

GROW BOLD

LEARN, LAUGH AND LIVE

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C3A Magazine

Winter 2020

Message from the Outgoing Chairman



As time is approaching for me to step down from the position of Chairman I feel it is worth looking back at how I became involved with the C3A Association leadership in the first place.

In 2016 the C3A went through a highly traumatic crisis with a major conflict erupting between the then Chairman of the Association and the rest of the Association Committee. A mini civil war raged within the C3A leadership.

Behind this were fundamental differences of how people saw the nature of the organisation. An attempt to link the C3A with a commercial care company (something expressly not allowed by our rules) and a half-baked scheme to expand into the Occupied North (contrary to the laws of the Republic of Cyprus) brought things to a head.

The Chairman and Treasurer resigned mid-term added to which the Secretary also resigned for health reasons. The organisation was on the verge of collapse.

At the same time, the government was re-writing the rules governing voluntary organisations and the C3A had to update to comply with the law if it wanted to remain as a recognised Non-Governmental Organisation (NGO).

At that time I was a member of several C3A groups, all of which I enjoyed immensely. The idea of getting involved with the administration had not entered my mind but I couldn't bear the thought of seeing it all collapse without trying to help.

So, together with other like-minded members, we set about the job of healing the wounds within the C3A and updating its rules and structures to bring them into line with the new legislation. Added to that, you, the members, set as a priority for the C3A to build better links with the Lifelong Learning movement in Cyprus and Europe, as well as develop links with other NGOs which operate in Cyprus. I can say that your C3A Association has made great steps in realising these aims. We have:

1. An up-dated constitution, registered and compliant with the changed laws of the Republic.
2. We are registered as a lifelong learning organisation in the EU register.
3. We undertook to take part in two EU Erasmus+ programmes, one as host and the other as our own project, visiting Malta and Slovenia U3As. A brief report of the Malta leg of this project is appended at the end of this report. Sadly, the Slovenian part of the project has had to be shelved due to the covid-19 outbreak across Europe.

Message from the Outgoing Chairman

4. We have produced "GROW BOLD", our magazine, so ably put together by Jane and Nigel.
5. Plus we now have close links with other Cypriot NGOs, particularly through our Environmental Group, and have taken joint action with them regarding the disastrous plan to develop the Akrotiri wetlands, causing untold damage to that sensitive environmental area. We collaborated on this with major Cypriot NGOs, e.g. Terra Cypria, Birdlife Cyprus, Friends of the Earth, the Cyprus Archaeological Association, the Cyprus Greens, The Laona Foundation, the Cyprus Architects Association, Limassol Active Citizens Initiative and others.
6. At the same time we established strong and very useful links with the Third Age Observatory whose premises several of our groups and our Association Committee use.

One setback we had to face was the lack of officers coming forward for the Limassol Branch, which forced us to merge the branch into the Association proper. Another was the regrettable decision of the Aphrodite Branch to go it alone, leaving the Association, although retaining friendly relations with the C3A.

This year the C3A is facing another big challenge:

All 3 senior officer positions (Chairman, Secretary and Treasurer) become vacant at the same time!

The time has come to hand over to a new set of Officers. I am sure, looking at the nominations that have come in that the C3A will be in good hands onto the future and I am happy to pledge them my full support and assistance (where it is required).

Thank you all for your past support

Thanasis (Dan) Tsirikos

Message from the New Chair



Dear Members,

I have taken up the baton from Dan for much the same reason he did four years ago. So much has been achieved since then that it would have been heart breaking for C3A to fold by default.

In addition, this year we have had the impact of the pandemic to cope with. It has been almost impossible for some groups to meet since the lockdown in March. Some Group Leaders have succeeded in holding small face to face meetings, while observing all the protocols of course, some have resorted to online meetings and others have planned site visits, which often had to be abandoned because of the regulations in place at the time.

We will not let this prevent us from continuing to function, hopefully for many years into the future. The Committee and I will do all we can to keep the Association alive and well. We will try and keep in touch with you through your Group Leaders, through our magazine Grow Bold and through notices from our Communications Officer, Paul Costerton.

I hope you all keep safe and well and I send you my best wishes for a happy Christmas and a safer and more optimistic New Year.

New committee for 2020-2021

Chair	Cleo Kyriakidou
Treasurer	Penny Douglas
Secretary	Pat Boden
Membership secretary	Barbara Johnson
Communications officer	Paul Costerton
	Claudine Snell
	Nigel Howarth
	Pamela Calver

Disclaimer

While the C3A Grow Bold editorial team has taken reasonable care when accepting articles for publication, any action taken by its readers on the basis of the information provided is entirely at their own risk.

Erasmus+ Project Progress Report



Following the award of a grant from the European Commission's Erasmus+ programme, we assembled two 3-member teams to study U3As in Malta and Slovenia.

The first team, comprising Nigel Howarth, Pamela Calver & Claudine Snell, left for Malta on 1st March and returned 7 days later on 8th March having completed their study.

U3A Malta is based on the French U3A model, which provides a more formal learning environment as it's linked to a university; in Malta's case, the University of Malta. It is funded mainly by the Maltese Government although U3A Malta members pay an annual subscription of €12.00; members must be aged 60 or over.

The team observed a number of lectures delivered by university lecturers with one exception; a well-respected seasoned radio broadcaster and music 'buff'. Following each lecture, the team interviewed the lecturer and a number of students. The team also interviewed the professor in charge of U3A Malta and its Administrator.

On their return to Cyprus the team prepared a report containing their findings, conclusions and recommendations that would benefit the C3A and its members.

Unfortunately, the COVID lockdown and subsequent restrictions have impeded progress although a number of improvements have been made to ease the administrative burden on the membership secretary and group leaders.

Although the second team planned to visit a U3A in Slovenia in April, this has been put on hold because of the COVID pandemic.

Erasmus+ has given C3A a one-year extension until June 2021 to complete the project.

Music Appreciation Group



Music has always been an important part of my life from a very early age. I regret now that I did not learn to play a musical instrument until too late in life when learning to do five things at once (especially for a male) becomes increasingly difficult.

However, in one's mature years, listening to and performing music becomes deeply satisfying and relaxing, especially in this current stressful time of Lockdown. The Music Appreciation Group, run by our own Janet Bureau, fulfils this need in a most relaxing and entertaining way.

It is an interactive group of music lovers and we all subscribe in our own way to the sharing of our experiences and memories of musical interludes. This can, and often does, open the window of our individual characters and lives, if we so wish, in a relaxed and friendly environment.

In a past life I was a farmer from Kent and for many years it has been accepted that music plays an important role in the lives and welfare of animals. Music played to cows in the milking parlour increases milk yield and singing to ewes helps to relax and comfort them in the lambing pens. Undoubtedly, the animal brain is affected by music, but not necessarily in the manner we might expect. As a boy I realised that a singing chicken, if one can call it that, signified that it was unhappy. My young son's violin practice made our Jack Russell howl, seemingly in acute pain. The dawn chorus, naively thought of as a concert of tuneful beauty, is, in fact, a rather aggressive assertion of territorial rights. I wonder why Romeo serenaded Juliet on the balcony? Was it really passion?

But passion it is that drives us to Janet's monthly musical meetings notwithstanding the epicurean delights at half-time.

Thank you and good on you Janet, and your technology guru Nick.

John Palmer

Music Appreciation Group - keeping going



The strength of our all our C3A Groups is in the sharing and broadening of our interests in a friendly and sociable environment. Our Music Appreciation Group illustrates this very well.

In the current circumstances we can't expect to hold meetings in our normal way, so for the time being we have lost part of our vital social contact. We kept going in the long hot summer with small informal coffee groups, circulated a playlist for the October meeting programme when we couldn't meet.

We hope to be back on Friday afternoon of December 18th with 'Music, Mulled Wine and Mince pies'.

To help the Music Appreciation group keep in touch during the pandemic, we have set up a WhatsApp Music Appreciation group to share items of music (and other things) to help us keep in touch. We are happy to include any members of C3A even if you are not currently members of our group.

For any of you not aware, WhatsApp runs on smart phones and enables anyone connected to share or talk for free, regardless of location. This can be audio or video.

We have shared not only music (of any genre), pictures, videos and things we have found on YouTube.

If you would like to join us just give me (Janet) your mobile number and you will be added to the WhatsApp group.

If you don't enjoy it, it is simple to leave the group.

Janet Bureau & Nick Pollard

Creating a YouTube playlist – Nick Pollard



We make extensive use of YouTube in our Music Appreciation meetings. When we have decided on a theme and have suggestions for programme items, I find suitable videos on YouTube and build a Playlist. At the meeting, we connect a PC to a projector so we can all share the content on a big screen.

Setting up a Playlist in YouTube is very easy. You simply start the video and underneath the window, there is an option to Save. If you are setting up a new Playlist, you click the + *Create a new Playlist* at the bottom. You are prompted for a name and Privacy. If you want to share the link, change this setting to Public.

You can then search for new videos and your newly named Playlist will appear when you select save.

If you want to review your Playlist, navigate to the three bars at the top left of the YouTube window. Your new Playlist will be listed below. If you start playing, you can move the items up or down the Playlist.

If you want to share the list, select the arrow under the playlist details. There are built in options to share in different systems and the option to copy the URL which you can then send in an email.

Email me if any of these instructions need clarification at nick.pollard@outlook.com.

How about making a playlist for a family member? Nursery rhymes for young grandchildren or some nostalgia to send for old friends?

John Williams awarded RPS Gold Medal

John Williams received the Royal Philharmonic Society Gold Medal for 2020 on 18th November. It is a prestigious award which has existed since 1870 and has been awarded to Brahms, Sibelius, Elgar, Rachmaninov, Stravinsky and Prokofiev amongst many other composers as well as to outstanding performers of classical music.

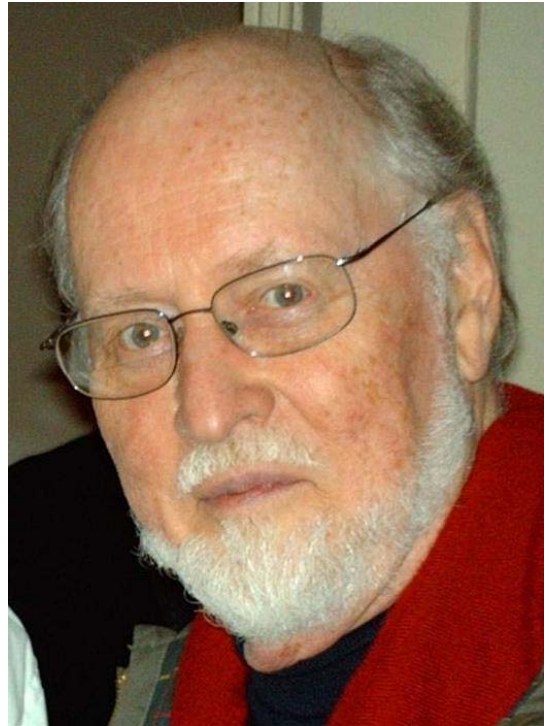
Most of us are familiar with his music. His numerous film scores include “Schindler’s List,” “Indiana Jones,” “Harry Potter,” and “Star Wars” amongst many others. I must confess that I’ve never seen any of the “Star Wars” films, yet I’ve heard the music! The RPS Chairman said of John Williams, “...(he) has dedicated his life to ensuring orchestral music continues to speak to and

captivate people worldwide in this way. Aged 88 and still at work, he is an international treasure, writing score after score of sophistication and impact, many transcendent of the films for which they were written.”

Director Steven Spielberg, with whom John Williams has collaborated on many films, said in a congratulatory message: “John, you have brought the classical idiom to young people all over the world through your scores, and through your classical training and your classical sensibilities. You are in the DNA of the musical culture of today.”

John Williams continues to compose, conduct and record orchestral music, the last two on hold at the moment because of the Coronavirus restrictions. Accepting the RPS award, he said, “For any composer to be able to devote his or her life entirely to the composition of music is very fortunate indeed.” He made a memorable comment in an interview on Radio 4 the following day: “Music is enough for a life. A life is not enough for music.”

Cleo Kyriakidou



Gardening Group Members Know their Onions



For me gardening is not solely about growing pretty plants and/or fruit and vegetables. It also involves the stories, the history behind those same plants. I find them quite fascinating. For example, take the humble onion.



Who would have thought that this common vegetable, famous for its ability to reduce even the mightiest to tears, could be associated with, among other things, great strength, pain relief, and divination, especially when it comes to affairs of the heart.



The strength and pain relief can be demonstrated together in one belief that schoolboys about to be punished by administration of the cane should rub onions on their skin. The part of the anatomy to receive the punishment is not specified, but it was claimed that as well as no pain being felt the onion would cause the cane to snap on the first blow.



As for the subject of divination associated with onions (it even has an impressive name, cromniomancy), affairs of the heart loom large. Young ladies fortunate enough to have a choice of suitors could mark each one's name on an onion. These would then be left in a dark place to sprout, the first to do so indicating which lucky man she should choose.



Apparently, girls in Derbyshire who were not so fortunate as to have a selection of beaux to choose from used a slightly different method. I was born and raised in Derbyshire and have to confess to never having heard of this until a few years ago. Anyway, these girls in their desperation would peel a large red onion before sticking nine pins into it. This had to be done in a particular sequence, one in the centre and the rest radially, the while reciting the following:



Good St Thomas, do me right,
Send me my true love tonight,
In his clothes and his array,
Which he doth wear every day,
That I may see him in the face,
And in my arms may him embrace.



On retiring to bed the onion was placed under the pillow, thus ensuring that they would dream of their future husband. As is indicated by the first line of the poem this was only effective on St Thomas' Day (21st December).

As I write this 21st December is just a month away. Depending on when the magazine is published there may be time for any ladies out there who may be looking for a significant other to test the efficacy of this legend.

John Joynes - Gardening Group Leader

Environmental Group



On Monday 5th October group members met at the beautiful Maramenos Picnic site where Sue welcomed Lefkios Sergides from Terra Cypria and Tassos Shialis Campaign Manager from Bird Life Cyprus. They came to update the group on developments regarding the projects planned for the Akrotiri Peninsula.

C3A had joined with another 22 NGOs to send a letter to the Chief Officer of the Sovereign Base Area with complaints about some of the projects which were being planned but also support for plans which concurred with the policy of protecting the environment, bird habitat and flora and fauna.

We were advised that we were now waiting for the official response to plans for building houses, roads etc in the area. Questions from members were answered by both Tassos and Lefkios. A decision has already been made to allow a photoelectric park adjacent to Bishops Pool but it will be on a smaller scale than that requested by the Electricity Board to enable a trial designed to assess the environmental impact it would have particularly on nesting birds.



When asked if there was anything our group could be doing to help we were told that it would be useful to send a letter to the Chief Officer asking about illegal activities in and around the Akrotiri Peninsula eg fly tipping, unauthorized motocross and extended parking provision by Taverna owners.

C3A will be contacted again when a complete response has been received with a view to having another meeting.

Sue Tsirikos
Environmental Group Leader

Archaeologists Yomping in the Bondu



In early November a small group of members of the Archaeology Group were able to take part in a restricted visit to the Katalymata ton Plakoton site. Close to the fence of RAF Akrotiri and in the middle of the scrub Dr Eleni Procopiou and her archaeological team have been digging away for the last 13 seasons (from September to November each year) to uncover an ecclesiastical structure dated to the Early Byzantine period and specifically to the first half of the 7th century AD.

The digs initially uncovered a transept basilica church orientated to the west (which is an unusual orientation). They then went on to discover a second church, built at the west of the first, with an open-air atrium between them. This second one was orientated to the east. In all the excavated site is 100m long and varies between 36/40m wide. Both churches are surrounded by rooms thought to be used as living places, workshops, storage, and housing of animals as well.

As the churches have been uncovered it has become clear that they are a martyrium (simply put, a church that holds holy relics). Evidence for this comes from the niches built into the walls which would have held the relics of saints or privileged people and the layout of the churches with various corridors along the central aisles, which indicate processional ways). The site may well have been a place to which pilgrimages travelled so that they could pay their respects to the venerated remains it housed and offer gifts (such as bread, wine, wax or animals).

Over the years the digs have uncovered the remaining structures of both churches and their wealth of finds. These included numerous mosaics on the floors, mainly of geometric design, a marble trapezophoron (table foot) with a horned male bust and sculptured

Archaeologists Yomping in the Bondu



liturgical furniture (such as marble chancels, pillars, glass lamps and window panes). The most exciting find for the team was an intact built grave with a sarcophagus shaped lid with a perforated cross in the centre. It contained the burial of an elderly man along with two bronze pins (used to secure clothing), organic beads (probably from prayer beads) and five bronze coins.

It is not known exactly when the site was abandoned or why, but it was certainly no longer in use by the first Arab raid (649AD to 653AD). One theory is that those worshipping at the site moved elsewhere, perhaps to another site on Cyprus or even left the island completely. Damage to the church walls in the east facing church, where there would have been niches holding the relics, suggests that these were removed from the site, perhaps as part of a planned abandonment of it. Over time earthquakes brought down further walls and it is likely that the site was robbed of its stone to construct other buildings either in the peninsula or even in the Medieval Limassol.

Dr Eleni Procopiou only plans to continue digging at the site for a further summer. Then thoughts will turn to how best to preserve what has already been uncovered and hopefully in time allow it to be accessible to the public.

As well as being enthusiastic about the site itself Dr Eleni Procopiou is also pleased about the way in which the yearly digs have brought together a wide range of people from different backgrounds and experiences not only to learn about archaeology but also to learn about each other and different cultures.



“As well as Cypriot students and volunteers we have also had post graduate students from British universities and Army personnel taking part in Project Artemis. This has made for a great co-existence of people. They have eaten together, laughed together, created friendships, discussed the history of Cyprus and relations between Cyprus and its surroundings as well as with UK. All this has helped us all understand each other better”

Pat Howarth, leader of the Archaeology group, is no stranger to this site. “The Archaeology group has watched this site unfolding on visits since 2009 and Dr Procopiou has been most generous with her time. It is a real gem hidden away in the middle of the forest with its amazing mosaics. Our most exciting visit coincided with the decision to open a sarcophagus on the site. We watched the careful efforts to open the lid which took most of a day. The contents, though poorly preserved, included coins which confirmed the date of the site.”

Archaeologists Yomping in the Bondu

“This year we enthusiastically wanted to help Dr Procopiou with pot washing on site, but health concerns by the Base authorities meant we were unable to do so. Instead those people who had volunteered were given the opportunity to visit the site when a restricted visit became possible. We were amazed at the progress made and the huge area now exposed with the main church now added to the original basilica.”

The archaeology group usually meets on a Thursday morning each month (although timings do change to tie in with archaeological work on the island or the availability of lecturers).

Most of the group's activities concern visiting sites around the Island with an expert and members also get the chance to help out with such activities as pot washing and soil sampling whenever possible.

Gillian Mauger



A Sunny Day at Sea

On Thursday 17th September, a lovely sunny Cyprus morning 16 C3A members embarked on a catamaran trip along the coast from Limassol.



Relax Cruises were not operating at lunchtime but due to the fact that C3A had been good and valued customers over the past 3 years they agreed to make an exception.

However a minimum of 15 people were needed and after some problems with people booking then cancelling 16 definites were achieved and a few others joined us on the day too.

The weather was perfect - sunny but with a cooling sea breeze - the sea was flat and calm.



We were welcomed on board with a drink of our choice and we left the Old Port at 10:30 heading along the coast towards Ladies Mile. We moored at the tip of the Akrotiri peninsula where some of us swam whilst others preferred to have another drink or two. Everyone was sociable, well behaved and charming.

We took photos of people pretending to steer the boat whilst at anchor before heading off to a very calm bay where a superb buffet lunch was served consisting of salads, cold meats, roast potatoes, tuna salad, pasta, vegetables and fruit for dessert - what a feast - and leftovers to take home for the cat!



Heading back to port we stopped to give people the opportunity for another dip in the sea. Our experienced captain smoothly docked the catamaran at around 4:30 - a wonderful day out - we headed home happy and relaxed with full tummies! A trip definitely to be repeated, early booking advised!

Barbara Baikie

Three Groups 'With a Little Help from my Friends'



Judy Mowbray has the most amazingly varied voice for her **Play Reading Group**! We have been meeting at Judy's flat monthly on most Wednesday afternoons since the 2020 March Lockdown and before.

Short plays have been photocopied within copyright and handed on the Wednesday to each group member. We have been chosen to be a character in the play, and some of us might hilariously take more than one role and voice to enact the said play. With simply wonderful results!

On some Wednesdays a play may not be available, and we would be asked to bring along our favourite poetry to the group. Such lovely poetry choices have been read out, and thoroughly enjoyed, along with Judy's famous biscuits, and tea or coffee, so elegantly presented.

I, for one, hope that these monthly meetings, play or poetry readings will long continue. Judy is the perfect Play Reading Hostess, having had a theatrical background, and she welcomes goody contributions and all suggestions.

The **Theatre Group**, run by Pamela Calver, has had a chequered career over the current year 2020! Previously we met at the Rialto Theatre Limassol to be given tickets for performances we had booked, bought by Pamela in the week or month before. Ann Goodwin might bring the tickets if Pamela was travelling. We were always grateful for these onerous ticket-purchasing and distributing tasks to be taken on by other stalwort C3A Theatre-going members !

Three Groups 'With a Little Help from my Friends'

The Rialto performances have been wonderful - orchestral, balletic, operatic, theatrical, jazz and dance included. All these performances, despite many with local ties, have had a thoroughly high-class international flavour.

For me they were always something to look forward to, to take me out, and to meet like minds. We would sit in the same row in the theatre and sometimes go to discuss the performance over a coffee or glass of wine in the Rialto Cafe upstairs, or outside in Heroes Square.

Unfortunately, the performances have been curtailed in recent months due to COVID, but Pamela is ready to 'pick up the baton' the moment evening restrictions are lifted. May this group long continue.

Janet Bureau's **Music Appreciation Group** in 2020 - held monthly during this Chinese Year of the Rat - and during our own Annus Horribilus here in Cyprus!

It is wonderful to find like minds who are willing to mask and space in Janet's house, and who are eclectic in their musical tastes: from Bach to the Beatles, or from Opera to Orchestra, Tchaikovsky to Tina Turner. Janet bakes goodies for us, provides refreshments, and is graciously hospitable every time! Delicious meringue and cookie contributors are always welcomed!

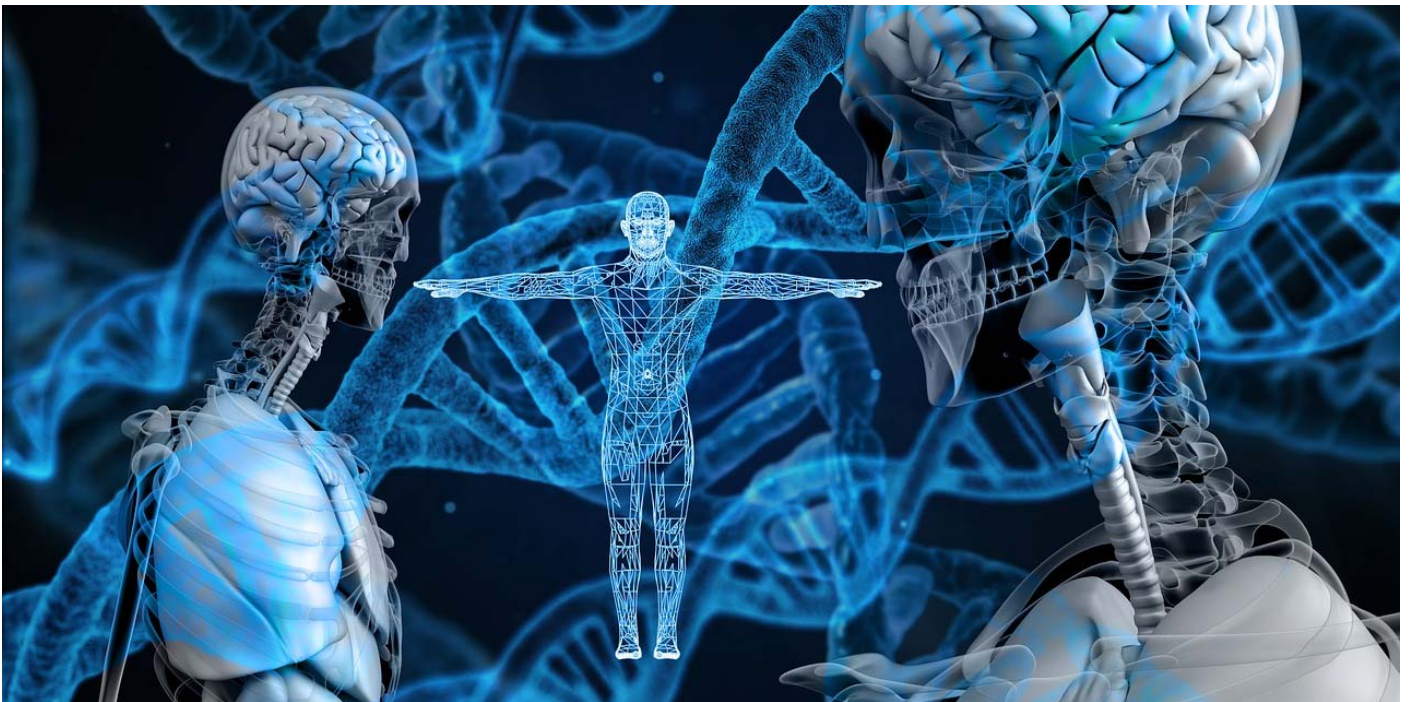
We have had several different themes for the meetings: one memorable meeting celebrated folk songs from Ireland as I recall. We would sing along too, and bring our own musical CDs or music references to listen to each time!

Noteworthy is the phone Music Appreciation WhatsApp across which musical additions can be made by members of the Group; a variety of music from YouTube merrily travels through the ether to appear there, for all of us with a phone and WhatsApp to enjoy, often to pop up at least twice or thrice a week!

I really hope that this Music Appreciation group will long continue. We have sad enough ongoing news, and the music just lifts the spirits so.

Lillian Hayball

The Hunt for a Family



The Family History group is still active even with the Covid 19 restrictions. We have monthly online meetings at the moment, people can join the group and all queries and help can be done online. You can contact me via the C3A site.

There's lots of new information being downloaded all the time and this can help with brick walls. DNA analysis can also help and there are regular special offers to help with the cost of this.

DNA is enabling people who do not know their families, due to adoption, separation or hidden illegitimacy to find them. I have recently had this in my family and have spent 4 months researching to help someone. I have changed all the names as most are still alive.

I received an email from a maternal cousin, Mike, asking for advice about a letter from a man named Tony. The letter was about Tony's mother Ann who was illegitimate and born early in 1945, she was the daughter of Vivian and a man called Peter Jenkins (Mike's father's name). Ann had her DNA analysed on Ancestry and been linked to a George Jenkins who was in our general Jenkins family. Tony had looked for the name of Peter Jenkins on a public tree on Ancestry who was also related to George's ancestors and found my uncle (it turned out to be via my tree).

Mike and I decided we'd help Tony, I felt it wasn't my uncle as at the time he was miles away in Wales working on the railways. Another maternal cousin Phil already had his DNA analysis on Ancestry, and it was quickly established he was a 4th – 6th cousin of Ann's. If my uncle had been the father Phil would show as a 1st cousin.

The Hunt for a Family

Tony then asked me to help as I was more experienced at family history research and DNA analysis than he. I found another Peter Jenkins in the family, born the right time and in the right place. I checked where we met him on the family tree to know what relationship Ann would be if she was his daughter to my cousin Phil. The result was 5th cousin which was a good possibility due to the DNA result. Tony and I looked at the new Peter's marriage and he only had 1 child, a son, the son however had 3 sons and one daughter. Tony found the daughter on Face Book and contacted her, Jackie didn't want to tell her father about Ann. Jackie did talk to her eldest brother who had a family tree on Ancestry. Jackie came back to say her brother had told their father and her father said he already knew he had a half sister. He didn't know her name though but knew her home town; unfortunately it wasn't where Ann had lived.

I advised Tony to pay for a DNA test for someone in the family, Jackie's father offered to take it and we waited. Several weeks later we received the news that he was a more distant cousin than Phil. Back to the drawing board.

We started again from my 4th great grandparents born in the 1770s to look at their male lines with the 8 Peter Jenkins born in the right era and area. I told Tony about free sites to download Ann's DNA to, this would find people who had their DNA analysed by firms other than Ancestry (that included me).

I sent Tony some photos of the Jenkins family including a Peter Jenkins who was on my branch of the Jenkins tree, too close a relation to be the one we were searching for. This Peter would make Ann a 3rd cousin and Phil was only a 4th – 6th cousin of Ann's. Tony surprised me by immediately sending me an email saying his mother looked very like this Peter.

I kept a watch on my DNA sites for Ann's DNA to appear and when it did, she was assessed as a 2nd – 4th cousin on one site and 3rd – 5th cousin on another. DNA is given to a child at a rate of 50% from each parent – but which 50%. I must have more Jenkins DNA than my cousin Phil; this meant Ann could be a closer cousin than we'd first thought.

The next part you have to believe my explanation. I keep a map of my DNA relatives, I mapped Ann's shared DNA with me, that is the Jenkins DNA, and realised there was a problem. On one section her Jenkins DNA overlapped into the Carter's DNA (which was also on my Jenkins line) and that's impossible, it's either one or the other. I looked at who else we shared DNA with on the site and there was a Sarah Carter. Tony looked on Ancestry and found Sarah Carter's DNA analysis

The Hunt for a Family

was on there and that it was looked after by her daughter and the daughter had a tree on Ancestry. I checked the tree, Sarah and her daughter were in Australia and the tree followed the Carters back to UK. A direct ancestor of Sarah's was born about 10 miles from where my Carters lived but had no father on this tree to go back any further. I found the father by researching through the possible censuses where he should be with his children.

I found only one census that he was in with his children, he died young – he was born about 1820 in the same town mine were born in. I couldn't find his baptism to see who his parents were to find where this family was related to my Carters. We now knew that Ann, through her DNA, was related to my Carters. This meant Ann's father was directly related to my 2nd great grandparents Edward Jenkins and Rachel Carter, Ann was therefore my 3rd cousin. Peter Jenkins, in the photo, was now a possibility.

I researched the new Peter Carter, he married just before WW2 and had a son and daughter by the time he went into the army (found a photo of him in uniform). After the war he and his wife had 3 more sons. I told Tony and he found the daughter of the youngest son on Face Book. There was a delay in contact though as Tony was moving house. After the move Tony messaged the daughter and she said she'd talk to her father. Next morning she messaged to say she'd just talked to her father and he was very shocked and that he may need a couple of days to take it in. A little while later she sent another message, her father had phoned his sister to tell her about the news, and he then had another shock.

The 2 older children had known that their father, whilst away during WW2, had had an affair resulting in a child. The 2 children had been told to keep it a secret, the eldest son had died and he'd never revealed the secret. The name of the child's mother was known, it was Vi – Ann's mother was Vivian. They have now accepted Ann as their half sister.

DNA, a family tree, a little help from Tony and myself and we found Ann's family which she has wanted to be a part of for 75 years.

Happy Christmas everyone.

Ode to Coronavirus

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!

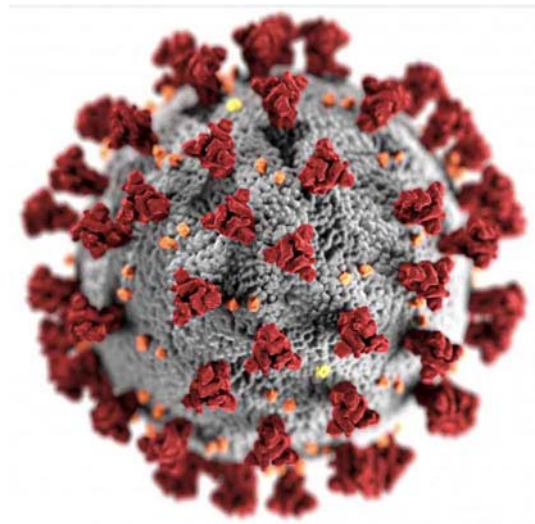
It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!



The Bee Hotel, Odhou



Odhou is a very typical small Cypriot village to the north east of Limassol (Larnaca District), no 'fancy bits'. What has been done is made a 'Bee Trail', with huge, very informative boards giving all (& more) you need to know re bees.

The trail goes up the main street, with rushing mountain cascading, and ends at the 'Bee Hotel', which bees think is super 8-star accommodation and very much worth a visit.

Penny Douglas

Located in the Larnaka (Larnaca) region, the village of Odou - with its traditional folk architecture - is considered to be one of the most picturesque, traditional villages on the island.

The village is situated at the foot of the Troodos Mountains in the south region, 850 metres above sea level and 50 km from Larnaka. It can be reached by following the A5 and F112 route.

Its name comes from the Greek word 'odos' (street), and originates from the Byzantine Period.

A main road artery of the Roman road network of Cyprus passed through the village, which was situated on a main street, and even though the settlement was founded at a later date, the name was preserved.

The village grows various vegetables, but is best known on the island for its delicious, flavoursome tomatoes. Its interesting sights include the small wooden-roofed church dedicated to Agia Marina, which was founded in 1777.

visitcyprus.com

The Pandemic and Our Emotional Health



The year of 2020 has certainly been an uneasy start to the new decade. Ringing in the new year almost a year ago now, most of us would not have foreseen the major challenges that this year has brought. The Coronavirus pandemic has been the major headliner this year, bringing about a new kind of chaos into our lives.

We have all responded and reacted differently to the pandemic. Any kind of major change can be a stressful time, and the pandemic has certainly brought about change. We find ourselves living with more restrictions, the erosion of our freedoms, feeling more alone or lonely, finding it more difficult to see our friends and loved ones, being unable to travel as freely, having to adjust to working remotely... the list goes on and on. But the only constant during these times are the constant changes we are facing.

With these changes, we may feel a great impact on our mental health. Just like how we all have physical health, we all have mental health. We may not always pay attention to our mental health, or put it to the side, but it is always there. According to the World Health Organisation, good mental health is the ability to cope with the normal stresses of life. Life brings about many stresses, and it is how we deal or cope with the stresses that keeps us moving forward.

Our mental health can be viewed as a continuum, where we range between having good mental health and having a mental health problem or illness. We vary along this continuum throughout our lifetime. It is important to differentiate between a mental health problem and a mental health illness.

The Pandemic and Our Emotional Health

A mental health illness is one that is diagnosable, that can be treated with the appropriate resources, and typically wherein the symptoms persist for an extended period of time. An example of a mental health illness is depression. Looking at the symptoms of depression, we may realise that we may exhibit some of these at times. But this may not mean that we have depression per se, but perhaps a mental health problem or issue. The bottom line is that having a mental health problem does not necessarily mean that we have a mental health illness.

Depression is something we hear about a lot, especially in relation to the current pandemic. Let us define depression first. Depression is more than just sadness or grief. The symptoms can vary from mild to severe and can involve any of the symptoms outlined below. This can be short-lived or can be longer-term. But for a diagnosis of major depressive disorder, the guideline is that one would have to experience at least five of these symptoms nearly every day for at least two weeks, and have at least one of the symptoms to be depressed mood or loss of interest or pleasure.

Definitions aside, you can see that we all may experience some of these symptoms, but not necessarily be diagnosed with depression. Changes in our lives caused by the pandemic can certainly lead to negative changes in our thoughts, mindset, feelings, emotions, mood, and behaviour. We all would have experienced this at some point over the past year.

It is important to know that you are not alone in how you feel or what you are going through. Having that self-awareness, recognising, and acknowledging the changes you undergo are pivotal in coping with it. Whether it may be to implement a self-care strategy (staying active, taking a step back, journaling, mindfulness, meditation, to name a few), to reach out for support, or to practice some self-compassion, there are ways to cope with the ever-changing circumstances that may be affecting you emotionally.

The pandemic will not be a situation that is permanent. It will be something we will get through with a healthy mindset. We all have good days and bad days - remember to be compassionate towards yourself when you are having a bad day. Knowing that there is support out there will mean that you are not alone in what you may be going through.

This article was written by Valencia Myint, Mental Health Counsellor and Founder of Confide In, advocate for community mental health awareness.

Confide In is an in-person and online counselling and emotional support service.

Financial Planning



I, like many of you, will be glad to see the back of 2020 and look forward with optimism to 2021.

Each new year brings with it a new beginning, new goals or building on the ones already established.

Christmas is the ideal time to reflect on the past year and look back on what we have achieved. By reviewing our goals and tracking our progress for our longer-term objectives, it ensures we get to where we want to be. Just because we have a plan, we must review it, or how else will we know we are on track.

This is the same for financial planning. It is all well and good to have set up savings, and/or investments, and pensions, for our future, but if we never review to see how they are progressing, how do we know we are going to achieve our goals? How do we know we have enough to live on in our retirement? Do we have spare money to buy our grandchildren gifts? Have that extra bit to have a holiday, or visit friends overseas?

Those of you who know me, know I always say “review, review, review”. As that is key to all financial planning.

Now is also a great time to think back through your working life and make a list of the companies you worked at to ensure that:

They have your contact details for any workplace pension you may have with these employers, or

Financial Planning

If they are no longer trading or trade under a different name, you can trace them to update your contact details.

All UK pensions are traceable, and with the recent High Court Ruling concerning the Contracting out of the State Earnings Related Pension Scheme (SERPS). There has never been a better time to do this.

If you haven't had a financial review this year, do it now. It's never too late. It is easy to find financial advice, but not easy to find good financial advisors!

2020 brought with it a period of uncertainty, and a downturn in stock markets. Stock markets are now up to higher levels than anyone expected at the start of this year.

As we approach the end of the year, it also brings new hope. Hope for a vaccine. Hope for a full global recovery and Hope that we can all get through this and be stronger in the future for it.

2021 will be the start, as they said in Episode V1 of Star Wars (the original film) of a 'New Hope'.

A new chapter for the UK and Europe. A new President for the USA.

Let's all review our goals and plans and look forward to achieving what we wish for in 2021.

Merry Christmas and Best Wishes for the New Year.

Gillian Richards DipPFS

Obituary - Shirley Kay



Shirley and Jolyon Kay at their home in Anogyra with their daughter Katty. Photo credit Katty Kay

On Friday 20th November, Shirley Kay lost her battle with cancer and passed away peacefully at her home in Anogyra with husband Jolyon holding her hand and daughter Katty at her bedside.

Before moving to Cyprus, Shirley and Jolyon (a diplomat) spent more than 16 years living in various Middle Eastern countries. Shirley was an accomplished author writing 15 books on many of the countries in which she lived and a keen archaeologist. She studied European languages at Cambridge University, Arabic while living in Lebanon - and Middle Eastern archaeology at the Institute of Archaeology in London.

The family bought a village house in Anogyra, which served as their holiday home until Shirley and Jolyon settled here permanently.

In 2007, Shirley and Jolyon joined U3A (as it was then) and Limassol's Gardening and Archaeology groups. When Jolyon established the Aphrodite Branch, she led its History group taking its enthusiastic members to historical and archaeological sites of interest across the island.

Daughter Katty wrote the tribute from the family on the following page to her mum that sums up all we knew and will miss about Shirley.

Obituary - Shirley Kay

Dear Friends of Shirley

You may have heard that my lovely Mum, the formidable, indomitable Shirley Kay died yesterday afternoon. She took her final breath in her own bed, holding hands with her husband of 64 years and her beloved cat at her feet. I was lucky enough to be sitting with her too to help her on her way. She had a peaceful end.

As you all know, Shirley was a remarkable woman. It would be hard to find someone more curious or more generous.

Shirley spent the last 17 years of her life in Cyprus and she really loved this island. For an archaeologist Cyprus is a playground and she was never happier than when she was exploring its valleys and fields. She was also a natural teacher, she loved sharing her knowledge, so thank you all for giving her the opportunity to show you the places she discovered, the medieval village in the Green Zone, the aqueduct in Episkopi, the romantic Kolossi castle with its sugar mill and a string of hidden chapels. Those history tours were the highlight of her year. I loved the couple of dummy runs I did with her.

The four of us were lucky to grow up with Mum's enthusiasm for adventure, we certainly had a lot of it, though I confess I never quite shared her fascination with shell mounds, once you've seen one 2-foot-high mound of shells, I rather felt you'd seen them all. But not Mum, she was delighted to drive an hour into the desert to see another sign of ancient life and burial. That's Shirley, curious about absolutely everything.

Maybe some of you have also been lucky enough to experience her generosity. Some of you have mentioned her kindness over the years, perhaps how she visited you in hospital, or fed or housed you, or helped you in a moment of need. Mum's door was always open and there was always an extra plate at the table. She never wanted, or expected thanks, she just did it.

Dad asked sadly this morning, "How will I manage without Shirley now?" We are all wondering the same thing. As children we used to call Mum "Shirl the whirl" as she swept us all up from one Middle Eastern wonder to another. That is how we will remember her, and it is how we will somehow all manage without her.

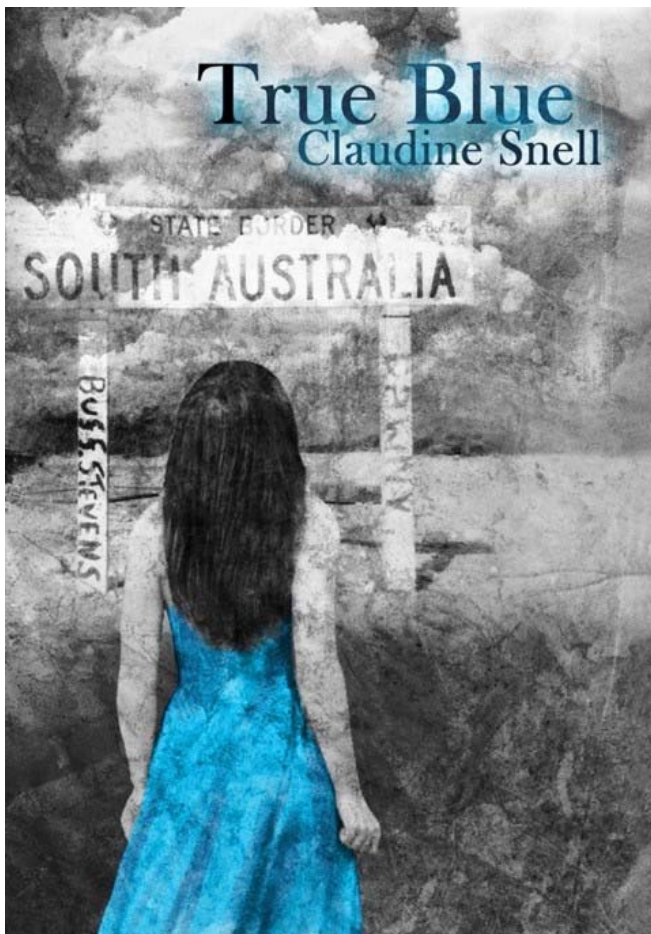
Please keep Jolyon in your thoughts,

Best wishes

Katty

21st November 2020

Members' Small ads



True Blue, a novel by Claudine Snell, traces the personal journey through the life of Maddie, who was born in the dreadful years of World War II.

Nothing in her life can be described as usual.

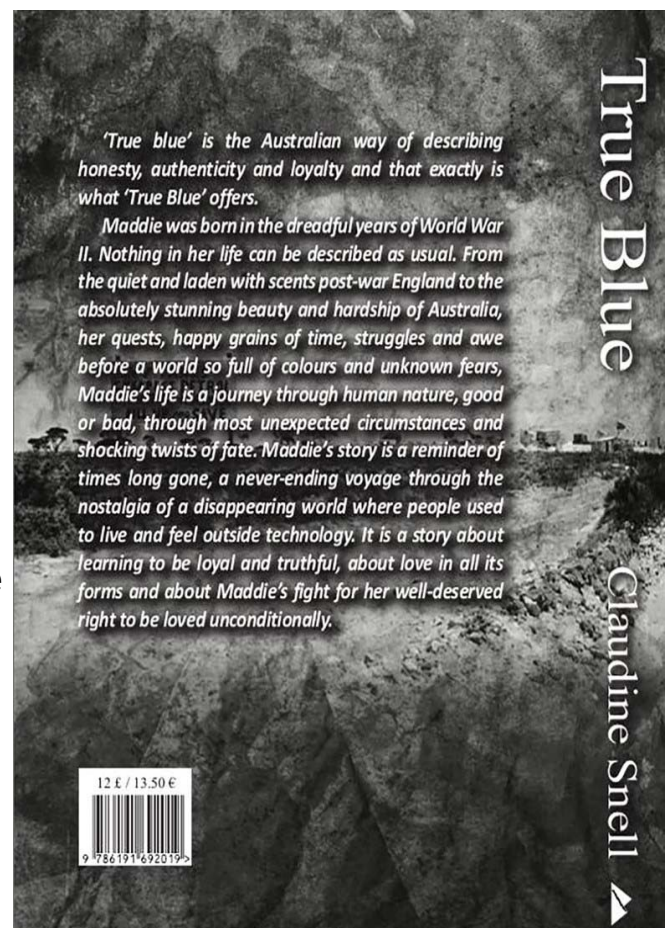
From the quiet and laden with scents post-war England to the absolutely stunning beauty and hardship of Australia, her quests, happy times, struggles and awe before a world so full of colours and unknown fears, Maddie's life is a journey about human nature, good or bad, through most unexpected circumstances and shocking twists of fate.

Maddie's story is a reminder of times long gone, a never-ending voyage through the nostalgia of a disappearing world where

people used to live and feel outside technology. It is a story about learning to be loyal and truthful, about love in all its forms and about Maddie's fight for her well-deserved right to be loved unconditionally.

Printed by: Publishing House MONT Ltd.

You can get your copy of Maddie's fascinating story of her personal journey through life for €13.50 directly from Claudine Snell.



A photograph of a religious altar, likely in a church, decorated for Christmas. The altar is covered with a white lace-trimmed cloth and a red banner featuring gold Greek crosses. On the altar are two large bouquets of yellow and white daisies in silver vases, four tall yellow candles with red and blue designs, and a large gold cross. In the foreground, a large bouquet of yellow, white, and red flowers sits in a white vase. The background is a rough stone wall with a blue-painted archway.

Christmas Greetings
Good health and happiness
in the New Year

Καλά Χριστούγεννα και Καλή Χρονιά