

GROW BOLD

LEARN, LAUGH AND LIVE

In This Issue:

- Annual General Meeting
- Membership and membership renewals
- All our yesterdays
- Once upon a time
- Big is beautiful
- C3A visit to Oenou Yi Winery
- Photography Group
- How I became a member
- The story of Stass
- Music appreciation lite
- Lockdown with Dan and Sue
- Bridge is different
- Agrovino Studio
- Two Flowers Hotel
- The Kora
- Going plastic free
- Recipes
- Small Ads
- the UK has left the EU building

C3A Magazine

Autumn 2020

Annual General Meeting



Our Chairman, Thanasis (Dan) Tsirikos, underwent throat surgery few days ago and it's going to be several weeks before he's able to speak again. We all wish Dan a full and speedy recovery.

This year our Annual General Meeting, which will be held on Friday 6th November, will be 'different'.

The situation with COVID-19 and the need to social distance ourselves & stay safe (particularly as many of us have underlying health conditions), means that we will be unable to hold a formal gathering of members as in previous years.

However, we can all have our say on matters to be decided using the C3A on-line voting system developed by our Communications Officer Paul Costerton. *I urge all of you to vote when the time comes and if you run into any problems, we'll be pleased to help where necessary.*

It's likely that the C3A Committee will meet in an open space and if a handful of members would like to join us and observe proceedings, they'll be welcome.

Election of officers

The most pressing subject on this year's AGM is the election of officers to ensure the C3A continues. We were disappointed last year as no-one put themselves forward for the executive positions on the committee. Just to re-iterate:

This year we urgently need members to fill the vacant positions of:

Chairman, Secretary and Treasurer.

Please consider putting your name forward for the committee to help your friends and other members continue to enjoy and benefit from the C3A.

Some members may wish to stand for the other positions on the committee. I.e.

Membership secretary, Group coordinator, Communications officer, Social secretary, Publicity officer plus a further member without portfolio.

The Committee is required to meet a minimum of four times a year. It's not an onerous task and you will be helping your friends and other members continue to enjoy and benefit from the C3A.

Past members of the committee, including myself, will help and support the new committee. We still have the second half of our Erasmus+ project to complete, which we will achieve by June 2021 (COVID-19 willing.)

Nigel Howarth

Website: <https://c3a-cyprus.org/>

Facebook: <https://www.facebook.com/C3AU3A/>

Membership and membership renewals

Earlier this year, in response to the Coronavirus pandemic, your committee decided to implement a 'payment holiday' and also introduce new arrangements for the payment of annual subscriptions:

- a) From 2020 onwards, all subscriptions will fall due on the date of the Annual General Meeting in November.
- b) Membership cards will no longer be issued.

Reminder emails will be sent to all new and renewing members in due course.

Paying renewal fees

We know that people paying renewal fees in a bank often have to queue for quite some time. This problem has worsened in recent months:



- i) Banks are restricting the number of customers in their branches at any one time, all of whom have to wear face coverings.
- ii) Banks are charging like wounded bulls (as a Australian friend would say) for face-to-face transactions such as depositing cheques and cash.

Too avoid wasting their time standing in queues and putting themselves at risk, some members hand cheques and cash to committee members, while others send cheques in the post. This means that committee members have to waste their time standing in queues and putting themselves at unnecessary risk.

Neither methods of payment are satisfactory, they result in both members and committee members wasting their time and exposing themselves to unnecessary risks; both reduce the money received by C3A through bank charges.

Paying renewal fees online

Paying renewal fees online can be done from the comfort of your own home. It's a straightforward process, it's safe and doesn't waste time standing in queues. Furthermore, if your personal bank account is with a Cypriot bank - there are no bank charges! It's a win-win for you *and* the C3A.

All you will need is the C3A bank account IBAN in electronic format and other account details. These are:

IBAN: **CY960050028500028501G4636201**

SWIFT/BIC code: **HEBACY2N**

Account name: **Cyprus Third Age (C3A)**

When you receive your renewal notification, please pay online and save yourself (or committee members) wasting time and exposure to risk.

All our yesterdays - Nigel Howarth

Shortly after joining the U3A in 2003 as it was then, I started a Basic Computer Skills group. The hands-on series of seminars comprised six modules, each of which being delivered over 3 or 4 weekly sessions. Five batches of member attended the meetings over a period of 3½ years. I was ably assisted by our Communications Officer Paul Costerton, who managed to coax the occasional reluctant computer at the Herodotus Institute and network back to life.

I published the group newsletter below in December 2003. I'm sure long-standing members will recall some of those in the photograph. (I'm the young man with the mop of dark hair and glasses at the bottom left of the photo.)

Basic Computer Skills Group

Many U3A members have had little or no opportunity to learn about or use computers during their working lives.

They wish to use computers, and particularly electronic mail, to communicate with their friends and relatives in Cyprus and in other parts of the world. But their efforts are often hampered by a lack of understanding of how computers work and how to use them properly.

A basic computer skills course was designed by the Group Leader, Nigel Howarth, to address this need. Consisting of a number of discrete modules, this aims to:

- a) *Help U3A members understand computers.*
- b) *Develop their basic computer skills.*
- c) *Improve their confidence and ability when using computers.*



Some of the U3A Basic Computer Skills Group members
From left to right: Nigel Howarth (Group Leader), Charlotte Curzon, Tedina Linchan, Paddie Smith, Elaine Appleton and Freddy Humphries

Thanks to the generosity of principal of the Herodotus Institutes, the group is able to use the computer suite at its Episkopi facility. The suite is very well equipped with a computer network enabling each member to learn and practice their computer skills.

All of those who came to the first group meeting on the 8th October are still avid attendees. Indeed, the Group has proved so popular that Nigel has been forced to split it into two, with each sub-group attending the Herodotus Institute on alternate weeks.

To date, the group has completed a basic introduction to computers, how to use a computer, and an introduction to Windows®. Currently the group is learning how to use a word processor to create letters and documents.

After the Christmas break, the group will move on to using the Internet. This will encompass sending and receiving emails and discovering the many wonders waiting for them on the World Wide Web!



Once upon a time - Janet Bureau

Once upon a time there was no C3A. Unimaginable I know, but here is the story of how it started.

We had an International Women's Association in Limassol and we started a Book Group meeting at the Alassia Hotel. I had a friend in France who told me about U3A there. She said 'We have a speaker every month and then go for lunch' Sounded good, especially a Normandy lunch!

Having heard of the U3A in the UK and its wider remit, and very keen to do something more now we had settled in Cyprus, I floated the idea of starting it here. They were wonderfully enthusiastic and the members of book group became our steering committee.

The next step was to ask for advice and mentoring from U3A in the UK. They were reluctant at first since they had a problem with one branch in another country. By this time, we were really passionate so on a visit to London I made an appointment with the General Secretary and she eventually agreed to help us and became affiliated. They have been a splendid resource and support over the years.

In answer to Jane's questions

How long have you been a member?

I was there at the conception, it has provided me with both pleasure and heartbreak, good friends and continuing wide interests.

What has C3A done for you

It has provided friendships, endless interests, sustenance during difficult times, necessary challenges ...so much. The enjoyment of making things happen

What have I done? Well, you did ask!

With immense and valued support and enthusiasm of that early Women's Book Group started it all.

Over the years I have chaired the Executive Committee and Limassol Branch, been a Group Coordinator, worked on a publicity and promotion working party,

With colleagues initiated branches in Paphos and Larnaca (who sadly chose not to remain in our parent organisation) given interviews on the English language station of CyBC, and together with my husband organised a 'scratch' performance of Handel's Messiah with members from across Cyprus.

Together with Paul Costerton and Christina Nicola we produced our earlier magazine, 'Spotlight' I have enjoyed being a Group Leader with 'Cookery for One', 'All About Books', 'Music Appreciation' and restarting 'Family History', now run with great expertise by Pat Boden.

From the very beginning we wanted it to be a Cypriot organisation and not identified solely with British ex patriates.

What has changed?

I will leave that response for long term members to answer.

Now my function is to irritate.

Big is Beautiful (by friends of John Joynes)



For the next two posts I promise to bring you something completely different. Alpine flora is typically thought of as compact and low-growing. This is certainly true much of the time, but the equatorial highlands truly buck this trend and offer up

some of the most extreme flora to be seen anywhere in the world. Some of it requires good timing to see well, some of it requires some serious legwork to reach.

The Cordillera Blanca of Peru is high and wild, with 7000-metre plus peaks encrusted with glaciers. Paramo areas (paramo is defined here as the area above the treeline and below the snowline) at around 4000 -metres in a few scattered areas harbour populations of a most striking and unique alpine plant - *Puya raimondii*. It is by far the world's largest bromeliad, the huge 'rosettes' of leaves are five metres across. After many years of gaining strength this amazing plant sends up a colossal flower spike of up to 15



metres tall comprising upwards of 4000 white flowers to tempt the various high altitude hummingbirds into pollinating them.



Afterwards, the whole plant withers, collapses and dies. I was incredibly fortunate to be in Peru at the right time two years ago (August) and got wind of a particularly good flowering season. I was not disappointed, so chewing on coca-leaf sweets to stave off the altitude I spent a memorable few hours up here with these mega-plants. Sadly, this is also an endangered plant, a combination of changing climates and destruction by local farmers who dislike the fierce leaves that catch on the fleece of their sheep.



Other paramo plants are under no such threat and still occur in huge numbers in highland areas. Espletia is a genus in the daisy family, which contains a number of remarkable plants that form tall trunks, swathed in old leaves and topped by velvety leaves. The large flowers are typical



yellow daisies and are attended by hummingbirds and bees.

Apparently, the soft textured leaves are utilised as toilet paper by local shepherds! We've seen a couple of contrasting areas with these plants, one in Colombia involved a horse-trek and overnight in a simple lodge before walking to the heights. We saw some amazing orchids and though quite different at first glance they are in the same genus.



Cyrtochilum ramosissimum was just below the Espletia pycnophylla, where we also saw the vivid Bomarea linifolia. Lower down in forest was the huge Cyrtochilum annulare, shown best next to my glamorous young model (Basak in 2010).

But, my introduction to paramo habitat was in Venezuela, where I spent three days hiking to 4000 metres in the

Sierra Nevada, into a wonderland of Espletia timotensis. It was all well and good during the day, the crystal clear light and fabulous Andean scenery. However, clear skies at night meant long, long nights to minus 5 overnight freezing all surface water including small waterfalls solid.

This all reinforces the toughness of these remarkable plants and hints at why they are so challenging to cultivate. Subjected to intense near-equatorial sun during the day, they then endure sub-zero temperatures at night. No doubt this extreme world remains more or less intact - unless of course there has been a serious run on toilet paper - in which the hills will have been stripped bare!

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<https://www.viranatura.com/covid-diaries>

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C3A Visit

Oenou Yi Winery by Cleo Kyriakidou



On 23rd July, 14 C3A members and their guests visited the Land of Wine, Vassiliades Domain, in Omodos. We had booked for the short Tour and Tasting, but it turned into over an hour and a half, to everyone's delight!

Our charming young host was entertaining as well as informative and was more than willing to answer questions and to show us around this state-of-the-art winery, not to mention the fabric itself which is luxurious in places with marble cladding and hung paintings in one hall.



We started with the wine tasting. We tried a Playia White Dry, a refreshing aromatic wine, Playia Rose Dry, equally so, Red Melody, a barrel aged smooth red wine, Thalero Medium Sweet, delicious on its own or with spicy food, and finally an exquisite Commandaria. We were told the varieties of grapes used in each one, which foods they suit and the best way to serve them.

The area where the pressing takes place is being extended so they can increase production from 25,000 bottles to half a million. We saw two pressing tanks, one taking 4 tons and one 8 tons of grapes at a time. The huge stainless-steel stabilising and clarifying tanks are ranged along each long wall of an enormous double height room. They have a tank within a tank and the temperature is kept at minus 5 degrees to kill off the yeast elements before the wine is filtered.



Throughout this process the resident bio-chemist decides on the combination of varieties of grapes to be used for each wine and constantly tests the wine to check on its progress and its quality.

The wines needing to mature are stored in French oak barrels. These barrels are recycled so that second life barrels can be used for zivania and commandaria, third life barrels for whiskey, beer and such like, and, finally, they are chipped and used as flavouring in inferior wines (not at Oenou Yi).



The bottling takes place in a machine like a conveyor belt, where the bottles are washed, dried, filled and corked. Apparently, screw caps do not adversely affect the wine, but although corks are not so environmentally friendly, Oenou Yi prefers to use this traditional method for the time being until people become more accepting of the alternatives. The bottles are then “caged” in big metal frames and stored for at least two months in a controlled temperature to settle. They are then labelled and sealed.

We thoroughly enjoyed the visit and many have said they would like to go back and perhaps have lunch at their Playia restaurant, which, unfortunately, was closed that day.

Afterwards, most of us went into Omodos for lunch at one of the restaurants along the cobbled lane leading to the Monastery of the Holy Cross, which Claudine and I visited later. There is a little museum sponsored by the Leventis Foundation displaying church artifacts and icons, many dating from the 14th Century. The church there has an impressive carved and gilded iconostasis. It is well worth a visit.



Those who joined us that day would say our first summer outing went off very well indeed.

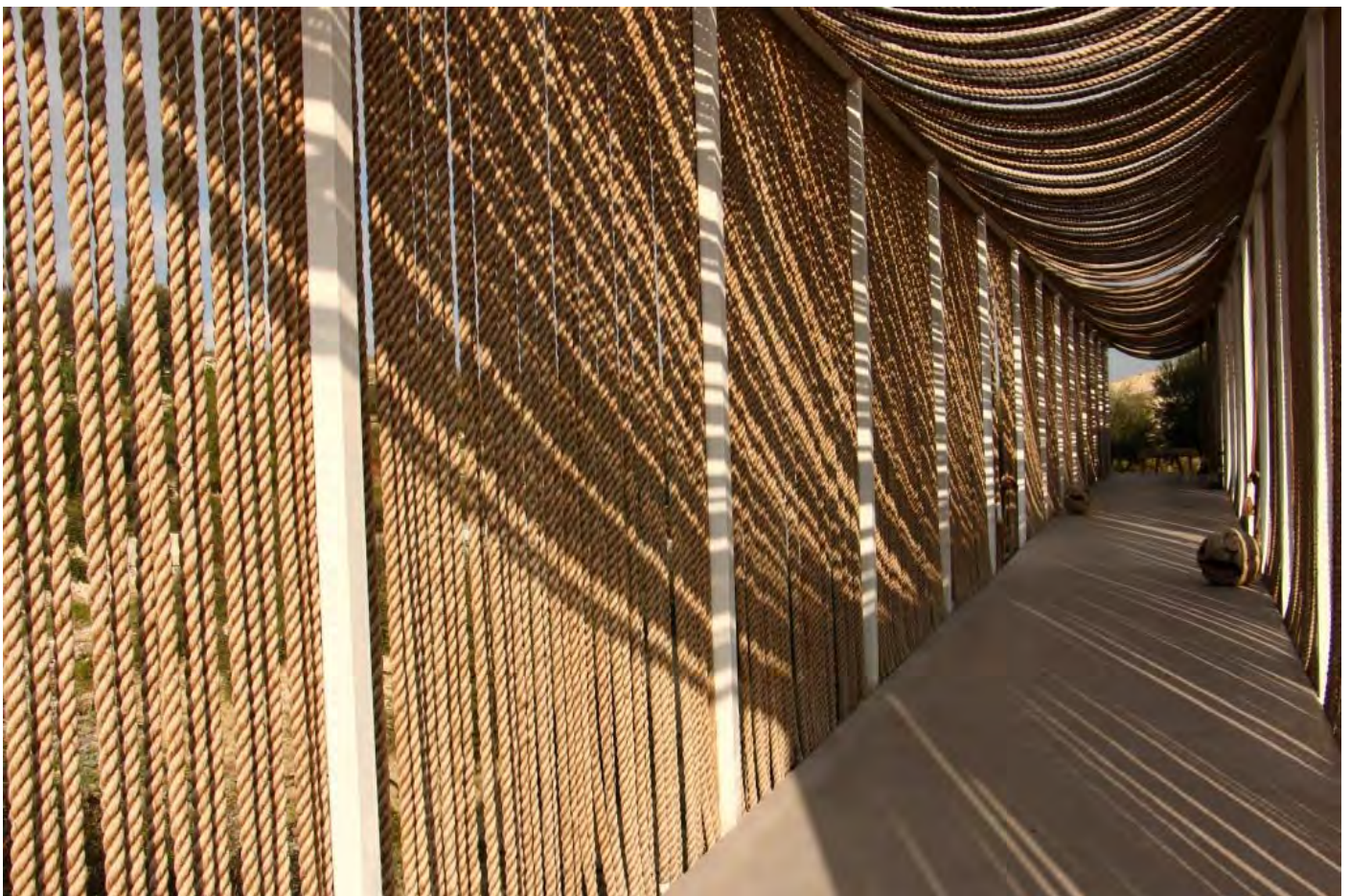
Photography Group - Andrew Pepper

The photo group has a monthly competition with a set subject. July's subject was "Shadows".

The subject inspired a wide range of images from the members. Because of COVID precautions, we still do not physically meet but conduct the competition using the Zoom video conferencing system.

The COVID constraints have meant that the regular outings organised for the group have had to stop and the group leader, Claudine, has had to come up with subjects that could be photographed within the restrictions.

Readers might be interested in how photographers evaluate images. One technique is to ask four questions of any image: What do I look at first?, What do I like?, What don't I like?, What would I change?



The winning photo by Domenico Chillè (known as Mimmo in the group) is such a strong image – the diagonal lines in the corridor gives a great impression of depth and the shadows are like a counterpoint to those diagonals. Note how the end of the corridor is not in the middle but off to one side and the “larger” side of the corridor is the lighter. The large expanse of the corridor floor is broken by two ornaments. So, with our four questions in mind; my eye is drawn to the end of the corridor. I like the

composition and how the shadows play against diagonals. I don't like the slight tilt on the left-hand side. And that's what I'd change; I'd straighten the left-hand side of the image.

Photography isn't an exact science; you may look at the same image and come up with different answers to the four questions – it comes down to personal taste.



How I became a member - Pat Boden

I have always been interested in reading books but had been put off joining a book club as I didn't want to be expected to read the monthly choice. I like many subjects, I have just finished a book termed a cozee mystery and now started reading a book about human genetics.

I knew about U3A in UK but as we were planning to come out here didn't look at what was on offer in my area.

I had heard about C3A before I looked to see what they offered. They had meetings where I often went and had seen them a few times.

My search for them online was easy and I studied what they had to offer – the Book Club was close to where I lived and wondered how it was run so sent in a request. Janet Bureau runs it and she phoned me and I was surprised to hear I could have up to three visits to a group before deciding about joining them and C3A.

I decided on the first visit this was the right group for me, they were discussing different books, no restrictions on what you talked about. I really enjoyed it. That was over three years ago.

We did all read Notes on a Scandal by Zoe Heller to compare it to the film of the book starring Dame Judi Dench and Cate Blanchett that was being shown on TV. That was very interesting seeing how they had changed some of the story to build up Dame Judi's part.

Janet Bureau decided Book Club did not describe what the group was about, she has altered the name to All About Books as a better name to describe the group for newcomers.

After one group meeting Janet and I started talking about family history and she asked me to run a group that she would help me set up.

The Family History Group meets once a month at my house in Kolossi to discuss family history and help with problems finding some of our ancestors. It doesn't matter if you are just starting or experienced, both are in the group. DNA has altered family history and for those who are adopted or with illegitimacy in the family, it can be a wonderful help to find ancestors.

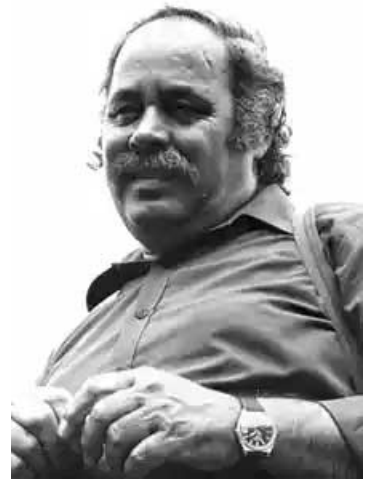
I am also a member of the C3A committee.

But I only went to see if the book group would interest me 😊

The story of Stass - Jane Webster

Stass Paraskos was born in Anaphotia a village near Larnaca on 17th March 1933, the second of 6 sons, his youth was spent tending the family's flock of sheep and goats in the fields around the village.

Schooling was intermittent but he attended often enough to learn to read and write and at one point he thought he could be apprenticed to a printer and work in one of the many print shops in Cyprus at that time. But as Stass's brother Petros has said, there was always something about Stass that wanted more from life.



And so in 1953 Stass left Cyprus with just 5 pounds in his pocket and a one way ticket to England in search of a better life.

In 1953 Cyprus was a British Colony and the Nationality Act of 1948 gave Stass the right to settle in the UK. His first job was as a pot washer at the ABC Tearooms in Tottenham Court Road in London. He then moved to the city of Leeds to work as a cook at another brother's newly opened Greek restaurant The Montevideo. The Montevideo was a popular hangout for artists and art students of Leeds University and Leeds College of Art including the Head of Fine Art at the college Harry Thubron who decided that Stass should enrol for classes despite not having the usual entry requirements.

Stass later said of Leeds College of Art 'It was like entering paradise for me'.

It was during this period that Stass met his wife to be Mary who was English. They married in 1957 and had four children the oldest also named Stass but known as Stan.

In 1959 Stass and his family moved to St Ives in Cornwall to become a part of the artistic community there along with artists who were friends from his time at Leeds College of Art. However with a young family to support life was difficult in St Ives and they had to return to Leeds where Stass again helped out in his brother's restaurant. In 1961 Harry Thubron offered him his first teaching work and further part time work followed at Leicester College of Art where he became friends with another Leeds based artist Laurie Burt who eventually moved to Cyprus to establish one of the first contemporary art galleries.

In 1966 Stass was invited by Patrick Hughes to hold his first solo show at the college's gallery. 3 days after the opening the exhibition was raided by the police and closed down. A notorious court case known as the Stass Paraskos Obscenity Trial followed in which it was alleged that he displayed paintings which were 'lewd and obscene' in contravention of the Vagrancy Act 1838. The court case was one of a number of important legal challenges to the freedom of the arts in the 1960s and 1970s. Despite luminaries of the art world speaking in his defence and messages of support coming from the Home Secretary at the time Roy Jenkins Stass lost his case and was fined five pounds.

Stass Paraskos was the last British artist to be prosecuted for obscenity under the Vagrancy Act 1838 and an exhibition recreating the 1966 Leeds exhibition was staged at the Tetley Arts Centre in Leeds in 2016 to mark the fiftieth anniversary of the original exhibition and prosecution.

Following a successful teaching career at Leeds, Leicester and Canterbury Stass was appointed Head of Painting at Canterbury when it was rebranded as Kent Institute of Art and Design.

In 1989 he returned to Cyprus to run the Cyprus College of Art with his daughter Margaret and using his strong connections with the British art world was able to bring well known international artists to the college including Antony Caro, Terry Frost, Euan Uglow and Rachel Whiteread.



Despite primarily being a painter in 1992 Stass started work on an ambitious sculpture wall in the village of Lemba. The wall is made of found and recycled everyday objects and comprises a mixture of abstract and figurative forms including a gorilla, a pygmy elephant and a giant pair of welcoming hands. The wall is 20 metres long and up to 4 metres high and forms a sculpture garden enclosing the studios of the Cyprus College of Art.

Stass died in Paphos on 4th March 2014, he was 81 years old. His legacy lives on in his art work but also in his writings as he was a prolific writer.

A street in the village of Lemba, the location of the Cyprus College of Art, is named after him in his memory.

"Like religion, art is at its best when it's a simple activity but, as in religion, simplicity can lead to the experience of something incredible."

Stass Paraskos

Links:

www.cypruscollegeofart.com

<https://www.theguardian.com/artanddesign/2014/mar/28/stass-paraskos>

https://en.wikipedia.org/wiki/Stass_Paraskos

Music appreciation lite! – Lilian Hayball

Our normal meetings are held on the last Friday afternoon of the month. We have a pre-planned programme and enjoy the social contact as well as the shared interest in our music.

Since many of the usual summer options were restricted this year we decided to keep going in one way or another. The idea of a Zoom meeting was proposed and discarded, so we made a list of member's requests, looked up the You Tube and other links, and circulated a programme. The time and date were those of a normal Friday so members could listen at home but together in the virtual world.

Since then we have had three happy Music, Coffee and Chat mornings – cooler then, just a few members, and talking as well as listening. Friday September 25th is in the diary for the next full meeting here in Episkopi but we may have to be resourceful once more.

Lilian hosted the most recent one, and this is her lively account!

Lilian says - 'We had a lively morning Friday 28 August at my humble flat. First of all the four of us greeted each other with elbows akimbo, feet jostling, and masks removed dangling from fingers. Once settled sufficiently far apart on sofas and chairs in my top flat, reached by the lift from the nether regions of the block, the four of us listened to a selection of music from my computer, all obtained on YouTube except for one CD.

We were spellbound by Tatiana Stupak on the piano - *'Tatiana Stupak & Friends birthday concert 13 June 2020'*; we then praised David Pentecost's rendering of *Liszt's Consolation No.5, S172*.

John Turvey had brought a CD of tenor Kathleen Ferrier singing Folk songs from England's eastern shores. *'Blow the wind Southerly'* was one, and we all agreed her recorded voice is so pure. We also sang parts of *'The Keelrow'*, and then *'Pretty Polly Perkins from Paddington Green'*, a Music Hall song.

John Palmer loves the trombone. Try *'Wynton Marsalis - Jazz in Marciac 2009'* for starters. We listened to Acker Bilk on the clarinet, his *'Stranger on the Shore'*. The mouth-organ is played by John Palmer and John Njoroge too. Larry Adler was found - *'Larry Adler, one of the best on the harmonica in the world! Ralph Vaughan Williams, Malcolm Arnold, Darius Milhaud and Arthur Benjamin composed for him. During his later career he collaborated with Sting, Elton John, Kate Bush and Cery Matthews.'*

John Njoroge, a student from Kenya, studying Biology here on a bursary from his Church, chose to find on YouTube some dancing *Gyriama* people, and *Maasai* groups jumping as they do, especially before a wedding! This was followed by *Bach's Toccata and Fugue* played on the organ in London's St. Pauls Cathedral while we gazed in awe at the wonderful photos of St. Paul's glorious inner paintings and superb domed and arched architecture as seen on the computer screen transferred by HDMI cable to the wall TV.

Thank you everyone for their contributions! It was a lovely musical morning. We are sorry the rest of the Music Appreciation group could not make it on 28 August, including Janet who was drowning in paperwork!

We bid each other 'Stay safe! , and wished each other 'Love and virtual hugs' as we left. Lilian

Lockdown with Dan and Sue

I do have to say that we managed very well during the lockdown. We stocked up the 'fridge, and the freezer to save having to shop too often. I had a list of jobs that I wanted to get done because there was going to be a lot of time with nothing much to do and not being able to go out, but I don't know what happened I never got round to doing them.

Being able to sit out in the garden with a book was a treat and having the swimming pool was wonderful, for me, a necessity, to help keep myself moving every day by swimming. It does help my back pain tremendously. The three dogs did not notice anything strange going on apart from masks being worn by us when they went for their normal morning walk.

We had more birds visit the garden this year and the swallows came back and raised two broods of 4 and 3 in their usual place. The wheatears, sparrows, blue tits, and even long tailed tits (which we had not seen breeding up here).



The number of cats we feed in the garage also increased as quite a few small kittens arrived – quite where they came from we do not know – but could have been dumped I suppose so we are now feeding 11 cats.

They even now tend to stay in the back either in the garage or the Courtyard which leaves the main garden free for the birds, where we also have 2 small ponds for them and the hedgehogs, who go there at night to drink.

The saddest thing for me though was missing my daughter's wedding in the UK in July. Because I was not there she had curtailed the numbers to just her daughter and her husband's 2 sons and his sister with her father giving her away – they had a glass of champagne before driving down to Portsmouth (with the children as well) to get the night ferry to Brittany where she has a holiday house. Once all danger of this pandemic is over, so probably sometime next year, all the guests will be invited to a service of blessing with the normal follow on festivities so everyone can enjoy the wedding again, so I can still buy my hat!



The best thing is that being together 24 hours a day was fabulous and we have grown even closer together.

Bridge is different!!! - Julian Kirkup

Having enjoyed playing Bridge since my teens, I have always known this fact, but a recent article in the Sunday Mail wrote of a new difference. *'No computer has ever beaten a human at Bridge. Chess, shogi, poker, draughts, go, backgammon – AI (Artificial Intelligence) wins them all'*. But not Bridge.



So, Why? What is it that is very different?

It's a card game, but one in which the 'luck of the cards effect' is negated. You don't just have to do better than your opponents, which is easy if you hold the better cards. You set yourselves a higher target for greater rewards, thus giving weaker opponents an easier target to defeat you - (if you say you will win 10 of the 13 tricks, they have only to win 4 to beat you. So why not say 9? Because you score a lot more for making 10. Bridge has a very clever scoring system which encourages boldness and keeps the odds even).

Four players, North and South versus East and West, sit round the table and deal out the whole pack, and you will each play one card in turn, the highest card taking the trick. But before play starts, you try to tell your partner about your hand, using a very limited vocabulary, and with the opponents listening carefully. This is called 'Bidding', and, like all auctions, each bid is higher than the previous. In this way a target is set to win a certain number of tricks with a certain suit as 'Trumps' (a suit which beats all others - choose the one you have most of). Then play begins and the second big difference from other games

becomes apparent:- after the first card is led, the Partner of the player who won the bidding lays down his hand, face up, on the table for all to see.



The 'Player', as he is now called, thus sees the whole strength in his armoury - and therefore knows the total strength against him (although not on which side the missing Kings and Aces lie!), and politely says '*Thankyou, Partner*', while each of the 'Defenders' can see half of what they are up against. All three take time to study what they see and try to work out a strategy. The Partner is now 'Dummy' and must remain silent.

Bridge is a fascinating game which requires, and helps develop, a sense of logical consistency and reasoning ability, along with improved mental arithmetic skills, memory and concentration.

The C3A Bridge group began with the aim of teaching beginners, using the method approved by the English Bridge Union. We still welcome anyone who would like to learn from scratch. But on the whole we know how to play, albeit with frequent reference to notes and just enjoy playing in a relaxed atmosphere without any pressure, sometimes not bothering to keep scores, merely taking each hand as it comes. And we need more friends to come and join us. No charge, but the hotel does expect us to buy a coffee.

If you would like any further information or have any questions, please contact Julian, 99 131627 or judrop.kp@hotmail.com

Agrovino - Olwyn & Fred Jones, Richard & Margaret Emery



Olwyn & Fred

We stayed at Nos 3 and 4, Agrovino in Lofou for 2 nights with friends. The studios are traditional village houses. They are superb and contained everything you needed for a self-catering stay. Beautifully and tastefully furnished.

The 2 studios have a shared courtyard with sunshades and tables and chairs. It was very quiet being mid-week and we were the only people there and the only ones in the Taverna which is only across from the studios.

The taverna itself is a traditional taverna serving very good Cypriot food. Excellent staff and very friendly. The breakfast which is included was a very good continental breakfast. Homemade jams and their own juices made from the fruit from their own farm. We ordered food at lunchtime which they brought across to us so we could sit out in the courtyard to eat.



The centre of the village is a short walk away.

It's a very quaint typical Cypriot village which meant that the only downside was that the few shops were open but no one about to serve you, the coffee shop (the men's coffee shop) only does bottled water or cyprus coffee, and the little shop/bakery had no bread. The wine shop/ coffee shop which belongs to the studios was closed and only open on Saturdays.

We would definitely stay again but now we know we would take some supplies.

Richard & Margaret

We enjoyed our short stay at the Agrovino. The hospitality was second to none it was an enjoyable totally different laid back experience, with first class accommodation and all the requirements to go with it.

The enclosed private courtyard, with seating and tables, suited our needs especially when going to the hotel to order a light lunch to be told not to wait as one normally would, but to have it delivered to our courtyard table in no time at all.

We had our evening meals consisting of a good typical Cypriot type menu cooked in front of us, on the two days of our stay that were both good and reasonably priced, and a breakfast that did them proud.

An ideal location for those who enjoy a relaxing quiet type of holiday with no commercialism and a very scenic location. Would we stay again? without reservation yes, we certainly will.

The Two Flowers Hotel and Restaurant

Barbara Baikie reports on the 2 night stay



Four members took advantage of the super deal for a mountain break at the Two Flowers Hotel in Pedoulas, Julian & Fazaneh Kirkup, Claudine Snell & myself.

The hotel is built on the side of a hill with the reception and restaurant on the ground floor. The rooms were quiet and we were made very welcome by the staff who could not have been kinder or more helpful. A fan but no A/C; rarely needed here.

We checked in and our bags were carried down to our rooms which had a balcony overlooking the valley, towards the Church of the Holy Cross and the sun rose to our left and it was beautiful to watch the shadows retreat, illuminating the village houses below us. At night we had the full moon shining in.

I will not make you jealous by telling you what we ate but it was excellent and very plentiful and very reasonable, The inclusive breakfast was 2 eggs and a generous helping of bacon. fruit, toast. marmalade, orange juice, tea or coffee. The drinks prices were very reasonable from the bar (The best brandy sour I have ever had!!)

There is a folklore museum and a Byzantine museum which I did not get to see as my arthritis would not let me walk that far. I got to the church and that was it, I had to admit that I could not get back up the hill!!

Much to Claudine's amusement, I flagged down the next passing vehicle and got a ride back to the hotel. And my rescuer turned out to be the father of our waiter!!



View from hotel room balcony

I have no hesitation in recommending the hotel and would happily go again.

Thanks to C3A for organising it. Well done!

The Two Flowers Hotel and Restaurant

Claudine Snell reports on the 2 night stay

Thank you Cleo Kyriakidou and Paul Costerton who, on behalf of the C3A, very successfully organised the two night stay in the lovely mountain village of Pedoulas.

The Two Flowers Hotel and Restaurant, family owned and run, was excellent. We were made very welcome upon our arrival and during our stay they could not do enough for us. Meals were plentiful and very tasty. Although, sadly, there were only the four of us who took up the offer, Barbara Baikie and Julian and Farzaneh Kirkup and myself, I could not have wished for better company.



The Two Flowers Hotel and Restaurant



Sunrise over Pedoulas from hotel room balcony

On our first evening they introduced me to the game of Bridge. Goodness knows how Julian managed to keep his cool when I placed the wrong cards on the table, yet, his scowl did not put me off! I even got the occasional praise for helping to win a hand. How I did so I have still not worked out! I actually enjoyed it and asked if we could play again on our last night!

Barbara accompanied me in my car and during our stay we spent the days

venturing around the village and beyond. It was certainly degrees cooler and the air was so much fresher up in the mountains.

The Kora - Barbara Johnson

Having watched several programmes about Africa recently I was particularly interested to find out more about the Kora as I have one standing in my living room!

It is a musical instrument unlike any other. Its 21 strings represent the blessings of Allah and they produce a sound resembling that of a lute or a harp. Dating back to the 13th century and traditionally played by men, the Kora has great importance in West African social life. In the Gambia, Guinea, Mali and South Senegal, Kora players are entertainers, historians and story tellers who bring strength and balance to community life.



As a fairly large instrument, the Kora usually sits between the knees and is played by holding onto two wooden handles and using the thumb and the index finger to play the strings. It's defining shape is the calabash fruit.

In the programme I watched the Kora maker cut a calabash in half and scraped out the seeds which he gave back to the farmer to sow in his fields. Next he chose the skin, the stomach of a cow, and stretched it over the dried half of the calabash and tightened it with a rope. He used ornately carved wood for the handles (the only time he used a power tool) and then shaped a long rounded piece of wood to support the strings. Brass taps are often used nowadays to hold the strings whereas years ago pieces of cow hide would do the job. Finally, the Kora maker cut off the dried rope and decorated the bottom of the calabash with studs.

Finished Koras cost around €2,000 today and are played with most genres of music in particular Hip Hop and Reggae.

The sound of the Kora is said to be therapeutic.

Going plastic free

Penny Douglas



None of us can be unaware of the 'plastic problem'. Deciding to go 'all out' to avoid plastic, these are some relatively easy things I found (& that you too can do) to avoid the stuff. More and more people are joining the anti-plastic 'bandwagon', so:

Buy:

Loose tea (are you aware of the plastic in the tea-bags?).

Shampoo bars (which are actually more economical than that stuff in a bottle) (see websites below).

Soap in plain-paper wrapped bars (not the shiny paper).

Water in glass bottles or buy a water bottle to fill at home (see websites below).

Herbs in brown paper bags (not those plastic boxes/bags), or, better still, buy loose...even better, gather them yourself!

When you have to use a pot (eg buying olives) take your own & re-use.

Fetta, anari, cheddar etc : buy from a 'deli' (see websites below), not plastic-wrapped packets.

Tooth brush : a wooden one (see websites below).

Toothpaste: powder, which is very pleasant (see websites below). Or a Miswak stick (see websites below).

Milk (goat's): buy the cartons from Greece (OK, I know that 'costs' in transport) as opposed to the plastic bottles (why, Oh why did they stop selling all milk produced here, in cartons?).

Soap-powder: in cardboard boxes, not the heavy-duty /plastic bags or buckets.

Olive oil: get from producers, take your own glass bottle (I know a producer of olive oil if

anyone wants some, e5/litre).

Chick peas, louvi, lentils, etc: buy loose (they are often locally grown and better quality than the ones in plastic packets anyway). Many fruitarias sell these in bulk.

And what I do:

Try harder to persuade my guests to use a refillable bottle & take water from the mains (& it's cleaner).

Use pencils instead of biro.

Make my own yoghurt in a glass/china container (it's easy).

Takeaway coffee: carry my own mug in the car (see websites below). The takeaway cups look like paper, but are not recyclable.

Buy washing up liquid in 4 litre bottles (that is not a solution, just less plastic/litre). A help is diluting it 50:50 with water, as most people use far too much.

Tooth care: use a Miswak stick (see below). Even better is that they need no toothpaste!

Google: ny tmes, "life without plastic".

Where? Places (in Limassol):

Loose dried lentils, beans, nuts etc: Limnia fourtaria: up Ayia Phyla from Makarios Av, on the left & a very good range. Also: The froutopia in the Ay Athanasios Industrial Estate and many more.

'Loose' fetta, anari, haloumi, cheddar etc...plus walnuts, almonds: Food Parade on Grivas Dhigenis (opposite his memorial ground), Limassol.

Shampoo, toothpaste powder, soap etc : www.vegenero.com ('pick up' near the Yermasyia roundabout).

Websites:

Plastic-free razors: <https://leafshave.com/>

Miswak stick: [://www.youtube.com/watch?v=eamh-GNUsnI](https://www.youtube.com/watch?v=eamh-GNUsnI)

Water bottles (& more): www.rainbowproductscyprus.com/

Colapsible cups: www.amazon.co.uk

Various eco-products:

www.earth-and-ocean.com

www.thebuddaisland.com

www.dynamec.com.cy

And, at the end, cardboard coffins or Mushroom Burial Suit: Google it!

Not plastic, but did you know there's still a deposit on Keo & Carlsberg beer bottles?

What (on/for the earth) are you waiting for?!

Recipe

Easy Cheesy biscuits - a savoury treat



Ingredients

120 gms plain flour

120 gms butter

120 gms strong cheddar

½ teaspoon mustard powder or 1 teaspoon made whole grain mustard

a little paprika

Method

Preheat oven to 170°C/150°C fan, gas mark 5. Line a baking tray with baking paper.

Mix flour, butter, cheese and mustard in a bowl using your fingertips forming into a ball. Don't overwork the dough!

Tip onto a floured surface and roll out to 5mm thick, cut into biscuits using a biscuit cutter or rim of a jar.

Sprinkle a little paprika on each biscuit.

Bake for 10- 15 minutes until just golden and crispy.

Recipe

Bacon and Egg Pie

Home-made individual bacon and egg pies, baked in patty tins or as a whole pie, make a very good and easily transportable picnic dish.

Ingredients

4 rashers back bacon, derinded

3 large eggs

About 4 fl oz (120 ml) milk, plus a little extra for brushing the top of the pies

Salt and freshly milled black pepper

Shortcrust pastry

Method

Hardboil 2 of the eggs.

Grill (or fry) the bacon gently until the fat begins to run and pre-heat the oven to 200°C.

Roll out half of the pastry, on a lightly floured surface, cut out 12 rounds using a 3½ inch (9 cm) cutter and line the patty tin.

Peel and chop the eggs quite small and chop the bacon fairly small, too.

Divide the egg and bacon among the pies and season with freshly milled pepper and a very little salt.

Beat the remaining egg together with the milk and carefully pour the mixture into the pies, allowing it to settle as you go.

Dampen the edges and roll out the rest of the pastry to cut out the smaller rounds for the lids. Make a small hole in the centre of each pie, brush the tops with milk, then bake for 10 minutes.

After that, reduce the heat to 190°C and cook for a further 25 minutes.



Small ads



Holiday in Cyprus?

Need a holiday, some peace and tranquillity, but your trip abroad had to be abandoned? Try Cyprus! More specifically my stone-built, 200 year old, traditional Cypriot house in a small village only four km from the beautiful, clean beaches to the east of Limassol and close to the eastern Troodos for walking etc. It is truly a peaceful place, though maybe not quite as exotic as you were planning!

There are two rooms each with a single bed, which can be put together in one of the rooms. One of the rooms has an adjoining bathroom (the rooms are never rented out separately). Guests have access to the kitchen for tea and coffee.

(COVID-rules re distancing & hand-washing etc apply, of course)

There is an excellent taverna in the village (plus others!).

More information and booking:

pennydouglsctyprus@gmail.com

Keep safe & well, Penny Douglas

UK Nationals – the UK has left the EU building!

As you are all aware, the UK has left the EU and is now in a transition period. To that end, the UK government is working with organisations to help and assist UK Nationals living in EU countries who need residency advice and support. One of those organisations is the **Cyprus Residency Planning Group (CRPG)** whose remit is to help UK Nationals who may find it hard to complete all the paperwork, particularly pensioners and disabled; those living in remote areas or with mobility difficulties and those needing assistance with language translation or interpretation and who, for whatever reason, cannot respond and help themselves.

In other words, people deemed at risk.

CRPG officially opened for business in April 2020, when the Help Desk sprang into action and began the process of taking calls from people seeking advice on whether to apply for an MEU1 or an MEU3 – and what the difference is.

There still seems to be some misinformation and confusion out there.

So, in a nutshell – if you have lived in Cyprus for more than 90 days BUT less than 5 years, you need to apply for an MEU1 and if you have lived in Cyprus for 5 years or more, you need to apply for an MEU3.

All old-style residency documents such as the blue form, pink slip, alien registration book or a stamp in your passport are no longer valid and **MUST** be replaced.

Please visit the CRPG [website](#) for more information and for those of you who are considering residency and who might be new to Cyprus please also look at the GOV. UK information site [Living in Cyprus Guide](#)

If you would like to chat about your own situation – or you know of someone who needs our help - please contact the Help Desk on **99826087** or email contactus@cyprus-crpg.org.

We look forward to hearing from you.



PS: We are also looking for more volunteers to work as Case Workers, to help us manage individual cases. Volunteers are trained in Safe Guarding, Data Protection and will also be required to apply for CRO clearance. There is remuneration for mileage and an hourly rate – plus Case Workers are provided with a CRPG branded brief case and business card. It's a great way to help your local community.



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