



CYPRUS THIRD AGE NEWSLETTER

GROW BOLD



July/August 2018

C3A COMMITTEE

Chairman:

Thanasis (Dan) Tsirikos

Secretary:

Nigel Howarth

Treasurer:

Peter Hutchinson

Groups Coordinator: Joyce Willett **Membership Secretary:** Barbara Johnson

Communications: Paul Costerton **Publicity:** Chris Price **Editor** Claudine Snell

ASSOCIATION CHAIRMAN'S REPORT FOLLOWING THE LIMASSOL BRANCH AGM

Dear Colleagues and Friends,

Following the recent Annual General Meeting (AGM) of the Limassol Branch I thought it important to clarify a few points and dispel some misconceptions regarding the future of your organisation, the Cyprus Third Age. Let me make the following points clear:

- The Limassol Branch is NOT becoming any kind of “club”
- The activities and courses which our team of group leaders so ably carry out, and which YOU the members enjoy, will continue in the same way
- The two committees (Association and Branch) were merged to provide the necessary administrative back up to the Cyprus Third Age to take us forward into the future

As those of you who attended the AGM will know, no one from the membership was prepared to stand for the key positions of Branch Hon. Chairman, Hon. Treasurer and Hon. Secretary.

The membership stands at a healthy level despite the fact that we have sustained some losses, which were made up by new people joining. New groups have been started (Astronomy, Ten pin bowling, Environment) – yet, paradoxically, no new volunteers came forward to take up those key positions or join the committee to learn the ropes before taking over the key positions.

That is the paradox – active groups and healthy membership **but** reluctance to volunteer for officer positions, without which the whole C3A cannot go forward. We will face this dilemma again soon after you all return from your summer break, when the C3A Association AGM takes place in November.

As I wish you all the very best during the summer break, whether you remain on Cyprus like me or taking a trip to cooler climes like many of you do:

PLEASE THINK!

Can you get more involved? Are you prepared to help run the Cyprus 3rd Age in some capacity on the Committee? Do you have computer skills? Or perhaps you can do basic Income and Expenditure accounts? Were you an administrator in a previous life – there are lots of ways you, the member, can support us so we can together continue to enjoy our many activities!

Thanasis (Dan) Tsirikos Hon. Chairman

FROM THE EDITOR

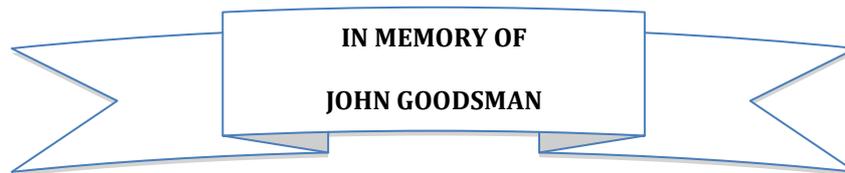
I would like to thank all of you who have taken the time to send in editorial from your groups, and, of course, those sent individually. It really is heartwarming to get so many, especially considering this is the first issue, and hopefully if this newsletter is accepted favorably, not the last.

Anything, at all, that you deem suitable please do send it in. You will see that I have started off with a couple of Recipes and a For Sale section. If you have had an interesting and adventurous holiday recently, please do share. A page to page and a half is quite acceptable. If longer you can always do installments!

The idea was to produce the newsletter every quarter, but if I find that I am getting more editorial, and it needs to be out sooner, we may have to look at it every two months. That would not be a problem.

I think that many groups are stopping during July and August. Consequently it will be a quiet moment. But, if you have anything you would like to send in ready for commencing in September, please feel free to do so. In fact send whatever you like and I will put it in as and when. After all it is your newsletter, I am just the person who puts it together

Claudine



John sadly passed away on Friday 9th June. He was an enthusiastic member of the C3A Photographic, Writer's and Bridge groups, until, sadly, a couple of years ago he became confined to his bed, or his wheelchair. The service was held at St Barnabas Church in Limassol followed by interment at the British Cemetery where he was buried alongside his wife, Anita, who died almost exactly four years ago. R.I.P John

News from the Environmental Group

We have had some interesting speakers on various subjects on the Environment and Conservation, including Kelly Martinou, Head Entomologist at the Joint Services Health Unit, talking about invasive species of Mosquitoes and which ones we should look out for. Also Elli from the Cyprus Butterfly Society who put names to some of the beautiful butterflies we see here in Cyprus.



Savvas Zotto gave us an illustrated talk on Reptiles of Cyprus including very detailed information on the different kinds of snakes in Cyprus and what to do in case you are bitten by one. Nearly all species here are non-poisonous apart from the blunt nosed viper. Sound advice was given to many of us who are dog walkers, to always wear boots (rather than flip flops) when walking in the countryside.

Our next meeting will be on the 25th June, a visit to the Water Treatment Plant in Limassol.

I have also managed to arrange a visit to the Desalination Plant in Episkopi which will be held on Monday 24th September.

I am trying to arrange for a visit to the turtle hatchery in Lara Bay in September, the date is still to be arranged.

If you would like to join the Environmental Group (you are not obliged to come to every meeting just the ones that interest you!) please e-mail me sue.tsirikos@cytanet.com.cy

Future plans from October onwards will be an in depth talk on bird migration from Bird Life Cyprus followed I hope by a discussion on Recycling in Cyprus including Disposal/Restrictions of Plastics

Sue Tsirikos

IT'S BIOLOGICAL NOT CHRONOLOGICAL

I REALLY HATE MY HORMONES.
THEY SIMPLY CAN'T BE TRUSTED.
THEY MADE ME THINK I WAS IN LOVE
WHEN I REALLY ONLY LUSTED!
MY TEENAGE YEARS WERE UTTER HELL
AS THEY RAMPAGED THROUGH MY BLOOD.
IRASCIBLE AND MOODY
WHEN I WANTED TO BE GOOD.
MY MARRIED YEARS WERE NOT SO BAD.
SOMETIMES THEY WERE INSPIRED.
BUT THOSE HORMONES WENT ON OVERTIME
WHEN HE CAME HOME TOO TIRED!
AS NOW I ENTER MENOPAUSE
LOOK FORWARD WITH RELIEF
TO HORMONES GETTING PENSIONED OFF
AND GIVING NO MORE GRIEF
THEY'RE TRYING TO HAVE A FINAL FLING.
HOT FLUSHES? NO NOT ME.
I'VE FINALLY GOT THE BLIGHTERS BEAT.
THANK GOD FOR HRT.

Barbara Baikie

THE BRIDGE GROUP



...meets every Wednesday at the Sunquest Gardens Hotel at 10am and keeps going all year round. No charge, but we buy a coffee from the bar.

The original aim was to teach those who had never had any idea of what the game was about. We use a method recommended by the English Bridge Union which is easily understood and proceeds in pain-free steps.

Most of us are now confident and competent players who enjoy getting on with the game in a friendly and pressure-free atmosphere.

We will welcome newcomers of any standard. Those who play already will be very useful to our improvers by sharing their experience. Beginners will receive individual attention.

Contact Julian on 991316

THE ART GROUP

On Saturday 6th of May the Art Group held a pop up exhibition at To Xani market in Paramytha. About 8 people exhibited and helped out during the day, the market was well attended and we were busy!

We didn't sell any work but that wasn't the point, it is so important to get your work out there where it can be viewed, criticized, talked about and it's a great confidence booster too. It's no good just sticking your finished painting on top of the wardrobe, showing your work to others validates it as a work of art and gives it life!

However there was a lot of interest from people attending the market about the Art Group and about C3A in general, we handed out lots of leaflets and answered questions.

A thoroughly enjoyable day!



C3A PHOTOGRAPHY GROUP GOES HUNTING FOR TREASURE!

“Such a lot of fun” was one response by those photographers who participated in the Photography Group’s first ever treasure hunt.

Member Andrew Pepper has participated in photographic treasure hunts in the UK and offered to organise the group’s first in Cyprus.

It was a treasure hunt with a difference, in that the clues gave indications as to the subject that had to be photographed and the hunters had to locate the “treasure” and photograph it in an innovative way. Being a competitive bunch of amateur photographers, each participant had to assemble panels of photos corresponding to the clues with Andrew being the judge.

The sting of the treasure hunt relates to the prize in that the winner of the treasure hunt gets to organise the next one!!

The clues took the members from a café in Avdimou to the Oleastro Olive Oil Museum in Anoygra where the majority of the clues were to be found e.g. photograph of moving water, a live non human animal, the inside of a cave and an olive tree. Each participant was allowed one “wildcard” which could be anything photographed during the day and made for an interesting selection of photos. The photograph of a shepherd riding a horse was only taken by one participant. C3A chair Sue Tsirikos and her husband Dan were driving along a road that no one else went on hence proving that good technique can be complemented by good luck, being in the right place at the right time.

The overall winner of the treasure hunt was the Photography Group leader Claudine Snell from Pissouri who now has the unenviable task of putting together the next “treasure hunt”, following on from a fantastic day out.

The group finished up with lunch at Nicolas Swimming Pool Restaurant where Claudine took a stunning photograph of a house martin – voted best picture of the day.

Chris Price



Claudine Snell – First



Sue Tsirikos – Highly commended

“Photography for me is not looking, it’s feeling. If you can’t feel what you’re looking at, then you’re never going to get others to feel anything when they look at your pictures.”

Don McCullin

MAKING A SPLASH

Mid-June saw the Archaeology group enjoying one of its rare indoor meetings. We were fortunate to have an excellent speaker from America and were delighted when the Limassol Water Museum agreed to host us. The theme “Fountains of Life in Byzantine Cyprus” leant itself well to the venue.

The museum was opened 10 years ago and consists of a modern block with exhibits from the earliest periods of water collection in Cyprus. Next to it is the original pumping station, with its machinery intact, which was used to transfer water from the Garyllis aquifer via, the now iconic, water tower to homes in the town.

Our speaker for the meeting was Dr Charles Stewart from St Thomas University, Houston. He highlighted innovations in the water supply system in the years following the devastation caused by the 332 A.D. earthquake which devastated Roman Salamis. The Emperor Constantius 11 rebuilt part of the city and renamed it Constantia.

Necessity is the mother of invention and the repairs to the 25 miles of aqueduct from Chytroi to the city, the Grand baths and Loutron, or huge cistern, required ingenuity. Engineering in stone took on new forms with flying buttresses and pointed arches being applied centuries before their use in Gothic northern Europe.

Other innovative techniques were used for nymphaea (Fountains) in Constantia and the Limassol area at Amathus. The talk identified many features of water systems which the group will be keen to observe on future visits.

After the talk the Manager of the Water Board of Limassol, Socrates Metaxas, gave a guided tour of the museum, answering questions and showed us the system they have to demonstrate to children how water is conveyed to their homes. The meeting was also attended by Yiannis Violaris, Archaeological Officer of the Limassol District Museum and Klitos Paisanos Head of the Water Museum.

From the end of June to mid-July the Archaeology group are outdoors again pot washing artefacts from an elite building being excavated next to the Earthquake House at Kourion.

Pat Howarth



GARDENING IN CYPRUS GROUP

The main focus of the Gardening in Cyprus Group is, as the name implies, gardening. However, this does not cover the full extent of its activities. Among its other interests is the protection and preservation of the environment. Included under this heading are many of the plants growing in the wild that are endangered, especially those that are endemic to the island as they can be found nowhere else in the world.

We can all play a small part in trying to preserve these plants for future generations to enjoy by not only attempting to protect them in their natural habitats but also by introducing them to our gardens. I strongly stress that I am not in any way advocating that they should be collected from the wild as this is illegal. All plants are strictly protected under the auspices of the Convention of European Wildlife and Natural Habitats, commonly known as the Bern Convention. It is possible however to acquire some of these plants by legal means.

Plants in the wild face risks from a variety of sources, the majority due to human activities, such as; building; tourism development; road construction; recreational activities; agriculture (i.e. over-grazing by livestock); over-collection; in addition to the natural threats posed by drought and wildfires.

Nigella Ciliaris a very rare annual that was recorded in one location in 1862 and a different one in 1880 and 1912. Since then it has been seen only rarely and in a private garden. I was extremely fortunate to acquire a few seeds and this year they germinated and produced beautiful flowers.

Status: Data Deficient.

Centaurea Akamantis

Discovered in the 1980s it has only been recorded in 2 neighbouring locations in the Akamas area. Its main threat comes from recreational activities and over-collection.

Status: Endangered.

Sideritis Cypria

Recorded on 7 locations along the Pentadaktylos Range. The major threats to its survival come from road widening, quarrying and fires.

Status: Endangered.



Nigella Ciligris



Centaurea Akamantis



Sideritis

Anyone requiring further information about the above is welcome to contact me via the C3A website.

ALL FOR ONE FRIENDSHIP GROUP

Photo shows members of the Aphrodite All For One Friendship Group enjoying a day out on a Relax Cruise Catamaran around the Akrotiri Peninsular, Ladies Mile and Limassol Bay.

The purpose of the group is for anyone who has maybe lost a partner or family member, and who now lives alone or with a carer, to meet once a month, make new friends and, hopefully, ease the problem of loneliness.

We do not have a committee but we do have a group leader, **Mair Moreland**, and attendance tends to range from 8 – 20. Ideas for our meetings come from members themselves. Sometimes it will be at the Aphrodite Club for a cup of tea or coffee with perhaps a quiz, or we may invite a speaker on a subject which is important to us, such as homecare nursing. Other months it could be lunch in a taverna or a treasure hunt. This month saw a small group of us on the catamaran. Fortunately, the weather was kind - well, it was a bit choppy - but we enjoyed an excellent lunch and had a very relaxing day.

Our next meeting will be on the 19th July at the Kyrenia Beach Bar at Avdimou jetty. We are always delighted to welcome new members, so please get in touch if you would like to join us or would like more information. Just contact **Mair** on **99580719** or email her at bollinger28@gmail.com

Mair will be sending out details nearer the time so, whether you are an existing member or coming along for the first time, we look forward to seeing you there.



The Helping Hand

Poet: Author Unknown

If when climbing up life's ladder
You can reach a hand below,
Just to help the other fellow,
Up another rung, or so
It will be that in the future,
When you're growing weary, too,
You'll be glad to find there's someone
Who will lend a hand to you.

FIDDLING, CANCER & A VIEW OF THE MEDITERRANEAN

My mum was forever telling me to stop fiddling, but maybe I owe my life to the fact that I ignored her.

October 2017: Fiddling with my neck while on the phone one day, I felt a pip-sized lump. Having already been to my lovely doctor for another such 'find' and being told it was supposed to be there, I left it until I happened to see her. Then a visit to an oncologist (the very word scared the living daylights out of me), it WAS cancer, which came out in an ultrasound and biopsy on the lymph node (the 'pip') and scare-levels reached even higher. Then the big misunderstanding - I was told that the lymph node wasn't cancerous,. That was it, I thought. Scare-levels dropped to zero, the relief must have been felt in outer space. But what was not made clear was that there WAS cancer, somewhere (that came out in a subsequent visit to the oncologist, when his credibility dropped to the floor and my stress-levels reached the ceiling).

Then two things happened on the same day, sending me a strong message. The oncologist was vilified by a friend, who had been a patient (calling him "a butcher" was the least of it). Then I was told about the new German Oncology Centre (GOC), just opened in Limassol, which is where I went. The GOC is a whole different 'ball-game': the highly trained doctors and other staff (I am always greeted with a smile and friendly comments), the efficiency (a Patient Manager arranging every detail, including appointments elsewhere), everything on time, the equipment (state-of-the-art, including the only PET scanner in Cyprus), bright and modern (a colour for each department-red, blue, green & yellow, modern prints, bright ethnic reliefs), any queries dealt with immediately, treatment explained clearly and concisely. AND no canned music or TV screens anywhere!

It was set up by oncologist Prof Dr Zamboglou, a Limassolian, who worked for many years in Germany, running his own centre there. The Centre in Limassol opened in October 2017, which couldn't have been better timing for me! Sitting high over Limassol, in the Ayios Athanasios area, with a splendid view of the sea (I'd like to be there for a thunderstorm), it is the Professor's personality that permeates the place - gently humorous, deeply caring, dedicated,

December 2017: So, various tests began - an MRI scan (in a 'tunnel' for about 40minutes, with my choice of music, no worries if you keep your eyes shut all the time, as it's a bit claustrophobic), then a PET scan (similar to MRI, bigger 'tunnel' but preceded by an intravenous drip, which takes about an hour) and a gastroscopy ('out' for 10mins, camera down throat and taking a sample, I didn't even know it'd happened). They found I had cancer of my esophagus and there were two more 'suspicious' (as they put it) areas.

Obviously a huge shock. Mind-numbing, I was going around saying to myself "I have cancer", but not hauling it in. I think, at that time, my daughters were more scared than I was. So, having got the diagnosis, the treatment..... Planned were five weeks of daily radiation and two chemotherapy sessions, with chemotherapy tablets daily and regular blood tests to check blood cell levels. I was also pill-popping other meds for the first week of the chemo, to alleviate the side-effects.

For the radiation (five weeks from January 2018), a mask of light, but solid mesh was made of my torso and head, by laying me down and a wet material put on me, which then solidified to make a mold (sounds cold and unpleasant, it wasn't). The mask was used every day- I arrived, stripped off top, donned a very un-fetching overall, lay down under the machine (with my choice of music playing), the mask was then clamped down on my sides, so I could not move my torso (not claustrophobic at all). On the mask are marks with which, with lasers, the operators could position me by moving the platform I was on. Overhead the radiation was targeted from something that looked like a huge camera lens... The machine whizzed and whirred for about 10 minutes. While this was going on, I visualized the cancer cells going grey and disintegrating, while new cells, with floral patterns of pink, yellow & green started to grow. All over for the day.

The first chemo-therapy sessions, starting in January 2018, were in a big room with eight deluxe dentist-type chairs facing huge plate-glass windows giving a breathtaking view over the Mediterranean. This involved just sitting for about 2 hours, with a drip in the back of my hand, the friendly and caring staff occasionally changing the drip bags and bringing tea. At the first session, my friend and I did one-handed and feet yoga, and talked.

How could I help myself naturally, I thought, to supplement the conventional treatment? So I got together a collection of teas, with the help of a herbalist, some bought, some gathered from the wild. My kitchen looked like an old fashioned pharmacy! I changed my diet (not drastically, it was already healthily vegetarian) to include kefir, lemon juice, flax and chia seeds, macha tea, apricot kernels, apple pips. No coffee. OK, I know it sounds whacky, but all these have been mentioned as beneficial and ARE good. And, most important, no tumour-feeding sugars.

Vit C is often talked about as both a preventative and helpful during treatment for cancer. High-dose is needed. Normal Vit C can result in diarrhea so Liposomal Vit C is the answer as the way Liposomal Vit C is delivered to the body avoids that and is far more effective. After three weeks of radiation, I talked to one of the doctors and he went over all the treatment, showing me amazing 3-D images of my insides - fascinating, but they wouldn't win a beauty contest! I was very disappointed that they wouldn't know the effect of the radiation for three MONTHS.

I really appreciated him going over it all, but it shocked me to see the 'suspicious' areas on the screen, maybe the reason I was feeling down. These areas in my spine and in my middle were not being targeted with radiation at that time, as it would be too much for me although the chemo would have affected them, IF they were cancerous. Four of the scheduled five weeks radiation finished!

February 2018: Another chemo session with clear skies, so a fantastic view of the Mediterranean coastline - got my value for money this time! I had a test to check all the little blood cells etc were behaving, they were, good little fellas! Friends came up and we caught up and put the world to rights. Now, as before, three days of various tablets at various times, before/after meals (to help with the side effects), plus daily chemo ones. I was given a timetable, otherwise I wouldn't have kept track.

The future plan revealed - another chemo in three weeks, then a gastroscopy (camera down throat) to see how the primary tumour was responding. While I appreciate doctors, if they are good, giving facts and encouragement, without false hope, I think what got me down again was one doctor with his excellent, clear explanation re the planned schedule was SO factual/and clinical. Rare and useless thinking, "Why me?". Had felt absolutely pooped for two days...

So, the end of the five-week daily, planned radiation sessions and life got back to a bit more like normal. Another chemo therapy session in three weeks, daily chemo tablets and the occasional taking of blood. Side-effects? 'Fatigue' (silly me added to that with a 4k walk up and down steep hills) that's all. Apparently, "Mrs. Douglas tolerated the therapy well". I certainly didn't have the difficulties swallowing that I had been warned about and dreaded. It was a 'limbo' time, how had the tumour responded? WERE the other 'suspicious' areas cancer or not? It was unnerving, these 'things' inside me, what were they doing? Time for a good worry! Answers at the gastroscopy and CT-PET scan stage in six weeks, a long time to wait. The name of the game was distraction for the next few long weeks and a much-needed massage was next on my list.

I spoke too soon - when I thought that I'd have few side-effects, they kicked in. Felt nauseous for about a week. Apparently, this was due to the ENDING of the radiation, when I thought things were unlikely to turn for the worse. They 'upped' the anti-nausea tablets, but to little effect. The start of the day was OK, it just got worse as it went on. After a week, the nausea stopped and, while tired, I felt fine. In fact, I felt even better because several friends had said how well I was looking (4 kg weight loss aside), always a boost when people comment without a 'prod'! They especially commented on my "glowing" skin and wanted to know what was in the tablets!

I have certainly learnt who my true friends are -those who supported me by staying in frequent contact. It's a lonely road and this is the best thing anyone can do. Just 'be there'.

"Have you ever heard of anyone being disappointed by NOT having chemo-therapy?" was my younger daughter's comment when the chemo was postponed! Well I was, as I wanted to get on with the treatment, but the blood test showed my white blood-cell count was too low, so it was postponed for a few days. I was to have 'white blood-cell supporting' injections for three days, then another test..

March 2018: Springtime and the third chemo-therapy session. I had a dear friend with me and we mulled over life, family etc. It's a huge help to have someone there (but not anyone!). I had felt a bit down over the last few days, after hearing a reputable report re cancer of the oesophagus saying was "one of the deadliest" because of the difficulty in diagnosing it. Was my diagnosis early enough? Like most such thoughts though, with a bit more thinking, I came around. Anyway, what is, is.....

Now on the final run, the blood cells were reproducing well, so ready for the gastroscopy, the PET scan in two weeks with a nail-biting three-day wait for the results, which would show the effect of all this treatment on the primary cancer and IF the two other 'suspicious' areas WERE cancer and, if so, how they reacted. In my lighter moods, as I didn't feel ill, I was fine, but when I got to thinking about the tests to come.... Fortunately I had a gripping DVD series to watch, to keep my mind off night-time thoughts.

End of March 2018: Three months after the start of the treatment, an oesophagogastroduodenoscopy (to give it its full name, say that after a glass of wine! And what a word for Scrabble but would it fit on the board?!) was a doddle. As last time, I was 'out' for about 15 minutes, while a miniature camera went down to take a peep. The plan was also

to take a piece of the tumour for a biopsy, but it couldn't be done because there was no primary tumour! It had gone, I even saw the photos. I was in shock. I NEVER expected that result. Of course, there were still the two 'suspicious' areas but this was SUCH good news. Celebrated!

I then had a meeting with Dr Zamboglou, whose opening greeting was "What are you doing here? This is for patients!". All as I had understood, my oesophagus was clear and he was "very optimistic" which, for a doctor, was going out on a limb.

Beginning April: Another PET scan, followed by a meeting with Dr Zamboglou, with a friend, and the news that the 'suspicious' areas have gone too (they WERE cancerous)! Hugs for all the staff and a huge smile on my face. After a blood test in two weeks (white blood cells have gone dozy, again). I will have another two to three chemo-therapy sessions (five to six is the normal, so I did very well getting rid of the pestie in three!) to "mop-up", a PET scan in six months and regular check-ups, of course. When I asked Dr Zamboglou what my life expectancy is, he said "Ask him up there" pointing to the sky! It seems that mine is as good as anyone's now. To think that all this has happened (from the first 'sighting' of the small 'pip') in six months, even the GOC is surprised at the rapid progress!

A few thoughts: One of the advantages of ageing is that people like me, who suffer from cold sores, have fewer and milder outbreaks. While normally, at my age, the little virus will stay asleep given a trigger (in my case cold feet/stress,) when there's also that chemo stuff around it wakes up with a vengeance, seeming to make up for the dozy days. Debilitating -in nose, under nose, on all of both lips and under bottom lip. I hid away as much as I could. Where could I get a niqab?

I think one of the dreads are the side effects. I had images of nausea, vomiting, fatigue from the chemo and dried/peeling skin from the radiation but all these (except the fatigue) are now controllable with medication, and good old olive oil recommended to rub on my chest to prevent dryness (it worked very well). I did have nausea for a few days and my nails are dreadful (no hair loss -quite the contrary!) but that's a minor inconvenience in the overall scheme of things. Constipation was a problem (I'm telling it, 'warts & all'). An additional 'problem' is that it can swing from that to the opposite (which fortunately didn't happen to me), a tricky balance.

From the beginning, I have surprised myself by how positive I have been ("Cancer-cells, it's you or me and I am winning", as I printed on my overall). I am SURE it's largely to do with the GOC. Of course the support of my friends has been vital in this. And I hadn't gone down the 'what are the odds' route, because I wanted to keep positive. It helped that I hardly felt ill at all.

"A positive outlook may boost your overall physical health. And if you do become ill, that attitude may help you deal with it and have a better quality of life. Research shows that optimists may be more likely to accept their illnesses and try to find the humour in difficult situations".

And writing about friends, it is very useful to have one with you at the important meetings with doctors, two pairs of ears take the information in better than one, especially with the stress of it all.

I omitted to write about the procedure at the General Hospital, Limassol, where I had to go for the chemo medication only (the rest the GOC supplied). After applying for your Health Card & getting your medical book & the prescription in it (from the GOC), you either get your 'stamps' (about e2/prescription) at a post-office, or there at the hospital. Then you have to register every time (booth right next door to the stamps). Then you go to the pharmacy. There's a ticket system there, so you should be able to sit and wait your turn. However, the last couple of times I've been, it wasn't working and we had to queue for quite a while (the first time there was only one of the six windows open, a near riot, a woman called 'someone' on her mobile, one more window opened). Once, I was SO tired, I forgot the registering, got to the window and had to go back, register, and start in the queue again.

Gratitude - I am so lucky. The GOC opened a month before I needed it, the wonderful staff, the stupendous views, the clinic is just 20 mins from where I live, I have the insurance to cover treatment, the government pays for the medications, it's a slack time with my magic business and ditto bnb guests, frequent calls and emails from my daughters and friends abroad, I had my house insulated this year, so it was warm for me and lastly, but of such great importance, my friends here, who've helped with lifts, moral support, holding my hand when I was feeling emotionally insecure/wobbly and 'being there' for me.

I know there are more GOC visits to come but I had to end this account somewhere..... I now have a sign beside my bed "I am cancer-free". So be it. The moral of this story is -don't take any notice of your mum, fiddle!

ENJOYING LIFE AFTER RETIREMENT

STAYING HEALTH

Exercise regularly. Take walks. Go swimming. Work in the garden. Every little bit helps you stay active and healthy.^[1] Grab a buddy when you want to exercise. Having someone exercise with you will make you more likely to keep to an exercise routine. Aim for half an hour of activity every day.^[2] Check your local community for classes. Many cities offer exercise programs specifically for seniors at free or reduced costs.

Trade inactive time for active time. That is, instead of being on the computer, go bowling with friends. Instead of watching television, try playing a game that makes you get up and move.^[3]

Eat more fiber. Fiber is essential for keeping your digestive system happy. However, it also may keep your cholesterol down, an important consideration the older you get. In addition, it can decrease your risk of developing certain types of illnesses, such as cancer and diabetes.^[4] If you're over 50, you need 21 grams (0.74 oz) of fiber daily as a woman and 30 as a man.^[5] Whole grains, vegetables, and fruits are all a great source of fiber.

Eat a balanced diet. Incorporate plenty of fruits and vegetables into your diet. Trade red meats for fish. Skip sugary sodas and desserts. The better the fuel you put in your body, the happier it will be.^[6]

RECIPES

The following are a couple from my recipe book, which I started putting together over 30 years ago.

Mushrooms with Bacon and Oyster Sauce

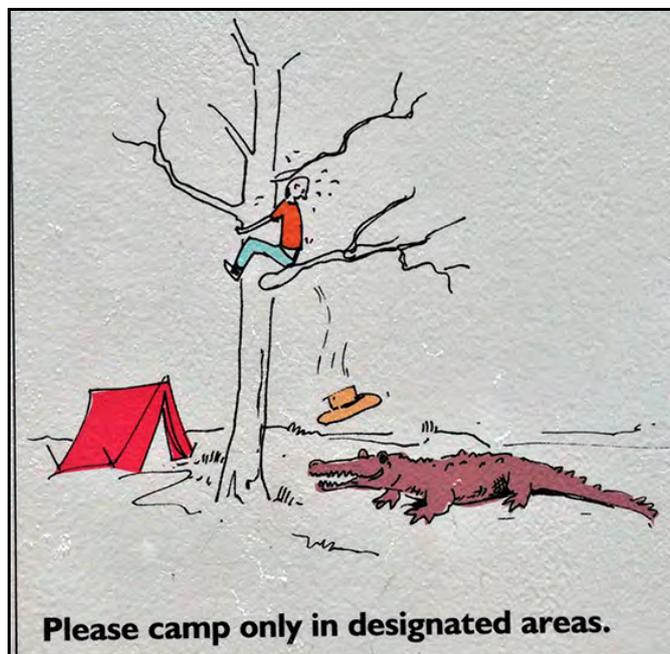


Heat 1 -2 tablespoons of Butter and fry 2 – 3 rashers Bacon chopped, until fat starts to run. Add chopped stalks from 500f Mushrooms. Toss quickly and fry until softened. Add sliced caps of Mushrooms. Toss again. Sloss in ½ tablespoon oyster sauce, 2 tablespoons Balsamic vinegar, 2 tablespoons dry Port or Sherry. Toss to coat well. Fry until softened on a mod heat. Raise heat, boil quickly until liquid absorbs into the mushrooms, stir constantly until thickens.

Bananas in Brandy



Place into heated pan 1 teaspoon of Sugar for each Banana. The juice of 2 Oranges, 2 teaspoons of Water, 2 tablespoons Brandy. Bring to the boil. Add 3 or 4 peeled Bananas, simmer 10 mins, or so. Serve hot with Cream or Ice cream.



A poster spotted when driving the Northern Territory of Australia



NIKON D3200 Camera – charger and 2 Batteries

€260

NIKON – AF.S NIKKOR 28-300mm 1.5.3 – 56G Lens

€480

NIKON - HN-27 500mm Reflex Lens

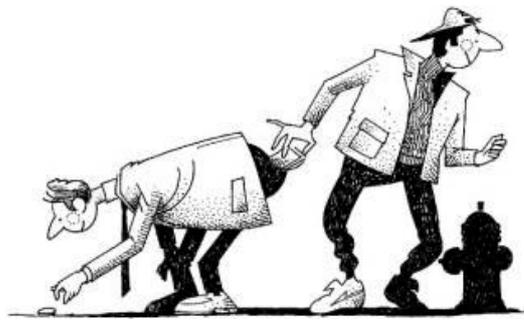
€420

TAMARON 20 – 300 1:3.5-6.3(IF) Aspherical -Macro lens

€210

Contact: claudine@snell.wyenet.co.uk

IF YOU HAVE ANY ITEMS TO SELL OR WANTING TO BUY – ADVERTISE HERE.



CROWDED roads, shops and malls are a happy hunting ground for pickpockets who take advantages of busy distracted shoppers to take off with their wallets, mobile phones and other valuables.

To help cut down on the number of such incident, police are urging the public to follow the five safety tips below in order to better protect their valuables:

1. When on busy streets or public places, it is best to keep money, credit cards or mobile phones in the front pockets of your clothes.

2. Never keep all of your money, credit cards or personal documents (passport and identity card) in the same bag unless absolutely necessary, since your bag makes you a target for theft.

3. It is never safe to let your bag out of your sight. It is better to use a crossbody bag as its design helps you avoid becoming a victim of theft.

4. Never leave your personal belongings unattended in a public area (e.g. when you visit crowded places such as malls).

5. Avoid dark and crowded places. Also, big shopping malls, bars and pubs may present some danger, particularly if they are crowded.

Citizens are encouraged to cooperate and inform the Police by calling the Citizen's Communication Line at 1460 or the emergency telephone number at 112 and 199

Across

- 1. Cooperative group
- 5. Bridge call
- 10. Sloped entrance
- 14. Trans-Siberian railway city
- 15. "Spicy" dance style
- 16. Nobel winner Wiesel
- 17. Popular plastic?
- 19. Arizona natives
- 20. Cooperation killer?
- 21. Not quite kill
- 22. Kind of zirconia
- 23. Boss in blue?
- 27. Around a central line
- 29. Horrific Chaney's
- 30. Cargo container
- 31. Shelf supports?
- 35. Have a belly-full?
- 36. Word with fifth or gear
- 38. Signs off on
- 39. Reuben wrapper

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20				21						22				
		23	24					25	26					
27	28							29						
30								31				32	33	34
35						36	37					38		
39			40	41						42	43			
			44					45	46					
47	48	49						50						
51								52				53	54	55
56						57	58					59		
60						61						62		
63						64						65		

- 42. Cremates
- 44. Summer sale place
- 45. Horse carriages
- 47. A scary stretch?
- 51. One might smell strong
- 52. One might smell
- 53. You might smell one
- 56. Tommy Gun alternative
- 57. Brand marketing "aura", and this puzzle's theme
- 60. "Sweet!"
- 61. Proclamation
- 62. German chancellor von Bismarck
- 63. Matches a bet
- 64. Fabric foes?
- 65. See 32 down

Down

- 1. Heavy reading
- 2. WWW weekly?
- 3. Wal-Mart worker
- 4. NYSE, e.g.
- 5. El Al's home
- 6. Calm
- 7. Last stand fortress
- 8. Kazakhstan, once
- 9. "___ but true...."
- 10. Drive back
- 11. It might be airtight
- 12. Dopplegänger, perhaps
- 13. Calm before the storm?

- 18. Nellie's opposite in "Some Enchanted Evening"
- 22. Bop
- 24. Beret, e.g.
- 25. Chunk of ice
- 26. Kind of shark
- 27. Laptop brand
- 28. It may follow whiskey on the radio
- 31. Place for petunias
- 32. Addendum for 65 across
- 33. Modern fashion letters
- 34. Flat sound
- 36. Existed
- 37. Journey to Mecca

- 40. Let them be themselves?
- 41. It falls from on high
- 42. Mission description
- 43. Ash stash?
- 45. Buss
- 46. Surprise victories
- 47. Rigging NCOs
- 48. Free, in a way
- 49. Mother's granddaughter
- 50. In need of a torch
- 54. When Hamlet dies?
- 55. Trans Am option
- 57. Line of clothing?
- 58. Hullabaloo
- 59. Not fighting against

Sorry, Ladies and Gents..... I do not have the answers!

