

CYPRUS THIRD AGE NEWSLETTER

GROW BOLD



CHRISTMAS 2018

C3A COMMITTEE

2018 -2019

Chairman:

Thanasis (Dan) Tsirikos

Secretary:

Nigel Howarth

Treasurer:

Mimmo Chillè

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

Communications: Paul Costerton **Editor** Claudine Snell

Jane Webster

The following is an introduction to all your Committee members:



THANASIS (DAN) TSIRIKOS I had substantial experience of NGOs and of the UK charity and voluntary sector, with particular interest in community regeneration, training and employment.

I am in my 3rd year as Chairman of the C3A Association.

I have held the following positions during my working life:

1. Manager of the Luton RIGHTS Centre till retirement (15 + years). The Centre provided advice and support for unemployed people helping them to access suitable training and ultimately jobs.
2. Chairman of Community Liaison Group of the Luton Dunstable partnership In addition, serving for many years as Chairman of the white-collar section of a major UK Trades Union and I was awarded an MBE for my work in community affairs.



NIGEL HOWARTH Before retiring to Cyprus in 2002, with my wife Pat, I was a business consultant and ran my own consulting firm for several years. My professional career took me around Europe and to many other parts of the world; I have lived in several countries, including: Hong Kong, Australia, South Africa and the Netherlands.

In my home town of Wokingham in Berkshire I was a member of my local resident's association committee before being elected to the Town Council and a school governor. I joined U3A Cyprus (as it was then) in 2003 and led a weekly computer group for nearly three years. For the past five years I've spent three as the Limassol Branch's Hon. Sec. and the last two as the Association's Hon. Sec. I'm also the C3A 'webmaster'.

I'm a member of the photography, archaeology, gardening and environmental groups, which I try to attend when time permits. But most people seem to know me through the assistance I give to those with property issues (of which there are many), which takes a good proportion of my free time.



JOYCE WILLETT I taught for forty years. Now the group coordinator of the C3A and run a play reading group. I used to act in ACT when I lived in Nicosia.



BARBARA JOHNSON When I joined the C3A in 2006 and took on the role of Membership secretary, I had no idea that I would still be doing the job 12 years later. Within the organization my job is to keep a database of all members, send out renewal reminders, to issue new cards and liaise with the Communications Officer and Treasurer. My background was in the secretarial sector, catering and finally teaching business administration and IT at a tertiary college in Essex for 11 years. When I came to Cyprus in 1999 I was employed as a children's nanny by both military and MOD families. Through C3A I have met many varied and interesting people, and made some very good friends.



PAUL COSTERTON I joined the BEA/BOAC pilot programme in 1968 and have flown short-haul and then long-haul routes with the company, which became BA in 1976. I then retired in 2003 having flown most planes in BA's fleet (Boeing B.737-200/400, Boeing B.757/B.767 and the Long haul B.747-400 (Jumbo). By then I was a Senior Captain.

In parallel to my BA career my wife Sue and I also operated a business to supply computer hardware, communication equipment and computer repair/maintenance, at first from our home and then from a local industrial estate. In 1985 – with a new business partner, we moved a newly created company 'Coscomp Peripherals' to larger premises, with more employees, in the Slough Industrial Estate to concentrate on building/maintaining computers and also the rapidly expanding field of contract computer maintenance and communications. I have been, and still am, the communications officer of the C3A, a key role drawing on my considerable knowledge with computers and software."



CLAUDINE SNELL 1957 my mother and I sailed on the £10 scheme to Fremantle Western Australia. In 1958 I gained my degree from the Perth Commercial College. Since the age of 22 I have been involved in many organizations, as well as raising four children, all of whom I am very proud.

1976 -1979 I was secretary of the Western Australian Junior Rugby league. In 1977 we had the privilege of hosting the English Lions Rugby League team. During this time, I held a license for every land vehicle, but relinquish it when I returned to the UK in 1994. I was a working partner in our printing, publishing and advertising business.

2000 -2012 I took on the roles of Secretary/Membership Secretary and Editor of the North Devon Sports and Classic club.

I became a member of the Photographic group in 2015 when John and I retired to our house here in Pissouri which he had purchased around the time of the Gulf War. When Fred Bowes, our much loved and respected Leader of the Photographic group, due to illness, could no longer continue he asked if I would take over as Leader...I must say I was reluctant to say the least, but I'm battling through. I am currently secretary of the Pissouri Residents Association.



JANE WEBSTER

I was born in Yorkshire and grew up in the Midlands, I went to Art School for 6 years gaining a BA in Fine Art (Printing and Painting) and an Art Teachers Certificate. I also have qualifications in Ceramics and Stained Glass. No surprise then that when I ran the Art Group! I exhibited here and in the UK both as an individual and as a member of a group of artists. My work has been constant throughout her life.

I have had several occupations along the way - I worked for London Borough of Hammersmith and Fulham Play Service running an Arts Workshop for children, for several other Local Authorities and also a spell in the Civil Service, I had a cafe and a restaurant in Dorset and my own business contracting to Local Authorities Benefits Services which was my job immediately before I retired to Cyprus in 2010. I also raised 3 lovely sons



We all love the Island on which we have chosen to live and want to see the most being made of its rich environment, from the sea to the mountains; from the air we breathe to the water we drink; from the rich flora to the varied bird, reptile and insect life.

We also recognize that the environment here is under threat from over-development, especially in the coastal areas, the effects of pollution and to the effects of the exploitation of natural resources.

Meetings of the Environmental Group are normally held on the 4th Monday afternoon each month from 1pm – 3 pm at the Environmental & Education Centre at Akrotiri. Please contact the Group Leader Sue Tsirikos at sue.tsirikos@cytanet.com.cy

Meetings up until now:

Marine Protected Areas of Cyprus – Melina Marcou Dept of Fisheries & Marine Research.

Invasive Mosquitoes – Angeliki Martinou, Head Entomologist, Joint Health Unit (Cyprus).

Butterflies of Cyprus – Elli Tjirkali, Cyprus Butterfly Society

Wings on the Wind – Natalie from Bird Life Cyprus

Reptiles of Cyprus – Savvas Zotto – Herpetological Society of Cyprus

Conservation & protection of the Akamas, & the Cyprus Wetlands, Lefkios Sergides from Terra Cypria

The wild bees of Cyprus – Georgia Shoshikou, Director of EcoPhysis

+ visits to the Water Board Treatment Plant and the Desalination

ALL FOR ONE FRIENDSHIP GROUP -LUNCH
Club Aphrodite



My first visit with the All for One Friendship group.....Thank you for making me so welcome.

Claudine

EXPLORING SALAMIS

As part of the C3A Archaeological group our leader Pat Howarth organised a trip to Salamis, which I was excited about, as with the exception of crossing in Nicosia I have never visited the north of Cyprus. A pleasant coach trip took us through Pyla where Turks and Cypriots live side by side and once through the crossing point (a tale to tell another time) and to my surprise I encountered a lot of open farm land. After refreshments at a restaurant at Salamis it was time to meet our respective guides as those in the group who had visited before went to explore further afield. The novices of the party (us) explored the nearest remains, namely the Gymnasium and its baths, the Latrines, Fish market and Theatre.

Sources state Salamis is one of the biggest archaeological sites in Cyprus covering 7 km² to the north of the town of Famagusta. The city was founded in 1180 BC by Teucer (also spelled Teukros) who could not return home after the Trojan war because he had failed to avenge his brother Ajax. We learned that Salamis was the major city settlement of Cyprus as far back as 1000 years BC and was latter affected by 2 major earthquakes firstly in 76AD and again in 330 AD.

The Arab invasions around 674 AD brought about the gradual death of the city and its inhabitants who it is thought migrated to Famagusta, leaving the city vulnerable to removal of whatever could be carried away, acts which apparently continued as late as the 1950s until the Antiquities department stepped in. We can be grateful to some sort of climate change for the extensive preservation of this ancient site that it was mostly covered with sand for more than a thousand years.



On entering the site my eye immediately focused on the majestic columns of the Gymnasium to my right. From epigraphic and archaeological evidence, it is reported that The Gymnasium was originally constructed during the Hellenistic period, but it was destroyed by an earthquake and rebuilt during the time of Augustus (63BC-14AD). The Gymnasium was destroyed once again under Vespasian (9-79AD) following the earthquake of 76 AD. It was restored by Trajan (53-117AD) and Hadrian (76-138AD) after the Jewish insurrection of 116 AD. A rectangular palaestra with colonnades and porticos running along all four sides. The present columns (reinstated from fallen remains) it is thought originally carried stone arches that supported the outer edge of the roof which covered the colonnades. Behind the Gymnasium's porticos were other rooms decorated it is thought with a large number of marble statues of gods and heroes from Greek mythology, some of the statues remain on site while others are on display at the Cyprus Museum and the Ammochostos district museum. (*source internet*)

As we all know the privileged Romans were obsessed with bathing and the baths here were extensive and luxurious, no doubt a site to behold in their time. The baths consisted of the Caldarium (steam bath) the Frigidarium (cold bath) and the Sudatorium (hot baths). The baths had very high walls (a reported 8m) and were adorned with mosaics and wall-paintings depicting scenes from Greek mythology. The impressive hypocaust system of underfloor and wall heating in the Caldarium was very well preserved and walking through the various rooms of the baths you can see quite a few mosaics above doors and in recesses. If you close your eyes you can imagine the comradery, wheeling, dealing and plotting that occurred in these buildings, adorned with colourful mosaics and scattered statues.

At the south-west corner of the palaestra are the gymnasiums latrines, a semi-circular structure in excellent condition and reportedly the largest ever found in Cyprus. Today we value our privacy at our conveniences, but the latrines at Salamis accommodated 44 (phew). One has to use their imagination as how long they spent sitting there at their ablutions - perhaps many secrets were shared here.

The theatre was beautiful and spectacular and so intact, it has 50 rows of seats with a seating capacity of 15,000, at its heyday. It is thought that it may have been 3 times its existing size, adorned with marble statues, but these were vandalised when Christianity was adopted – sadly an act which continues around the world to this day. The theatre is used in the summer for concerts and plays.

The site is situated right by the beach but there is a lot of invasive acacia so you can't really see the beach, but you can see the sea and get a feeling of how this place must have been in its heyday. Although on a hot day the old stones are a welcome respite. I was surprised how the public are allowed to wonder so freely around the site and especially allowed to walk on the mosaics through the gymnasium,

Generally, I felt the site was a little neglected – although you can argue that in many places it is in its natural unexcavated state. For anyone interested in ancient history, Salamis is a treasure-trove of ancient Greek and Roman remains with something there for everyone. There is still a lot to be excavated to keep future archaeologist happy for many years ahead. I look forward to returning to Salamis and to further explore the extensive remains we had no time to visit this time.....

Eleni Smart...

Having started the day with the threat of thunderstorms, a less than suitable, if careful substitute driver and new rules at the Pyla crossing, the visit and even the weather turned out to be one we could all enjoy.

As Eleni mentions we split into two groups at the site. Most of the second group had never been to the further reaches of Salamis although we knew the area she has described well. For me it was a revelation to take in just how big the site is. What a treat to walk on the original Roman roads and see the Forum, basilicas, one of which had bathing facilities and a beautiful circular opus sectile floor grievously left open to the elements. We visited the Roman villa Known as "L'Huilerie" with sadly fading frescos which had been converted into an oil mill much later. Down to the beach and we could see the original harbour and the waves just skimming the top of the ancient jetty stretching along the coast.

A huge stone vaulted cistern built above ground is known as the Loutron. Its stored water transported by aqueduct from 25 miles away in the northwest Kyrenian Mountains. Partially excavated, it reveals 36 internal piers which were linked to the walls by arches and corbels.

I'm sure it would take at least a century to excavate the whole site, but the rights are disputed between the Greek and Turkish Cypriots, so it will probably never happen. If you haven't been to Salamis I urge you to take any opportunity to have an unforgettable experience. *Pat Howarth*

ALL FOR ONE FRIENDSHIP GROUP

NOVEMBER – SPY DRIVE



Derek and Paul presented with a gift for all the work that they have done for the group.

The Spy-Drive was, as usual, a big success. There were three cars and twelve of us in all. When we stopped for refreshments and a bathroom break they very kindly gave us homemade (Cakes?) and bananas. The Baily bridge was a sight to behold, and I think several photos were taken. There were some incredible views and extremely curvy roads that seemed to go on forever. When we returned to the Cup and Bowl most of us stayed for lunch. *Mair*

Tips for Living Well – Alone: Living alone doesn't necessarily mean you are lonely. Over a third of adults in the UK now live on their own. Some people prefer to live alone, enjoying the freedom and space it gives; others find themselves living alone following bereavement or it may be a result of social or economic circumstances.

Nearly everyone at some point in their life will have feelings of loneliness, from isolated brief moments to long periods of time. When making positive steps to Live Alone Well, it's important to think about yourself and work out what you would like more of – whether its time with family or friends, hobbies and interests, or involvement in your community.

Keeping social contact: Human beings come alive through relationships and we all need meaningful human contact (the amounts vary according to our personality). Social media can be a great way of keeping contact with people and feeling a sense of belonging and Skype can even bring us the face to face contact. But there is no substitute for the physical presence of and contact with another human being.

Living alone often means that YOU are the one who has to take action to ensure social contact happens. Often if you are lonely you think people don't want to visit. This is understandable, but often people will respond to an invitation and will come and spend quality time with you.

Finding social contact: A move to a new area, a change in personal circumstances, a loss of a relationship can throw us all into a situation where we need to look afresh for social contact. People often advise joining an evening class, a sport, hobby or interest group and this can of course lead to making new friends. But if your confidence has taken a knock or you are naturally shy and find it difficult to initiate a conversation with strangers, making new friends can pose quite a challenge.

Some organizations offer groups to help with building social confidence, assertiveness, coping with anxiety and depression so it is worth considering these as a means of getting some support.

An alternative to joining groups can be to become a volunteer. Volunteering in your community or area is a great way to meet people, feel positive about your time and it takes the attention away from you feeling on your own.

Where do I look for information? The web is a great source of information on what is available. Libraries, Citizens Advice Bureau, Royal Voluntary Services, SENSE, Independent Age, Community Notice Boards, local newspapers are other useful places to explore. Local CVS (Community and Voluntary Services) Bureaux will have information on local charities and community groups providing direct help and volunteering opportunities.

Being alone: For some being alone can be painful, especially when aloneness has been brought about through the loss of a loved one through death, divorce, separation. Taking steps to work through the hurt and pain is important before venturing into another intimate relationship.

Healing takes time and the support of friends, family, faith groups may provide this alongside your own time of coming to terms with what has happened. Sometimes we need additional help, be it from a voluntary organization like (see below) or a counsellor (speak to your GP about this). Don't be afraid to seek help when you need it.

Food & nutrition: It can be hard to make an effort to eat decent meals when there is no one else eating with you. Ready meals are OK occasionally but why not use your culinary skills and invite a friend to share a meal? If cost is an issue, agree to share the cost of the ingredients or that one of you provides dessert. Even better, arrange to cook alternate weeks so you get a meal made for you.

Cooking a large batch of spag bol, curry or casserole and freezing separate portions can save time and energy, providing you with a quick tasty meal after a tiring day.

Friendship: Sometimes the best way to find a good friend is to be a good friend. Friendships can arise in the most surprising circumstances and with people who at first we think we have nothing in common. Keep an open mind. Take a genuine interest in other people. Listen attentively, remember things from your previous conversation and enquire about these the next time.

Friendships don't happen overnight. Be patient, don't expect too much too soon and don't give up trying even if you do suffer the occasional snub or cold shoulder. There are plenty of people out there looking for the same thing as you; reliable friendship.

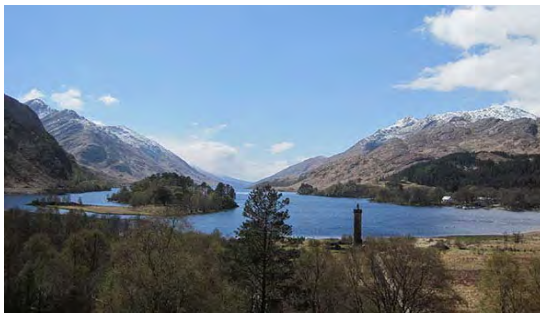
Holidays: Holiday times (especially Christmas) can be very difficult if you are alone. It can seem like the whole world has someone to be with. Plan ahead. Is there someone you know who might love an invite to meet for coffee, go for a walk, enjoy a day out, or see a sporting fixture?

Don't assume that because those you know have partners and or children that they won't want your company. Accompanying the whole family or taking a niece or nephew or a friend's child out for the day can be a great excuse for enjoying the local park, museums, galleries or simply a bit of shopping. There are holidays for singles of all ages to nearly all destinations; it can be an opportunity for meeting others in similar circumstances.

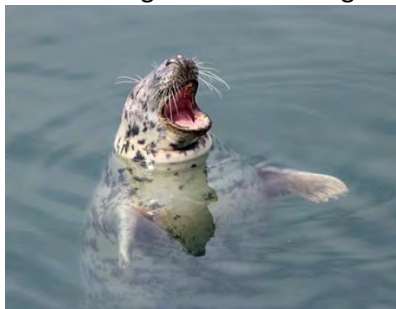
Be yourself: It is easy to succumb to the pressures and expectations of others, (whether intended or perceived) to start dating, find a partner, settle down etc. Many single people live happy fulfilling lives and have no need or desire to be otherwise. Everyone is different, so we need to be honest with ourselves about what it is we believe is right for us. Those with a faith may seek spiritual direction as to what path is right for them to follow and for some this may involve an element of personal sacrifice. We are unique individuals, each with gifts, talents and personality traits. Trying to be someone we are not will never lead to the sense of belonging and true acceptance we desire. If we accept ourselves as we are, others are much more likely to do the same. *Sent in by Nigel Howarth*

Doug Muir

The photograph is a monument to Bonnie Prince Charlie at Glenfinnan and the train Journey is the Harry Potter Hogwarts express from Fort William to Malaig. The Glenfinnan photo I got made into a canvas as felt at ease looking at the Scenery.



Caught a seal in Malaig Harbour waiting for his lunch!! Other picture is on the way to Glenfinnan



SUBMITTED BY: PETER SHELDRAKE

The large family in a mid-Suffolk village was called Alexander. The following rhyme was taken from an unidentified pupils rough work at the local school:

There was a man who kept a shop
And tho' there might be grander,
He sold his goods to all who came
His name was Alexander.
He mixed his wares with cunning hand,
He was a skillful handler;
And since his sugar was half sand,
They called him Alex-sander.
He had a sweetheart, and she came
And lovingly he scanned her.
He asked would she change her name,
Then a ring did Alex-hander.
Oh yes! She cried with smiling lip,
If I can be commander.
And so they formed a partnership
And called it Alex-and-her.

HOT AIR BALLOONING IN CAPPADOCIA

David Pentecost, 25th September 2018

I was recently invited by two friends to accompany them to Cappadocia in Anatolia, Turkey, to go hot air ballooning. This must be the best place in Europe to go ballooning, and there is nowhere on earth like it, for witnessing the unique 'fairy-tale' landscape.

We left on 11th August, and returned on 19th. Our base was to be the amazing little town of Goreme, which is right at the heart of the ballooning area. Our travel agent in Goreme arranged to collect us from the airport near Goreme, we having flown there from Istanbul. We flew to Istanbul via Ercan airport in north Cyprus.



I had often thought about hot air ballooning throughout my life, but had never taken any action to try it, so I grabbed the invitation when I received it. The experience was just magical – one which I shall never forget. I made a video of the one hour flight, and a shorter video of the balloon inflation process; (they are now on YouTube – just search on "Pentecost ballooning" to find them), and I love watching it, to experience again the holiday of a lifetime.

We had to get up at 0430 on flight day to get the best chance of taking-off in calm air; (flights do not operate in windy conditions). We were served tea while the rolled-up balloon was being inflated, first by a powerful fan blowing in cold air, so that it at first took on the shape of an enormous expanding sausage lying on the grass.

Then with men holding the opening wide, the gas cylinder was fired up, making a loud roar, as the balloon filled with hot air from the flame being directed into the 'sausage'



Each balloon had a very strong padded basket beneath it, in which there were up to 28 passengers. We climbed in via foot holes cut into the ends of the basket, and jumped down to the basket floor. The top edges of the basket were above waist height, so that we could lean on its side edges comfortably, marvel at the scenery below, and easily take photos.

Balloons in the area all take off from various open spaces around Goreme at about the same time, but we could not see them all until we were airborne. There must have been about a hundred balloons in the air at the same time – a magnificent sight with balloons of every colour.

The most remarkable aspect of the Goreme area is the unique and almost inexplicable landscape which has hundreds, perhaps thousands, of tall extraordinarily shaped rocks pointing upwards, like rockets about to take off for the moon. You can see some of them in the first photo above, of Goreme town, and others below, to the left of the red and orange coloured balloon, these latter with tops made from harder rock, a bit like giant sticks of asparagus; their shapes gave rise to the name of the valley: Phallus Valley.

The strangely shaped rocks are of volcanic ash origin, which explains, because of the comparative softness of some of the rock, why many have been carved out over the centuries to create rooms, where years ago, the dead were buried.

There are even some very old small churches carved into rocks near Goreme, at its open air museum. But I have heard of no geological explanations of how the various strange shapes came about.

Today in Goreme town itself, some of the huge stone cones, perhaps 100 feet high or more, are now used to house tourists. We stayed in one such cave hotel, above, (photo taken in late evening), the top room of which was accessed by external steps leading to rooms at the top of the cone-shaped rock.

I can thoroughly recommend a ballooning holiday in Goreme, but you do take a risk that wind conditions might not be calm enough. Make sure that if your flight gets cancelled, your money will be returned. There are many balloon operators in Goreme, and the fee for a one hour flight when we went, was between 175 and 200 euros. Flights take place even in winter, with snow on the ground, but of course subject to there being a calm wind. Goreme restaurants do not serve alcohol, but most will let you bring in your own bottle of wine, which you can buy in one or two supermarkets.

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REPORT FROM THE ENVIRONMENTAL GROUP FOR OCTOBER.

23 members attended the audio/visual presentation about Bees which was very warmly received. Our speaker was Mrs Georgia Shoshilou , Director of Ecophys. She was born and bred in Lefkara and studied Biological Science at the University of Patras, Greece, she then specialized in Wildflife, Biodiversity and Ecosystem Health at the University of Edinburgh, Scotland.

She, with her husband manages around 400 bee hives in and around the village of Vavla, near Larnaka.

Explaining about the life wild bees of Cyprus the queen bee lives for about 5 years, mating outside the hive (rather than with her own offspring inside the hive) and spends her life laying eggs. The worker bees who look after her, the hive, the larvae – collect the pollen and generally do everything only live from 3-6 months and the drones live about a year.

The word “wild “is very suitable for Cyprus bees which tend to be very aggressive more so than any in Europe. They are though like the European population threatened by a variety of problems, - an airborne virus, water shortages, lack of flowering plants at the right time of year, and of course pesticides and insecticides.

Ecophys welcomes visitors, you can arrange a guided hike through the countryside, birdwatching, looking for wild flowers, and bees of course. You could do a short course on candle making, or local food preparation. They sell the raw honey, and many beeswax products from the farm. www.ecophysiscy.com

Lawyers' Fees – free Competition rules!



Many members who've used the services of lawyers have found their charges to be 'high'. In fact, as an Australian friend would say, lawyers in Cyprus charge 'like wounded bulls'.

Long-standing C3A members may recall a presentation by Dolly Savvides at the Co-op Bank centre in Limassol at which she explained that the Cyprus Bar Association mandated the minimum fees that lawyers charge for various types of work. In some cases, particularly when dealing with a deceased's estate, these minimum fees were very high!

I'm pleased to be able to advise you that the minimum fees have been scrapped and lawyers can no longer charge the fees previously mandated by the Cyprus Bar Association.

Changes to the law

At an extraordinary meeting on the 19th June 2018, the Cyprus Bar Association (CBA) decided to abolish the Minimum Fee Regulations immediately in their entirety, which included fees relating to the provision of out-of-court-cases.

In addition, Cyprus amended Article 24(1)(k) of the Advocates' Law that empowered the CBA to "fix lawyers' fees for out-of-court cases".

These changes resulted from a successful complaint to the European Commission that the minimum fee regulations were in clear breach of the price-fixing and cartel provisions of Article 101 of the European Treaty and therefore of European law.

Free competition now rules

Now that the Minimum Fee Regulations have been consigned to the litter bin, anyone wishing to engage the services of a lawyer in Cyprus to draw up a contract, prepare their Will, act as their Power of Attorney, administer their estate, etc., etc. can shop around and get competitive written quotations for the work.

It is also vital that if the work involves the administration of the estate the agreed fee is written into the Will to avoid 'misunderstandings' at a future date.

Commission closes infringement against Cyprus

On the 8th November 2018, European Commission issued a press release advising that it had closed infringement proceedings against Cyprus concerning a minimum fee scale for out-of-court legal work. In parallel, the Commission also closed an antitrust investigation into the minimum fee scale adopted by the Cyprus Bar Association and that *"The Commission's intervention means that lawyers can now freely determine their fees when providing out-of-court legal services and that citizens will benefit from more competitive prices in this sector."* Nigel Howarth

DANGER - Men at work - Barbara Baikie

Up to their eyes in paint and plaster,
Rescuing victory from disaster.
Getting their thrills with electric drills.
Never gladder than when up a ladder.
Down with that wall!
Take off that door!
Re-glaze the windows!
Re-carpet the floor!
Going at it hammer and nails.
Keep the roof on in the gales.
God bless all the handy men.
And the women who clean up after them!!



Known by thousands as 'The Tom Thumb of Cameras' The Midget is the world's finest 16mm Miniature camera, as well as the smallest.

There was a 10-day Unconditional Money-back guarantee. The price included two rolls of fine-grain film.

\$2.85 postage included.

The Whitestone company NY