



THE THIRD AGE TRUST

Issue number 5

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Editorial details:

We welcome your views and news!

Contact

Olwyn Oliver (Paphos),
or Rob Hoffman (Limassol)

The views of the contributors are not necessarily the views of the editors or committee members. The editors reserve the right to modify contributions if considered necessary.

Spotlight

ON THE U3A IN CYPRUS

ANOTHER DAY IN PARADISE...

We all know how lucky we are to live in Cyprus. A special place which is foreign enough to be fascinating, but so like home we sometimes forget we are immigrants. The climate is probably the best in Europe if you like sunshine.

There are other aspects this island possesses which are less well publicised than the flesh pots and the archaeology.

Cyprus is geologically important, being one of the few places on earth where the layers through the earth's crust are laid bare for all to see. Troodos is an 'ophiolite', where the very mantle has been exposed through volcanic upheaval, tectonic pressures and subsequent erosion. Strange rock formations, pillow lavas and dikes litter the landscape, just waiting for you to discover them. Limassol's **Geology** Group will show you where, how and why.

Migrating birds add their numbers to the local population, twice a year, on their journeys to and from Africa en route to Northern Europe. The result is a profusion of bird life. The Paphos Group, '**Birding for Beginners**' has opened a whole new world to those of us who could only tell a sparrow from crow.

Both of these groups, like archaeology and walking, offer excellent opportunities to get out into the country and off the beaten track

There is a constant demand from members for new courses. Paphos need course leaders for **Salsa and Latin American dance**, **Yoga** and **Geology**. If you can help, please contact David Brown, the Paphos Group Co-ordinator.

Members will find contact telephone numbers and e-mail addresses for all contacts in their local Group Listings.

Many thanks to all contributors...

We need more members!

FROM THE CHAIRMAN



Janet Bureau, founder

and current

Executive Committee

Chairman,

will

stand down in

November.

CHANGE BUT NOT DECAY!

The new format of U3A Spotlight, and the forthcoming Annual General Meetings in Limassol and Paphos, prompted me to think about change, and how we react to it. Is it a challenge, an excitement, or do we feel apprehensive or resentful? In the familiar poem, ‘Warning’, Jenny Joseph views old age with a reckless wit, anticipating change with verve and looking forward to breaking the rules.

Warning by Jenny Joseph

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick flowers in other people's gardens
...And learn to spit...
You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beer mats and things in boxes.
But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.
But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised...
When suddenly I am old, and start to wear purple

Seeking further inspiration I searched for a poem about change, stumbled upon ‘Sea Change’, by Robert Service and then realised how totally inappropriate it is to the subject in hand, apart from the title that is! I found it charming. So, no ponderous musings from me this time. Summer lies ahead, the sea is sparkling, and I hope that you will enjoy this light-hearted poem.

Sea Change

by Robert Service, from *Lyrics of a Low Brow*

I saw a Priest in beetle black
Come to our golden beach,
And I was taken sore aback
Lest he should choose to preach
And chide me for my only wear,
A "Gee" string and a brassière.

**Visit the U3A Cyprus
website at**

www.U3Acyprus.org

RAISIN ROCKIES

4oz	Margarine
2oz	Sugar
1	Egg yolk
1/2teasp	Almond essence
5oz	Plain flour
2oz	Raisins

Put margarine and sugar in food mixer and cream until light and fluffy. Mix in egg yolk and essence then add flour and raisins. Form into small balls and put on greased baking sheet. Bake in centre of oven (200c or Gas 6) for 10 - 12 minutes until lightly browned. Allow to cool slightly before removing.

This will make about 10 - 12 depending on what size you make. I usually make twice the quantity.

They keep well (if hidden!!!).



***Eric Martin will stay
on the committee...***

And then I saw him shyly doff
And fold his grim *soutane*

And one by one his clothes take off,
Until like any man
He stood in bathing trunks, a sight
To thrill a maiden with delight.

For he was framed and fashioned like
Apollo Belvedere;
I felt my heart like cymbal strike
Beneath my *brassière*.
And then the flounce of foam he broke,
And disappeared with flashing stroke.

We met. 'Twas in the billows roll.
Oh how he sang with joy;
But not a hymn, - a merry troll
With gusto of a boy.
I looked, and lo! the priest was gone,
And in his place a laughing faun. . . .

Today confession I have made.
The Father's face was stern,
And I was glad that in the shade
Mine he could not discern . . .
He gave me grace - but oh the bliss,
The salty passion of his kiss!

LIMASSOL COMMITTEE REPORT

Eric Martin took over as Chairman from Veronica Houghton during the year on a temporary basis. His main priority has been the arrangement of the Open Meetings, and he will continue to do this. In November Martin Wood allowed us to taste some of his Pakhna wines just in time for Christmas. Our Open Meetings in the Spring included Brian Smith on "Home Electrics" and an Introduction to Chinese Medicine by Ilana Agmon. This was followed in March by a talk on Bird Migration given by Jane Stylianou of 'Bird Life Cyprus'. Recent attendance has fallen but it is hoped to continue with Open Meetings on a regular basis

The following social events are under consideration:
A visit to Nicosia races one Saturday - probably in the Autumn;
A beach party in June/July;
A visit to the Bellapais classical music festival, with a stopover, in mid-June;.
A week end in Beirut, probably in October;
A trip to the Paphos jazz festival in September..

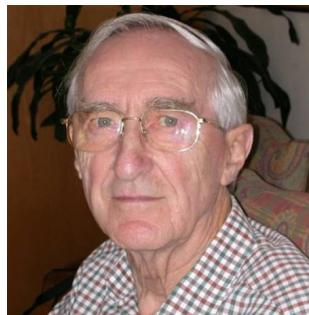
CHURCH MAGAZINE

SNIPS*

'Next Thursday there will be tryouts for the choir. They need all the help they can get.'

'Please place your donation in the envelope along with the deceased person you want remembered.'

'Low Self Esteem Support Group will meet Thursday at 7pm. Please use the back door.'



Stephen Willis retires

as Paphos

Committee Chairman

Can you help print Spotlight ?

Printing our own colour newsletter saves up to £1,000 per year. If you could help in its production please contact your local editor.

As at October 2005 the total membership of the Limassol U3A stood at 128. As of May 2006 this number had risen marginally to 141.

At the AGM on May 30th, attended by around fifty members, Eric Martin announced a reduction in the annual subscription from £17.50 to C£15.00 and the introduction of a C£2.50 joining fee for new members. Four new members joined at the AGM. Anne Goodwin, founder and original Membership Secretary, left the committee, and Eric thanked her for all her work. Eric stood down as chairman, but will remain on the committee. Rob Hoffman was appointed chairman and will remain Spotlight editor. Chris Curson was appointed vice chairman. The other members were confirmed in their respective offices for another year, and were thanked for their help to date...

PAPHOS COMMITTEE REPORT

Paphos U3A ended its first year to October 2005 with 172 members but unfortunately some have not renewed their membership so numbers have dropped to 156 in the last 6 months. At present personal recommendation is the only way to bring in new members. Paphos are offering 25 courses, in a wide variety of subjects, thanks to the dedication and enthusiasm of the Group Leaders. If anyone feels that they could contribute a subject to the list please get in touch with David Brown, the Paphos Course Coordinator.

Dr. Brian Ray, the "Equipment or Technical Officer" organised the purchase of a projector which has been useful at several events (the cost of which was subsidized by a C£300 grant from the Executive Committee), and also a laser printer to assist the Membership Secretary.

There have been two successful social events, a mulled wine party in December and a lunch at Kathikas in March, thanks to our joint Social Secretaries, Danne Johnson and Iris English.

The Paphos U3A AGM was held on June 8, 2006 at the Bank of Cyprus meeting room. Forty two members attended, and two new members joined at the meeting. Stephen Willis, founder chairman of the Paphos U3A, did not stand for re-election. The reason for this is that he is also Chairman of the Friends of the Paphos Hospice, a job which has become more and more demanding. He has therefore left the committee, but will continue to lead the Music Appreciation Course. Paphos, in line with Limassol, have similarly reduced their annual subscription to C£15, and introduced a C£2.50 joining fee.

David Brown was elected chairman (he is also Course Coordinator) in Stephen's stead, and votes of thanks were proposed to the outgoing chairman for his work. The remaining committee members were confirmed in their respective offices.

Paphos Group Reports



Trevor has

long experience

in training

dogs...

DOG OBEDIENCE TRAINING AND GROOMING

Trevor and Maureen Gage have successfully organised two Dog Obedience courses with 14 dog/owners at the first and 10 at the second. They use the patio area of the Art and Wild Nature Foundation Gallery in Kallepeia.

Trevor has a long history in training and working with dogs, first in the army, then with a specialist Security Company who trained guard dogs, and sniffer dogs for searching out drugs and explosives. He has also bred and trained his own Dobermans and run other courses in the UK. He teaches the owners to have confidence with their pets, to groom them etc. This helps them to bond together and of course, the training is for the dogs' life not just for the few weeks of the course.

Many people in Cyprus rescue dogs but have never owned a dog before. Control of their new pet is essential and with Trevor's help they soon have the confidence to do this. Once dogs learn who is in control, they respond quickly and if the method is used daily, the dog becomes a happy, obedient companion.

All dogs that complete the course, are presented with a certificate at the final session, and all enjoy meeting the other dogs and socialising with each other. We have had all breeds including German Shepherds, Cyprus Poodles, Labradors, Rottweilers and 'Heinz 57s'. The Gages' two German short haired Pointers come along to help and are very willing to be put through their paces, especially in the grooming sessions. They love all the attention.

Responsible pet ownership not only involves the care and welfare of our own animals, but conscientious concern for the future, both for the animals, humans and the environment.

(Maureen says that she just makes the tea!!.)

For more information contact Trevor Gage, Group Leader.





(Love the pictures! More please ...)



**David Brown took this
shot of the recent
eclipse using the
'afocal' method...**

WATERCOLOUR PAINTING

This group started in February meeting twice a month. There are a dozen people involved with mixed painting backgrounds from the complete novice to the more experienced. Our first project has been drawing and painting flowers and we have already had some pleasing results from the beginners and the more advanced alike.

The meetings are informal and friendly and we do try to tackle a new skill or technique each time we meet. Springtime in Cyprus offers so much inspiration and we are enjoying a variety of challenges in the flowers and shrubs at their best just now. Future projects include some landscape painting and even experimenting with the abstract!

Contact Gillian Redway - Group Leader

PAPHOS DIGITAL PHOTOGRAPHY GROUP

The group was started by Danne Johnson back in October 2005. Sixteen members attended and a list of topics to cover was compiled. A major concern was to keep the group informal and not over technical in the subject matter with a minimum of jargon in the early meetings. A subsequent meeting covered how digital cameras worked and the questions to ask when choosing a digital camera.

The group is now making good use of the digital projector purchased by Paphos District Committee on behalf of its members. Group members can bring along their own photos on CD-ROM or laptop and display them to the group on the big screen. Members have also been shown websites where digital cameras can be compared to one another in order to find the best buy in a certain price or specification range.

Another area of interest for members is using proprietary software packages such as PhotoShop to manipulate pictures after they've been uploaded to a computer. Adjustments to the brightness, contrast and other properties of a poor raw picture can be made too much improve it. A series of tutorials is planned to help the group improve their photos with regard to lighting and composition over the next few months.

David Brown took this photo of the recent partial eclipse, 29th March here in Cyprus, using a digital camera held up to an astronomical telescope's eyepiece. The technique used is called the 'afocal' method, where the camera is held close to the eyepiece and the image viewed on the camera built in monitor screen. When all looks good gently squeeze the shutter release and voila!

Contact Danne Johnson or David Brown for meeting details

Chelsea Buns,

**fennel and sunflower
seed bread**

**and banana and date
muffins...(!)**



LEMON CAKE RECIPE

4oz Marg or butter
6oz SR Flour
1 level tsp baking powder
6oz sugar
2 eggs
4 tbsps milk
zest of 1 lemon

Topping:

4oz sugar and the juice of 1 lemon (mixed together)

Blend marg and sugar, add eggs beaten with milk. Fold in flour and baking powder. Add lemon zest. Put into cake tin and bake for 45-50mins in mod oven 180c. Remove from oven. While still warm pierce cake and pour on sugar and lemon juice.

Thanks to Sue Leslie for this lovely refreshing recipe

*(I've tried this; it's great.
Lemon fans like me can use two lemons !)*

BREAD, PASTRY & CAKE GROUP

This is our Thursday afternoon bread and cake making class in Carmen's kitchen. Over the weeks we have made many different types of bread and cakes.

Today we are making Chelsea buns, fennel and sunflowers seed bread and banana and date muffins...Sorry, if I am making your mouth water, I am not surprised as they taste really wonderful. Its' great fun and the people in the class are brilliant to work with. I am looking forward to many more challenges.

Contact Terry Beecher (Group Leader)

THE GOLF GROUP

We began the golf group in January, playing on the Episkopi course on the WSBA. We play once a month on the 3rd Monday and although it is not the best of courses, it is in a beautiful spot, very quiet and a good place to begin at a much lower green fee than the other courses here. Although I had 11 members contact me, we have only had a maximum 4 playing to date. I would welcome more to the group from Paphos and Limassol, but must point out that this is not a teaching course. It is for players that have some experience of golf and play on a course, even if you haven't played for some time.

For those of you that wish to try golf but are total beginners, lessons with one of the professionals at any of the courses, is the route to take for starters. Plenty of practice on the practice grounds and then, to get some idea of playing on a good course, try the 3 hole academy at Aphrodite's Hills. You can play those 3 holes as many times as you like for £9 for the day. I am very willing to play on those 3 holes with anyone at that stage and can help with course etiquette and rules of the game.

Contact Dorothy Hulley for more information.



making

beautiful things

from scraps



Paphos and Limassol

archeology groups join

for visits and lectures

QUILTING GROUP.

The new quilting group began to meet in October 2005, with ten members of varying previous experience and lots of enthusiasm. We have met fortnightly since then. At each meeting we bring along our own projects to share with each other, gain new ideas for colour etc and just to enjoy seeing others work growing.

In November we each took two pieces of Christmas fabric home and worked individually on a table centre, and the following month we had a small exhibition of the things we had made. It was fascinating how each had interpreted the fabrics and come up with so many different ways of creating a table centre from identical material.

Working on a group quilt was inevitably the next thing we all wanted to do and we planned to make a gift to the newly opening hospice in Paphos. We used a Japanese square as the base; each made fifteen over the winter, and are now engaged in sewing them all together. We had planned one large quilt, but the hospice suggested that it would be too heavy for most of the year and so now we are making the squares into three smaller lap quilts for the patients when they are sitting in the armchairs.

Over the last six months we have had enquiries from people who have never made patchwork or quilted but who would like to learn and we plan to have a few short classes in the summer and autumn to start people off with some basic instruction so they can have fun with fabrics and catch our enthusiasm for fiddling with bits of material and making things from scraps!

Contact Jill Dare for more information

PAPHOS ARCHAEOLOGY GROUP

There are currently twenty-four members of the archaeology group that meet at the Phytos Inn in Yeroskipou the 2nd and 4th Wednesday of the month. We are a friendly group who share our enthusiasm for archaeology and enjoy visiting the many archaeological sites in Cyprus. We have links with the archaeology group in Limassol and occasionally share visits and lectures with them.

As a group, we have worked through the chronological history of Cyprus from Proto-Neolithic (c8800 BC) the first hunter-gatherers, to the Byzantine era in Cyprus, which we are researching at the moment. This month we will be visiting Fabrica Hill in Paphos, the site of an ancient theatre, which is being excavated by a group of Australian archaeologists from the University of Sydney.

Contact Marieanne Wash - Group Leader, or Danne Johnson for more details

IS THERE AN ANTIDOTE FOR THIS VIRUS?

I thought those of you struggling with computers and e-mail would want to know about this virus. Even the most advanced programs from Norton or McAfee cannot take care of this one. It appears particularly to affect those who were born prior to 1965.

Symptoms

1. Causes you to send the same e-mail twice
2. Causes you to send a blank e-mail!
3. Causes you to send an e-mail to the wrong person
4. Causes you to send it back to the person who sent it to you.
5. Causes you to forget to attach the attachment
6. Causes you to hit "SEND" before you've finished
7. Causes you to hit "DELETE" instead of "SEND"
8. Causes you to hit "SEND" when you should "DELETE"

IT IS CALLED THE "C-NILE VIRUS"

Thanks to Val Aspeling. (We know, we've done all the above!).

* 'Ladies, don't forget the jumble sale. It's a chance to get rid of all those things not worth keeping around the house. Why don't you bring your husbands along...?'

THE BATTLE OF TRAFALGAR

2005 was the bicentenary of the Battle of Trafalgar (actual date 21st October 1805) and so the *Paphos Military History Group* decided to study the Napoleonic era of European military history. The Group is lead by Dr Michael Heap, ably assisted for this exercise by Derek Harkman, (ex Royal Navy), for the naval battles, and John Clifton, (ex Army), who has made a particular study of the Peninsular War campaign.

This period of history brought to prominence three military giants; an Englishman (Horatio Nelson), an Irishman (Arthur Wellesley, 1st Duke of Wellington) and a Corsican (Napoleon Bonaparte, Emperor of France).

This epic struggle culminated in the Battle of Trafalgar and the death of Vice Admiral Nelson. This victory was so complete that it gave Britain domination of the oceans of the world and ushered in a century of commercial success for Britain.

General Napoleon Bonaparte was a product of the chaos left in France after the revolution and the terror that followed it. He was a brilliant military commander, winning more battles than Hannibal, and Alexander the Great put together. However, when he achieved absolute power in France, the forces of corruption started to appear and his rule slowly declined.

His military success in Europe can be gauged by the territory under French hegemony by the end of the first decade of the 19th century (from the whole of the Iberian peninsula, most of Italy, most of what is now Germany, much of Austria and Poland). He was the bogey man of Europe and intensely feared by Britain and the powers of continental Europe.

In addition to his indefatigable military exploits, Napoleon found time to reform the legal system in France and change for ever the French social order: reforms that are still in place today!

Arthur Wellesley was from a minor Irish aristocratic family who found his true life's vocation when he became a soldier: he was a natural. He had a brilliant career in India earning the sobriquet of the Sepoy General. General Wellesley went to Spain and commanded the coalition forces ranged against the French and won a string of victories (he was never defeated) resulting in the expulsion of the French from the Iberian peninsula.

This victorious campaign combined with Napoleon's disastrous invasion of Russia in 1812 (he invaded with over 600,000 troops and returned to France with about 40,000) resulted in the abdication of Napoleon and his exile to Elba and the restoration of Louis XVIII. Peace had at last come to Europe.

A SMILE

A SMILE costs nothing but gives much

It enriches those who receive, without making poorer those who give

It takes but a moment, but the memory of it sometimes last forever

None is so rich or mighty that he can get along without it, and none is poor but that he can be made rich by it

A SMILE creates happiness in the home, fosters good will in business, and is the countersign of friendship

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble

Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away

Some people are too tired to give you a SMILE

Give them one of yours, as no one needs a SMILE so much as he who has no more to give.



Thanks to Edna Thornton for this SMILE

However the peace was short-lived as Napoleon escaped from his captivity and soon entered Paris at the head of a large army in early 1815.

The final chapter of this gargantuan struggle was the Battle of Waterloo which took place on Sunday 18th June 1815. This was the only time that Wellington (as he had now become) met Napoleon on the field of battle. The French army was ranged against the British army (comprising an amalgam of English, Scottish, Dutch and German troops) commanded by Field Marshal, the Duke of Wellington and the Prussian army under Field Marshal Prince Blücher. The battle was in the balance for most of the encounter but the discipline of the British troops held and the French made a series of tactical errors that denied them victory. This gave time for the Prussians to enter the field of battle and deliver the final coup.

With the rout of the French army, Napoleon once again abdicated and was sent in exile to the island of St. Helena in the southern Atlantic where he died in 1822.

Peace descended at last on Europe. The British Empire flourished as did most of those of the continental powers (Dutch, Belgian & French). Germany, as we know today, was created out of Prussia and the Rhineland principalities by the efforts of Count Otto von Bismarck. Eventually tensions between the European powers boiled over in the Franco-Prussian war of 1871 and then the cataclysm of the Great War of 1914/18.

Contact Dr Michael Heap for more information on this fascinating study group.

CURRENT AFFAIRS GROUP

The group began in January of this year, meeting once a month in members' houses. Varying in size up to 9 participants, our discussions have been varied and sometimes controversial. Subjects have ranged from Global Warming, GM Foods, Loss of National Identity, through to George W Bush and his efforts in Iraq. In May the subject is Stem Cell Research and its effects. Our last planned meeting before the summer recess on 21 June will be about religion and its place in our society.

The model we use is for one person to choose a subject, research it, and present the information to the group before opening up the discussion. We encourage the discussion leader to develop a line of argument that will provide a fresh slant and doesn't necessarily agree with popular newspaper or TV reports. To paraphrase Lord Reith, to educate, inform and hopefully entertain is our target.



**John is
also a keen
jazz fan.**

RECOGNIZING A STROKE

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. The trick was getting the stroke recognised, diagnosed and getting to the patient within 3 hours. The 3 steps to recognizing a stroke

- Ask the individual to SMILE
- Ask him/her to RAISE BOTH ARMS
- Ask the person to SPEAK A SIMPLE SENTENCE
(coherently e.g.. It is a sunny day)

If s/he has trouble with any of these tasks call a Dr and describe the symptoms.

It is hoped that in future we will have more women members to give balance to the views expressed by our predominantly male participants.

One of our discussion topics in the autumn will be supernatural happenings experienced by any of our members. If nothing else, it is sure to be entertaining!"

Contact John Rathband (left) for more information

(proposed New Group!)

ARE THERE ANY JAZZ LOVERS OUT THERE?

Do you live in the Paphos area? Are you interested in jazz? Would you like to develop your knowledge by meeting to play and discuss recordings which illustrate your tastes? If there is sufficient interest, it is proposed to meet monthly at a member's house for up to 2 hours, sharing likes (and dislikes) of this enigmatic and often misunderstood musical genre.

Could interested members please get in touch with **John Rathband or David Brown** with contact details, jazz interest (period or style), best day to meet and time of day. It is suggested that members present their preferred jazz style with a short talk, suitably illustrated with choice recordings, at each meeting. A glass of wine would add to the enjoyment. Sessions would start in the autumn.

PAPHOS TRAIL BLAZERS.

We started our walking programme last October with a 2nd visit to the Troodos Mountains. We stayed 2 nights again at the Edelweiss hotel, Platres, taking on 3 walks while there. Since then we have had a walk every Friday to date. The group has expanded and we now have almost 30 'regulars'. We have explored a number of new walks, as well as some of the old favourites, over an extensive area of Paphos, from Kouklia to Polis and Latchi, into the Akamas and the Paphos Forest. Distances ranged between 5 and 12 miles over a variety of terrains. Many of the walks seemed to finish with a happy lunch somewhere. We have also started another group, on Sundays once a fortnight, '*Off Track Rough Walking*' lead by David Whaley. (David calls this the Heineken group- it reaches the parts other groups cannot reach!) These are not for the faint hearted.

21 of us have just returned from a wonderful 3 nights at the Blue Island Hotel in the Karpas Peninsular, our first venture as a walking group into the North. We had 3 walks in a beautiful, wild, unspoiled area of the Island, and a very jolly, happy weekend. (See separate report)

Contact Dorothy Hulley for more details

LIMASSOL GROUP REPORTS

I DON'T BELIEVE IT!

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdgnieg. The phaonmneal pweor of the hmuian mnid. Aodccrnig to a rscheearch at Cmabrigde Uinervtisy, it dnsoe't mttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the hmuian mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Azmanig huh? Yaeh and I awlyas tghuoht slpeling was ipmorantt.

*Well what can we say?
Thanks Colin Gore. It took
five minutes to get this article
through the spell checker !*

LIMASSOL ARCHAEOLOGY.

In May we travelled back in time to two Late Bronze Age sites but will continue with the Romans later in the summer.

Our first unplanned visit arose from the pot washing we are undertaking at Kalavasos. Prof. Cadogan led us on a tour of the site from which the sherds and soil samples emanated.

Also Dr. Hadjicosti has recommenced her dig at Idalion and invited us to spend a day with her and possibly lend a hand. This will take place towards the end of the month. I am to ring her on the 15th to arrange the exact date etc so I'm afraid, like the first visit, the details will be at short notice.

Dr. Raptou has now said he'd like to take us back on a tour of Byzantine Paphos when we are ready. His tour of the Archaeological Park was a real eye opener to the site. It was a pity that the timing was difficult for many of you.

Over a third of the Archaeology Group have undertaken the ongoing hands-on task of "Pot Washing" under the watchful eye of Dr. Anja Ulbrich at the Kalavasos storerooms. Pottery sherds from over 2000 years ago are being carefully cleaned and sorted by the group some of whom were also involved with a soil sampling exercise during May. The sherds come from Prof. Gerald Cadogan's Bronze Age site at Maroni which was later used as a sanctuary in the Iron Age. The group will be given a site tour while he is visiting Cyprus .

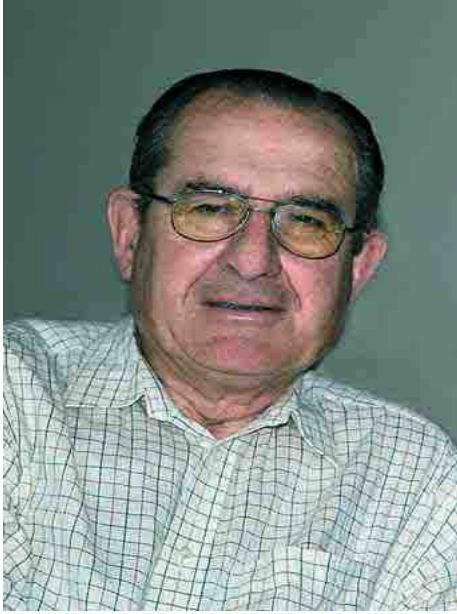
Pat Howarth is the Group Leader. The member list is currently closed due to a limit on the number of participants. Anyone interested in Archaeology should contact Archaeology Too (see Group Listing for contact details)

ORCHIDS

The orchid group this year met for five Friday mornings in March. In the first meeting we looked at some background to orchids, watched some video, and then went walking to find the earliest orchids. Each meeting thereafter took place at a different venue, to see orchids as each new species opened. In the five weeks we managed to see twenty-three different orchids; follow-up e-mailings with attached photographs helped to establish their identification. We also looked briefly at site characteristics and recording of data for conservation purposes. We hope to do a one-off follow-up later in the year when the mountain orchids come into flower.

Contact Pamela Scraton, left. Pamela is also 'Limassol Group Co-ordinator'.





LIMASSOL PHOTOGRAPHIC GROUP

Brian Lait is a retired Chartered Accountant who during his career lived and worked in ten different countries on three continents. Although he started photography with a traditional Brownie Box camera way back when he was a young boy, his more serious interest in the art started when he first went abroad to work in 1964. Based in Aden for a number of years, where luxury goods were tax free, he bought his first Pentax SLR (the Pentax Spotmatic) for £150 including the standard 50mm lens. When he left Hong Kong at the end of 1988 he was armed with two Pentax ME Super SLRs, plus a collection of lenses, filters and light metres. He still has all of these, plus an autofocus Pentax MZ-5 SLR which he bought duty free in England in 1996.

Brian's great leap into digital photography took place in May 2005 with the acquisition of the Pentax *ist DS SLR and a couple of digital autofocus lenses.

Brian has been

a keen Pentax fan

for longer than

he cares to

remember !

The Group's first meeting was back on March 18, 2004 so it is close to celebrating its second anniversary ! Meetings are held monthly on the second Thursday from 10.00 – 12.00 a.m. at the Pavemar Hotel on the Limassol seafront close to Debenhams.

Anyone with a camera and a genuine interest in photography, whether it be film or digital, is welcome to join. However, the Group Leader Brian Lait believes that those with digital cameras and their own computers and printers will benefit more, since the majority of the Group's members have digital cameras. Accordingly, the technical discussions tend to lean more towards digital photography than to film and slide. Nevertheless, Brian still regards film photography with the utmost respect and part of the reason he converted to digital in May 2005 was the high cost of slide processing and the difficulty of finding a studio to do it.

Up to 13 members attend. Each month there is a photographic theme chosen in advance by one of the Group's members. Each member brings along a maximum of three shots of that particular theme to show to and discuss with the Group. Subjects chosen have been very varied, ranging from farm machinery, silhouettes, skies and chimneys to doors and the colour red.

Outside field trips have been a great success and include lunch at a taverna.

Brian says that he is only an enthusiastic amateur, but he has shared his knowledge with the rest of the members to their great benefit.

*The women's prayer group will meet on Wednesday. Mr Johnson will sing 'Put me in my little bed' accompanied by the vicar.

Contact Brian Lait, Group leader

MORE FUNNY NOTICES*

‘Would the person who took the step ladder yesterday please bring it back – or further steps will be taken.’

‘Bargain Basement Upstairs’.

‘We exchange anything – bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?’

‘Automatic Washing Machines. Please remove all your clothes when the light goes out.’

‘After tea break staff should empty the teapot and stand upside down on the draining board.’

LIMASSOL WOMEN'S BOOK GROUP

So – another year has passed and we're still here. Attendance is good but fluctuates; in the winter according to the weather, and at other times due to our members being such a well-travelled bunch. This is great, as we get to hear of new writers and books soon to be published.. Also, books are sometimes brought back and are readily lent out.

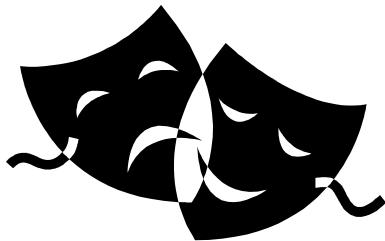
A small group of us (the rest being away over the Christmas period) were treated to tea, crumpets and muffins by the fire at Janet Bureau's home, where we watched a video of The Romantic Poets – Shelley, Byron, Keats, Wordsworth and Coleridge. We decided that we would each chose a poem by one of these at the following meeting, and this was a great success. It will open up future discussions on modern poets.

At another meeting we welcomed a Kiwi guest from the Auckland area, who explained how her U3A Book Group was organised . They plan their reading list for a year ahead and all work their way through them all. This approach is easier to accomplish when there is access to public libraries but we agreed that it would not be workable with our group. We have a short list of New Zealand writers to draw on now too!

Our morning meetings are happy and sociable and we do not take ourselves too seriously. The overall membership is kept at 8 -10, which in practice means that we have a small enough group to allow everyone to participate. We look forward to a year full of new and exciting books and authors, and more of our wide-ranging discussions, literary and otherwise.

Thanks to Marion Moore for this report.

Contact Group Leader Janet Bureau.



PLAY READING AND POETRY GROUP

We decided, after a most enjoyable poetry reading session late last year, that we would undertake a project. We chose about thirty or so poems (serious to silly), rehearsed them over a period of several weeks and then with the invaluable help of sound engineer Mike Collcutt, who also provided the equipment, started to record them on to a compact disc. As of this month we are about half way through the process. When completed the CD will be available to members as well as the general public for a price not yet determined, but it will be modest. The profits will go to the Limassol Centre for the Autistic.

We hope, later on, to find a play that is suitable for recording, or maybe more poetry. I have had a great deal of enjoyment from the Group's activities over the past year and appreciate their support. We have a small nucleus of regular members, augmented by others who come when they can.

Contact Jean Butcher, Group Leader, for more details.



a week's tour of the

Nile sites and

Sharm el-Sheik...

NILE CRUISE - FEBRUARY 2006

A journey to Egypt was the first venture abroad by Cyprus U3A, and it proved a great success. The original plan was for the "Week on the Nile" holiday that many tourists from Europe (including Charlotte and myself some years ago) undertake. In its normal form however this proved extremely difficult from Cyprus owing to the flight schedules this winter, but after some diligent research by David Wright we managed to put together a week's programme with four days on the river itself plus two half days in Luxor and a short stay in Sharm-el-Sheik, which turned out to be a very welcome addition at the end of a quite strenuous tour.

The group comprised in all a total of around 48 people, 39 U3A members with the balance being booked by the organising agents Top Kinesis from other local residents who had expressed interest. In circumstances like this one always waits a little anxiously to see how the group "gels" during the tour, but in this respect we were very fortunate since all the U3A contingent, plus the remainder, seemed to get on remarkably well.

When first we saw the ship we were to travel on we were somewhat taken aback on account of its outwardly shabby appearance, but fortunately this belied its interior, which had comfortable cabins and pleasant bar and lounge areas. Our guides were on the whole excellent and managed to pack a lot of information into a short time, while lounging on the sundeck between stops and looking at the villages on the river banks slip timelessly by is as good a way of escaping from the Cyprus February weather, short of a long haul flight to a far away place, that I can imagine!

Our stay in Luxor, because of the timetable constraints, was in all honesty too short to see all that there was to best advantage - the compensating factor was the stopover in Sharm-el-Sheik, which many of us thought would make a splendid winter break in its own right on another occasion.

Thanks to Chris Curson for his report.



WALKING WEEKEND ON THE KARPASS PENINSULA

20 members of the Paphos U3A walking group left early on Thursday 4th May, meeting up near Dhekelia before crossing to the North in convoy and continuing through Famagusta to Salamis for lunch. We visited the ruins of ancient Salamis, which are extensive with many pillars and marble statues (headless) around the gymnasium, a theatre and communal latrine.



**the orchid pictures are
from Pamela Scraton...**

Pork Chops in Orange Sauce

3 or 4 pork chops or steaks

2ozs butter

2 tablespoons of flour

Salt and pepper

Juice from 1½ oranges or
orange juice

Pinch of ground ginger

1oz soft brown sugar.

Coat chops or steaks in flour. Melt butter in pan and heat but do not brown. Brown chops on both sides. Remove from pan and put into an ovenproof dish. Combine orange juice, sugar and ginger and mix well. Pour into pan with a little water (approx. 2 tablespoons). Bring to the boil and pour over the chops. Season with salt and pepper and cover with foil or lid. Bake at 190C/375F/mark 5 for approx. one hour or until meat is tender.

Serve with vegetables of your choice.

Thanks to Marianne Wash

We then made our separate ways north through extensive developments as far as Bogaz. However, beyond Bogaz the countryside is largely unspoilt so far and the scenery is delightful. Our destination was the Blue Sea Hotel on the south side of the peninsula, just beyond Rizokarpassa (Dipkarpaz). It is a very pretty spot with a tiny fishing harbour and sandy beach. The accommodation was simple, but the welcome was warm. Dinner each evening featured freshly caught fish.

Our first walk on Friday was about 6½ miles, heading east from the hotel along the coast, then up into the hills, a steady climb with delightful views. We encountered a small herd of wild donkeys, descendants of animals left behind in 1974, shy but obviously thriving. We had bird watchers and wildflower enthusiasts with us, and although there were fewer flowers now that the weather is warmer, we saw orchids, sea narcissi, rock roses and chicory amongst others.

Saturday's walk was longer - about 8 miles. We headed west from the hotel along tracks to two fine sandy beaches where some of us paddled while others collected pebbles and shells. We climbed steep sand dunes to fields of cereals where we were greeted by some very persistent airborne insects. Then we had picnic lunch on another beach before returning to the hotel.

The Sunday morning walk was shorter - to a Roman harbour? and was followed by lunch at a restaurant before people went their separate ways?

Many of us found time to visit the monastery of Apostolos Andreas, which is sadly dilapidated, but the church is well cared for and in regular use.

There are many fine sandy beaches along the Karpass, with just the odd coffee shop. Little has changed here since I last visited 35 years ago, although then we saw oxen ploughing the fields of this lovely agricultural area.

The company was excellent. Evening meals together were great fun. The organisation was exceptional and the whole trip was well researched. Dorothy Hulley, together with David Whaley did a great job and their efforts were greatly appreciated.

Thanks to Fay Purnell for her report .

*'Don't let worry kill you off, - let the church help.'

'Miss Charlene Mason sang 'I shall not pass this way again,' giving obvious pleasure to the congregation.'

PROPOSED PHILOSOPHY/ DISCUSSION GROUP (PAPHOS)

Would anyone like to join me for a monthly open discussion forum, tackling subjects as diverse (and impossible!) as:

- What is philosophy?
- Do I exist? Do you exist?
- Is time travel possible?
- Is there a God?
- Am I in a computer simulation?
- Can something come from nothing?
- Are free will and determinism compatible?
- How can we know what is morally good?

The group could meet at a member's home, the discussions lasting perhaps 1.5 to 2 hours. We would take it in turns to choose and prepare a subject (the internet provides plenty of help here), then make a presentation to the group before opening up the discussion.

If there is sufficient interest, the forums would start in the autumn, preferably on a Monday or Wednesday afternoon.

Contact Vivienne Rathband

*Tonight's sermon:- 'What is hell?'

Come early and listen to our choir practice!

CYPRUS PROPERTY TITLE DEEDS

QUESTIONS AND ANSWERS

Q. What is a Title Deed?

A. Title is a legal term for an owner's interest in a piece of property. In Cyprus Title Deeds, which are also known as "Certificates of Registration of Immovable Property", are formal documents that serve as evidence of ownership. Conveyance of this document is required to transfer legal ownership of the property from the seller to the buyer.

Q. What are the implications of not having the Title Deed for your Cyprus property?

A. On the plus side, you do not pay Property Transfer Fees to have ownership of the property transferred to your name.

However, on the down side:

1. You are unable to enjoy the full benefits of ownership.
2. As the property is not legally yours, you cannot legally sell it to whoever you wish. Should you wish to sell, you will have to come to an arrangement with its legal owner. This will require you to cancel your contract of sale, which will enable the owner to enter into a new sale agreement with your buyer. (Be aware that the legal owner may charge you for rendering this 'service').
3. Making changes to the property before its Title Deed has been issued or without seeking planning permission is unwise. Before the District Lands' Office can issue Title Deeds, the building needs to be inspected by the planning authority to ensure that it complies with the Planning Permission and Building Permissions Permits that have been issued for its construction.
4. Even though the assessed 1980 value of 'your' property may fall below the CYP 100,000 threshold, you may be required to pay Immovable Property Tax. This is because the assessed value of property owned by a developer may run into many millions of pounds; some of those developers recover an element of their tax liability from those buyers who have yet to have Title to the property registered in their name.
5. Potential buyers of your property may not be able to get a mortgage because lenders are reluctant to loan money against property without a Title Deed.

Thanks to Nigel Howarth for this article.

For more information on Title Deeds and Cyprus property matters in general, contact Nigel Howarth at Nigel.Howarth@cyprus-property-buyers.com. Nigel was also the Limassol Computer Course Group Leader.

*‘The Young Wives have cast off clothing of every kind. They may be seen in the vestry on Friday afternoons.’

CYPRUS U3A

CHAIRMAN

Janet Bureau retires as Chairman in November 2006 . Her successor will need the skills to organise the Executive Committee, and to develop ideas for expanding Cyprus U3A throughout the Island. We will be seeking nominations for her replacement and urge all members to give serious thought to this.

At present the Cyprus U3A has nearly three hundred members in two districts, Limassol and Paphos. The objective of the Chairman should be to establish districts in Nicosia and Larnaca, and possibly Polis, and too recruit more Cypriot members to make the Cyprus U3A more representative of the Island's population.

The post requires a firm belief in the principles of the U3A and full commitment to the development of the Cyprus U3A.

If you know someone who might be interested, or you yourself would like to know more, please contact Geoffrey Wallington, Hon..Sec. Cyprus U3A: by email:to:
thewallingtons@cytanet.com.cy or by telephone:: 25 432044..

Thanks to Oswestry and Rugby U3As for the humorous notices, which have been copied from their magazines..

HEALING HERBS

Rosemary

Rosemary is widely used nowadays in hair shampoos, tonics and oils as it is thought to both stimulate hair growth and improve its condition. When my hair is limp and lack-lustre (which it usually is at the end of a Cyprus summer) I treat it to a few applications of rosemary and sage hair tonic. This recipe was given to me several years ago by Chrystalla McCowan of the Idalion Aromatic Herb Co. Ltd. in Nicosia.

Put one tablespoon of both dried sage and dried rosemary leaves (if using fresh herbs use three tablespoons of each) into a saucepan. Add half a pint of cider vinegar and half a pint of water, bring the mixture to the boil, cover and simmer for fifteen minutes. (Covering the pan prevents the volatile oils in the herbs from evaporating.)

Allow to cool, then strain into a screw-top glass bottle.

When you're ready to use the tonic, decant some of the mixture into a small plastic bottle and add a teaspoon of oil - sweet almond is best, because it's colourless. Shake the mixture well, and then sprinkle it onto your head and massage into the scalp with your fingers.

Using this once a day for a week should bring back the bounce in your hair.

Repeat whenever you feel like it!

Lavender tea

Put a teaspoonful of lavender flowers into a heatproof jug and pour over a half litre of boiling water. Cover with a plate and leave to infuse for two or three minutes. Strain the mixture, and use for any of the following:

A delicately scented drink that calms the nerves, lifts depression, soothes a sore throat and helps to lower blood pressure.

When cold, lavender tea makes an excellent face cleanser.

As a soothing and effective treatment for sunburned skin, apply either lavender tea or a mixture of a small cup of olive oil and three or four drops of pure lavender oil. (This is much cheaper than commercial 'after sun' products.)

Thanks to Angela Cooper for this article.

*The over 16s will be presenting Shakespeare's Hamlet in the church hall on Friday at 7pm. The congregation is invited to attend this tragedy.'