



SPOTLIGHT

THE MAGAZINE OF CYPRUS 3rd AGE ASSOCIATION

DECEMBER 2011



ARCHAEOLOGY GROUP AT WORK

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CHRISTMAS LITERARY QUIZ

Click this link to enter : <http://goo.gl/0YXBO>

A book token to the winner!

Editorial

The past year has been one of consolidation and stabilization after some turbulent times, and then the beginning of new growth with the delightfully named C3A Aphrodite Branch. Following the Cyprus Third Age Association AGM we now have a new committee with Jolyon Kay in the Chair. He has set out some of his hopes and intentions in his Chairman's Message on this and the next page.

We are grateful to those of you who have found the time to contribute to this edition, and hope that more of you will put pen to paper - or fingers to keyboard - in the future!

Our thanks also go to Paul Costerton whose technological skills fill our many gaps.

Καλά Χριστούγεννα και Καλή χρονιά,

Christine and Janet

Chairman's letter

Dear C3A member,

I should like to offer a Hearty and Merry Christmas to you all and a Prosperous and Happy New Year



The Christmas season is a slow one for the C3A Groups, and their members. Not only are many away, visiting families in the UK and elsewhere, leaving early and returning late to avoid the extortionate holiday air fares, but there is just so much to do. The Celebrations are a happy time for us but also a busy one. The Christmas Charity Sale has to be organised, or at least attended, advent calendars have to be opened, the Christmas card list made up, the Christmas presents for friends, or children and grandchildren, organised – thank heaven for Amazon and its fellows – Christmas cakes baked, the goose or turkey located and bought, (I remember when the German bakery in Limassol did delicious geese) presents wrapped and given, Church, Mass or chapel, and then everything cleared up ready for the New Year's Eve party. And spare a thought, and perhaps do something, for those lonely or alone.

Continued

New Year's Day is the time for Resolutions and a fresh start. It is also St Basil's day, in Cyprus at least, and the olive oil rich vassilopita, St Basil's cake, has to be prepared with a silver coin in it to bring good luck to the finder throughout the year. When Twelfth Night comes around we shall all need a rest.

This is being written, no longer by pen to paper alas, before the first meeting of the C3A Association Committee, due on 6th December, is held.

The AGM gave us some clear remits, some less clear. But I intend setting the members of our Committee to work on implementing them before the next meeting. No after Christmas rest for them. Some will have to work on finances, setting budgets and seeing how low we can get our subscriptions. With the world as it is, these days are not days for extravagance, and I intend steering a frugal ship. Others will be looking for ways of attracting new members. With the departure of many members of the Anglophone community here in Cyprus caused by the difficult sterling/euro exchange rate, numbers have been diminishing this year, and work must be done to build them up. Not only do we need to have exciting Groups to offer – we do – but we must make sure that the world knows about them.

Work needs to be done to make our Website a powerful marketing tool.

And above all we need to find out, in a structured way, just what it is that the members of our branches, the dynamos of the organisation, want from the Association. We are sure that some of them just want to be left in peace to enjoy their Group activities – a not ignoble ambition – but others have needs, such as training (like the Group leaders' conference held this year), equipment and - well, you tell us. Your Branch has a Chairman, and my email address is JolyonKay@gmail.com. While I cannot guarantee to give each message the careful reply I am sure it would merit, I can assure you that each will be read, marked, learned and inwardly digested.

And now is the occasion, here in Cyprus above all, to wish peace, Goodwill towards men. And Happy Reading of the rest of your Spotlight.

Jolyon Kay

(Cyprus 3rd Age Association Chairman)

The best way to learn a foreign language?

When I moved to live permanently in Cyprus it was my ambition to learn the language so that I could better immerse myself in the culture of the country, read signs and menus and integrate with the local community.

I undertook the “Greek for Foreign speakers” Government course and had private lessons. This helped my reading and listening ability and I was able to communicate with our builder who at that time had very little English. I must say that our grasp of each other’s language was greatly enhanced by the need for this communication.

However the more I learnt about Greek grammar the less able I felt to speak in sentences to Cypriots and there was another problem. The Greek I was being taught did not reflect the Cypriot Greek dialect (Greek word!) being spoken in my village. I felt inhibited because in order to learn to speak you need be able to make mistakes and practice with Cypriot speakers – once the builder had finished his excellent job – the opportunity had passed. So for years I did not speak but continued to listen and read.

The ability to learn another language is not limited by economic or ethnic background, nationality, gender, race, religion, age or the grades you got in school. While everyone is different,

and we all have differing abilities and strengths, we all have language ability to some degree.

Speaking is imitation. When you speak your native language, you don't make up your own grammar, vocabulary and pronunciation. You use the same grammar, vocabulary and pronunciation as people around you. Similarly, when trying to speak a foreign language, your goal is to imitate the grammar, vocabulary and pronunciation of native speakers, so that your way of speaking is correct and natural.

Imagine my delight when two of the Cypriot members of Limassol C3A offered to teach Greek conversation with the Cypriot dialect. The very enjoyable sessions work with a combination of receiving information, group discussion and recently starting from excerpts CD's of Greek with local variation explained.

The group is small very relaxed and has vacancies so if you are interested contact the group leaders Litsa and Androulla through Catherine Britton at c3a.limassol@gmail.com.

I end with a quote about the value of learning the local language.

“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart.”

- Nelson Mandela

Pat Howarth (Limassol)



Chickens



Being retired and living in a small village equal two temptations to idleness. What was badly needed was a really good reason for getting out of bed each day at a respectable hour. We didn't want a dog as it wouldn't be fair on the dog. We didn't want a cat as we shared our neighbour's. What then? **Chickens!**

Henk got straight down to work. With help from a friend he erected a generous fowl yard with posts and railings painted in a pleasing shade of green (me). There were eleven olive trees, a tall palm and a mature almond tree to provide shade and also cover against any marauding raptor. Next, he came home from Lambros' Do-It-Yourself shop with a flat pack that, when unravelled, turned out to be quite a picturesque shed, with a door and a window. Henk added two more “summer windows” and a hatch. In winter the summer windows are replaced by “winter” ones. What more could any hen want?

Continued

Enquiries were made around the village. The ex-Mukhtar's wife had chickens. Her English and my Greek were on a par with each other but it did not take long for both of us to agree that she did not want to sell any of hers. Neither did Androulla whose rooster wakes the village with cheerful cries before dawn. We decided to advertise on the internet. A helpful Englishwoman replied immediately. She had two of her own she could pass on (why? We wondered) and knew a chap who would sell us a few more. These latter turned out to be a teenage rooster and two white fluffy females with upturned feathers.

The Englishwoman produced a Rhode Island Red in good shape and its sister, not in such good shape, together with a portly female wearing shades of buff. We were thrilled. We were assured that hens are much happier with a rooster around as he looks after them, shows them the ropes, that sort of thing. This information was contrary to my long-held belief that roosters, on the whole, are a damn nuisance. But our rooster, now a fine adult, is an absolute dear. A real gentleman. We christened him Lambros, like his namesake.



There were initial problems once the hens were installed. Mary, one of the Rhode Island Reds, kept getting out and in addition, developed something rather nasty on her feet. Henk and our neighbour marched off with her one day but I did not look. She now lies in a small grave with a headstone. The other females have laid eggs all year long and this autumn we bought three ten-day-old chicks from "the corn man" in Limassol. They live in a small yard of their own until they are old enough to face the bossy Paula (of the buff coloured outfit) but already Lambros is making advances through the wire netting.

The cold mornings are here and oh! with what spritely bounds yours truly leaps from her bed. Henk, meanwhile, puts on the kettle.

Libby Rowan Moorhouse (Limassol)

C3A LIMASSOL INDUSTRIAL ARCHAEOLOGY GROUP

By Tim Gilbert (Limassol)

VISITS TO MONI DESALINATION PLANT, LIMASSOL MISSION TO SEAFARERS AND THE SAILING SHIP "PHOENICIA".

Yes Folks, Friday September 23rd 2011 saw our first ever Multi Locational Meeting.



It wasn't supposed to be like that, it just kind of turned out that way!!!!

Moni Desalination Plant is the temporary plant which was installed adjacent to Moni Power Station in 2008 as the shipping of fresh water from Greece came to an end. The plant is due to cease operation at the end of December this year when it will be disconnected and loaded on to a ship for use elsewhere.

Dismantling will be relatively easy as most of the equipment is already modularised in containers and can be easily disconnected and loaded onto lorries.

Plant Manager Andy Urquhart very kindly took time off from his proper job to show us all the features of the equipment, from the sea inlet through the Reverse Osmosis Units which operate at about 1000 psi. to the fresh water rising main. The fresh water is pumped into the Southern Conveyor and then on to points East, including Nicosia.

Next stop was Limassol's New Port where our area guide was Kyriakos Koutis of the harbour's bunkering service. As agent for the replica ship Phoenicia he had done a great job organising our security clearances, conveying us around the harbour (it's bigger than you might think) and arranging the short ferryboat ride necessary to get us on to the Phoenicia.

Continued

Before going to the ship we called in at The Mission to Seafarers at the invitation of members Dick and Margaret. We were welcomed by Padre Marvin Bamforth who, over a welcome coffee, told us something of the missions work, helping seafarers with whatever calls for help they have and providing a place for social interaction.

The Mission does a wonderful job, helping with everything from providing 24 hour internet access to helping sailors who have been abandoned by their ship's owners get food, water and legal aid for their back pay. All power to it and its volunteer staff.

Then on to the Phoenicia, an accurate replica of a Phoenician trader of approx. 600 B.C., built by hand on a Syrian island and based on a wreck (the Jules Verne found off Marseilles) and on the results of much painstaking research. We were ferried to the ship on one of the harbour's supply tenders and welcomed aboard by the Captain, Philip Beale. We had a most enjoyable hour and a half on board while he explained the background to the project, the method and means of actually building the ship and how he and a "revolving" crew had sailed through the Suez Canal, around Africa and back through the Mediterranean to return to Beirut two years later. And yes, there had been a Suez Canal and ways of using the Nile and associated rivers to get from Med to Red, as far back as 4000 B.C. Did you know that??

A tour through and around the innards and outtards of the ship left many of us wondering at the skill and tenacity of the crew ---- to sail such an unwieldy "downwind only" vessel for 15000 miles in a long loop around Africa and the Azores must have taken some doing. Two days after our visit they were due to leave Limassol for Gibraltar and then, next Spring, across the Bay of Biscay and up the English Channel to take part in a "regatta" in London Docks in 2012.

Vodka and Orange Cranberry Sauce

Make this a couple of days in advance and keep it in an airtight container in the fridge. The sugar and vodka really bring out the fruitiness in the cranberries and give the sauce a nice kick.

Serves: 6

Ingredients

- 300g fresh or frozen cranberries (you can use dried if you soak them overnight in Vodka of course)
- 75g caster sugar
- 2 oranges, grated zest of 1, juice of 2
- 1 tbsp vodka

Method

Put the cranberries into a small saucepan, add the fruit sugar, orange zest and juice. Add the vodka and stir to combine

Place the pan over a medium heat and bring to a simmer. Cook gently for 10 minutes then set aside to cool.

Carmen Brown (Paphos)

This is a cheery Christmas recipe which also makes for a happy cook as the cook can slurp the vodka whilst making the sauce!

This also goes very well with cold meats

Pumpkin Spinach and Feta Frittata

As pumpkin is in season at the moment this goes down well

Serves 4

Ingredients

- 4 cups cubed fresh pumpkin
- 1 (10 ounce) potato, peeled and coarsely chopped
- 4 1/2 ounces fresh spinach, chopped
- 7 ounces crumbled feta cheese
- 3/4 cup shredded Cheddar cheese
- 8 eggs, lightly beaten
- 1 small red onion, thinly sliced

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 10-inch square baking dish and line it with parchment paper.

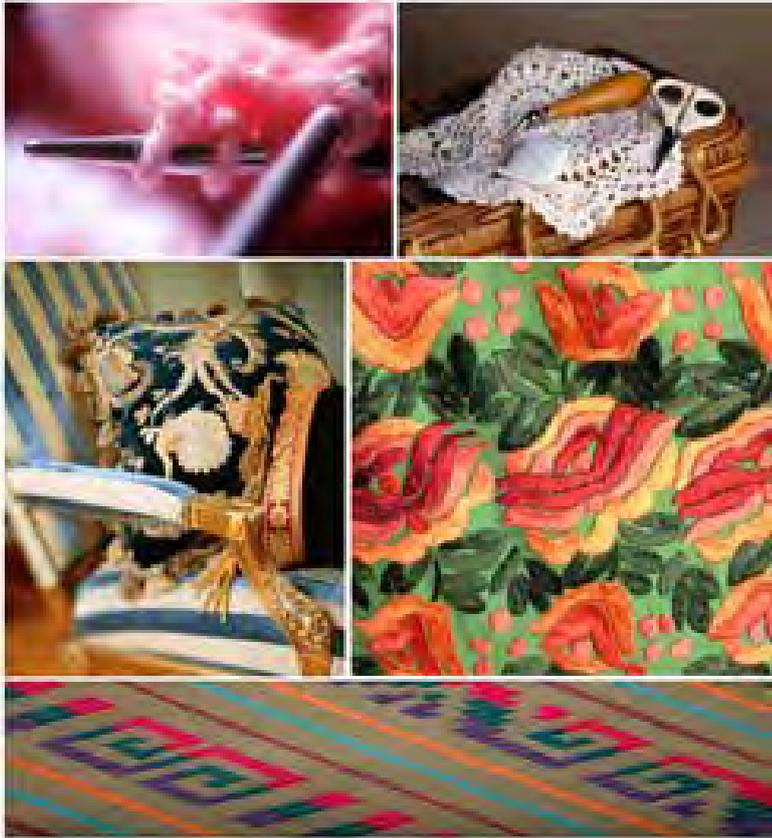
1. Place the pumpkin in a microwave-safe bowl; cover and cook in microwave on full power, stirring halfway through cooking time, until tender, about 5 minutes. Place the potato in a microwave-safe bowl; cover and cook in microwave on full power until tender enough to pierce with a fork, about 4 minutes.
2. Combine the pumpkin and potato in a large bowl. Add the spinach, feta cheese, Cheddar cheese, and eggs; stir. Transfer mixture to prepared dish; top with sliced onion.
3. Bake in preheated oven until firm, about 25 minutes. Allow to rest 5 minutes before serving.

Carmen Brown (Paphos)

STITCHES

Do you have a handicraft project you never make time for?

Like to join a group to share/support and learn skills?



Interested in:-

Crochet

Cross Stitch

Embroidery

Knitting

Tapestry

All levels of skill
welcome including
beginners.

Share Knowledge and learn to read patterns and make items
for home or gifts.

Leaders: Kay Douce & Joyce Willett

Days: 2nd & 4th Saturday of the month

Time: 2:30 – 4:00 p.m.

Venue: Agios Athanasios

Contact leader at c3a.limassol@gmail.com

The Mistress of the Art of Death Series.



A Book Revue by Derek Chapman (Limassol)

This is a series of four murder mysteries and most unfortunately there will be no more, because the authoress, Arianna Franklin, died earlier this year.

The books are set in the 1170's, the time of Henry the Second of England, who 'borrows' from his cousin the king of Naples the most gifted pathologist from the famous medical school of Salerno, who just happens to be a woman - unheard of and unacceptable in 12th C.England.

She, Adelia Aguilar, is sent to Cambridge to investigate child murders that have (of course!) been blamed on the local Jews.

This is the beginning of the first book, which is very gripping and deals dramatically with profound matters

The authoress won the Crime Writers Award for this book, and I can highly recommend it, also the second book - 'The Death Maze'.

I am eagerly looking forward to her other two books.

Kick your Keyboard into Touch

Do you hate having to use the keyboard? Does this deter you from using your computer, or even from having one? If so, you are not alone. However, there is a very easy solution to this problem that many people have discovered to their great joy. Would it not be wonderful just to be able to dictate what you want to type as you would for example to a shorthand secretary?

A short while ago I installed on my computer a program called Dragon Naturally Speaking which does exactly that. All you have to do with the microphone switched on is to speak exactly as you normally would and the program picks up what you say, analyses it, and types it out on the screen. On the whole it is better not to be watching the screen while you dictate as hesitations happen while the program analyses the context of what you are saying. For example

'I wonder whether the weather will be too bad for two men to go out'.

Note that there are two different spellings of whether/weather and three of two/too/to but the program was able to use the correct spelling in each case by analysing the context in which the word appeared. The program performs very well from the word go, especially when compared with earlier versions. However, it will occasionally get things wrong but the facility is there to correct it and the more you use the program the better it gets to know your personal delivery. You can set up for different people to use the program and you can also, if you have specialist needs such as scientific or medical language for example, set up special dictionaries for those purposes.

Should you be interested in exploring and learning more about this program then do go and look at

www.nuance.co.uk

You will see that the company markets many highly sophisticated software packages but you will probably be content to start with just having the Naturally Speaking home product.

And yes, before you ask the question, this article was generated using Dragon Naturally Speaking.

Colin Daukes (Limassol)

TRANQUILITY

As he sat in the valley
on a stone smoothed
by the seasons as they come and go

He felt the stillness
on his shoulders
the silence pressing on his ears.

His eyes
observed the undisturbed contours,

The wild vegetation,

The crawling creatures
going about
their endless tasks

The birds swooping
from tree to tree,
and he wondered if that
was being completely free.

Victor Tandy (Limassol)

Left over turkey pot pie (This is one for after Christmas)

Serves 8 so if there are only a few of you make smaller individual pies and freeze them before baking.

Ingredients

- 1/4 cup butter
- 1/2 cup chopped onion
- 1/2 cup chopped mushrooms
- 1 tablespoon minced garlic
- 1/3 cup all purpose flour
- 1/2 teaspoon dried sage
- 1/4 teaspoon dried thyme
- 1 1/2 cups prepared turkey gravy
- 1/2 cup water
- 1/2 cup milk
- 3 cups cooked turkey, cubed
- salt and ground black pepper to taste (optional)
- 1 (14 ounce) package frozen mixed vegetables, thawed and drained
- 1 pastry dish for a 10-inch double crust pie

Directions

Preheat oven to 425 degrees F (220 degrees C).

Melt the butter in a large saucepan over medium heat. Stir in the onions, mushrooms, and garlic; cook until tender, but not browned, about 5 minutes. Stir in the flour, sage, and thyme until blended. Pour in the gravy, water, and milk, stirring to blend. Bring to a boil over medium-high heat; cook 1 to 2 minutes. Stir in the turkey and vegetables, and cook until vegetables are tender, about 5 minutes.

Line a 10 inch pie plate with the bottom crust. Pour in the turkey mixture. Cover with the top crust. Seal and crimp the edges. Pierce top crust in a few places with a fork. Cover the edges of the pie with strips of aluminum foil.

Bake in preheated oven for 25 minutes. Remove foil strips, and bake until crust is golden, about 20 minutes more.
Remove from oven, and rest 10 minutes before serving.

Carmen Brown (Paphos)

The Origins of Man

One of the eternal questions of “Life the universe and everything,” has been: - Where did we come from?” An answer would have universal appeal. There have been many theories though the ages, and a great deal of very specialist literature is now available. A Group from C3A Paphos set out to research and understand the answer for themselves. Their journey was extensive, time-consuming and involved demystifying a great deal of jargon. They successfully distilled it down to material suitable for a lay person and offered it up to the members of C3A.

The origin of the Group was as a sub-group of the original Paphos C3A Archaeology group. After it's demise a core group consisting of Jan Colebrook (as nominal leader), Jan and Tony Colebrook, Charlette Sheil-Small and Dorothy Hulley continued to meet and eventually decided to offer the material as a set of illustrated talks covering a summary of the current knowledge about the origins of our species and illuminating remaining unknowns with current theories and speculation. Although the breadth of the subject was enormous, they whittled it down to six subjects each forming the basis of a lecture:

Geology, Climate and Early Beginnings;

Looking At The Evidence (explaining and justifying the scientific techniques used)

The Fossil Record - Our Primate Heritage (the various proto-humans and their relationships)

The Fossil Record - Striding Ahead (A review of the earliest hominids)

The Fossil Record – Them and Us (The history of the Neanderthals and Cro-Magnons)

The Dispersal of the Human Species (The diaspora from Africa and current genetics)

The team opened the presentations to all C3A members and considerable interest was shown and so the plan hatched to hold the presentations on a monthly basis from January to June 2011.

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Pissouri was selected being half way between the major centres of interest, to reduce peoples travel.

The Municipality kindly made the conference room in the stadium available

It became a monthly social event with coffee, social discussions, the presentation, questions and answers and general discussion with many staying on for lunch in a local tavern. The team proved to be very knowledgeable in the subject and fielded most questions but where an answer was not immediately available they took it, researched it and answered by mail and at the next meeting. The slides and notes were available if one missed a talk. As a spectator, I found the presentations fascinating and very illuminating but especially I was impressed by the friendly atmosphere and highly professional attitude. It was classic example of everything that C3A should be and the team should be very much congratulated on their herculean efforts, the material quality and presentation.

The talks stimulated further interest and likely avenues of research. For example, since the talks finished Tony has gone on to research the early human occupation of Britain. I hope that he might illuminate with sound knowledge some of the folk law and rumours about our local origins. He plans to give 2 talks on the subject again in Pissouri in early 2012.

Bryan Tolladay

Since this article was written the dates have been fixed as follows:

- ***31st January 2012*** - Early Man in Britain (700 000–200 000 years ago)
- ***14th February 2012*** - Neanderthals and Cro-Magnons in Britain (60 000–10 000 years ago)

I strongly recommend members look out for these talks and sign up while there are places.

THE ARAB SPRING

Those who attended John Munro's talk on the Arab Spring at the C3A Aphrodite Branch's crowded opening meeting, in October, may be interested to read this follow up, sent to Spotlight by Jolyon Kay.

The first round of Egyptian parliamentary elections has taken place, and the winners were two Islamist parties. The Islamists themselves are split between more extreme and more moderate factions, but it is clear that the secularists who dominated the demonstrations and who were the focus of the Arab Spring narrative made a poor showing. Of the three broad power blocs in Egypt — the military, the Islamists and the secular democrats — the last proved the weakest.

The tallies offer only a partial indication of how the new parliament will look. There are still two more rounds of voting in 18 of the country's 27 provinces over the coming month and runoff elections to determine almost all of the seats allocated for individuals in the first round. But the grip of the Islamists over the next parliament appears set, particularly considering their popularity in the provinces voting in the next rounds.

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It is far from clear what will happen in Egypt now. The military remains unified and powerful, and it is unclear how much actual power it is prepared to cede - or even whether it will be forced to cede it.

The new parliament will be tasked, in theory, with selecting a 100-member panel to draft the new constitution. But adding to tensions, the ruling military council that took over from Mubarak has suggested that it will choose 80 of those members, and has said that parliament will have no say in naming a new government.

What is clear is that the faction championed by Western governments and the media will now have to accept the Islamist agenda, back the military or fade into irrelevance.

One of the points John made during his talk on the Arab Spring was that the West should be careful of what it wishes for - it might get it. Democracy does not always bring secular democrats to power. To be more precise, democracy might yield a popular government, but the assumption that that government will support a liberal democratic constitution that conceives of human rights in the European or American sense is by no means certain. Unrest does not always lead to a revolution, a revolution does not always lead to a democracy, and a democracy does not always lead to a European- or American-style constitution.

In Egypt today, it is unclear whether the Egyptian military will cede power in any practical sense. It is also unclear whether the Islamists can form a coherent government or how extreme such a government might be.

This article is mostly a paraphrase of an article published by STRATFOR. The whole article can be accessed at:

<http://www.stratfor.com/weekly/20111205-egypt-and-idealist-realist-debate-us-foreign-policy>

The Limassol Archaeology Group.

By Mary Chapman

I feel lucky to have been a founder member of the Archaeology group since 2004. The success of the group is all owing to the vision, friendly approach, hard work and efficiency of our leader - Pat Howarth.

We usually have 9 meetings per year, mostly site visits in the Greek part of the island (but we have also been to Salamis, Famagusta and North Nicosia), and Pat's grand plan has been to examine chronologically the different civilizations existing in Cyprus from pre-Neolithic down to Colonial times. We have completed this once, and have now started again from the beginning.

Pat cooperates closely with local Archaeologists and organisations including the Western Sovereign Base Archaeological group, CAARI in Nicosia and the Cypriot Antiquities Department. Our visits are always memorable and informative: Pat arranges some of them while foreign archaeologists are on site, and the team leader (often a world authority) tells us about the work in progress.

I particularly remember visits to the Bronze Age site at Kalavassos Ag. Dhimitrios with its large ashlar storeroom, which held about 50 huge pithoi filled with olive oil, and to the Chalcolithic cemetery at Souskiou Laona: also two phases of Palaepaphos--the Sanctuary of Aphrodite (world famous in ancient times) and the medieval sugar factory at Kouklia



Photographs by Nigel Howarth & David Pentecost

Murano Glass Visit

For the past few weeks, the hottest ticket in town has been a visit to the Murano glass shop in Limassol to see a demonstration of glass sculpting. Originally a single visit was arranged by Val Tolladay; that was booked up within 2 hours, so a second visit was arranged, which filled up in 99 minutes. I, rather desperately, emailed asking if there was a third visit, was there any chance it could be on a day other than Monday. A few days later, I was driving home from cricket and I received a phone call from Paul Costerton saying that a third visit had been arranged for a Tuesday and he was about to send an email around, but as I'd expressed a particular interest, I could book er, I'd used the excellent booking warning was essential; again it was advertised.

So, on the appointed date, we arrived at the Murano Glass shop which is run by Stefano Bulla – a genuine Venetian who'd married a Cypriot girl and moved to Limassol. He works at a desk and eight of us sat around to watch the, almost literally, magic happen. Stefano had been taught by his father – a process he said he'd hated at the time, as he'd far rather be out playing football or swimming, but for which he is now very grateful. He produces small ornaments using glass rods, which he imports from Murano, "the best in the world". It was fascinating to watch; he works with the steady, confident pace of someone who is a master of his craft at what is, obviously, a very skilful job. He explained that he has to work quickly and consistently; quickly because the glass can only be worked for a short time and can't be reheated once it has cooled, so he can't stop in the middle of a piece and then come back and continue. Consistently, because if someone orders 100 swizzle sticks for their daughter's wedding, they must be all the same!



The demonstration was done using a small blowtorch, fed from an oxygen tank he keeps in the garden. It is hazardous; Stefano's hand was covered in small plasters – he said that towards the end of the day, when he getting tired, his hand will slip into the flame. As well as the ornaments he sells in his shop, he also has a larger oven in a separate studio and undertakes commissions to produce larger objects.

Towards the end, Stefano offered us the chance to try and, as was obvious to me – it was far harder than it looked – and it looked quite hard. I was looking a little nervously at the plasters covering his hand and at his apron which had several burn holes; "I wear two", Stefano explained, but I emerged safe and sound with a small green blob.

It was a really interesting visit – watching someone that skilful always fascinates me, so – if you can get a chance – a visit is definitely recommended.

Andrew Pepper (Limassol)

What are the e-mail etiquette rules?

There are many etiquette guides and many different etiquette rules - here are a few!

1. Be concise and to the point
2. Use proper spelling, grammar & punctuation
3. Make it personal (address the recipient by name)
4. Answer an email as swiftly as possible
5. Do not attach unnecessary files
6. Do not write in CAPITALS
7. Include the original message in your reply
8. Proof read the email carefully before you send it
- *9. Sending to multiple email addresses > use the bcc: address field
10. Preferably don't use abbreviations or emoticons
11. Be careful with formatting - space it carefully
12. Do not forward chain letters

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13. Do not request delivery and read receipts
14. Use a meaningful subject
15. Avoid using URGENT and IMPORTANT
16. Don't send or forward emails containing libellous, defamatory, offensive, racist or obscene remarks
17. Don't forward virus hoaxes and chain letters
18. Don't reply to spam
19. Use cc: field very sparingly

***Multiple Address Mailings > use the Bcc: field.**

When sending or forwarding an email, some people place all the email addresses in the To: or Cc: fields.

There are two drawbacks to this practice:

- (1) The recipient knows that you have sent the same message to a large number of recipients,
- (2) You are publicizing someone else's email address without their permission.

One way to get round this is to place all addresses in the Bcc: field.

Additionally, when forwarding an email, ALL the email addresses in the email you are forwarding should be deleted before sending the email.

Final tip

If you put your own email address(es) into your email Address Book - should you unfortunately be infected by a 'mailer virus' you will be alerted to it early as you will receive an 'unexpected' email from yourself!

Paul Costerton (Limassol)

Cypriot Carols on YouTube - click the link below to watch & listen

<http://www.youtube.com/watch?v=I8qO2dOv7W8>

Puns for an Educated Mind

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be Stationery.
6. A dog gave birth to puppies near the road and was cited for Littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
- 13.. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the grass.'
15. The short fortune-teller who escaped from prison was a small Medium at large.
- 16.. The man who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
19. When cannibals ate a missionary, they got a taste of religion.
20. **If you** jumped off the bridge in Paris, you'd be in Seine.

Stop Press!

2012 has been designated as the European Year for Active Ageing, which is what we are all about in C3A! Here is a brief extract from Age Platform Europe (www.age-platform.eu)

What does Active Ageing mean?

Active Ageing is defined by the World Health Organization as the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. It allows people to realise their potential for wellbeing throughout their lives and to participate in society according to their needs, desires and capabilities, while providing them with adequate protection, security and care when they need assistance.

It implies optimising opportunities for physical, social and mental health to enable older people to take an active part in society without discrimination and to enjoy an independent and good quality of life.

This offers us a great opportunity to show what we offer to the wider community and the C3A Association committee is discussing arrangements for a high profile event later in the year.

Meanwhile C3A Limassol is planning a series of Open Meetings on Healthy Ageing. The first speaker will be Dr Vasilios Silivistris, the Patron of Cyprus Samaritans, who will talk about caring for our mental health as we age. This branch is also discussing how accessibility and communications can be enhanced for those who are less mobile or do not have computer access.

More Activity...

C3A Paphos have a **Travel Club** - or they would if members would like to travel! Sue de Groot is an experienced Group Leader. She has organised themed trips to Budapest, (music) and to Jordan (archaeology).

She has a variety of other ideas and China, Lebanon and Israel have been suggested to her..

Another possibility is a short winter break in a hotel here in Cyprus - a C3A weekend, where members from all Branches could meet, get to know each other and discuss options. What do you think?

Finally.....

Valerie Tolladay is proposing a **Diner's Group** and has written this:

Would you be interested in joining a Diners Group? The idea is that people would introduce group members to their favourite restaurants, be they cheap or expensive. The group would go for either lunch or dinner, whichever is best for that restaurant. Members would be asked to facilitate this by making the booking at the restaurant they have suggested. They might also negotiate a special price for a reduced menu or a free coffee or Cyprus liqueur.

This would be a great way of socializing with fellow C3A members and of helping others to find those really great restaurants which few people know about. I would be willing to organise the first event and am willing to help co-ordinate later activities.

Contact Valerie if you are interested: val.tolladay@cytanet.com.cy



The next Spotlight will be out in June 2012 - but only if you send us the contents! If you enjoy what you do in C3A please write and tell us about it to the address below:

Contact: C3ASpotlight@gmail.com

Let us know what you think about Spotlight. If you can help with putting Spotlight together we would be very glad to hear from you.

Closing date for June copy: May 7th 2012