

GROW BOLD

LEARN, LAUGH AND LIVE

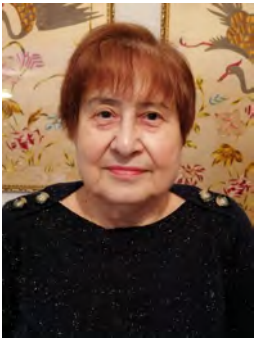
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C3A Magazine

Summer 2023

Message from the Chair



Dear fellow members,

I hope you are all keeping well and are in good spirits.

Much has happened since the Spring issue of Grow Bold was published, mostly positive, but some not so.

On the positive side, all the groups have been active and many members have enjoyed the meetings. To give a few examples, the Archaeologists have been to Larnaca and Curium, the Family Historians have delved into DNA and reference sources, the Film buffs have watched "The Man with the Horn", an old black and white film with Kirk Douglas, and the first part of "Lawrence of Arabia" (part 2 will be on 12th June), the Book lovers have moved to a more congenial location, the Aphrodite Bowls Club.

We also had our Open Day at St. Barnabas Church on 22nd April. The Group Leaders set up table displays and we did manage to attract some new members as well as some who renewed after an absence. It was a sociable gathering with coffee and biscuits on offer and the gift of a commemorative blue cap with the C3A logo for existing members. Thanks to all the Group Leaders and those who helped out on the day.

On 23rd May we had a very successful outing to Golden Donkeys Farm in Skarinou. You can read more about this in one of the articles in this issue.

Life being what it is, we have had our sad moments. Dan Tsirikos, our former Chairman, died at the end of March. It came as a shock as he was having treatment at the time. Many C3A members attended his funeral in Kalo Chorio and Nigel Howarth contributed a eulogy on our behalf. Dan was invaluable in updating the C3A Constitution in Greek and in our becoming affiliated to Erasmus+. He was kind and helpful and he is a great loss, not only to his family and his friends but to C3A as well.

Shortly afterwards, at the beginning of April, we learnt of the death of Geoffrey Wallington. Geoffrey served as the Honorary Secretary on the U3A Executive Committee in the early days and later as a Group Leader. In our last issue of Grow Bold Geoffrey had contributed the clever and entertaining article, "A Pony Trek with Genghis Khan." He told me there were more stories, "some on the way and a few more to be finished off." It is a great pity that we shall not be able to enjoy reading these, but he, himself, will be remembered.

This may seem like a gloomy way to end this letter, but I think Dan and Geoffrey are positive role models and we can admire and remember them with affection and gratitude.

Group activities are continuing, but as there will not be another issue of Grow Bold till the autumn, I take this opportunity to wish you all a very happy summer.

Cleo Kyriakidou

My memories of Thanasis (Dan) Tsirikos MBE



I met Dan through the C3A as we shared interests in archaeology, gardening, photography, and geology. It was at one of our photography group meetings that I took his photograph, which you can see on the left.

The C3A had its ups and downs over the years, but in 2016 it came close to collapse when the Honorary Chair of the Association went rogue. He refused to accept that, as an honorary position, the chair had no authority. He attempted to open a branch of the C3A with a commercial company operating a residential care home in Nicosia (an act not permitted by our Constitution.)

His ill-conceived schemes brought matters to a head and he was forced to resign along with the Honorary Treasurer. The Honorary Secretary stepped down citing grounds of ill health.

With its honorary officers lost, the C3A was left rudderless and faced imminent collapse.

Dan stepped in to fill the void by volunteering as the Association's Honorary Chairman. I also volunteered as the Association's Honorary Secretary and worked with Dan on the Committee until he stood down in 2020.

Dan's aims were to heal the wounds within the C3A, update our rules and structures to comply with new legislation compliant with EU Directives, build better links with lifelong learning movements in Cyprus and Europe – and develop links with other NGOs in Cyprus.

During his three+ years in office, Dan and the committee made great steps in achieving these aims, including:

- Developing a revised Constitution compliant with the newly revised Foundations & Associations law that Cyprus introduced in 2017.
- Registering with the European Union as a lifelong learning non-governmental organisation (NGO).

My memories of Thanasis (Dan) Tsirikos MBE

- Hosting a delegation from the University of the Third Age in Rogaska Slatina, Slovenia.
- Developing links with NGOs in Cyprus including: Terra Cypria, Birdlife Cyprus, Friends of the Earth, the Limassol Active Citizens Initiative and the Third Age Observatory.
- Successfully bidding for a grant from the European Commission's Erasmus+ programme to study U3As in Malta and Slovenia.

Sadly, the wounds within the C3A proved too great to heal and resulted in the Aphrodite Branch leaving the Association amicably and making its own way.

Even though he was no longer on the Committee, Dan was always eager and willing to help.

Most recently last year, when changes were made to the regulations governing Associations. Dan helped translate a revised Constitution as required by the Cyprus Interior Ministry.

Throughout my time working with Dan, he was always positive and eager to help - and a person you could rely on. I never saw him angry or upset despite some of the issues he faced.

Dan was a great friend and supporter of the C3A. He will be missed by me and I'm sure everyone who met him.

Nigel Howarth

From Sue Tsirikos

Thank you to everyone who sent me such kind messages and my grateful thanks to all who came to Dan's funeral. I felt so comforted to have such support from C3A members.

The rogue trolley



'Where the hell are the bananas?'

They're right in front of you, sir' said a softly spoken voice behind me as I realised, I had muttered my thoughts out loud.

'Thank you; of course,' I replied rather crest fallen. 'Silly me'.

The young dad helping out with the family 'shop' then held open the bag for his daughter to choose a bunch of bananas, while I wheeled off to the 'potatoes' to meet up with my friend. I had to admit to myself that a sure sign of increasing deafness is muttering to oneself in what one assumes to be 'sotto voce' when, in fact, everyone within five paces can hear.

Having completed our shopping and loaded the boot, we were about to drive off when the helpful happy young dad appeared with his daughter and trolley packed high with groceries. For some reason we waited for him to unload into his car parked just outside in the street.

We sat transfixed as the saga unfolded.

I have often thought that supermarket trolleys have a mind of their own and are designed to be obtuse. They instinctively know when and how to cause maximum mayhem in the aisles; how to clip other peoples' ankles as well as your own, how to jam a wheel and take you off in another direction and, worst of all, run into old ladies whilst rounding a corner at

The rogue trolley

speed. The last item is always just out of reach at the check-out. They are the devil's anti-social weapons.

This unfortunate young fellow's trolley was no exception.

With confidence he parked the brooding wheeled demon on the pavement while opening the car door for his little girl.

We watched as this vicious scamp of a trolley - you could sense it scheming its next move - started to move down the slightly sloping pavement towards his car as he opened the boot. Gathering speed, it caught the wing a hefty blow and a distinct dent appeared in the metalwork. Before the poor chap could get back to prevent a sickening scrape down the side of the car, it tipped itself over the edge of the pavement, 'laughing' as it disgorged the whole of its contents into the gutter. As if that wasn't enough, apples, oranges, tins of soup, loose potatoes and at least one cauliflower disappeared beneath the vehicle and true to Sod's Law, just out of reach for retrieving.

How could a simple, normal operation turn so sour in so short a time?

Easy for a fiendish supermarket trolley.

We watched with growing sympathy and stifled laughter as this obliging young dad tore his hair out as he rescued what he could of his groceries and drive off in exasperated desperation leaving several apples, oranges, potatoes and a tin of soup in the gutter.

One could imagine when he got home with a dented car and frayed nerves:

'Darling, I'm back, but please, never send me out again without a supermarket trolley insurance and a licence to kill!'

How I hate them! Stacked in their serried ranks at the door, silently and sullenly waiting for the next poor sucker to come along.

John Palmer

Golden Donkeys Farm visit



The farm is situated in Skarinou and is run by the Georgiadis family. They are originally from Mesaoria, but their way of life was disrupted by the Turkish Invasion in 1974. However, they have a deep love for nature, animals and tradition passed down from their grandparents and this was the impetus to establish the farm.



The courtyard of the farm is a large paved area dotted with ancient olive trees, the oldest being over 1,500 years old, and surrounded by bushes and herbs. A well was set up in the centre and on the far side there was a traditional cottage house and a small waxwork museum of traditional rural occupations.

Pieros Georgiadis, the founder, gave us a little talk before we had a look around. He explained that the name of the farm originates from what his grandfather used to say: "Donkeys are gold." In the past they were indispensable as they were not only a means of transport for people and produce but were also used to pull ploughs and turn water mills as well as acting as guards on a property since they would bray when there were intruders!

The family started with three female donkeys and one male and today they have 400! We had a chance to see pens with mothers and babies and some members enjoyed feeding

Golden Donkeys Farm visit

them with cucumber. The lactating donkeys are milked daily, but they can only provide a maximum of 1 litre a day in the best circumstances, whereas a cow can produce 6 to 7 gallons of milk a day, which explains why donkey milk is expensive.



The milk is the closest to human milk and it contains antimicrobial substances, which makes it an effective cure for whooping cough, asthma, allergies and skin problems. In the farm shop there are a variety of products made using the milk, such as soaps, creams and shampoos as well as edible products like liqueur, sweets and donkey milk powder. There are also other products on sale, including carob “honey”, which they also produce on the farm.

We were shown around and given time to visit the museums and the animal pens and then we settled down to a pleasant buffet lunch under an awning outside. There were complimentary carafes of wine and water and at the end of our meal we were offered traditional fried pastries with syrup, a very hospitable gesture in the nature of old Cyprus.

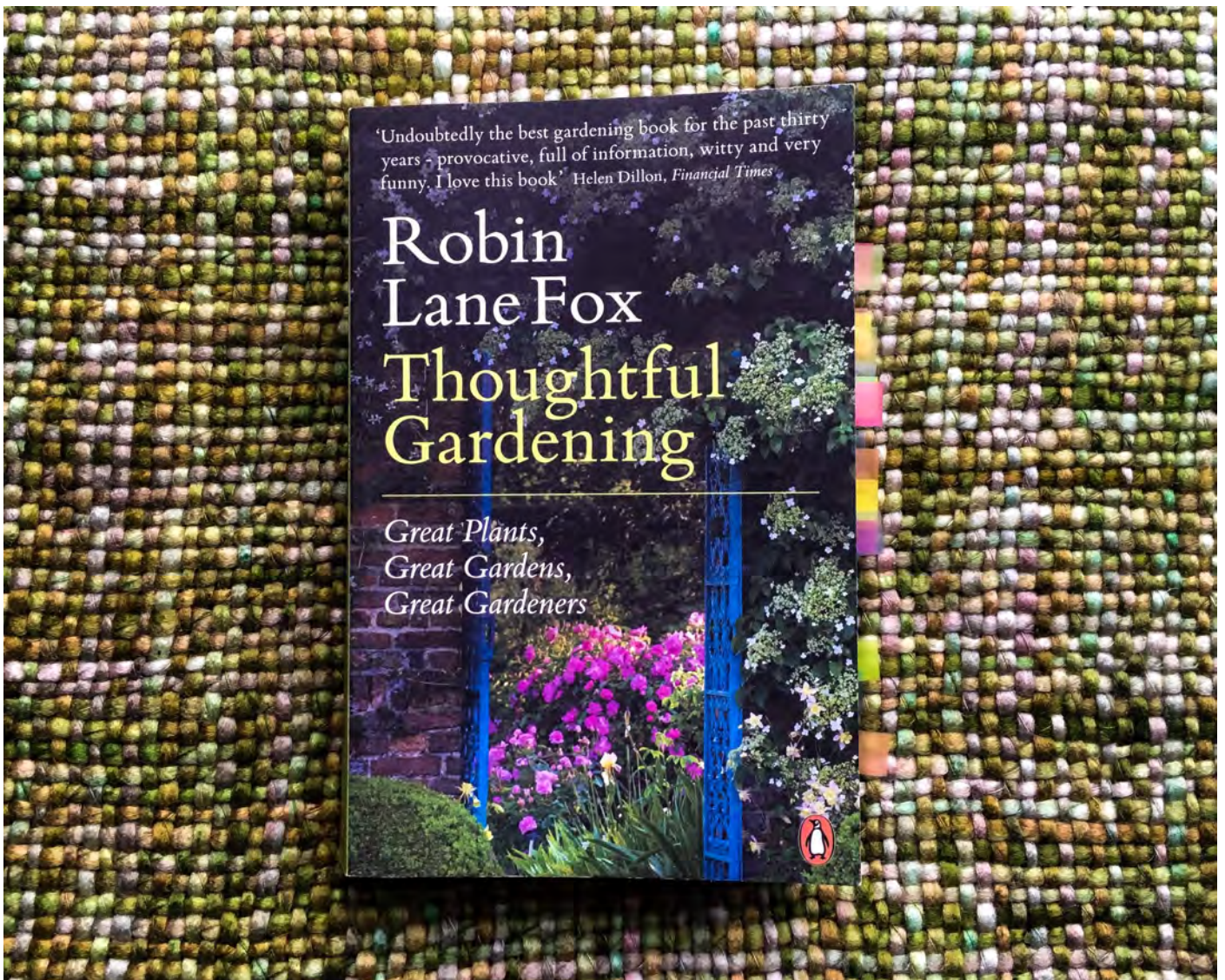
It was a very enjoyable outing and many members hope to visit again with family or friends.

I would like to thank Toula Bambang, one of our members, for suggesting the venue and for arranging the visit for us. Thanks also go to the Georgiadis family, who looked after us so well.

Cleo Kyriakidou



One man's weed is another man's passion



Recently while at a bit of a loose end, not a common occurrence I hasten to add, I was browsing through the contents of my bookcase when I happened on one particular book that I had not read for a while. I decided that it probably warranted another perusal.

The book in question was 'Thoughtful Gardening' by Robin Lane Fox. My copy is a paperback published by Penguin in 2013, ISBN 978-0-141-04594-8. It is a collection of short chapters, just a few pages long, that cover a variety of topics, and are apparently based on articles he has written for the Financial Times over several years.

As I reread it one chapter in particular caught my attention. Headed 'Space Invaders' the subject matter centres on plants that are listed as 'menaces' in a publication produced by the Brooklyn Botanic Garden of New York in 1996 and entitled, 'Invasive Plants, Weeds of the Global Garden'.

As Robin Lane Fox goes on to point out many of these plants are looked upon with fondness by British gardeners who are obviously unaware of the problems they may be

One man's weed is another man's passion

introducing into their gardens. It struck a chord with me as I too have some of these same plants and wonder if maybe I should keep a close eye on them in future, ready to nip any nefarious activities in the bud.

Who would have thought that the *Eleagnus angustifolia* with its small bunches of sweetly-scented flowers could be plotting to take over whole areas by sending out suckers in all directions. I must admit that it has certainly insinuated itself into the lives and gardens of many here in Cyprus, where it goes under the alias of Ζίζυφκιά. Its fruit is a favourite among many of the older generation, although it's a taste I have never acquired, having a texture akin to cotton wool.

If our *Viburnum opulus* is planning a coup then it's making a pretty poor show of it. Obtained from an area of much higher elevation than our garden, where it has to be admitted they are a lot stronger, ours is struggling to cope with the heat and limited water supply of the summer months. It was planted in shade and close proximity to an irrigation line that serves a nearby fruit tree in the hope that it would establish and thrive. No signs of an imminent take-over bid to date.

The *Paulownia tomentosa* that we have was grown from seed and did grow very quickly to a significant height. However, it does not produce the enormous leaves normally associated with its ilk. The extreme heat of a Cyprus summer combined with a scarcity of water probably being the cause once more. The foxglove-like flowers are very attractive but not really threatening in nature.

Nandina domestica (Heavenly bamboo) behaves itself as impeccably as its common name would suggest. It remains as a small shrub, displaying no sign of ambition to be anything more. Its bunches of bright red berries remain on the plant for lengthy periods, providing a really festive look at year's end in the absence of holly.

No doubt some plants behave differently under varying conditions but I feel it wrong to condemn them until they have been tried and tested under the ones prevailing on site.

John Joynes (This article first appeared in Issue No. 111 of The Mediterranean Garden, the quarterly journal of The Mediterranean Garden Society.)

Breakfast group



Just a note to tell you that the C3A Breakfast group loves the Harmony Bay Hotel, Limassol. The buffet is always fresh and varied, the staff friendly.

You can take a cup of coffee to the outside terrace afterwards and enjoy watching the pool and the visitors sunning themselves by the sea. And have another coffee from the Bar if you like. Galactia, the Nut House and Starbucks are on one side, nicely gardened near the sea, with the Garden Restaurant, Jimmy's Prawns, and the Miramare Hotel on the other. Parking is free, but you do have to approach from the Larnaca side to enter.

Marilyn runs her daughter Anna's Bookshop [second hand] just up the road with a wealth of terrific books, and the Harmony has a small book library too. We bring books to swap.

Since the Miramare refurbishments [rooms only I think, not much else has changed] , the Breakfast there is listed at €12, while at the Harmony Bay we pay €10 per person.

I wondered if I could dash between these hotels on a breakfast morning, since some people have spoken of a preference for the Miramare, but the cosiness and freshness of the Harmony Bay pleases us, and we are always more than 10, approaching 20 people every last Thursday of the month. We chat away over breakfast and after, on the terrace, catching up and swapping the latest news. I think we'll stay at the Harmony for the time being.

Lilian Hayball

Walking in Italy



Our walking group , about 24 people, arrived in Italy on the 30th April! Bergamo airport! We met our guides, Manuella and Manuel, and on our coach we went to Menaggio a small but cosmopolitan town on lake Como, where we stayed for the whole walking week!

We had walks on the mountain trails high above Lake Como, with spectacular views!

We had the opportunity to marvel at the luxurious villas and the lavish gardens which line the shores as we meandered along mountain trails!



The area is bursting with historical sites and architectural brilliance which can be admired from afar!

Having Menaggio as our base each day we headed out on different walks in the surrounding area including a visit to Val Sanagra nature reserve!

We also visited Lake Lugano in Switzerland!

I should also say that we treated our tastebuds with some local traditional dishes! Unfortunately no recipes 😊

Toula Bambang

Cinema group



Every month us C3A film buffs like to meet on the second Monday of the month to view a film together.

Having taken over from Vicky and Tom Darling last month, I was pleased to see them back for a viewing of 'Lawrence of Arabia' [part 1]. We enjoyed a good audience, and free refreshments brought by me and Barbara. Drinks were bought from the Bar. Shaz and Andy Webster [very helpful], head the new UKCA Committee.

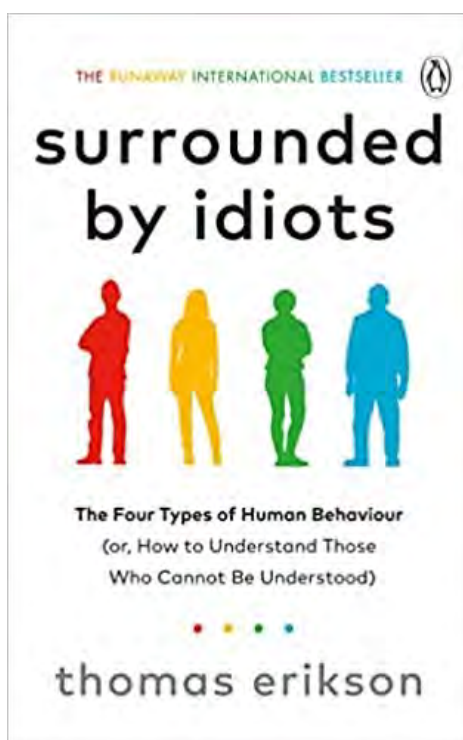
We meet now at the UKCA club-house, Thermopylon Street in town, Limassol, near the main Police Station and the main Post Office. Soon to be called the Limassol Social Club, the building has several rooms, a garden and a screen, and I have film equipment: courtesy the C3A Committee - many thanks!

Hovering between 10 and 20 members plus some UKCA interest, we look forward to the second part of 'Lawrence of Arabia', showing at 7pm on Monday 12 June. Showing times in the month do sometimes vary from the second Monday, but please keep up and call me [Lilian 96768796], to check. Some of us may be away, travelling, but I'm a keen film-buff myself, and a traveller, and like to show and view a film with you.

Some interesting and juicy films are coming up! See you there then!

Lilian Hayball

All about books - Lilian Hayball's reviews



Surrounded by Idiots: the four types of human behaviour, (or how to understand those who cannot be understood) by Thomas Erikson, [Swedish behavioural expert]. 2014/2019. Penguin.

Strange that I should pick another book with Swedish connections, not deliberate at the time. The title just made me smile, and then I thought that most people probably think they are surrounded by idiots!

It's actually a book about another system, like the zodiac, of dividing people up - your colleagues or workers perhaps, in business, or in school, or in that group, to understand them better.

Thomas divides us all into BLUE, RED, GREEN and YELLOW people with positive and negative characteristics we recognise. He writes about how people see themselves,

as well as how we see others.

His 4 groupings were made with the help of research, surveys and colleagues. They made sense to me but I know I would not use them now, although at work, before I retired, while managing some groups of adults I may have used them to help me.

But not my students - they did not fall into 4 neat categories like this, but were each individuals on their own merits. In the classes throughout my career, each student was an individual. I did not try to categorise them.

Using his listed characteristics for each of the 4 types, I identified myself as a RED person, but I also recognised blue, green and yellow people I meet, or who are in my family. We all have good and bad points!

He writes later in the book about Greens who he says tend to turn all their frustration inwards. ...' I have my own private theory, which I certainly cannot prove scientifically, that this may be the main reason why Greens suffer burn-out. They carry anxiety, anguish, and even anger for so long that it eventually makes them ill. It's a noticeable problem that should be taken seriously'.

So he has the kind of experience that recognises this trait in Greens. I haven't delved so deeply into the psychology of individuals to see this, I must say.

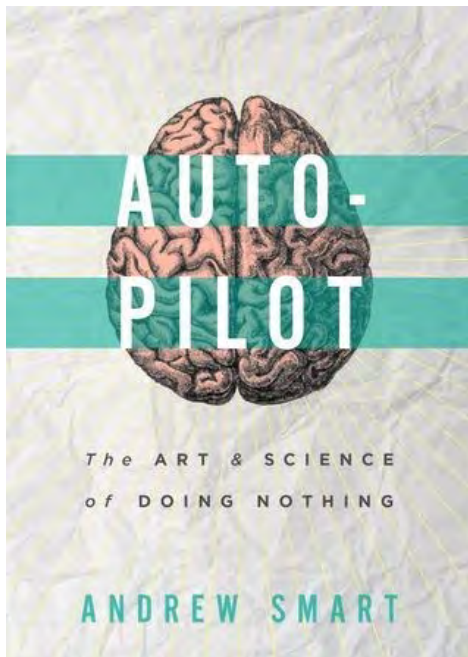
Finally, Thomas suggests that 'no group should be composed solely of individuals of the same type'.

I thought that would be extremely unlikely anyway, since people tend to attract differences, not always sameness in each other. Perhaps I am wrong.

All about books - Lilian Hayball's reviews

Thomas wrote that 'most of the organisations I have encountered fall on this fundamental requirement when they recruit people.' He said 'Managers bring in new people who are just like themselves because they understand each other.'

Actually, I think we are all unique, and the problems that managers might face are not easily solved by sorting people randomly into these 4 groups! But the zodiac doesn't do much better, in my opinion!



AutoPilot, the art & science of doing nothing by

Andrew Smart [human factors research scientist, studied in Sweden]. 2013/2017, pub. Fingerprint.

I loved the ideas in this book - '...it is very important to be idle with confidence, with devotion, possibly even with joy.' and ...'we have invented all kinds of futile businesses.

'Through idleness, great ideas buried in your consciousness have the chance to enter your awareness.'

Later on in the book Andrew observes that 'recognising what is universal in humans - self organisation, complexity and non-linearity - should liberate and relax us'.

Thought provoking is the idea that 'Science has no goals.

Science is a creative act with the same purpose as art.'

And... 'the only way to attain this optimal level of Default Mode Activity is to put your feet up, find a nice pillow, lie back, and let go of task-oriented activity. Looking at great Art, listening to your favourite music, and doodling may help to facilitate this process,' he writes.

At our meeting Jan suggested that walking the dog was when she had most ideas, while her mind was on 'idle'.

Lilian Hayball

Cruising with Blackbeard by Septimus Drake



(Septimus Drake joined Blackbeard's pirate ship, the Queen Anne's Revenge, in New Providence in the Caribbean)

I was very impressed with the Queen Anne's Revenge. It is British built in the style of a Dutch flute, with some forty canons on board.

I was also impressed with the Cruise Director, one Edward Teach, a very large man, with a huge black beard. Blackbeard, as he is familiarly known, is quite a character, dressing up with daggers, swords and loaded pistols. And, on battle days, he even braids his whiskers into little pigtails, and sticks slow burning matches in them. He really is quite theatrical.

The rest of the crew are almost as bad, with brightly coloured bandannas on their heads and cutlasses stuck in their belts. I decided to join in the fun, and duly wore a coloured bandanna and stuck a cutlass in my belt.

The cruise left New Providence in the Caribbean to make its way up the eastern shores of North America to the new colonies, in the hope that we would come across some French merchantmen plying their trade in the area.

The first few days were very quiet and relaxing, with not much to see or do. Then from the crow's nest came a shout "Sail off the starboard bow!" The entertainments section went into overdrive.

The crew, dressed up in all their finery, clambered up the rigging, shouting and waving their cutlasses in the air. They really did look the part. They even ran up the "Skull and Crossbones" on the masthead!

Cruising with Blackbeard by Septimus Drake

Blackbeard signalled the start of the show by loosing off all the canons on the port side with great clouds of black smoke, as he brought the Queen Anne's Revenge alongside the Frenchman.

The French were brilliant. They fell off the rigging screaming and diving into the ocean. Then our crew swarmed aboard the merchantman, slashing right and left with their cutlasses, and banging away with their pistols. Blackbeard, though, was a bit of a disappointment. He just stood on the poop deck shouting orders and firing his pistols in the general direction of the Frenchies. But it was a magnificent spectacle, nevertheless.

It was certainly the highlight of the cruise, and the skipper declared himself happy, and set course for Bath Town. Apparently, there was enough booty to leave him a profit, a bonus for the crew and even a little something for the passengers. Now there's a cruise with a difference!

Also, part of the fun is to evade the ships of the Royal Navy which patrolled the seas off the coast of the new colonies. Being apprehended by the Navy ships could, apparently, lead to the removal of the licence to cruise these waters. Reporting restrictions contained in the conditions of the cruise line prevent me from revealing the methods used by the Cruise Director to evade the ships of the Royal Navy

The cost of the trip is minimal, as the cruise line aims to cover its expenses from plundering merchantmen trading with the colonies, preferably French. But you do have to make your own way to Jamaica.

I thoroughly enjoyed the trip, which was most exciting, and certainly got the adrenaline flowing. But you must hurry if you wish to join Blackbeard on one of his adventures, as it is rumoured that he is contemplating giving up cruising because the French are sending fewer merchantmen to America. Additionally, the Royal Navy, jealous of his success, is upping the number of patrols.

Details of future cruises can be obtained from Blackbeard® Cruises Limited, Nassau, New Providence, NP89647 or at the Bath Town office, Pirates' Quay, Bath Town, North Carolina, NC929292.

For more information, log onto www.blackbeard.plunderonthehighsea.org and for details of other cruise lines try www.privateers.caribbean.com.Jamaica. There are other activity holidays available in the Caribbean, organised by West Indies Salvage Co. Inc., of New Providence. Your correspondent will be glad to forward any enquiries.

This article, which was written by Geoffrey Wallington, is include as a tribute to him and his enduring commitment and support of the C3A

Accommodation required

I have friends currently living in France, who are considering spending the winter here in Cyprus. They would like to rent a flat or house for 3 months, January, February and March but not too far from shops and general facilities.

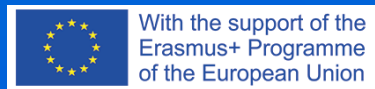
They are a retired couple, early 70's and like walking and exploring new places. Somewhere not too far up from the coast and access to shops and other general facilities would be ideal.

If you know of anyone who can help, [please contact Barbara Johnson](#).



ΤΡΙΤΗ ΗΛΙΚΙΑ ΤΗΣ ΚΥΠΡΟΥ
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