



CYPRUS

Issue number 6

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Spotlight

ON THE U3A IN CYPRUS

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Editorial details:

We welcome your views and news!

Contact

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

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

THE STARS OF THE SHOW

How many groups does the average member attend? The short answer is that at present we do not know exactly, but a brief straw poll among some selected groups suggests that four is not untypical. What did we all do before? Certainly the popularity of the organisation world wide indicates that U3A is fulfilling a very important need among retired people, and helping to keep their minds and bodies fit and healthy. This is all thanks to a gifted and knowledgeable group of stalwarts who regularly give up their time to provide the rest of us with diversion and social interaction.

We refer, of course, to the **GROUP LEADERS**.

The publicity for the Paphos Birding Group in this column (see May issue) proved to be the kiss of death, so it is probably better not to mention anyone by name. Let us just say a big **thank you** to all group leaders, and remember that their efforts deserve **our support**. Nothing can be more disappointing than to prepare for a meeting and then find that some of the members just do not turn up, sometimes without any polite prior notification. So please be good to your leaders...

Having said that, of course, we need more of them. If you have a special interest or important professional knowledge, probably amassed over many years, please do not let your knowledge go to waste. Start a group! It does not matter how small you start, five or six members make a good sociable nucleus.

Stephen and Doris Willis made a trip of a life time to **China**, and Doris has produced a very interesting travelogue accompanied by some stunning photographs, which, sadly, is too long for inclusion. If any member would like a copy of this fascinating account, please contact Olwyn Oliver, who will send you a copy. (See page 14)

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

Many thanks to all contributors...if your filler or recipe has not been used, we are saving it for a future edition !

If you are happy (and you know it) tell your friends. If not, tell your local district committee members...



***Dorothy Hulley was
elected Chairman...***

***Janet Bureau was
made Life President in
recognition of her role
in the foundation and
establishment of U3A
in Cyprus...***

**Visit the U3A Cyprus
website at**

www.U3Acyprus.org

U3A CYPRUS AGM

The AGM of the U3A Cyprus took place on Thursday 16th November at the Co operative Bank Cultural Centre in Gladstone Street, Limassol. The meeting was attended by around one hundred members, a record turnout and due largely to the contingent from Paphos, 41 members, who travelled by coach.

Janet Bureau, founder chairman of U3A in Cyprus, stood down from the Executive Committee, having served her maximum of three years in the position. She was replaced by Dorothy Hulley, herself a founder of Paphos District U3A. Daphne Papacharalambous also stood down as Treasurer, but will remain on the committee. Jean Butcher paid tribute to both officers, and they were presented with flowers. Iris England from Paphos District takes over as Treasurer.

Janet Bureau was created Life President in warm recognition of her tireless work in the establishment of the organisation, and she will continue to work for the expansion of the Cyprus U3A.

After the meeting the members adjourned to the Famagusta Nautical Club where they were entertained to an amusing talk by Scot Givhan from the local Rotary Club, who spoke about their efforts on behalf of the Lebanese refugees to Cyprus following the recent Israeli aggression. This was followed by a lunch subsidised by the Executive Committee.

STOP PRESS - Larnaca U3A Inaugural Meeting will be held on the 6th December 2006 at the Laiki Bank Training Centre in Timaya Avenue, Larnaca (opposite Petrolina) starting at 10 am.

MOVING ON.....

U3A Cyprus has been a big part of my life for the past five years, firstly by setting up our steering committee, and then for three years as Chairman. It has been absorbing and challenging and rather a roller-coaster at times. Stepping down – stepping back- necessitates some adjustments too. It will be good to have time to join some of the groups, develop new interests and to meet more members. We have come a long way from the days when I knew everyone!

From the broader perspective of my new role, there will be the opportunity to promote U3A Cyprus and all it has to offer. I look forward to developing existing links with other organisations concerned with life-long learning, and exploring new ones, both here and abroad.

My heartfelt thanks for the skill, support, friendship, and forbearance, go to all of those who have shared in the past five years. It's time now for a change, and as our new Chairman, Dorothy Hulley will bring a real passion for the principles of U3A, combined with energy and humour. Under her stewardship we will undoubtedly flourish.

Janet Bureau, President

MEDITERRANEAN CHICKEN PASTA

Serves 2

8oz Chicken breasts cut into chunks
1 red onion cut into wedges
1 red pepper, seeded and cut into strips
1 green pepper, seeded and cut into strips
1 clove garlic crushed
2tbsp olive oil
5oz pasta (whatever you like)
3tbsp pesto (red or green)
6 cherry tomatoes, halved
2oz feta cubed

Preheat oven to 200c or gas 6.
Put chicken, onion, peppers, tomatoes and garlic in roasting tin and drizzle with oil.
Season. Mix with a spoon to ensure everything is coated in oil and roast for 30 minutes.
Cook pasta.

When the chicken is cooked add the cooked pasta and the pesto mix together. Add cheese and serve.
mmmmm...lovely

I've been making this for a long time and it always turns out well and tastes really good .

Olwyn

Can you help print Spotlight ?

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

MARION'S POEM

Marion Moore said
"God! I deplore
This tedious place,
This whole damned rat-race.
The streets are so dreary
It makes me feel weary-
(the taxes I pay have made me go grey!)
I live in a torpor
Like some new-age pauper
I'm fading away
With each passing day.....

Yet, somewhere there's a blessed isle
Where life is slow, and people smile-
Where skies are blue, and mountains mauve,
And sunlight bathes the olive grove.
A white-washed cottage waits for me
It stands by Homer's wine-dark sea –
And in the evening's fragrant air
I'll settle in my favourite chair-
I'll sip my wine with smug delight-
I left old England.....
I was right!"

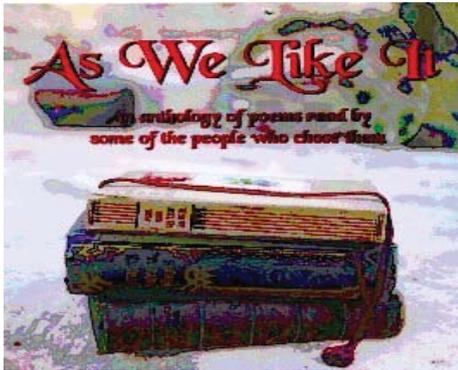
(Sadly, Marion, a lovely lady and U3A member from the beginning, passed away in July...see Janet Bureau's tribute page 15))



****Tommy Cooper said...**

I went into a shop and I said, "Can someone sell me a kettle."
The bloke said "Kenwood"
I said, "Where is he?"

LIMASSOL GROUP REPORTS



THE PLAY GROUP

We have finally finished our Poetry CD. It would not have been possible without the help and expertise of Mike Collcutt who recorded and edited the whole thing for us and produced the stunning cover too. The CD is available from any Group member. The CD is free but the cover costs C£3.50 and all the profits will go to the Limassol Centre for the Autistic.

We shall be reading more plays and poetry over the winter. We shall also be preparing for the April Open Meeting when we will be reading some more poetry and performing a short play by Tom Stoppard called "The Fifteen Minute Hamlet". It's actually only thirteen minutes with a two minute encore, although we may have to run a little longer for a variety of reasons, none of which we are prepared to divulge at this time! We can tell you that it will be in the form of a radio play.

We have also been asked if we would like to do a poetry reading in the Anglican Cathedral in Nicosia, possibly in the spring, so that is another project for the Play Group to work on while we continue to read plays and poetry for pleasure.

Contact Jean Butcher for more details.

MAH JONGG

Mah Jongg started at the beginning of October under the leadership of Marlene Wallington and we meet every Monday afternoon at the Palodhia Taverna. We are all beginners, although some of us have played before many, many years ago. Marlene has some very able assistants, ladies who are skilled in the game and willing to give up an afternoon to teach anyone who is willing to learn. The course is for beginners mainly, but anyone can join who might need to brush up their skills, just give Marlene a call.



The atmosphere is very relaxed – no pressure – you only lose money!! (but it's plastic, so no worries there). With a starting time of 1.30pm it is very convenient to be able to have a bite to eat in the taverna before battle commences, and maybe a coffee or other drinks during the afternoon.

Contact Marlene Wallington for more details



ARCHEOLOGY TOO

Archaeology Too, Limassol, was formed because demand for this popular subject exceeded the capacity of the original Archeology Group.. It is already one year old and now has 23 members half of which joined following the AGM 2006.

We have enjoyed very exciting tours at Kolossi Castle, Bronze age site at Kalavassos, Ayios Dhimitrios, the Roman city of Amathus, Fabrika Hill in Paphos and of course Akrotiri. Frank Garrod who did the tour of Akrotiri is happy to do another tour in the spring for those who could not join us in September, and I am sure this will be fully booked again.

Some of us will be joining the Paphos Group on a coach trip to the North, visiting St Hillarion Castle, Bellapis Abbey, St Nicholas Cathedral and Salamis which I am sure everyone is looking forward to especially as we have a CTO guide to explain the history and archaeology of these sites.

I am hoping that in the coming months the group will be able to become more involved as well in the fieldwork of these lovely sites. I am currently in touch with Steven Falconer and others with regard to hands on fieldwork e.g. pot washing, etc.

I would like to thank Pat Howarth, Marieanne Wash and Kate Madeloso for their help and support.

Thanks to Lorraine Gravett for this report.

LIMASSOL GEOLOGY GROUP



Members in Limassol are fortunate to have the benefit of an enthusiastic and knowledgeable amateur in Fred Counsel, Leader of the Limassol Geology Group. Cyprus has unique qualities geologically speaking. It lies at the edge of the Eurasian and African tectonic plates, and pressures between the two have forced up the Troodos Range, an Ophiolite which lays bare the earth's mantle in a way not easy to find elsewhere. Fred mixes classroom sessions with field trips in a way easy to grasp for the uninitiated. The countryside abounds with sedimentary rock formations, dykes and pillow lavas, and igneous mantle rocks. You just have to know where to find them. Did you know that the clean break between crustal rocks and the mantle is called the 'moho', after the man who first identified it, and you can see it here?

The picture left shows dykes and pillow lavas.

Contact Fred Counsel for details



LIMASSOL JULY OPEN MEETING - ARCHEOLOGY

The July Open meeting was held on the 14 July at the Co op Bank Cultural Centre in Gladstone Street, Limassol. Around fifty members attended, including some from Paphos.

We all enjoyed a talk by Dr. Pamela Gaber on the subject of “Cyprus and the Lands of the Old Testament”, which was illustrated by slides.

Dr. Gaber is a renowned archaeologist and has been excavating in Cyprus since 1972. The Limassol Archaeological Group has made previous visits to her site at Idalion. She is a lively communicator and gave us a fascinating and amusing talk. Born in Chicago she comes to us from New York State. She has served as a Professor of art history, archaeology and Near Eastern studies at Harvard, New Hampshire and Arizona Universities. She is a specialist in Near Eastern languages and literature, Persian and Central Asian art, Hebrew and Semitic Studies.

Dr Gaber is a specialist in

Near Eastern languages,

Persian and Central Asian art,

Hebrew and Semitic Studies

Her Ph.D. from Harvard is in Ancient Art and Archaeology.

The focus of her archaeology and research for the last few years is the nature of the religions of the ancient eastern Mediterranean. Recent discoveries at her site at Idalion point to the similarities with sites in the Old Testament lands, especially the shrines to Adonis, the one at Idalion being a prime example. Her hypothesis is that ‘Adonis’ is a Hellenisation of the name ‘Adonai’, meaning Lord in archaic Cyprian. Moreover the ancient shrines share many similarities; altar set up, adjacent ash pits for the remnants of animal sacrifices, usually goats, and the erection of two standing stones.

It is likely that these shrines predate Biblical history, although they continued in use well into Biblical times. Whether they came to Cyprus by the influence of the Lands of the Bible, or vice versa, is open to conjecture. After all Cyprus was at that time a powerful economy based on copper, with trade routes established throughout the Mediterranean.

The standing stones are an interesting feature in themselves. It is believed that they represent male and female deities. The feature is later represented by pillars or columns in Greek architecture, and famously at the entrance to King Solomon’s Temple in Jerusalem.

I went in to a pet shop. I said,
"Can I buy a goldfish?"
The guy said, "Do you want an
aquarium?"
I said, "I don't care what star
sign it is."

My mate is in love with two
schoolbags. He's bisatchel.

So I told my wife that I'd opened a theatre.
She said, "Are you having me on?"
I said, "Well I'll give you an audition, but I'm not promising you
anything."

DATE & WALNUT LOAF

8oz dates chopped
pinch bicarb
1/4pt boiling water
3oz sugar
3oz margarine
1 egg beaten
8oz SR flour
3oz chopped walnuts

Heat oven to 180c, 350f gas mark 4
grease a 2lb loaf tin
put dates into bowl add bicarb and water
cream margarine and sugar and add egg
stir in flour and nuts and lastly date mixture
place mixture in tin and bake for about 1 1/4 hours or until firm.

Serve sliced with butter

Thanks to Betty Gordon for this easy cake recipe

**

I went to the doctor. I said to him "I'm frightened of lapels." He said, "You've got cholera."

I met the bloke who invented crosswords today. I can't remember his name, but it's P something T something R.

UNHAPPY LANDING

A man is flying in a hot-air balloon and realises he is lost. He spots a man below. He lowers the balloon and shouts:

'Excuse me, can you tell me where I am?'

The man below says: 'Yes you're in a hot-air balloon, hovering 10 metres above this field.'

'You must work in Information Technology,' says the balloonist.

'I do,' the man replies. 'How did you know?'

'Well,' the balloonist says, 'everything you have told me is technically correct, but it's no use to anyone.'

The man below says: 'You must work in Senior Management.'

'I do,' the balloonist replies, 'but how did you know?'

'Well,' the man says, 'you don't know where you are, or where you're going, but you expect me to be able to help. You're in the same position you were before we met, but now it's my fault.'

A SPIRITUAL EXPERIENCE...

It was an October day in Limassol. and the Geology group met for an interesting field trip to the area adjacent to the Choirokitia ancient site. We had a pleasant coffee at a local Taverna, and were wandering down a country track towards some particularly interesting sedimentary rock formations well off the road, but known to geologists, apparently.

As we left the track to pass through an orange grove, we noticed a high wall of fine black netting stretched between posts through the trees and vertical to the ground. In one section of the netting, a tiny bird in obvious distress was desperately struggling to escape. It was a Blackcap, trapped for the pot.

With the help of a pair of nail clippers, the tiny bird was freed, and the location of the illegal netting was reported to the appropriate 'authorities'.

But the little bird did not fly away immediately. It flew to the top of a nearby orange tree and sang. It sang the most beautiful song of pure joy. It was as if it was thanking those merciful creatures who had liberated it from a fate worse than death.

Checking the Bird Guide later I read of the Blackcap: 'Song one of the finest...'

PAPHOS GROUP REPORTS

Pork and beer stew,

peas pudding and

barley bread.



CARROT SOUP

This recipe makes two scrumptious platefuls to share with your favourite person

2 large carrots

2 cups vegetables stock (made with a veggie cube)

1 clove

1 stick of cinnamon

½ tspn powdered ginger

Pinch of cardamom

Pinch of nutmeg

Salt and pepper to taste

1 tspn of honey

4 tbsps thin cream

Peel the carrots and cut them into thin slices. Cook in a covered saucepan with all the other ingredients (except honey and cream) until soft – about 15 minutes.

Remove cinnamon and clove.

Pour the mixture into a liquidiser and whiz until smooth.

Return it to the saucepan and warm gently – do not boil.

Stir in the honey, and pour the soup into bowls.

Swirl with cream.

Thanks to Angela Cooper

PAPHOS ARCHAEOLOGY GROUP

The Paphos archaeology group enjoyed a prehistoric lunch in the Peyia Forest to finish our meetings for the summer break.

Peyia forest picnic site offered a large area shaded by beautiful pine trees and facilities for us to cook our food. The recipes came from Prehistoric Cooking by Jacqui Wood, which were tasty and simple to cook. The menu consisted of Pork and Beer Stew, Peas Pudding, Fish Stew, Oat and Barley Bread, Oatcakes, Sour Cream Cheese, salad followed by fresh fruit. A few of the ingredients were not available to us and so like our predecessors we improvised and used what was available.

The recipe below was adapted, as we could not obtain barley flour.

Oat and Barley Bread / Oat and Wholewheat Bread

750 g medium oatmeal

750 g barley flour (wholewheat flour)

250 g butter

1 teaspoon sea salt

Milk to mix

Mix the flours together then rub in the butter and add the salt. Mix to a soft dough with the milk. The oatmeal absorbs a lot of liquid, so do not make the dough too dry. Form into small cakes and cook on a hot griddle until firm and brown. We thought this could have included fruit or honey.

We are certainly going to try more of the recipes from the book.

Marieanne Wash

Paphos Archaeology Group

**Some of the Paphos
Archers in action:**



**From L to R:
Gill Triscott,
Judy Hirst,
John Barnacott**

Misprint

‘Our paper carried the notice last week that Mr. Shaw is a defective in the police force. This was a typographical error. Mr. Shaw is actually a detective in the police farce.’

ARCHERY - PAST AND PRESENT

Did you know the ancient sport or discipline of Toxophily, which is a word with Greek origins, goes back a very long way in time? Originally the bow and arrow would have been used primarily for hunting and as a weapon to fight warring tribes. Evidence of the use of the bow has been traced back to 15,000 BC. The oldest representation of a bow has been found in a North African cave painting, which dates to approximately the end of the Old Stone Age. The oldest bow discovered by archaeologists dates back to the Middle Stone Age.

From the thirteenth until the sixteenth century, the national weapon of the English army was the longbow. This weapon conquered Wales and Scotland, gave the English their victories in the Hundred Years War, and permitted England to replace France as the foremost military power in Medieval Europe. The longbow was the machine-gun of the Middle Ages: accurate, deadly, possessed of a long-range and rapid rate of fire, the flight of its missiles was likened to a storm. Cheap and simple enough for the yeoman to own and master, it made him superior to a knight on the field of battle.

It has been calculated that a Bowman of the Hundred Years War period, when military archery was at its zenith, could shoot 10 to 12 arrows a minute. The closest weapon in range and strength to the longbow was the crossbow. But, as the battle of Crécy (1346) showed, even the superior Genoese composite crossbow - made of wood, horn, sinew and glue - was no match for the English weapon.

The origin of the English longbow is lost in the mist of time. The currently accepted theory was set at the turn of the twentieth century by Morris in his superb study, *The Welsh Wars of Edward I*. Morris maintained the weapon was of Welsh descent and was introduced into England's military arsenal around the turn of the fourteenth century. Such was the power of the Longbow that contemporary accounts claim that at short range, an arrow fired from it could penetrate 4 inches of seasoned oak. The armoured knight, considered at one time to be the leviathan of the battlefield, could now be felled at ranges up to 200 yards by a single arrow. One account recalls a knight being pinned to his horse by an arrow that passed through both armoured thighs, with the horse and saddle between! Another aspect of the Longbow was the archer himself. Archers began training at a very early age, traditionally at the age of seven. Training at long ranges was mandatory, complete with fines for violations. Local tournaments were held regularly, and the best archers were chosen for military duty. As these were all handpicked troops from among the best archers in England, the archer units were an elite group of infantry; they were all handpicked craftsmen who well knew their worth in battle.



Today, the U3A Paphos Archery Group meet on Wednesday mornings to shoot at targets ranging from 20 to 50 yards. The majority of Group members shoot with modern recurve bows made either from glassfibre for the practice bow to a wood composite take down bow for those more advanced. However, we now have one Longbow archer, Tony Colebrook (left) who has recently joined the group.

David Brown, Paphos Chairman and Archery Group Leader.

HELLO and welcome to the **Psychiatric Department** automated call centre:

If you are **obsessive compulsive**, please press 1 repeatedly.

If you are **co-dependent** please ask someone to press 2 for you.

If you have **multiple personality disorder** please press 3, 4, 5 and 6.

If you are **paranoid** we know what you are and what you want. Stay on the line and we will trace your call.

If you are **delusional** press 7 and your call will be transferred to the Mother Ship.

If you are **schizophrenic** listen carefully and a small voice will tell you which button to press.

If you are **depressive** it doesn't matter which button you press, no one will answer you.

If you are **dyslexic** press 69696969.

If you have a **nervous disorder** please fidget with the hash key until the beep. After the beep please wait for the beep.

If you have **short term memory loss**, please try again later.

If you have **low self esteem** please hang up. All our operators are too busy to talk to you.

PAPHOS QUILTING GROUP

The Quilting Group has continued to meet fortnightly. In the summer we presented the four lap quilts we had made through last winter to the newly opened Hospice in Paphos.

It was a good occasion and a most satisfying end to our first year. We had learned a new method of quilting from one of the members, become fascinated by it and, one hundred and ninety six squares later - behold our four quilts.

During the year we had had enquiries from people who had never quilted before but wanted to learn, so we spent May and June teaching some basic methods, and were delighted to see such enthusiasm and creativity emerge through the hot summer months.

It has been good to welcome new people and sad to see people move away, but we have kept at around 10 people and changing members has enriched the group and kept us with new ideas to work on.

Contact Jill Dare for more details.



Four quilts for the hospice...



A COUNTRY WALK

This walk is just over 7 Km in distance. It commences from a rough track just outside the village of Alektora.

For the first one and a half kilometers it raises steadily at a rate of approximately 1 in 10. This is the major height gain for the walk. There is then a steeper but easily manageable descent towards the (abandoned) village of Kato Arkhimandrita. We do not go into the village (although it is easily accessible for anyone wishing to do this walk at a later date). The walk then follows the old route through the gorge criss-crossing the dry riverbed, then gains height (mostly gradually but with two short exceptions) back to the starting place. The walk is (in the main) on good tracks with occasional stony riverbed passages. There are a number of spectacular views, so some walkers may wish to bring along a camera. Good shoes, a hat and a supply of water are advisable.

For an easy and relatively flat walk a route can be taken in the reverse direction, taking you towards the gorge, and therefore some of the views, then turning back and retracing your steps.

Thanks to Bill Patton for this item (this walk is particularly beautiful in the spring)

PAPHOS TRAIL BLAZERS WALKING GROUP

We have just had another successful weekend away, this time in Kato Pyrgos. We stayed in the Pyrgianna Hotel for 2 nights and undertook a 5 mile walk on Friday. A 10 mile on Saturday and finished with a 6 mile one on Sunday before returning to Paphos. The weather was kind to us, perfect for walking, with rain, thunder and lightening keeping to the night-time.

Five of us are going with the U3A UK travel club in March for a Trekking holiday in the Himalayas. It is a 3 week trip with sightseeing in Kathmandu, 10 days of trekking the Jomsom Trail, and more sightseeing to finish.

You can find information on this holiday and others on the UK Website u3a.org.uk. Go to resources, travel, worldwide

Contact Dorothy Hulley

PAPHOS PLAYREADING GROUP

The Group started on the 23rd September 2005 and has met most Thursday afternoons on 29 occasions either at the home of Andrew Dare in Kato Paphos or Alison Rennie in Peyia.

We have a membership of 10 but most meetings are attended by 6 or 7. During the time we have met 22 plays ranging from the very short to others, which extend over 3 weeks. Our plays have included Twelfth Night and Mid Summer Night's Dream by Shakespeare - The Lion in Winter - Rough Crossing - Blythe Spirit by Noel Coward etc.



We are not a serious lot and have great fun reading and discussing the plays we tackle - no acting skills are required but a sense of humour is helpful so why not consider joining the Group and giving it a try. Because we have to plan the play for each week with the right number of parts it does help us to know who is going to turn up to participate

We would like to thank Jean Butcher at the Limassol Play Reading Group for all the material she loaned us to help get our Group going

Contact Alison Rennie or Andrew Dare

PLACES TO GO...



THE FOLK ART MUSEUM AT GEROSKIPOU

It's many years since I last visited the "House of Hadjismith" at Geroskipou, and I was pleasantly surprised to find that renovation work has now been completed on the rooms around the courtyard, allowing the public access to the whole of this lovely building. If you, or your visitors, are interested in the Social History of the Paphos area during the 19th and early 20th centuries, I think you would enjoy spending an hour or so browsing around the Museum, which is open from 0730 until 1430 Monday to Friday, and on Thursday afternoons (except during July and August) from 1500 – 1800 hrs. Closed on Public Holidays. You'll spot the signpost on the left-hand side of the old Limassol-Paphos Road, about a block before Geroskipou Square. There is a small car park attached to the Museum, and plenty of parking space on the opposite side of the main road. Admission costs 75 cents, and for no extra charge you can pick up a very attractive illustrated leaflet in the Ticket Office; this explains the history of the house and describes the contents of some of the rooms.

Paphos - with its many mulberry trees - was once a famous silk-producing area, Geroskipou being particularly renowned for the excellent quality of its silk fabric. During the six years between 1925 and 1931, an English-owned silk factory in the village exported its fabric to several neighbouring countries (including Turkey), and there is an interesting display in the Museum of silk cocoons, hanks of thread and a bolt of fabric. Wall mounted photographs of villagers at work using some of the spinning and weaving equipment on show in the room are explained with short pieces of text. I found the cotton-making machinery particularly intriguing!

I am reading this book called ,
The History Of Glue.
I just can't put it down.

I phoned the local ramblers
club today, and this bloke just
went on and on.

I think my favourite room is the Ironmonger's bedroom, with its traditional iron-framed four poster bed covered with a handmade lace trimmed bedspread, canopy and pillow. Then there's the storeroom where all sorts of farming tools were kept, along with wine jars and pitharies on the floor and a traditional loft space above - and the room with all the donkey trappings in it. There's a rope-making room, a shoemaker's shop, and an area devoted to pottery. I'm sure there's something to interest everyone in this little corner of old world Cyprus!

Thanks to Angela Cooper

U3A CONFERENCE AND AGM REPORT 2006

The venue was Chester University from the 3rd to the 5th September 2006.

325 delegates were present along with the officers of the Trust. The theme of the conference was **'RESPONDING TO CHALLENGE - MINDING THE GAPS'**.

On the first afternoon, the delegates attending the conference were divided into various discussion groups. One of the groups discussed the proposition that Size Matters. Some tend to say 'small is beautiful' while others take the view that 'big is best' When it comes to the size of a local U3A appropriateness is the key. The group should be as large as the task for which it was established. However it is agreed that we should do all we can to ensure that people who wish to join a U3A can do so within a reasonable time. One of the aims is to make U3A's accessible to all older people. There is no place for general waiting lists in the movement other than a temporary measure whilst new arrangements are put into place or another U3A group launched.

The main 'gap' to be addressed is that of communication between the National Executive Committee (NEC) and the U3A's and their individual members. In a survey taken several years ago; one of the questions asked was, "Does your U3A belong to a National Organisation or Trust?" The vast majority of members responded by saying no or I don't know. In a recent survey this has dropped by only 1 %. This response is what made the NEC look at possible changes in the future structure of The Third Age Trust.

The NEC is made up of The Board of Trustees. Honorary Officers: Chairman, two Vice - Chairmen, Treasurer and Secretary who are elected annually. There is also a representative from each of the 13 areas who are elected for a period of three years.

A major organisational change is proposed, that the NEC be replaced by a National Council (NC) whose function would be as the policy and decision - making body of the U3A Trust. The NC would be made up of 40 representatives elected from the Areas and meet three or four times a year. The NC would nominate from its membership the Officers and another five members of the NEC who would together serve as trustees. It is thought that a change to a NC would have a wider range of experience of the U3A movement and offset the increasing remoteness of U3A's from the NEC and policy decisions. Many delegates spoke on this proposal. Their comments ranged from: U3A is a great success so 'if it aint broke; don't fix it', to if you wait until it is broke then it is too late. This proposal was the main one of six. All the proposals have been prepared as a discussion document which appears in the summer edition of the U3A news which has been sent to all members. The dead line for receiving comments from U3A's and individual members by 31st. October 2006 on the proposals is to be extended. This comes about because of a unanimous vote at conference to a proposal to this effect. U3A's will be notified of the new dead line. The above topic was one of the subjects of the Sunday afternoon discussion groups. Another group addressed the Provision for Continued Learning. Because of the changes in government provision for adult education the result is in fewer and more expensive courses, so a gap has opened.

Questions addressed were:

Is this a crisis or an opportunity? How could/should U3A's react to this? And can they do so under the present 'Aims and Guiding Principals'?

A third subject was Meeting Increased Membership. There is nothing to suppose that U3A has stopped growing in size and a gap could arise between supply and demand, between expectation and fulfillment. With nearly 600 U3A's currently affiliated, whose total membership is over 160,000 the trust has doubled in size over the last decade. The results of the three discussion groups were collated and reported back to conference in the Tuesday morning session.

The AGM was next day (Monday 4th). The morning session was taken up by the Presentations by candidates for Election to the National Executive Committee. 2 for Chairman, 2 Vice Chairmen, Hon. Treas. and Hon Sec & 7 Area representatives. Their supporting statements made interesting listening. There was only 1 vote needed, for Chairman, and Jean Goodeve was duly elected to take over from Keith Richards. He then gave his final report as chairman but will remain on the Committee for a further year to ensure continuity and to help the new Chairman.

After a break for lunch, the meeting continued with the Annual Report and presentation of accounts by the Treasurer.

Delegates were entertained on the Monday night to singing from the Kelsall Choir. A programme of pop, classical, opera, jazz and humour.

Tuesday morning was given over to a presentation by The Information and Communications technology Advisory group. Items included, Projecting digital images and an Introduction to Power Point presentations, Computer groups Support Network, Virtual U3A and EU Funded Projects, Sentrain - training ICT Trainers of seniors, Databases for U3A's and a demonstration of Video Conferencing .

The guest speaker at conference was Dr. Linden West. His talk was entitled 'The Changing face of adult education'. Dr. West has spent most of his working life teaching adults. He is now a reader in education at Canterbury Christchurch University. In his working career he has been involved with local radio, WEA, Ruskin College, and the Open University. Dr. West has lectured on education in countries around the world and is the author of many books. The talk was a history of education from the 1946 Education Act to the present day. Plotting the time from free scholarship places to university to the student loan of today. Finally before closing the publicity officer talked about the 25th Anniversary of the U3A next year. The National office is working on various ideas, but it was put to the meeting that individual U3As may have ideas and might wish to celebrate in some way themselves. Perhaps we might do something here in Cyprus.

Next year's conference will be a Four Day Cruise to Le Havre and The Isles of Scilly. Departing on the 15th September 2007 and ending with the AGM on shore in Falmouth on Tuesday 18th September 2007.

Dorothy Hulley in Paphos and Fred Counsel, Limassol.

CHINA TOUR



Stephen and Doris Willis made an interesting and extensive tour of China, starting in Beijing where they saw the Forbidden City, the Great Wall and the Summer Palace. They then moved on to Xian, where they saw the famous Terracotta Warriors. Chongqing and a Yangtze River cruise was next, followed by Shanghai – the new Hong Kong- with its famous Bund.

Then to picturesque Guilin and the pretty Li River with its spectacular lime stone cliffs (see picture left).

For those members who have not visited China, Doris has written a very interesting travelogue of the trip which is accompanied by some stunning pictures. This is available by email or by post from *Olwyn Oliver*, the Paphos editor.

MARION MOORE

1926 - 2006

Marion was well-known in our village, where for many years she made her stately progress, a generous figure seated more or less securely on a small motor scooter. The basket in front was usually filled with books and food! It was our mutual interest in reading and cooking which drew us together, and how I miss our wide ranging conversations over coffee, and, in Marion's house, delicious muffins or brownies.

From these mornings the idea of a book group was conceived, which then emerged as the core of a steering group to establish U3A here in Cyprus. In the ensuing five years, because of U3A, Marion got to grips with a computer, protesting all the while that she never would. This allowed her to keep in close contact with her brother in Portugal, her niece in New Zealand, and her nephew in Spain, all of whom she adored. She also downloaded the Daily Telegraph crossword each morning, and consequently we had frequent joint consultation about the solutions. I still reach for the phone to see if she has solved '17 across'. She joined the Photography Group, resuming an interest which she had put aside some years ago. Very quickly she decided to go 'digital' and then enjoyed manipulating her photo's on that 'hellish' computer.

We miss her dreadfully in so many ways. The humour, the cryptic crosswords, the muffins, the beautiful greetings cards, the professed hatred of cats which led to a good home for Maxi, Mush, Mini and Dandy, the alleged dislike of children but an array of photographs of our baby grandson pinned around her computer.

She died just three weeks short of her 80th birthday. Her brother Noel wrote this;

'.....Marion was also a lover of Life; in her modest way & within her means, a hedonist. Like some of us she had great loves...and like most of us, her share of disappointments which she, characteristically, accepted and got on with her life which might have been easier had she not been a woman of principles. She always chose the paths with which she could live.....'

After the funeral many friends gathered at her favourite taverna on Curium Beach. The bay looked so beautiful with the backdrop of the cliffs, and the sparkling summer sea, just as she loved it. Her birthday cake was there, adorned with a favourite trinket, a 'Beryl Cook' lady – Junoesque, black fishnet tights and a pink tutu! We cut the cake which accompanied a toast to our dear friend.

Janet Bureau
November 2006



Grilled Lemon Chicken

Kebabs (with gremolata)

- 2 chicken breasts cut into chunky pieces
- Juice of 1 lemon plus
- 1 teasp grated lemon zest
- 3 thick slices lemon cut into quarters
- 55ml Olive oil
- 1 clove garlic peeled and crushed
- 1 dessertspoon chopped fresh oregano
- 1 teasp white wine vinegar
- 2 bay leaves torn in half
- Black pepper

For the gremolata

- 1 clove garlic
- 1 heaped teasp grated lemon zest
- 1 tablespoon chopped fresh parsley

Put chicken pieces into bowl along with lemon juice and zest, oil garlic oregano, vinegar and plenty of pepper. Cover and leave to marinate overnight or for a few hours - or for as much time as possible. Thread half a bay leaf onto a skewer followed by a quarter slice of lemon, then a piece of chicken. Carry on until everything is used up. Place on BBQ and cook basting with marinade juices. They will need approx 10 minutes.

Mix the gremolata together. When chicken is done, transfer to serving plate and keep warm. Now put the remaining marinade, into saucepan boil to reduce to syrupy consistency, pour over the chicken and sprinkle the gremolata over kebabs.

Serves 2

Thanks to Sally Dale for this lovely refreshing recipe

WHITE WINE - THE BENEFITS!

Do you have feelings of inadequacy?

Do you suffer from shyness?

Do you sometimes wish you were more assertive?

If you answered yes to any of these questions, ask your doctor or pharmacist about White Wine. White Wine is the safe, natural way to feel better and more confident about yourself and your actions. White Wine can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything. You will notice the benefits of White Wine almost immediately, and with a regime of regular doses you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past, and you will discover many talents you never knew you had.

Stop hiding and start living, with White Wine.

White Wine may not be right for everyone. Women who are pregnant or nursing should not use White Wine. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

Side effects may include dizziness, nausea, vomiting, incarceration, erotic lustfulness, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth Or Dare, and Naked Twister.

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WARNING: WARNING: WARNING: WARNING: WARNING:

The consumption of alcohol may make you think you are whispering when you are not.

The consumption of alcohol may cause you to tell your friends over and over again that you love them.

The consumption of alcohol may cause you to think you can sing.

The consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

The consumption of alcohol may make you think you can logically converse with members of the opposite sex without spitting.

The consumption of alcohol may create the illusion that you are tougher, smarter, faster and better looking than most people.

The consumption of alcohol may lead you to think people are laughing WITH you.

The consumption of alcohol may cause pregnancy.

*Thanks to Allan Devereux for this important piece of information!*

