came to visit me after going to the parade with my sister.

Cervical dysplasia is totally treatable and early intervention is the key. Had I been tested a year or two earlier perhaps surgery would not have been necessary. There is also a vaccine for this condition that I had chosen not to take when I could. Still, I consider myself lucky for having gone to the doctor and getting treatment. From now on, however, I will focus on the things that really matter. Slow down. There are a few things in life that truly are too important to leave to chance.